



# THE GEPPPO



*A publication of the Ogden Buddhist Temple*

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## *The Power Behind the Throne*

*~Written by Carmela J. H., M.D.*

*Dharma Message Feb. 24, 2012 BCA National Council, Sacramento, CA*

*“Self-power is the effort to attain birth, whether by invoking the names of Buddhas other than Amida and practicing good acts other than the Nembutsu, in accordance with your particular circumstances and opportunities; or by endeavoring to make yourself worthy through mending the confusion in your acts, words, and thoughts, confident of your own powers and guided by your own calculation.”*

*(from 2. Response to an Inquiry from the Nembutsu People of Kasama, Lamp for the Latter Ages, CWS p. 525)*

Good morning. Thank you all for allowing me this opportunity to give this dharma message today. My name is Carmela Hirano and my weekend job is Minister's Assistant at the Salt Lake Buddhist Temple. My day job is psychiatrist and psychotherapist, and my evening job is wife and evil stepmother. I admit that giving this dharma message is freaking me out. Preparing for this has brought me smack dab against the boundaries of my ego and self-power, and now I'm staring at the face of my incompetence -- which is actually pretty cool, as I will explain later. When Patti Oshita Sensei first e-mailed me to give this talk, (and I think I know whose evil idea this was), my cocky ignorant self said "Sure, no problem." My husband said, "Baka! What do you think you're doing?" Now I can really see the big doo-doo I've put myself in.

It's so easy to get caught up in self-power. I have noticed my confidence and arrogance grow over the years the longer I'm in the business of messing with other people's minds. Maybe 28 years now. Such power! Such influence! People pay me the big bucks for my opinions, holy cow. I have important letters after my name: MD, DABPN, CEO... plus owner of a growing private practice, and several other titles like Founder and Director, not to mention "Evil Queen Stepmother" or "Minister's Assistant." I'm so special, so important. Titles have a way of tricking the mind to the illusion, or delusion, of power, self-power. Titles are like the Ring of Sauron, forged in the fires of Mount Doom, in the movie "The Lord of the Rings." "The Ring that rules them all." Whoever wears it gets corrupted and becomes like Gollum. ("My precioussssss...!") Having nice cars, nice house, nice clothes, nice apps on my phone, nice big letters after my name have this way of sneaking more air into the self-powered mind. I tell my staff no one in this office is allowed to have an ego bigger than mine! Then I encountered the Nembutsu teaching, which really messed me up. I realized none of these things I call mine – my queendom, my possessions, my titles, my relationships, my whole life, my self-power -- would be possible without the work of countless others, without the Working Vow of Other Power. It's not so easy to see the real power behind everything. If everything I own were given to me, then I really can't lay claim to anything as the result of my own efforts.

Last month at the Winter Pacific Seminar led by Rev. Dr. David Matsumoto, the sensitive and sometimes controversial subject of SHINJIN was discussed. There are many definitions of shinjin; the one that

*Dr. J.-H.'s message continued on next page.*

grabbed me is that “shinjin” is Amida Buddha’s pure and settled mind with boundless wisdom and compassion. This mind is supposed to be Buddha’s gift to me. Even Gomonshu-sama said so, in his book “Buddha’s Wish for the World” even though I don’t deserve it because of my defiled evil mind. So where is this gift? How come no one comes up to me and says “I see that you have received the gift of the Buddha’s pure and settled mind.” In my struggles I realize I want some of that peace and unconditional love. So the more I want it, the more I struggle with it. So then I get stuck with the struggle to “get it.” The more I use my self-power to get it, the more I hit the wall of incompetence and inefficacy.

Matsumoto Sensei also talked about “shinjin” as struggle, tension. (AKA dukkha, dis-ease, affliction) So if I struggle, does that mean I can have some of that peace and unconditional love? What a relief! But wait, how can I feel relief when I’m struggling? The Nembutsu teaching is really screwing me up again. Relief coexisting with the struggle. No struggle, no relief. No relief, no struggle. So struggle with self-power, or lack thereof, is good. Struggle with looking at our helplessness and incompetence, is good. The theme for this conference is “Do Something Now.” I say “Do something now, Struggle Now!” In my day job, I struggle all day long with irate, moaning and groaning people. Not much different from Socho’s job. Or your jobs! The other day I had a conversation with our Office Manager: there was an irate patient at the desk with our receptionist, who was just doing her job but wasn’t very accommodating. Fortunately the office manager was able to step in and help. This incident reminded both of us again about who we are really working for. Without irate, moaning and groaning patients, we wouldn’t have a livelihood. Every patient who steps into my office moans and groans about something. That’s normal for a psychiatric practice.

I’m currently working with a 24-year-old male just diagnosed with testicular cancer. He’s struggling with his mortality in the face of his youthful idealism and unfulfilled ambitions. As much as I am confident of my abilities to work with difficult people and difficult situations, in this case both patient and therapist hit the wall of helplessness, the limits of self-power. I have no power to “save” this patient. But maybe my patient is “saving me” from my own illusions of self-power. I have come to realize that without my patients, I would essentially be unemployed. Without poor people, there would be no Democrats. Without rich people, there would be no Republicans. Without complainers and moaners there would be no sangha; without sangha there would be no lay leaders and ministers, no BCA, therefore no Sochos either. So we need these complainers and groaners to remind us who we are really working for. Struggling with irate moaning and groaning people is good, so do something now, struggle now!

This year we are celebrating 100 years of Buddhism in Utah. Imagine that – the lotus can bloom in dry dirt instead of wet mud! But the Shin Buddhist sangha did that, thanks to our Issei pioneers who planted the lotus bulbs in desert sand, in the shadows of the mighty Mormon Church, no less! I cannot even conceive of how enormous their struggles must have been. There were no hydroponics at the time to grow lotus in dirt; much groundbreaking had to be done with blood, sweat, and tears, and bare hands. Perhaps the struggles we invest in our temples now will change the landscape of religious practice for future Shin Buddhist generations. The great teacher TNH would always say “No mud, no lotus.” I say, “No dirt, no lotus.” Struggling in the dirt is good.

