



# Buddhist Thoughts

Salt Lake Buddhist Temple: 211 West 100 South  
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## Another Good Year

J.K. Hirano

At the beginning of each day,  
After we open our eyes  
To receive the light of that day,  
As we listen to the voices  
And sounds  
That surround us.

We must resolve to treat each hour  
As the rarest of gifts  
And to be grateful for the consciousness  
That allows us to experience it.  
Recalling in thanks  
That our awareness is a present  
From we know not where,  
Or how, or why.

When we rise from sleep let us rise for the joy  
Of the true work that we will be about this day,  
and considerately cheer one another on.

Life will always provide matters for concern.  
Each day, however, brings with it reasons for joy.

Every day carries the potential to bring heaven;  
Have the courage to expect good from it.

Be gentle with this life,  
And use the light of life  
To live fully in your time.

**W**e are beginning a New Year and a new administration in our federal government. There is a sense of optimism about many things. I have heard people say that we've had a few bad years and they are looking forward to the New Year. Last year there was a movement that it was time for a change. Buddhism says all things change. I believed in what I was told, "Yes, we can!" I would righteously jump to my feet and shout, "I'm with you, Barack. Yes we can! Yes we can!"

President Obama has now been in office for about two weeks. I am currently hobbling around on a crutch with a brace on my knee waiting for the swelling to go down, so that I can have surgery to fix it. My blood tests from my regular check up just came back saying that my blood sugar is higher than it should be and my dentist informed me that I need two caps and I have a couple of cavities. These are matters of concern I tell myself I can overcome. "Yes, I can!" However, I just talked with a friend who thought this might not be a good year for me and was wondering how I would get through the year. "Yes, I can!" But there was a side of me that thought for a moment; maybe he's right this might not be such a good year. And then I remembered he voted for McCain. Namō Amida Butsu. "Yes I can!"

It's the side of me that agreed with him that worries me the most. There is a sense of self entitlement within my life that makes me feel as though I deserve to be happy. Happiness being the natural order and state of my existence, while suffering through birth, sickness, old age or death is a punishment delivered by some wrathful deity or power, whose only concern is to meddle in my personal affairs. There is this sense that things I don't like or want to happen are some form of punishment, rather than just a part of life. This is an obvious clue as to how incredibly selfish and egotistical I am. Shinran Shonin says that it is just our human nature. In the Hymns of the Dharma Ages, "*Ignorance and blind passions abound, pervading everywhere like innumerable particles*

*of dust. Desire and hatred arising out of conflict in accord are like high peaks and mountain ridges,"* far greater and higher than the one I slid off of and blew my knee out on. The idea that within all the Universe and its infinite number of sentient and non sentient beings along with the vast amount of space involved, that a controller, let's call it the creator, is looking at my life and deciding whether or not I deserve to be punished is an incredibly egotistical view of life. This is why Shinran called us all "Bombu" meaning foolish being.

Let me give you an example, on a beautiful Monday afternoon about a week ago, I was out skiing with my family and friends. It was during a terrible temperature inversion within the Salt Lake Valley when the smog was at a dangerous level. This particular creator conspired to set in motion a set of circumstances so that I would be punished. He created an opportunity for my family to be together and have the resources to leave the smog and go to the beautiful Park City Ski Resort for a day together. After allowing us to take a few morning runs and have a nice lunch, he (I'm using the masculine pronoun, but "she" or even "it" would work just as well) also provided a little patch of ice, so that I would have my ski slide out from under me and send me sliding into some deep snow. He helped me avoid smacking my un-helmeted head into any pine trees, but when I got up, he popped some ligaments in my knee. After my skiing out of the trees, I called Carmela on my cell phone to tell her where I was so she could let the ski patrol know where they could pick me up, since I couldn't ski down the hill. This punisher added insult to injury by providing for my riding down the slope on a toboggan pulled by a very strong member of the ski patrol.

