



THE GEPPPO



A publication of the Ogden Buddhist Temple

155 North Street Ogden, UT 84404

P.O. Box 3248 Ogden, UT 84409

Supervising Reverend: Rev. Jerry Hirano

Rev. Hirano contact info: Office – 801-363-4742

Home – 801-299-8727

Emergency – 801-819-2648

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Temple President: Steve K.

Minister's Assistant: Annette K.

Minister's Assistant: Mike M.

Junior Minister Assistant: Charles A.

Web Site: www.slbuddhist.org/ogden

E-mail: ogdenbuddhisttemple@gmail.com



Hostess with the Mostest

~J.K. Hirano

The teachings which I have given you, I gained by following the path myself. You should follow these teachings and conform to their spirit on every occasion.

If you neglect them, it means that you have never really met me. It means that you are far from me, even if you are actually with me; but if you accept and practice my teachings, then you are very near to me, even though you are far away.

My disciples, my end is approaching, our parting is near, but do not lament. Life is ever changing; none can escape the dissolution of the body. This I am now to show by my own death, my body falling apart like a dilapidated cart. Do not vainly lament, but realize that nothing is permanent and learn from it the emptiness of human life. Do not cherish the unworthy desire that the changeable might become unchanging.

The demon of worldly desires is always seeking chances to deceive the mind. If a viper lives in your room and you wish to have a peaceful sleep, you must first chase it out.

You must break the bonds of worldly passions and drive them away as you would a viper. You must positively protect your own mind.

My disciples, my last moment has come, but do not forget that death is only the end of the physical body. The body was born from parents and was nourished by food; just as inevitable are sickness and death.

But the true Buddha is not a human body: -- it is Enlightenment. A human body must die, but the Wisdom of Enlightenment will exist forever in the truth of the Dharma, and in the practice of the Dharma. He who sees merely my body does not truly see me. Only he who accepts my teaching truly sees me.

Mahaparinivana sutra (Last teaching of the Buddha)

It seemed like a fairly normal morning. I checked my blood sugar, took my assortment of pills, my glucose shot, brushed my teeth and showered. I sipped the coffee Carmela had brought me as I walked to the kitchen saw I had a hostess apple pie; I had bought the previous day. Picking it up, I carelessly ripped off the



wrapper, threw the wrapper in the garbage, grabbed a paper towel and set the pie and towel on the table. As I turned on my laptop, I gobbled up the pie. The MSN report said, "Hostess Closes". After a few minutes it dawned on me, I may have eaten the last Hostess apple pie in the world. I thought to myself, "No, I'm just being silly, there has got to be more apple pies, how could there be a world without Hostess and Twinkies."

I really didn't think much about it, but as the news reports continued to talk about the World losing icons of snacking, Twinkies, Ding Dongs, Ho Hos, the shock wore off, I began to get angry. I stopped at the first gas station that had a food mart. Jumping from my car I ran to the market, no Hostess. I stopped one 7 11, then another and another, the same story at each place, the shelves were bare, those white wire racks were empty. "Those stupid bakers, why didn't they sign their new contracts! The teamsters did!" I drove quickly to the Bountiful Hostess outlet near my home. The usually empty parking lot was full, however, a car pulled out as I pulled in and I parked. It was a mad house, the usually empty store was full of people with shopping carts grabbing anything that was left on the shelves. I saw some people with ten loaves of bread in their carts and it wasn't even wonder bread. "What were they going to do with TEN LOAVES OF BREAD!" The only things left were a few packages of no name generic looking crackers of some type.

My next strategy was to look online for some kind of Hostess web site. The only thing I could find were Ebay offerings of \$100.00 Twinkies. I then remembered I had signed up for an online grocery delivery service. I logged in and found a listing of Hostess products from Twinkies to apple pies. I ordered \$100.00 worth of various delicacies. I felt calmer. I could sleep that night, with thoughts of Twinkies, Ding Dongs and Hostess apple pies dancing in my head.

The next morning I followed the usual routine, without an apple pie. Checking my email, there was a letter from my grocery delivery service informing me that they were crediting my account \$10.00 for the inconvenience of not being able to fill my order. What could I do? They had tried to contact all the suppliers in in the Salt Lake area, maybe I could try California, was \$100.00 really that much for a Twinkie?