The Mayan calendar predicted that on Dec 21, 2012 the world as we know it would cease to exist. The New-Agers are saying there will be a major shift in consciousness, which has already started. Could this shift that they are referring to be the Nembutsu teaching? It is becoming cool to be Buddhist, according to our teenage girls. To their surprise, their friends told them so. One is in tenth grade, the other in 7th, both with flourishing social connections in the predominantly Mormon culture of Bountiful, Utah. The current Mindfulness-Meditation revolution in mental health, when informed with Nembutsu teaching, can deepen our understanding of the true nature of suffering and further facilitate transformation and healing of pain in this difficult population. We are all excited about research on “self-directed neuroplasticity” and rewire the bombu brain to become more like Buddha’s brain through mindfulness and meditation practice. Might mindfulness and meditation on the benefits constantly directed at the suffering being, i.e., contemplating on Amida Buddha, be

considered part of this movement? The body of research on gratitude and happiness (referred to as Subjective Well Being in the literature) is growing, and the ToDo Institute in Vermont and its collaborators are in the process of obtaining a grant for formal research on gratitude and the Shin Buddhism-based self-reflection of Naikan. In this new era, with such super technologies as Information Technology, Environmental Sustainability, and thought-powered robotics in Rehabilitation Medicine, might the Nembutsu come in “hybrid,” “fusion,” collaborative, and integrative forms that contemporary consumers can relate to, and want, so that this well-kept teaching be made more accessible, more visible, more “heard-able?” What if “Namo Amida Butsu” is the new “Om?”

The BCA has work – or struggles – in front of it. The Temple Ministers, lay leaders, and organizations represented here are all confronted with the struggles of growing our temples and sharing Nembutsu teaching with others. How do we grow lotus in ground that hasn’t yet been broken? We struggle with mongku, we struggle with raising funds, and in some temples we struggle with shrinking instead of growing. Ultimately the real struggle is in here, in our hearts. How can we recognize self-power in the darkness of delusion without the light of Other Power? Are we clear about how we got here and who we are working for? How can we have leaders without sanghas? Temples without ministers? And vice versa. No struggles, no results. No patients, no livelihood. No dirt, no lotus.

At the end of the day, after listening to all that moaning and groaning, I come home to moan and groan to my husband Jerry, who has the laundry washed, dishes done and delicious dinner ready. But do I notice the aromas of rice cooking or cabbage and corned beef on the stove, or the freshness of clean laundry? Nooo. I complain about the girls’ stuff lying around, their going to bed too late, watching too much TV, playing a lot of video games. Thing is, I do exactly the same things. In spite of my complaining, my hot delicious dinner and clean clothes are still there for me. Jerry has not abandoned me in spite of myself, the power-hungry evil queen stepmother.

The Nembutsu teaching has twisted my already crooked mind to the edge of duality, nonduality, and beyond. We are all interdependent evil bombus intoxicated in self-power but still embraced in Other Power, the boundless loving heart of Amida Buddha. It doesn’t matter whether we are pompous or not, whether we have titles or not, whether we complain or not, whether we meditate or not. It doesn’t matter whether we are good or bad. But we can try; we can struggle. Because it is in this struggle that Namo Amida Butsu blossoms as the lotus in the dirt. It is in this struggle that we can live a life of gratitude, the life of shinjin. So we say Namo Amida Butsu in gratitude – gratitude for the struggles ahead, and the struggles in the past which have made us who we are; for home-cooked dinners and clean clothes, our teachers and classmates, mentors and critics, clients and staff, the moaners and groaners, and all of you, my sangha.

Thank you again for this opportunity to speak before you. It’s both an honor and punishment, and both good, very good!

In conclusion, please join me in gassho as I read one of my favorite quotes by the therapist Melodie Beattie:

*“Gratitude unlocks the fullness of life. It turns what we have into enough. It turns denial into acceptance, chaos into order, confusion into clarity...It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”*

Namo Amida Butsu!



## *President's Message*

I hope everyone had a happy Hanamatsuri this year. It was very nice to see so many people attend this year's service and program. It was also nice to see so many guests from the Salt Lake Temple. Many thanks to the Dharma school parents for organizing the lunch and the dessert stand. I would also like to thank Ruth S. for the flower pins and Lorraine S. for the performers goodie bags. Lastly, we must give a big thanks to Mrs. Eiko K. for teaching the children their dances and Suzan Y. for organizing the entire program.

The S. family made a very generous donation of flowers this year for the hanamido. Thank you Date, Elsie, Shawna and Wayne, you made this year's Hanamatsuri absolutely beautiful!



This year was the end of era of sorts. Jimmy K. of Jimmy's Flowers had decorated the hanamido for many years. The Ogden Buddhist Temple truly appreciates all the time, effort and donation of the flowers that Jimmy has given to our temple. I would like to personally express a special thanks to Mr. Jimmy K. for his generosity over the past many, many years.



A very busy year is still ahead. The first weekend in June, the temple will be hosting a rummage sale. Think of us during this year's spring cleaning. Obon is just around the corner. Dance practices will begin the first part of July. Volunteers to help with Obon are always appreciated.

Also enclosed in the GEPP0 is a registration form for the 100<sup>th</sup> Year Celebration of Buddhism in Utah! I would love to see every member from our temple attend. This is a once-in-a-lifetime opportunity.

Lastly, at the end of May, BCA will end its JSC debt relief campaign. Donations will always be accepted, but BCA will not be soliciting members after May 31. Please consider donating the \$199.00 if you are financially able.

*Gassho,  
Kirk Y.*

## *Juvenile Justice Services Community Mentor Program*

### **VOLUNTEERS NEEDED**



Interfaith works is looking for volunteers to become Community Mentors to juveniles transitioning out of secure care with the Division of Juvenile Justice Services. The mentor-mentee is a relationship that takes time to build. In time the mentee will learn that they have a positive role model, friend, coach, advisor, and career counselor in their mentor. The mentee will grow to view themselves as having potential, confidences, self-assured, values work and education, and most importantly is a capable young person.