When I think of all the things that were necessary for me to be here writing this article, it's a tribute to how strong and powerful my ego is that I could even think of my situation as negative. If I was being punished or this was a particularly bad year, does it begin with the beautiful blue sky, the money and resources to get me to the ski resort or

not hitting my head on a tree? Did it stop with the cell phone service that allowed me to call Carmela or Carmela being there to answer my call or was it when I was able to ski out of the trees? As you can tell, it is all a matter of perspective.

Buddhism states: Life is suffering. Yet this is really a matter of perspective. Life is suffering if you allow your ego to rule who and what you are. Life is suffering if you only have a perspective: I am the center of the Universe and the Universe owes me. In reality life is life. Our lives are constantly embraced by miracles of compassion that allow us to live. My life is blessed by a wonderful family and friends who surround me. These people love me even though I am foolish and self centered. My life is blessed by a world that provides me sustenance even as I take for granted and abuse this environment that gives me so much.

I get to have a handicapped permit for my car. I realize that handicapped is not a description of our physical abilities. We are only handicapped by our incredible egos. I love this passage I began this article with that Carmela found somewhere. It is a wonderful sentiment to start the New Year and each day with. Thank you all for helping to provide another good year.

Life will always provide matters for concern.

Each day, however, brings with it reasons for joy.

Every day carries the potential to bring heaven;

Have the courage to expect good from it.

Be gentle with this life,  
And use the light of life  
To live fully in your time.

It is an honor and a privilege to be elected as your Temple President. Let's make 2009 a great year! I will work together with the Temple Board Members to accomplish the goals of the Temple. Thank you to Stan Endo for his hard work as Temple President for the past two years. Stan did a great job and it will be difficult to follow in his footsteps. I ask for your patience and support.

Congratulations to the new Board Members (2009-10) and together with the 2008-09 members, we will work hard for the Temple, Sensei and the Sangha. All Board Members are volunteers, so I would like to thank them for their time and support.

Mark Minaga stepped down as Vice President to be one of the Advisors for the Jr YBA. Mark has served as both the Obon and Food Bazaar Chair. Thank you, Mark. Ivan Van Laningham was elected as Vice President to replace Mark.

2009 Events:

General Membership Meeting - Jan 25th

Obon - July 11th

Mt States District Conference - Salt Lake City -  
Sept 5th, 6th

Food Bazaar - Sept 26th

Membership dues are now payable to the Temple Treasurers, Dave Sekino and Maya Chow. Thank you for your support.

Ages 21 thru 69 \$150-\$200

Ages 70 and over \$100

Under 21 \$10.00

Thank you to Rev Kuwahara, our guest speaker, at Hoonko. Thank you to all for your participation at Hoonko service and the delicious lunch.

If you have any concerns, suggestions, issues, comments, please let myself or one of the Board Members know so we can discuss the matter. The next Temple Board Meeting will be February 12th at 6:00 PM. It is open to all Temple members and guests.

Thank you for your support.

In Gassho

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President's Message  
Dot Richeda

## BWA News

Jane Sakashita

HAPPY NEW YEAR! As I perused over my records as past BWA president in the 1980's and 1990's, I thought of the enormous responsibility of serving as this year's officer. I want you to know that my mind has now deteriorated dramatically, and physically I am not as productive nor as active. However, I happened to read an article that listed the following world renowned people who have attained milestones after they had reached the age of eighty. For your interest they are:

At 81, American statesman Benjamin Franklin led the adoption of the U.S. Constitution.

At 82, British Prime Minister Winston Churchill wrote his four-volume "History of the English speaking Peoples."

At 85, Coco Chanel was the head of a French fashion design and perfume firm.

At 88, Michelangelo designed the Church of Santa Maria degli Angeli.

At 89, Albert Schweitzer, a French philosopher, physician and music scholar, headed a hospital in Africa.

At 90, Pablo Picasso was producing painting and sculptors in France.

At 100, Anna Marie Moses, an American known as Grandma Moses, was still painting. She died at age 101

So, even though I'm ancient, I guess "It Ain't Over Yet!" and here are my thoughts:

I was in the seventies, I'm now past eighty;  
My life has been filled by much anxiety.  
The years glided by with no time to sigh;  
Mistakes I have made, I cannot re-try.