That evening as I moped around the kitchen talking with Carmela about my despair, she said, "I think we might have a few apples pies, you hid in the pantry." I sometimes hide a few here and there since Carmela doesn't think they're healthy. I have never been happier about being found out. I could hear angels singing, a ray of light enveloped our kitchen, four fruit pies, Hallelujah! Then it dawned on me, only four Hostess apple pies for the rest of my life, how do I decide when to eat them? As I paced the kitchen and pondered this Solomon like decision, Carmela said, "Just eat one!" I took one of the pies, caressed the package, slowly tore the corner and slipped it out. I lovingly looked at the wrapper, green with blue and red writing. I nibbled at the corner to savor one of the last Hostess pies in existence. It was over a month old and slightly rancid. Nevertheless this was one of the last Hostess fruit pies in the world. I am going to eat one on Christmas morning and maybe New Year's Eve. The last one, I will keep in the freezer to take out from time to time, just to look at and remember.

The next few days, I checked the news for hope of some sort of last minute intervention by the president or maybe the U.S. Supreme Court. I didn't feel like talking about my sadness with others. It's been close to two weeks, since the initial news reports about the Hostess closing. There was a slight glimmer of hope when the bankruptcy court tried to get the baker's union and the Hostess management to try one more time. It failed. I found one gas station with a Hostess Strawberry pie and two packs of powder sugared donuts; I quickly snatched them up and took them home. However, they weren't my Hostess apple pies.

On the way to Ogden's family service, I stopped at a gas station on the slight chance of a stray apple pie, there was a rack, kind of like the Hostess rack, but it was filled with Little Debbie snack cakes and pies. I felt like a traitor, but I had to go on. I was the one, still here. I don't think the apple pie would mind and would want me to be happy. I tried the Little Debbie apple pie, it wasn't bad, I will never take this apple pie for granted again. How many other things in our lives have we taken for granted? "Dad, could we play some catch tonight, sure son, give me a little time." Don't we always have reason to do those important things, later? How often has "I love you and thank you" been relegated to the realm of watching our calories tomorrow.

Elizabeth Kubler Ross the great Thanatologist and therapist has identified, five stages of death we each go through.

Denial and Isolation

Anger

Bargaining

Depression

Acceptance

I found that this is what happened to me with the Hostess fruit pies. Something as foolish as a fruit pie that isn't even good for me, had taken on a significance I never expected. I believe it is when we look and treat things in our lives as unchanging. As the Buddha states in the quote I began with, "Do not cherish the unworthy desire that the changeable might become unchanging." When we are setting ourselves up for pain and disappointment. This is just as true for apple pies as it is for friends and loved ones.

We are now in the Holiday season, as many of you know, my favorite time of the year. It is an occasion for deep reflection on what we should be grateful for. It is a time when we have the opportunity to look upon all that allows us to live. I would like to thank Sherrie Koga and all the temple members that put on the wonderful 25th year party for me. As I have said, it was as though I had the opportunity to see my own funeral. I felt like Scrooge confronted by the Spirit of Christmas Future. I was like George Bailey in "It's a Wonderful Life" seeing that maybe his life did have meaning. I would like to thank each of you from the bottom of my heart. On behalf of Carmela, Kacie, Taylor and myself, I hope that each of you have a wonderful Holiday season and thank you for your support this past year. As Ebenezer Scrooge said in the Christmas Carol, "I will honor Christmas in my heart and keep it all the year. I will live in the past, the present and the future. The Spirit of all three shall strive within me. I will not shut out the lessons they will teach." I will try my best to remember all the kindnesses I have received from each of you, thank you, Merry Christmas, Happy New Year, and
Namo Amida Butsu.



President's Message

Happy New Year! I hope everyone had an enjoyable holiday season and here is wishing everyone a happy and prosperous new year.

The past year seemed to fly by. We accomplished a lot last year, from Hanamatsuri to Bazaar. I appreciate everyone's involvement in temple activities.



Upcoming temple activities:

January 13th will be our annual perch at the church. Ice fishing at Pineview and lunch to follow at the church.

February 3rd will be the Super Bowl party and potluck.