We are asking for a two year commitment to these youth at about a time committal of 5 to 15 hours monthly. This includes giving guidance, support for finding work, handling finances, going out to lunch, etc. For more information, volunteers/mentors should contact Dorie Farah at 801.490.7921.



# BWA NEWS



By Tami H.

The BWA is having a sushi sale May 6th to benefit the Ogden Buddhist Temple. If you didn't have a chance to order you can contact any BWA member to order if you do so by the end of April. The plates are \$10.00 each.

Our Spaghetti Dinner was a great success. Thank you to all the help and donations that were received. The spaghetti and meatball sauce was delicious thanks to Ruth S. and the noodles were cooked Al Dente' thanks to Annette K. and Valerie K. Thank you to all our members that came out to eat and support our temple.

The BWA is having our annual Wendover bus trip June 24th. If you would like to go please RSVP to Ellen K. at (omitted for online version). Thanks to Ellen for organizing this every year.

Thanks to all the BWA ladies for all they do for our temple!

In Gassho,  
Tami H.

Upcoming BWA meetings:  
April 29<sup>th</sup>, 1:00 p.m.



## BWA Membership Party

Written by Lorraine S.



On February 26, we had our annual membership party. We would like to welcome Darlene M. as our newest member. We enjoyed a delicious luncheon at the Greenery. Then we went back to the church for a short service. After the service, we played some fun bingo games. Everybody went home winners.

We would like to thank the following people for their generous donations:

- Yuko A. - sekihan and dish cloths
- Shauna R. - gift bags and candy
- Akiko K. and Yuri I. - containers
- Suzan Y. - candy
- Aiko H. - imagawayaki
- Ruth S. - flowers



## THANKS TO ALL OUR SPAGHETTI DINNER SUPPORTERS!



Thanks to the many continuing supports of our BWA, the Spaghetti Dinner was a complete success! We were able to make a sizeable donation to the church. A special thanks to the following for donating to our special raffle: Betty Y., Ellen K., Alice H., Julia F., Linda E.-R., Shauna R., Tami H., Fran H., Janice S., Darlene M., Ruth S., Suzan Y., Akiko K., and Yoshiko Y. Everybody who attended had a wonderful time with good food and great friends!



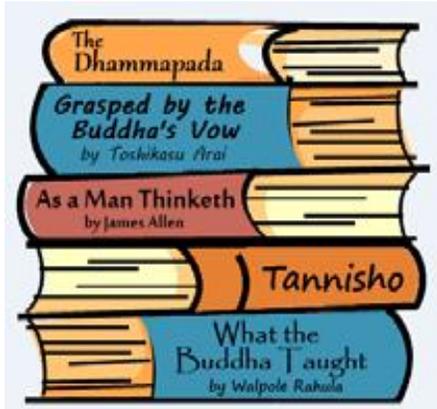


## BWA DONATIONS

*(Omitted for Online Version)*

### 2012 Membership

Linda E.-R.	Yuko A.	Susan C.	Karen D.
Tami H.	Julia F.	Fran H.	Ellen K.
Eiko K.	Yuri I.	Akiko K.	Shauna R.
Masako R.	Darlene M.	Jeannie P.	Betty S.
Janice S.	Lorraine S.	Ruth S.	Kris Y.
Yoshiko Y.	Tomoko S.	Ruth S.	
	Suzan Y.	Yoshie Y.	



## Buddha's Bookshelf

*\*Each GEPP0 we will be spotlighting a book on Buddhism. The article will contain the book information and a short summary written by a study group or temple member.*

*We hope you enjoy our "bookshelf".\**

**\*Editor's Note on the Buddha's Bookshelf article in the March/April GEPP0\***  
**I apologize that our last article was inadvertently cut off and the entire article was not printed. I have included the March/April article again, in its entirety and our new article for May/June. Please enjoy two book reviews this month!**

This edition's review is written by Tim S.

This review is of **A New Earth: Awakening to Your Life's Purpose**  
 by Eckhart Tolle.

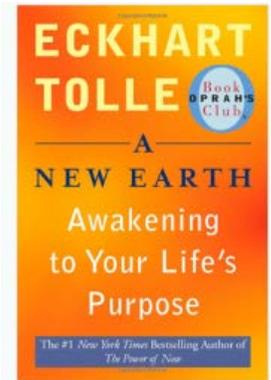
Published by Plume

Eckhart Tolle, author of the #1 *New York Times* bestselling author of the *Power of Now* provides the reader of *A New Earth* a transformative text for our turbulent times. The author offers a path towards release from our ego bringing us closer to awakened consciousness for the benefit of our entire society. Eckhart's latest work is imbued with Buddhist sutras and Biblical passages that reinforce the awareness of the grip that our ego has upon us and the suffering it causes the human species.

Eckhart, a Cambridge trained scholar, left a "promising" career to seek a way to free himself and others from the shackles of the ego, which is now his life's purpose. He skillfully connects the human and societal condition of suffering to the ego and how it creates an [unconscious-conscious] state in both the individual and society as a whole that has led to war, mistreatment of others, preoccupation with object materialism; leading to the failure of an ego-driven society to advance itself. However, he offers us hope that there is another way.

The core of his method is the focus on the present and identifies for us why it is so difficult to be focused on the present, which leads us to feed our past/future driven ego that keeps us in the spin cycle of an unawakened state, driving us further away from realization of our life purpose - to be here now.

“The decision to make the present moment into your friend is the end of ego. The ego can never be in alignment with the present moment, which is to say, aligned with life, since its very nature compels it to ignore, resist, or devalue the Now.”<sup>p.201</sup>



Many of Eckhart Tolle’s insightful and practical instructions for how to become more aware of our ego driven behavior were strikingly similar to those I have read in many Buddhist texts and reminiscent of the Four Noble Truths and Eight Fold Path. Even though his approaches are similar to what the Dharma proposes, his ability to tie them to the ego driving human behavior and world events was remarkably digestible. Additionally, his effective use of the teachings of Buddha and Jesus in the same context as well as other Zen lessons and stories provides the reader a multi-faceted view of how our ego thwarts the attainment of enlightenment, awakened consciousness. Moreover, he uses the awakened to reveal to us strategies we can use every day to move ourselves closer to those who have achieved this state—in one lifetime! There was only one section that I had difficulty following, which was the pain-body section in the center of the text. The discussion of our nature to store emotions in the physical body seemed circuitous in nature for my western trained science mind. However, once through this section, Eckhart linked together this section well to discovering our individual purpose, which he connected with the purpose of life—to be spiritually awake.