But it ain't over yet!

I can't shovel snow, nor even run;  
My face now looks like it's way overdone.  
To bowl or to golf makes me so weary,  
And things in the distance look quite bleary.

And it ain't over yet!

I cannot lament over yesteryear,  
For the BWA, I must persevere.  
In our hearts, we must be believers,  
Because the world is full of achievers.

So it ain't over yet!

Therefore, I will do my very best this year as president and seek your needed guidance. I fervently ask the BWA members to resolve that we nourish ourselves with the teachings of the Buddha, to support Reverend Hirano and our temple's activities, and to help one another as we proceed into the New Year. We are truly grateful to everyone in our membership for expending so much energy and time into the BWA activities in the past. I again ask for your generous and kind support this year. "Mata kotoshimo yoroshiku onegai moshi agemasu." Gassho.

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## Dana Award for 2009

*A profile of the recipients*

*Tomio Mitsunaga and Takae Nakamura*

by

Jane Sakashita

Edward Everett Hale in the 1800's wrote:

I am only one,  
But still I am one.  
I cannot do everything,  
But still I can do something;  
And because I cannot do everything

I will not refuse to do the something that I can do.

#### TOMIO MITSUNAGA

Tomio has served on the Dharma School board as its superintendent in 1984 through 1987. He has been the religious chairman many times, was bazaar chairman in the 1970's, and the Obon chairman in 1992. Tomio has served on the Buddhist Temple board since the 1980's and has been the temple building and repairs chairman for years.

He and Junko were chosen as the Buddhist of the Month back in the 1980's with the temple newsletter stating that "he has taken on more than his share of responsibilities and that his great ideas make every event run more smoothly." Tomio worked for Boeing from 1986 to 1994; loves to do woodwork saying that it gives him a great deal of satisfaction to build something and have it look good. I believe this exemplifies the perfection that he believes in. Tomio also bowls in the Nisei Seniors League, loves to travel with the family and friends, having gone to various parts of the world. The Mitsunagas have been known for their dedication to our temple and our appreciation for Tomio's many years of service is embedded in this award.

#### TAKAE NAKAMURA

Takae is a quiet spoken, gracious, hard working member of this temple. She actively served on the BWA board since the 1990's on the food committee, was vice president of BWA in 1995, and as the treasurer in 1997 and 1998. Her presence was always known when we worked on preparing sushi for the Obon festivals and the bazaars as well as in all the activities of the BWA. She had also taught Dharma School. When Takae turned over the TWA treasurer's books to me, I noted the perfection and detail of every entry. She did meticulous work. She was also a recording

secretary for the Sonenkai in 1976.

She worked for Maycock Brokerage Company for 34 years, was secretary for the Salt Lake JACL when Ray Uno was president, helped the Issei Center as one of the "pink ladies." She was a "pink lady" in her home also as she cared for her mother who had a stroke, giving her total loving care. Takae could cook up a meal for any number of people, and her hobbies were sewing, crafts and assisting others. Takae is a great exemplar of Dana, the act of selfless giving.

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## Dharma School Winter Ski Activity

All temple members and guests are invited to join in for a day of skiing fun at Brighton Ski Resort on Sunday, March 15, 2009.

Meet in the parking area beneath the Great Western lift at 8:30 am. Potluck barbeque starts at noon. Bring your lawn chairs & picnic tables, relax for lunch, and enjoy the company of friends! Main dish will be provided by the Salt Lake Dharma School. Sign up for your contribution to the lunch on the bulletin board at the temple.

Discount lift tickets are available at many local ski rental stores – Sports Authority, Utah Ski & Golf, Canyon Sports, Ski N' See. Plan ahead and order Sports Authority gift cards from the Jr YBA in February!

Please inform Christy or Bruce Fong if bringing guests. This helps with planning the main dish.

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## Building Update

Brenda Koga

The building committee is in the process of setting up initial arrangements with Cameron Construction to start the remodeling process. A

tentative contract has been issued and the committee is working with legal counsel to examine the terms and ultimately sign an agreement.