*Gassho,
Kirk Y.*



BWA NEWS

By Tami H.



Another perfect BWA year has come to an end – with the New Year ready to begin! This organization runs on the volunteer efforts of all our “young” ladies teaching us their knowledge and talents. I am appreciative of their willingness and patience as they continue to pass on these traditions.

Thank you to our Toban Group for the delicious Bodhi Day lunch – Aki K., Yuko A., Yuri I., Marcie F., Suzan Y., Lorraine S., Shauna R., and Susan C.

Our 2013 Membership Party will be on February 24th. We will begin at 11:30 at The Greenery and conclude with Bingo at the temple. Please make sure you come and have a great time with friends!

In Gassho ...



Donations

** Omitted for Online Version **



DHARMA SCHOOL NEWS

By Suzan Y.

This was the second year the Dharma School sponsored four children from the Angel Tree. The youth selected 2 boys and 2 girls ages 10-12. After viewing their needs, we realized there are children out there without the basic necessities such as clothing. All of the children needed clothes, shoes, even under ware. Some of the kids did not ask for a toy or just one item for Christmas, a soccer ball. The Dharma School children and parents went shopping on Sunday following service. Our Dharma School kids took great care in selecting

the necessary items to meet the children's needs, and selected some fun crafts, toys, and sweets to surprise them. Sometimes we get caught up in the day to day routine and we forget how fortunate we are. It is these community projects and acts of kindness that remind us of our children, family, friends, church and others in our lives. We appreciate everyone for their generous monetary donations to support this community activity. Everyone enjoyed this project and came away feeling as though we made a difference in someone's life. We wish everyone a safe and happy holiday!





SL Holiday Boutique

The Dharma School participated in Salt Lake Temple's Christmas Boutique. We made the Manju at church with the help of some BWA ladies, Aiko H., Annette K. and Ruth S. The Dharma School students really enjoy this project, and the older students took over the stove and steaming the Manju. Thank you for supporting the Dharma School at the boutique. We would also like to thank Sherry K. and her crew for hosting the boutique. This is great fundraising opportunity for the Ogden Dharma School.



Congratulations Reverend Hirano



Congratulations to Reverend Jerry Hirano dedicating 25 years of service to the BCA. We appreciate his willingness and support of new programs and his Dharma talks. I would also like to thank our youth for helping out at the reception clearing the tables for others to join the celebration.

In Gassho ...

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

*This article was written by Reverend Rye in
December of 2011.*



It is a busy morning for me. It is Sunday and the temple is holding a major service. On these days I take the programs, Flowers, and Omanju home on Saturday evening so I can take them to the Dharma Center on Sunday morning. Just before I leave every morning I make sure to see Gato and Saffie to make sure they are OK. However, this morning I can't find Gato anywhere. I must leave at 9:00 since the Japanese service starts at 9:30 and it is already 9:00. Gato is in the back of my mind all day, but since I must take the guest speaker to Fowler for their 2:00 service I don't get home until 4:00. When I get home and start to unlock the front door Gato comes out from under the bushes in the front yard and runs in the house.



Rev. Kurt: Gato, have you been outside all day?

Gato: Uh, yes I have. I was fine. I'm a big cat now and can handle myself.

Rev. Kurt: You know you're not supposed to be outside when I'm gone. There are fast cars, dogs and besides you don't even know the neighborhood. You could have gotten lost!

Saffie: Silly Gato, silly!

Gato: Cool it you two. I was fine and in control the entire time. Besides it was pops that locked me outside in the cold to defend for myself. That bush did not provide much shelter and I was so hungry I thought I might pass out from malnourishment.

Rev. Kurt: What are you talking about? I always make sure the two of you are away from the door when I go out. How did you get out?

Gato: When you were carrying the large flower bouquet for service Saffie pushed me out the door. I know she is little but she has a strong push! She wanted the house all to herself so she could eat all our food!

Saffie: Gato bad, bad liar!

Gato: I'm not! Just because you're a cute little kitten you think you can get by with anything including attempted murder by pushing me out the door!

Rev. Kurt: This is ridiculous. I don't think Saffie was trying to murder you, in fact I doubt she even pushed you. Why are you making up this story Gato? It is not

honest. You should take responsibility for your actions, instead of making up stories.