The ability to be awake is within us as Eckhart and others point out, but we often seek *things* to do or have to fulfill our purpose in life, spiritual or otherwise. Jesus said, “The kingdom of God is not coming with signs to be observed; nor will they say, ‘Lo, here it is!’ or ‘There!’ for behold, the kingdom of God is in the midst of you.”

Eckhart identifies for us that often our inner and outer purposes are in conflict. An outer purpose may be something you do such as work, but the inner purpose concerns Being and is primary to your happiness. “Your inner purpose is to awaken. It is simple as that. You share that purpose with every other person on the planet—because it is the purpose of humanity.”<sup>p.258</sup> Lack of alignment with the things you do and your inner purpose produces suffering for you and humanity. This is where Eckhart Tolle provides us the connection of how when you awake, you awake humanity—to create a New Earth. As the Buddha communicated compassion is essential for the healing of others and for our progression towards the ‘Other Shore,’ however, how can this happen if we are held in the clench of our ego?

The ego defines what is good or bad, what is and what is not, and also what we should focus on, past or present. However, there is no duplicity between good or bad circumstances in life, they are symbiotic, they are Karmic. Our ego only defines the good and bad that comes to us, but these definitions are illusions as Eckhart points out and ones that we attach ourselves to, making us drift from our inner purpose. “But there are no random events, nor are there events or things that exist by and for themselves, in isolation...Almost every thought you think is then concerned with past or future, and your sense of self depends on the past for your identity and on the future for its fulfillment...In other words, you are never fully here because you are always busy trying to get elsewhere.”<sup>p.202</sup>

Life is Now, *be here* to realize your true purpose—to awaken (Tolle, 2006).

## HERE IS YOUR NEW BOOK REVIEW ON OUR BOOKSHELF FOR THIS MONTH.

### **WHAT MAKES YOU NOT A BUDDHIST**

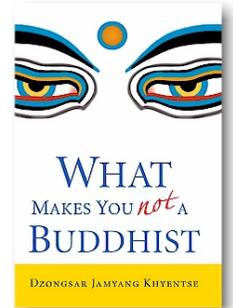
Author: Dzongsar Jamyang Khyentse

Publisher: Shambhala Publications ~ 130 pages

Book review by Kimberly J.

In *What Makes You Not a Buddhist* the author encourages us to examine our most fundamental assumptions and beliefs, and he inspires us to explore the authentic Buddhist path.

Khyentse says that if the Buddha came back today he would be disappointed because, for the most part, his discoveries lie fallow. We all deny the fact that we are going to die and continue to quest for immortality. 250,000 human beings die every day yet we are still shocked and saddened when loved ones die and we continue to search for the fountain of youth or a secret formula for long life; including trips to the health food store, bottles of retinol, power yoga classes, Korean ginseng, plastic surgery, collagen injections and moisturizing lotion.



The Buddha didn't want the elixir of immortality because he realized all things are assembled and that deconstruction is infinite. Some see this as a gloomy look on life but in realizing that all things are impermanent we can begin to move to the "now-ness" of life. Such awareness allows us from getting caught up

in all kinds of personal, political and relationship dramas. When we begin to know things are not under our control and never will be, there is no expectation for things to go according to our hopes and fears. There is no one to blame.

When it comes to faith, Khyentse says faith plays an important role in our existence. Even "not believing" requires faith-total, blind faith in your own logic or reason based on your ever-changing feelings. So it is no surprise when what used to seem so convincing no longer persuades us. The illogical nature of faith is not subtle at all; in fact it is among the most assembled and interdependent of phenomena. Faith can be triggered by the right look at the right time in the right place. Your faith may depend on superficial compatibility. Other factors such as family, country or society you are born into are all part of the assembly of elements that come together as what we call faith. What I believed as a child, as a newlywed and now as a mother changes with each experience and encounter. What I believe at the moment I am writing this may change by the time I finish this sentence.

Change is inevitable and guaranteed. This election year has brought criticism of all the candidates accused of changing their minds, their stances, their positions and even their parties. Why do people act so surprised when people change their minds? I used to eat pork, I don't eat it now, but I may eat it again. There is no absolute, except for change.

Being aware of impermanence allows us to foster our relationships today in the here and now. If we all became aware that our days are always numbered, giving love and support would become more effortless and satisfying. Our caring and affection become unconditional and our joy is very much in the present. All relationships must come to an end eventually, even if it is because of death. Thinking this, our appreciation for the causes and conditions that have provided each connection is heightened. No more is this more apparent than when a loved one is diagnosed with a terminal illness.

This book offers an insightful history of Buddhism and how to practice it today the way the Buddha taught. Its simplicity narrows Buddhism down to the four seals-all compounded phenomena are impermanent, all emotions are pain, all things have no inherent existence and enlightenment is beyond concepts.

The message I received from this book was to embrace impermanence because this moment will change, good or bad, it will change. So enjoy it NOW!

## ***DHARMA SCHOOL NEWS***

WOW! Can you believe it is already April?

We had a great Hanamatsuri Celebration and appreciate your attendance and support! Our Dharma School students look so cute in their special outfits and they all did a fabulous job in our Hanamatsuri Parade. Thanks to Mrs. K. for teaching our students their Japanese dances, to Suzan Y. for making our Hanamatsuri Program happen each year, to Justine H. for creating our programs, to Robyn H. for running our Bake Sale Fund Raiser, and to Lorraine S. and Ellen K. for spearheading the yummy lunch. What a great way to celebrate Buddha's Birthday!



The Ogden Dharma School would like to thank the Salt Lake Dharma School for putting together the annual Ski Day at Brighton Ski Resort. All who attended had a great time skiing and EATING! Eating is what we do best and the great weather made it the perfect ski day!