The next few months will be somewhat disruptive and inconvenient for temple activities and members. Alternative arrangements may have to be considered for services, funerals and community events. We have been given a tentative projection for completion of the project to be in time for our Obon festival.

In conjunction with this project, the committee will be examining the financial status of the initial fund raising efforts. At this time most members have fulfilled or surpassed their initial contribution pledges for the temple building project. However, there are still some members who are continuing to contribute, and the committee appreciates their dedication in meeting their initial commitments.

Along with the fund raising, the temple posted a temporary recognition plaque in the foyer of the main building with the initial pledges listed. The building committee plans to replace this temporary board with a more permanent fixture to recognize major donors based upon funds received at the conclusion of the building project.

Additionally, the committee recognizes that some of the names listed may need to be changed, levels of donations may need to be upgraded and new donors may need to be added. Therefore, the building committee is requesting anyone who would like to have their listing added or changed, please contact Brenda Koga with your changes.

If you have not contributed in the past and would like to do so, please contact Maya Chow. Donations are welcome at any time for this and future building projects.

Lisa Matsuda

Regular services and Dharma school classes will be held this month with the exception of Sunday, February 22<sup>nd</sup>, which will be our annual Bowling Party (Bonwood Bowl, 11 AM to 1 PM). Pizza and drinks will be provided but we ask everyone to please bring a salad or side dish to share for lunch. On Sunday, February 8<sup>th</sup> the Dharma school students will be performing "Arigato" and "I Am the One" at the Mormon Tabernacle (5:00 PM) as part of the Interfaith Music Tribute to the Human Spirit entitled "Many Faiths, One Family." Thank you, parents, for bringing your children to their early morning rehearsals before services. We also appreciate Dr. Carmela for handling the arrangements, and those who have provided happi coats for the students to wear while participating in this special event.

In January the sangha gathered for a delicious lunch in conjunction with the Hooke service. Thanks to all who contributed food items and/or helped with set up, food preparation, serving, and clean up. This enjoyable get together was made possible from expert planning and organizing by LaVerne Kyed and Maya Chow; many, many thanks!

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## February Shotsuki Hoyo

February 15, 10:00 am

Deceased	Date of Death	Next of kin
Doi Masayo	2/23/87	Ichiro Doi
Ishimatsu Yoshiko	2/17/26	Chizuko Ishimatsu
Iyezuka Tazo	2/26/70	
Kawaguchi Hirokichi	2/2/	Bill Kawaguchi
Kikushima Shizue	2/20/86	Bernice Kida
Kobayashi Yasuji	2/5/50	Ken Kobayashi
Kojima Hideo	2/3/85	Tama Kojima
Maeda Shime	2/4/36	Sachiko Koga
Nakai Kanesaburo	2/19/60	Lily Havey

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Dharma School

Nishida Hide	2/23/68	Aiko Okada
Nodzu Shige	2/7/80	Ken Nodzu
Ogawa Gentaro	2/9/09	Bob Sugino
Oike Kazuyoshi	2/3/59	May Koike
Okawa Paul	2/11/87	Kiyoko Okawa
Sauki Izyo	2/28/94	Marge Kruze
Seko Kikuno	2/4/89	Duzo Seko
Shiotani Sataro	2/13/85	Kai Shiotani
Suehiro Otozo	2/2/36	Greg Matsuura
Suehiro Tomiko	2/4/31	Greg Matsuura
Sueoka Tokusaku	2/4/70	Rhu Sueoka
Tsugino Masuko	2/8/80	Matsue Kasubuchi
Tsutsui Mojiro	2/23/73	Geraldine Chappell
Ushio Tatsu	2/14/03	Ruby Ushio
Watanabe Ichiro Roy	2/19/85	Mae Watanabe
Yagi Emiko	2/6/83	Rose Mayeda
Koga Sueyoshi	2/22/99	Sachiko Koga
Sauki Tamaye	2/22/98	Marge Kruze
Lessie Yamamoto	2/4/99	Eleanor Nakamura
Tadao Ushio	2/22/01	Ruby Ushio
Michiko Koga	2/5/02	Gary Koga
Jerry Tsuyuki	2/7/02	Mark Tsuyuki
Harry Tsutsui	2/27/02	Geraldine Chappell
Utako Tokunaga	2/27/02	Al Tokunaga
Jimmy Yoshio Kido	2/26/03	Yoshiko Kido
David Lew	2/14/06	Bobbi Lew
Frank Nakai	2/15/06	Eleanor Sasaki
Shigeo Nagata	2/28/07	Setsuko Nagata
Mary Tsuru Iwasaki	2/23/07	Karen Tohinaka
Kathleen Endo	2/26/07	Thomas Endo
Hanako Tachiki	2/08	Steve Tachiki
Ruby Ushio	2/28/08	Janet Thomas