Gato: Well it's not all made up. Saffie was behind me and did bump into me by mistake. She is such a klutz you know. It's a wonder that we have any drinking glasses left the way she knocks them over.

Saffie: Gato mean cat! Mean!

Rev. Kurt: Gato as I said, you need to take responsibility for your actions and not blames others. The Buddha taught us in **The Eightfold Path** to have **Right Speech**. **Right Speech** means that we say only truth and not make up stories. Even if parts of your stories are true it still is not **Right Speech** if some of the story is a lie.

Gato: Oh pops, I didn't mean to lie, it's just that when I got out I thought I could get back in the front door before you left. When I turned around your car was pulling out of the driveway and I kind of freaked out. I guess I made up a story because I was embarrassed, and didn't know what to say.

Saffie: Gato the Humble Buddhist cat!

Rev. Kurt: Great, I think both of you understand the idea of **Right Speech**. Let's try to remember to be honest, it makes life much less complicated. Now how would the two of you like one of my homemade peanut butter cookies?

Gato: They taste like an old dried up shoe. I can barely chew them. Was that a good use of **Right Speech**?

Rev. Kurt: Ah, "no thank you" would have been fine.

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 and follow his teachings.

2013 Ogden Dharma School Winter Party

13 January 2013

Ice fishing at Pineview Reservoir, north side of Cemetery Point

When

1. On the ice at 7:30am. If you want to carpool, meet at the Church by 7:00am.
2. We'll fish until about 1:00pm and plan on lunch at 2:00pm.
3. If you can't make it fishing, please feel free to come to the Church for lunch!!!!

How to Get There

1. Travel up Ogden Canyon and pass the dam as if going to Snowbasin ski resort (do not turn and cross-over the dam as if you were going to Powder Mountain ski resort).
2. Continue east past the reservoir. The road will curve to the north and you'll pass the Chevron gas station.
3. Turn left at the intersection to "HUNTSVILLE" and "BEACH MARINA"
4. Follow road to end (about 2 miles) and park in parking lot. **DO NOT PARK ALONG THE MAIN ROAD – YOU WILL GET A TICKET.** Signs are posted by the parking lot requiring a \$9 parking fee and a \$2 per person "walk-in" fee – these fees **DO NOT** apply in the winter!!!
5. Walk across the road and down to the lake. Veer to your left. Look for the black, fishing tent with the red University of Utah banner.

What to Bring

1. Fishing License – If you are 12 years old or older you need a license to fish. You can buy one at any license agent (egs: Sportsman's Warehouse, K-Mart, Sports Authority, etc.) or on-line at <http://wildlife.utah.gov>.
 - a. 365-day youth (12 to 13 years of age) - \$5
 - b. 1-day, resident (14 years of age or older) - \$8
 - c. 7-day, resident (14 years of age or older) - \$16
 - d. 365-day, resident (14 years of age or older) - \$26
2. Warm Clothes (dress in layers) – gloves, hat, snow pants and especially insulated (preferably waterproof) boots.
3. Optional –
 - a. Something to sit on – small, collapsible camp chairs work well.
 - b. Sleds or Tubes – The south side of Cemetery Point has areas suitable for sledding.
 - c. Drinks and snacks.
 - d. Change of clothes (just in case).

What to be Careful of

1. The Cemetery Point access road and parking lot are generally not plowed and can be slippery. Four-wheel drive vehicles are preferable.
2. There is a path in the snow down to the ice – it may be slippery.
3. Be very careful when walking on the ice - it can be very slippery. Also be aware of drilled ice holes – some can be as large as 10 inches in diameter and you don't want to step in them.
4. Don't worry if you hear the ice crack...that means the ice is safe (really!!!)



TOBAN CLEANING

Keeping our temple clean and well maintained is VERY important to the overall health of our building. Please review the toban cleaning schedule and make note of your month. A montly reminder will still be placed in the GEPP0 for your convenience. Your leader will contact you to schedule a specific date.