### **TENTIVE YBA COMBINED ACTIVITY WITH SALT LAKE**

We are planning to have a combined activity with Salt Lakes' YBA on May 19<sup>th</sup>. Things are still in the works so we will give you more information as the date approaches. We hope to have a great time at Toad's, go to a late night movie, and sleep over at the church. Save this date!



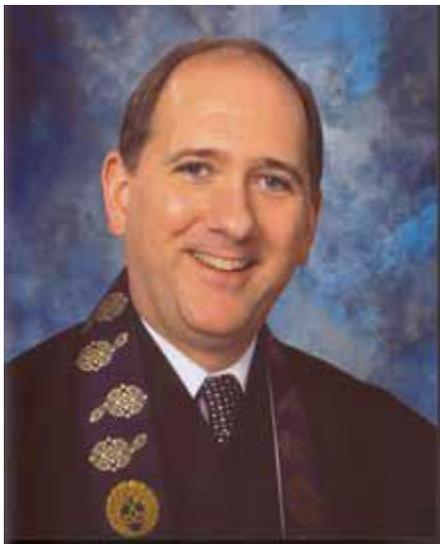
### **DHARMA SCHOOL DONATIONS**

*(Omitted for Online Version)*

The Ogden Buddhist Church Dharma School presents

## GATO'S CORNER

*\*Reprinted with permission from Reverend Kurt Rye  
of the Fresno Buddhist Temple\**



I've caught a bad cold and have missed a few days of work. I'm wearing my PJ's and lying on the couch with a blanket pulled up to my chin. Gato is lying on my stomach and Saffie is at my feet. They are both deep in sleep until I wake them up by moving around.



**Gato:** Hey pops, what is the idea? What does a cat have to do around here to get some decent sleep?

**Saffie:** Yawn. Yea, sleep sleep.

**Rev. Kurt:** Come on guys I can't lay around all day. I might be sick, but I'm not a cat you know.

**Gato:** Yea we noticed. I feel sorry for you, missing a tail and all. We all can't be perfect. I think a cat's life is the ultimate form of perfection. As a great cat once said, "Why stand when you can sit. Why sit when you can lie down."

**Saffie:** Smart Cat! That says it all.

**Gato:** Yea, I don't know why you humans are always in such a rush. Running here and there, acting like you have so many things to do. You should be true to yourself and lie around more, enjoying the calmness of the moment.

**Rev. Kurt:** Well you do make it sound tempting. But we can't just lie lying around, nothing would get done. Can you imagine if the farmers didn't get out of bed in the morning, where would our food come from? What would happen if doctor, nurse or veterinarian stayed in bed all day, who would take care of us when were sick?

**Gato:** It would all work out OK somehow, yawn, it always does.

**Rev. Kurt:** The Buddha would not be happy with the two of you. Of course we all need sleep to maintain our bodies, but the Buddha warned of not staying alert and focused. He felt we should try to be mindful of what we do, and that it deepens our understanding.

**Gato:** Sounds like too much work for "Gato The Humble Buddhist cat." Would the Buddha really care how much we sleep?

**Rev. Kurt:** Of course. The Buddha said "Wakefulness is the way to life. The fool sleeps as if he were already dead. But the master is awake and lives forever. He watches, he is clear. How happy he is! For he sees that wakefulness is life. How happy he is, following the path of the awakened."

**Gato:** Wow, those are strong words, but they do make sense. I admit sometime I feel like life is passing me by when I sleep so much. For example I didn't know we had new neighbors until yesterday and they have been here for over a week!

**Rev. Kurt:** Correct, that's the idea. Try to be aware of what is going on around you and lead a fuller life as the Buddha would want. What do you think Saffie?

**Saffie:** ZZZZZZZZZZZ

**Rev. Kurt:** Sigh....

**Dharma School Students:** Every time Rev. Kurt Rye writes through the eyes of his cats, he has a lesson to be learned. Make sure you listen to his lesson and learn from it. It will help you become a better Buddhist.

## *In Memory*

The Ogden Buddhist Temple Sangha extends its deepest sympathies to the families of the following members who recently passed away.

*May the family members find solace and comfort in the Nembutsu.  
Namo Amida Butsu*

**Fujie Okamoto K. ~ April 1, 2012**

## Rummage Sale

Remember, the temple will be having a Rummage sale on Saturday, June 2<sup>nd</sup> from 8:00 am - 12:00 noon. We will prep all items on Friday, June 1<sup>st</sup> at 6:00 pm.

Please bring all your "treasures" to the church any time before then. If you have large items that need to be picked-up, please call Steve K. at (Omitted for Online Version). Steve will arrange a pick-up time that is convenient for you.



## ***Our Neighbor, Our Friend***



We would like to acknowledge the passing of Mrs. Gertrude R.

on March 7, 2012. Mrs. R. lived across the street from the temple and was a good neighbor. She kept a close watch on our property and called when she saw something amiss. Mrs. R. lived to 99 years of age and we will miss her presence.

The temple and the board give our sincerest condolence to her family.

# HANAMIDO DEDICATION



**At our 2012 Hanamatsuri Service Celebration, the Ogden Buddhist Temple dedicated our hanamido to Mr. Jimmy K. Mr. K. has taken care of creating and donating all the flowers for our hanamido for many, many years. Not only is this a generous donation of all the flowers, but of his precious time! A plaque was placed on the Hanamido to always remind us of his true dedication to our temple.**