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For those that are submitting article to be included in the Buddhist Thoughts, please have the articles submitted by the 25th of the month. The format should be either word or wordperfect, spacing full and font in times new roman. You can submit it to jkhirano@msn.com in as an e mail attachment. Thank you.

## BWA Donations

Connie Sakashita

Jennifer Fong	50	Donation for Japan Trip
Ken Nodzu	50	Year End Donation
Tomio & Junko Mitsunaga	500	Donation for Ken's Funeral
Sumiko Sueoka	100	Donation for Rhu's Memorial
Renee & Kenneth Matsuura	50	Special Donation

### Donations for BYU Bus Trip

Audry Thompson/C.D. Van Laningham	50
Brenda Koga	20
Chizuko Ishimatsu	50
Dorothy Richeda	20
Junko Mitsunaga	30
Kathy Terashima	25
Kazuko Yakumo	20
Lynne Doi	50
Maya Chow	30
Setsuko Nagata	20

### BWA Membership Pd

Aiko Okada	Masako Imamura
Aki Chow	Maxine Furubayashi
Alice Ogura	Mitsuko Hirota
Brenda Koga	Nanae Taketa
Chie Sugaya	Nancy Takagi
Christy Fong	Reiko Watanabe

Connie Sakashita	Renee Matsuura
Dorothy Richeda	Ruby Doi
Elsie Doi	Ruth Aoki
Gail Minaga	Setsuko Nagata
Grace Oshita	Shizue Nakagiri
Helen Mitsunaga	Takae Nakamura
Jane Sakashita	Takeko Doi
Junko Mitsunaga	Tammara Kuramoto
Kazuko Yakumo	Terry Fujinami
Lynne Doi	Yuriko Dennison
Mary Nakai	

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## 2008 DONATIONS

Jeanie Yamaguchi	2000	In memory of Joe & Betty Yamaguchi
Craig & Julie Matsuura	200	Special
Jerry & Carmela Hirano	100	Special
Reiko & Ken Matsuura	40	Bodhi Day
Henry Hirano	25	Dec Shotsuki Hoyo
Asako Mori	150	Appreciation for osonai
Stan & Elaine Endo	25	Joya-E
Ron & Linda Omori	25	Joya-E
Rev Jerry & Carmela Hirano	100	Joya-E
Tomio & Junko Mitsunaga	1000	Funeral service for Ken
Mary Doi	25	Goodie Bag

**HOONKO**

Mary Doi	25	Reiko & Ken Matsuura	40
Takeo Iwamoto	30	Karen Tohinaka	25
Charlie Sasaki	25	Sachiko Tohinaka	20
Jeff Apperson	10	Lisa Matsuda	50
Steven & Rae Louie	25	Brenda Koga	25
Ivan Van Laningham	100	Brian & Tammy Fukushima	20
Judy & Troy Watanabe	35	Phillip & Connie Sakashita	50
Rise & Dean Hirabayashi	20	Setsuko Schock	25
Kirk & Lisa Imamura	50	Chiyoko Nishimura	25
Mary Nakai	25	Tom & Fran Akimoto	50
Yoshiko Uno	20	May Akiyama	25
Tomiye Ishimatsu	25	Terry & Mits Fujinami	100
Jane Sakashita	25	Yuriko & Carl Dennison	50
Byron & Reiko Watanabe	50	Nanae Taketa	50
George & Ruby Doi	50	Aiko Okada	25
Nancy Takagi	25	Ayako Tohinaka	50
Ichiro & Takeko Doi	100	Kazuko Yakumo	50
David & Erin Sekino	50	Grace Oshita	100
Richard & Lynne Doi	50	Floyd Okubo	200
Robert & Tami Tokita	20	Tomio & Junko Mitsunaga	100
Reiko Mitsunaga	25	Helen Mitsunaga	25
Jun & May Sudoko	30	Maxine Furubayashi	50
Mark & Gail Minaga	25	Kay & Chic Terashima	25
Paul & Kathy Terashima	50	Masami & Ritsu Hayashi	100
Dot Richeda	30	Ruth Aoki	50
Henry Hirano	75	Shizuye Nakagiri	50