Please remember the basic items that should be completed during toban cleaning are: clean-sweep-mop-toilets in all restrooms, clean-sweep-mop the kitchen, dust mop multipurpose room, vacuum chapel-library-office-classrooms-hallway, clean entrance doors-windows, empty all trash cans, take the garbage out to the roadside, if necessary, and dust, where needed.

January

Blaine & Suzan Y. **
Kristin Y.
Karen D.
Kunie O.
Greg O.



February

Craig & Geniel S. **
Landon S.
Pam S.
Courtney & Kevin S.

March

Roland & Janice S. **
Todd & Stacie H.
Fran H.

April

Kirk & Betty Y. **
Trenton Y.
Steve & Kris Y.
KayLene Y.



May

Geoff & Linda R. **
Mike & Darlene M.
Lorraine S.
Marie S.

June

Mike & Annette K. **
Scott K.
Sheldon & Kathy S.
Julia F.

July

Obon Cleaning Committee



August

Tom & Marcie F. **
Robyn F.
Steve & Ellen K.
Valarie K.

September

James & Marisa A. **
Charles A.
Max & Georgia Y.
Toby Y. & Mui T.

October

Bazaar Clean-up

November

Ruth S. **
Bart & Robyn H.
Kevin & Justine H.
Maria H.

December

Stan & Tami H. **
Mackenzie & Alex H.
Alice H.



** = Toban Cleaning Leader



Ho-onko Service
January Shotsuki Hoyo
Installation of Officers
Sunday, January 20, 2013 - 1:00 p.m.
Otoki Lunch - 11:30 a.m.

Guest Speaker:

Dr. Carmela Javellana H., Minister's Assistant, Salt Lake Buddhist Temple

Goshoki Hoonko (*Observance of Anniversary of Death and Repay Debt of Gratitude*)

Shinran Shonin's Memorial Service - *Within the Nishi Hongwanji tradition this is the most important observance of the year. It is held to acknowledge our debt of gratitude to Shinran Shonin for opening the Nembutsu teachings for us.*

Shotsuki Hoyo - *Monthly Memorial Service*



Nihan-E Service
February Shotsuki Hoyo
Pet Memorial Service

Sunday, February 17, 2013 - 1:00 p.m.

When Shakyamuni Buddha attained Enlightenment, he achieved the state of Nirvana. However, in retaining his physical body, he did not achieve complete Nirvana. This observance is to commemorate Shakyamuni Buddha's death and entrance into complete Nirvana.

January / February Shotsuki Hoyo

January Shotsuki Hoyo

January 20, 2013 ~ 1:00 p.m.

Jan 15	2009	Lily S. Endow
Jan 7	1965	Yeijiro Hirai
Jan 7	1977	Yoshio Horiuchi
Jan 21	1980	Peter J. Hunt
Jan 4	1972	Chong Sun Johnson
Jan 10	1992	Wataru Kamigaki
Jan 17	1954	Toshio Kato
Jan 29	1973	Ura U. Kawaguchi
Jan 16	1977	Eikichi Kawaguchi
Jan 28	2003	Jake Hideo Koga
Jan 9	1983	Fujiko Kojima
Jan 5	1998	Soichi Kojima
Jan 23	1980	Toshita Mayeda
Jan 4	1978	Yasuzo Minaga
Jan 17	1999	Sam Sadao Miya
Jan 28	1984	Masaji Miyagishima
Jan 31	1998	Tono Miyagishima
Jan 5	2001	Masano Morimoto
Jan 14	1964	Yeitaro Nishihara
Jan 12	1988	Ichimatsu Nisogi
Jan 30	1968	Takao Okubo
Jan 7	2007	Amy Sameshima
Jan 24	1964	Kenzo Seino
Jan 22	1992	Yoneko Mary Takabayashi
Jan 31	1978	George Y. Tanaka
Jan 3	1974	Aki Toimoto
Jan 10	1977	Yuriko C. Yamada
Jan 17	2010	William Yamane
Jan 16	1997	Namiye Yamamoto
Jan 2	1960	Matsujiro Yamashita
Jan 23	1956	Morikiyo Yei

February Shotsuki Hoyo

February 17, 2013 ~ 1:00 p.m.