**The dedication plaque reads:**

**“In honor of Jimmy K. for his continuous generosity to the Ogden Buddhist Church.  
Dedicated April 15, 2012”**

~~~~~  
We would also like to thank the S. Family – Date, Elsie, Wayne, and Shauna R.  
for donating ALL the flowers to adorn this year’s hanamido.  
Thanks to Paul S. of Creative Awards for donating the plaque honoring Mr. K.

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## ***OBON IS COMING SOON!***



Ogden’s Obon will be July 21<sup>st</sup> and 22<sup>nd</sup>.

Dance practice will begin in July.

Monday and Wednesday – July 2 and 6

Monday, Wednesday, and Friday – July 9, 11, and 13

Monday and Wednesday – July 16 and 18

Practices will be held at the temple at 7:00 p.m.

# BWA SUSHI FUND RAISER



**Sunday, May 6<sup>th</sup>**  
**\$10 per plate**

Available for pick-up following Gotan-E Service  
All proceeds will go to the Buddhist Church of Ogden



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## BWA SUSHI FUNDRAISER

**Thank you for your support!**

Sushi plates will be ready for pick up on Sunday, May 6<sup>th</sup> following Gotan-E Service

YOUR NAME \_\_\_\_\_

# of plates ordered \_\_\_\_\_ X \$10 each = \$ \_\_\_\_\_ total due

Please make checks payable to:  
*Ogden Buddhist Church*

Order forms need to be filled out and given to any BWA member.



# WENDOVER TRIP

## Rainbow & Montego Bay Casinos

### Sunday, June 24

\$15 per person (includes free buffet, \$5 back)

Reservation Deadline:  
**MAY 17**

Ellen K., (Omitted for Online Version)



(Board the Bus in Ogden, Riverdale, Layton or Woods Cross).

Sponsored by The Ogden BWA

## NEED A FRIENDLY VISIT, HELPING HAND, OR WELCOME RESPITE?



If the time comes when you need a little extra help to stay in your home, Senior Companions can be an important part of the answer.

A Senior Companion is someone who comes alongside you with help, and hope, and friendship.

**Friendly Visits** offer a cheerful visit once or twice a week. For homebound adults it's a time to look forward to and someone to talk with, share hobbies, reminisce, play games, or get out and about.

**Helping Hands** offer help with day to day activities that have become difficult or unmanageable. They encourage their clients to be as active as they can. They help in ways that make independence possible.

**Welcome Respite** is a visit with the caregivers loved one, will prepare a meal, or encourage at-home therapy. This provides the caregiver with important time away to refresh and recharge.

Do you want to make a difference as a Senior Companion?

The Senior Companion Program empowers low income senior to volunteer to serve people in need in our community.

Senior Companions are people who enjoy helping others. Other criteria include:

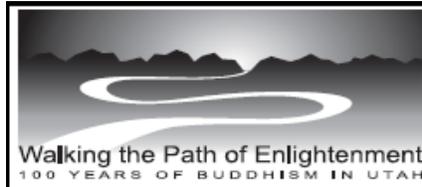
- Age 55 or older
- Single HH income below \$1,815 per month
- In good health
- Clear a criminal background check

Senior Companions do receive a little compensation.



### Senior Companion Program

Weber Human Services  
237 - 26th Street, Ogden, Utah 84401  
(801) 625-3828



## *Buddhist Centennial Celebration 100 Years of Buddhism in Utah*

Saturday, September 15, 2012  
9:00a.m. – 5:00p.m.

Calvin L. Rampton Salt Palace Convention Center  
100 South West Temple, Salt Lake City, Utah 84101

### Conference Highlights:

- Opening Service with Bishop Umezu
- Lunch Banquet Speaker Sensei Michael Zimmerman & Historical Picture Video
- Workshops including:
  - Taiko & Buddhism
  - Panel Discussion on Crossing Over from other religions to Buddhism
  - Jodo Shinshu Buddhism and other traditions
  - Historical Exhibits and Bookstore Sales

### Registration: (Conference Fee: \$40.00 per person)

Complete and send to Salt Lake Buddhist Temple c/o Karen T. 211 West 100 South, SLC, UT 84111

Name/or Family: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Do you want to reserve a Family Table (8 people per table)?** Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, Family Members (\$300.00 per table includes registration):

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

**Buddhist Centennial Planning Committee**

Salt Lake Buddhist Temple \* 211 West 100 South \* Salt Lake City Utah 84111 \* (801) 372-7201



**GOTAN-E**  
**May Shotsuki Hoyo**  
**Hatsumairi**  
**Sunday, May 6, 2012 - Service at 1:00 p.m.**

**GUEST SPEAKER:** Rev. Katsuya Kusunoki

I was born in 1977, in Nagasaki, Japan. I received Tokudo ordination on July 15, 1999, and Kyoshi on March 29, 2007. My hobby is watching and playing baseball and softball. After I graduated high school, I entered Miyazaki University. My major was primary education.

During my University days, I took a leave of absence from the university and I entered a Volunteer program to help developing countries. I was sent to ZIMBABWE to be a baseball coach. I coached baseball in ZIMBABWE for 2 years and 4 months.

After I came back to Japan, I graduated from Miyazaki University. Then, I start working for an elementary school for 3 years. I taught 3rd grade and 6th grade. In 2006, I decided to become a minister in a foreign country because I wanted to work outside of Japan again. I went to KYOTO to study Buddhism.

I studied Buddhism in Kyoto for two and half years. In September 2008, I came to the USA to have training to be a BCA minister. I was a member of first group of IMOP (International Ministerial Orientation Program) students.

I was assigned to the Buddhist Church of Lodi and the Walnut Grove Buddhist Church as a supervising minister in January 2010, and the Stockton Buddhist Church in September 2010. I am trying my best to serve these churches and propagate Jodo Shinshu.

*This service is to celebrate the birth of Shinran Shonin (1173-1262), the founder of our sect. It is also called Fujimatsuri in reference to the Wisteria flower which represents our sect. Unlike other flowers which seem to stand up straight and tall when in full blossom, the wisteria hangs down, when in full bloom, as if in humility. This teaches us that a true and real human being does not stand up in arrogance at their accomplishments, but rather realizes that they have so much for which to be grateful.*

*In connection with this very special observance, we hold Shosanshiki also known as Hatsumairi (First visit ceremony) or Infant Presentation service. This service is held for all children born into our Sangha over the past year. It is a day to present the child to Buddha and to the Sangha, and to celebrate their first step upon following the Dharma.*