Aki & Neil Chow	20	Masako Imamura	25
Nobuo Aoki	25	Misao & Elsie Doi	50
May & Richard Matsuda	20	Chie Sugaya	20
Marcus & Karie Miya	25	Alice Ogura	25
Tammy & Henry Kuramoto	25	Bruce & Christy Fong	30
Setsuko Nagata	50	Mitsuko Hirota	25
Faye & Jim Eng	25	Savita Puri	20
John Kasubuchi	50	Chizuko Ishimatsu	25
LaVerne & Ernie Kyed	50		
Karen & David Cone	20	Keila's birthday & Hoonko	

#### BUILDING FUND

Kyle & Evelyn Matsumura	1000
Daniel Ikemoto (CA)	100
Ron & Linda Omori	250
Reiko & Ken Matsuura	500
Dharma School Bldg Fd	10,000

#### JANUARY DONATIONS-Temple

LaVerne & Ernie Kyed	50	Shusho-E
John Kasubuchi	200	Memorial for Matsue Kasubuchi
Mitsuko Hirota	20	Nokotsudo
Takeo Iwamoto	100	New Year

#### JANUARY SHOTSUKO-HOYO

Mitsuko Hirota	25	Misao & Elsie Doi	25
Masako Imamura	20	Takae Nakamura	25
Helen Mitsunaga	25	Junko & Tomio Mitsunaga	30

Robert & Tami Tokita	20	Ruth Aoki	25
Chizuko Ishimatsu	100	Nobuo Aoki	25
Nanae Taketa	25	Lisa & Kirk Imamura	20
Richard & May Matsuda	20	Tomie Ishimatsu	100

### **DHARMA SCHOOL**

Asako Mori	30	Goodie Bag
Shige & Masako Shimada	20	Goodie Bag
Tomio & Junko Mitsunaga	200	Funeral services for Ken
John Kasubuchi	100	Memorial for Matsue Kasubuchi
Aki & Neil Chow	20	Goodie Bag
Chiyoko Nishimura	25	Goodie Bag
Sachiko Tohinaka	20	Goodie Bag

### **YBA**

Tomio & Junko Mitsunaga	200	Funeral services for Ken
John Kasubuchi	50	Memorial for Matsue Kasubuchi

### **JR YBA**

Tomio & Junko Mitsunaga	200	Funeral services for Ken
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Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
<h1>February 2009</h1>						
1 8:30 taichi 9:00 meditation 10:00 D.S. 1:00 Ogden	2	3	4	5	6	7
8 8:30 taichi 9:00 meditation 10:00 D.S. 1:00 Ogden	9	10 7:30 Ogden Board mtg.	11	12 6:00 Board service and mtg.	13	14
15 8:30 taichi 9:00 meditation 10:00 D.S. Nehan E, Shotsuki hoyo,	16	17	18	19	20	21
22 8:30 taichi 9:00 meditation NO Dharma School,	23	24 BCA Ministers and National Council mtg., Irvine, CA	25 BCA Ministers and National Council mtg., Irvine, CA	26 BCA Ministers and National Council mtg., Irvine, CA	27 BCA Ministers and National Council mtg., Irvine, CA	28 BCA Ministers and National Council mtg., Irvine, CA

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February, 2009

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
<b>March 1</b> No meditation 10:00 Dharma School						