Feb 21	1995	Harue Enomoto
Feb 17	1968	Otojiro Fukuda
Feb 10	1965	Hitoshi Hoshiko
Feb 24	1964	Takematsu Inouye
Feb 28	1986	Matsue Kano
Feb 17	1969	Shozo Kariya
Feb 19	1998	Yukie Kawa (Ozawa)
Feb 2	2000	Izumi Kishimoto
Feb 19	1966	Wakamatsu Kiyotsugu
Feb 9	1967	Sahei Kosai
Feb 23	1975	Gensaku J. Miyagishima
Feb 2	1973	Kazue Nishikawa
Feb 28	1989	Shigeso Frank Nishimoto
Feb 21	1978	Jerrold Nisogi
Feb 25	1993	Mitsuye Oda
Feb 18	1994	Yukiye Omori
Feb 1	2008	Kiyoshi "Kay" Shimada
Feb 18	1965	Hiroshi Shioji
Feb 16	1986	Teruo Ted Suekawa
Feb 12	1994	Kazuye (Kathy) Taniguchi (Yagi)
Feb 29	2005	Jane Tomiko Tsushima
Feb 19	1992	Niroku Uyematsu
Feb 29	1968	Michiye Watanabe
Feb 12	1996	Frank Toichi Yoshida
Feb 20	1961	Thomas T. Yoshitaka

For those years not having a specific memorial service such as 2nd, 4th, 5th, 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.

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

2013 Memorial Service Schedule for those who passed away in:

2012 - 1 year	2001 - 13 year	1981 - 33 year
2011 - 3 year	1997 - 17 year	1964 - 50 year
2007 - 7 year	1989 - 25 year	1914 - 100 year

2013 Ogden Buddhist Church Officers

OGDEN BUDDHIST CHURCH BOARD

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 3rd VP Toby Y.
 4th VP Mike K.
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 Shauna R., Geoff R., Roland S., Harry S., Steve Y., Kirk Y., Blaine
 Y.

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 3rd VP Alice H.
 Recording Secretary Linda E. R.
 Corresponding Secretary Fran H.
 Treasurer Ellen K.
 Auditor Julia F., Suzan Y.



January, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 10:00 am – Buddha's Roundtable	3	4	5
6 10:45 am – Discussion Group 11:30 – BWA Meeting 1:00 pm – Family Service 2:00 pm – Dharma School Meeting	7	8 7:30 pm – OBC Board Meeting	9 10:00 am – Buddha's Roundtable	10	11	12
13 NO Dharma School 7:00 am – Perch at the Church 10:45 am – Discussion Group	14	15	16 10:00 am – Buddha's Roundtable	17	18	19
20 10:45 am – Discussion Group 11:30 am – Otoki Lunch 1:00 pm – Family Service w/Carmella January Shotsuki Hoyo Installation of Officers	21 Human Rights Day 	22	23 10:00 am – Buddha's Roundtable	24	25	26
27 10:00 am – Dharma School Service 10:45 am – Omigaki (Alter) Cleaning 10:45 am – Discussion Group	28	29	30 10:00 am – Buddha's Roundtable	31		

Toban Cleaning Group:

Blain & Suzan Y. (Toban Cleaning Leader)

Kristin Y.

Kunie O.

Greg O.



Karen D.

JANUARY





February, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10:45 am – Discussion Group 1:00 pm – Family Service 2:00 pm – Dharma School Meeting Super Bowl Party & Potluck!	4	5	6 10:00 am – Buddha's Roundtable	7	8	9
10 10:00 am – Dharma School Service 10:45 am – Discussion Group	11	12 7:30 pm – OBC Board Meeting	13 10:00 am – Buddha's Roundtable	14 Happy Valentine's Day! 	15 GEPO Articles Due	16
17 10:00 am – Discussion Group 1:00 pm – Nihan-E Service Shotsuki Hoyo Pet Memorial	18 President's Day 	19	20 10:00 am – Buddha's Roundtable	21	22	23
24 10:00 am – Dharma School Service 10:45 am – Discussion Group 11:30 am – BWA Membership Party!	25	26	27 10:00 am – Buddha's Roundtable	28		

Toban Cleaning Group:

Craig & Geniel S. (Toban Cleaning Leader)

Landon S.

Pam S.

Courtney & Kevin S.

FEBRUARY