**JUNE SHOTSUKI HOYO**  
**Sunday, June 17, 2011**  
**Service at 10:00 a.m.**

## ***May and June Shotsuki Hoyo***

### **May Shotsuki Hoyo**

May 6, 2012, 1:00 p.m.

|        |      |                        |
|--------|------|------------------------|
| May 16 | 2006 | Etsuko Fujimoto        |
| May 17 | 1963 | Zentaro Higashiyama    |
| May 1  | 1973 | Tomene Higashiyama     |
| May 10 | 2009 | Leo Sumio Iseki        |
| May 24 | 1969 | Tsunayoshi Iseki       |
| May 26 | 1965 | Shujiro Kakushi        |
| May 31 | 2011 | Fumi Ota Kamigaki      |
| May 29 | 1969 | Buichi Kataoka         |
| May 10 | 1960 | Tome Kawaguchi         |
| May 1  | 1968 | Keitaro Kikuraku       |
| May 25 | 1995 | Sumiko Koga            |
| May 28 | 2002 | Shigeko Koga           |
| May 4  | 1954 | Kaihei Kosaiku         |
| May 1  | 1926 | Ruby Kosaiku           |
| May 24 | 1991 | Tsugi Miyagishima      |
| May 8  | 1979 | Sakujiro Moriyama      |
| May 24 | 1974 | Shinayo Nakano         |
| May 17 | 1986 | Hana Nishihara         |
| May 31 | 1961 | Tsurukichi Omori       |
| May 16 | 1973 | Suga Omori             |
| May 19 | 2009 | Henry E. Riley         |
| May 19 | 1969 | Ginichi Shigei         |
| May 3  | 1972 | Tomoyo Shimada         |
| May 16 | 1970 | Mike Maseo Shimizu     |
| May 1  | 1987 | Naka Shiramizu         |
| May 29 | 1996 | Hisako Teramoto        |
| May 6  | 1999 | Harry Hisao Teramoto   |
| May 22 | 2001 | Kiyoshi Kay Watari     |
| May 16 | 1993 | Yoshiye Yamaguchi      |
| May 16 | 1991 | Kamesaburo Yamasaki    |
| May 20 | 1970 | Shigenori Yano         |
| May 6  | 1972 | Toriko Yei             |
| May 30 | 2006 | Daiiche Yoshimura      |
| May 20 | 2005 | Sumiye M. Yoshimura    |
| May 27 | 2001 | Masaji Roy Yoshinaga   |
| May 1  | 2008 | Helen Fujiko Yoshinaga |

### **June Shotsuki Hoyo**

June 17, 2012, **10:00 a.m.**

|         |      |                              |
|---------|------|------------------------------|
| June 28 | 2005 | Haruye K. Endo               |
| June 12 | 1998 | Yoshiyuki George Hirabayashi |
| June 16 | 1998 | Shizue Kano                  |
| June 16 | 1969 | Shegejiro Kawaguchi          |
| June 7  | 1977 | Kanichi Kawaguchi            |
| June 28 | 1985 | Kiku Kudo                    |
| June 23 | 1965 | Uji Miya                     |
| June 30 | 1965 | James Jusuburo Murakami      |
| June 24 | 2001 | Hichiro Jim Nakano           |
| June 23 | 1994 | Mine Ogata                   |
| June 25 | 1965 | Kakutaro Okawa               |
| June 24 | 1998 | Masao Okuda                  |
| June 6  | 2000 | Kimiko Tsukamoto             |
| June 6  | 2002 | Joe Yamashita                |
| June 26 | 1976 | Suga Yano                    |
| June 11 | 1993 | Tome Yoshimura               |

For those years not having a specific memorial service such as 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, etc. the temple is holding these monthly Shotsuki Hoyo. During these services, the temple will list the names of those members who have died during the month in the preceding years.

The families then attend that monthly service in memory of their loved one.

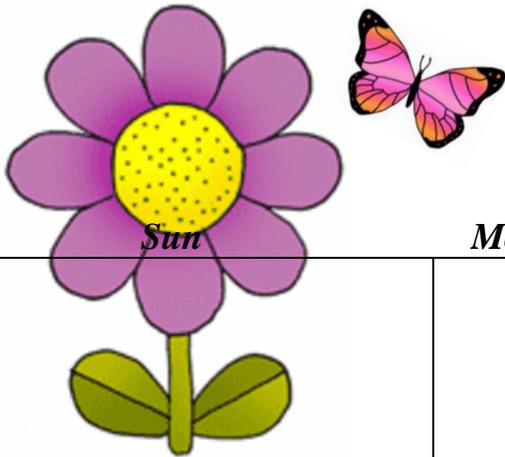
These services are not meant to replace the specific memorial services. Please contact Rev. Hirano to make arrangements for those services. Rev. Hirano contact information:

Office 363-4742, Home 299-8727, Emergency 819-2648.

#### **2012 Memorial Service Schedule for those who passed away in:**

|               |                |                 |
|---------------|----------------|-----------------|
| 2011 - 1 year | 2000 - 13 year | 1980 - 33 year  |
| 2010 - 3 year | 1996 - 17 year | 1963 - 50 year  |
| 2006 - 7 year | 1988 - 25 year | 1913 - 100 year |

*Corrections/Additions to the Shotsuki Hoyo list - please contact Ruth S.*



# May, 2012

| Sun                                                                                                                                                                      | Mon                                                     | Tue                              | Wed                                                                | Thu | Fri | Sat                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------|--------------------------------------------------------------------|-----|-----|----------------------------------------------------------------------------------|
|                                                                                                                                                                          |                                                         | 1                                | 2<br>10:00 am<br>Buddhism<br>Study Group<br>7:30pm<br>Buddhism 101 | 3   | 4   | 5<br>9:00 am<br>Sushi Prep<br>4:00 pm<br>Rev.<br>Kusonoki<br>Chanting<br>Seminar |
| 6<br>10:45 am – Discussion Group<br>1:00 pm – Gotan-E Service<br>May Shotsuki Hoyo                                                                                       | 7                                                       | 8<br>7:30 pm<br>Board<br>Meeting | 9<br>10:00 am<br>Buddhism<br>Study Group                           | 10  | 11  | 12                                                                               |
| 13<br>7:30 am – Prep Mother’s Day Breakfast<br>8:30 am – Mother’s Day Breakfast<br>10:00 am – Dharma School Service<br>10:45 am – Discussion Group<br><br>*Mother’s Day* | 14                                                      | 15                               | 16<br>10:00 am<br>Buddhism<br>Study Group                          | 17  | 18  | 19                                                                               |
| 20<br>10:45 am – Discussion Group<br>1:00 pm – Family Service                                                                                                            | 21                                                      | 22                               | 23<br>10:00 am<br>Buddhism<br>Study Group                          | 24  | 25  | 26                                                                               |
| 27<br>No Service & No Discussion Group                                                                                                                                   | 28<br>Cemetery<br>Service<br>*See<br>schedule<br>below* | 29                               | 30<br>10:00 am<br>Buddhism<br>Study Group                          | 31  |     |                                                                                  |

**Toban Cleaning Group:**

Harry & Alice S. (Leader)  
 Marie S.  
 Geoff & Linda-E. R.  
 Lorraine S.

**MEMORIAL DAY CEMETERY SERVICE SCHEDULE:**

9:00 am – Syracuse Cemetery  
 9:30 am – Washington Heights Cemetery  
 10:00 am – Ogden City Cemetery





# June, 2012

| Sun                                                                                                                                                                                                     | Mon | Tue                               | Wed                                       | Thu | Fri                                  | Sat                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------------------------------|-------------------------------------------|-----|--------------------------------------|-----------------------------------------------------------------|
|                                                                                                                                                                                                         |     |                                   |                                           |     | 1<br>6:00 pm<br>Rummage<br>Sale Prep | 2<br>RUMMAGE<br>SALE<br>7:00 am Prep<br>8:00 am –<br>12:00 noon |
| Dharma School LAGOON DAY 3                                                                                                                                                                              | 4   | 5                                 | 6<br>10:00 am<br>Buddhism<br>Study Group  | 7   | 8                                    | 9                                                               |
| 10:00 am – Dharma School<br>10:45 am – Discussion Group 10                                                                                                                                              | 11  | 12<br>7:30 pm<br>Board<br>Meeting | 13<br>10:00 am<br>Buddhism<br>Study Group | 14  | 15<br>GEPO<br>articles due           | 16                                                              |
| 7:30 am – Prep Father’s Day Hawaiian<br>Breakfast<br>8:30 am – Father’s Day Hawaiian<br>Breakfast<br>10:00 am – Last Dharma School<br>Shotsuki Hoyo<br>10:45 am – Discussion Group<br>*Father’s Day* 17 | 18  | 19                                | 20<br>10:00 am<br>Buddhism<br>Study Group | 21  | 22                                   | 23                                                              |
| BWA Wendover Bus Trip 24                                                                                                                                                                                | 25  | 26                                | 27<br>10:00 am<br>Buddhism<br>Study Group | 28  | 29                                   | 30                                                              |

**Toban Cleaning Group:**

Mike & Annette K. (Leader)  
 Scott K.  
 Sheldon & Kathy S.  
 Julia F.



# WASATCH FRONT NORTH JACL CHAPTER

## 13<sup>th</sup> ANNUAL BASKETBALL TOURNAMENT

April 22, 2012

To: Basketball Participants

The Wasatch Front North JACL Chapter is sponsoring the 13<sup>th</sup> Annual JACL Basketball Tournament. The tournament will be held at Northridge High School in Layton on May 17-19, 2012: Thursday and Friday, 5:00 pm to 10:00 pm, Saturday beginning at 9:00 am.

This year, as in the years past, eligibility requires **ALL (EXCEPT ONE)** members of the team to be at least ¼ Asian or a Pacific Islander or an active JACL Member. Please indicate eligibility on the entry form (“A,” “PI,” “JACL,” or “Other”).

Team registration is \$160.00 for early registration before May 1, 2012 and \$175.00 for late registration, before May 7, 2012. Please make checks payable to Wasatch Front North JACL. Teams may request a later playing time on Thursday and Friday, please indicate on the application and we will try to accommodate your preferred time.

We will be limiting the tournament to the first 10 teams that sends in their registration. If you know of any additional teams that would like to participate, please make copies of the application for them or have the captain contact Ryan Y. at *(omitted for online version)* or email at *(omitted for online version)*.

### General Tournament Information:

1. Eligibility. We require all players to be at least ¼ Asian or Pacific Islander or an active JACL member. Exceptions will be made for **ONE** player to be non-asian or a non-JACL member. Please note the player eligibility on the registration form. All players must be at least 15 years old.
2. Teams will be guaranteed to play at least two games. Because of the number of teams are not known at this time, draws may include a Bye. Teams will be drawn on a blind draw basis.
3. The revolving trophy will be presented to the winning team after the championship play. Awards will be presented to 10 players on the winning team.
4. Each team is responsible for their own insurance coverage.
5. Each team must have matching uniforms with numbers. No Uniforms – No play.
6. Rosters may have more than 10 players. Only players listed on the roster may play on that team. Players can only be on one roster. Teams using players not on their roster will be disqualified.
7. Utah State High School Rules will govern each division regarding the conditions of play of the games. Games will be 20 minute halves with the last 2 minutes on a stop/go on the clock.
8. Rosters and entry fee deadline is **Tuesday, May 1, 2012**. All rosters with entry fee will be accepted in order for submission.

# APPLICATION FORM

## 13<sup>th</sup> Annual Wasatch Front North JACL Basketball Tournament

Team Name \_\_\_\_\_ Coach \_\_\_\_\_

| Team Members: | Eligibility |
|---------------|-------------|
| 1. _____      | _____       |
| 2. _____      | _____       |
| 3. _____      | _____       |
| 4. _____      | _____       |
| 5. _____      | _____       |
| 6. _____      | _____       |
| 7. _____      | _____       |
| 8. _____      | _____       |
| 9. _____      | _____       |
| 10. _____     | _____       |

Registration Fee: \$160.00/Team

Contact Person: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Waiver

My team releases the WFN JACL Tournament committee from all responsibilities for injuries of any nature incurred while participating in any tournament activities. We understand that medical insurance is our own responsibility.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Send Application to:

**Ryan Yoshida**  
**(omitted for online version)**  
**Please see an Ogden Buddhist Church Board Member for information**

Make Checks Payable to: **Wasatch Front North JACL**