



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

Web Site: www.slbuddhist.org/ogden

Temple E-mail: ogdenbuddhisttemple@gmail.com

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Temple President: Steve K.

Minister's Assistant: Annette K.

Annette's Emergency Contact – *omitted online*

Minister's Assistant: Geoffrey R.

Minister's Assistant: James A.

Junior Minister Assistant: Charles A.

Mindful, or Mind Full

~ By J.K. Hirano



Mind Full, or Mindful?

Happiness does not come automatically. It is not a gift that good fortune bestows upon us and a reversal of fortune takes back. It depends on us alone.

One does not become happy overnight, but with patient labor, day after day.

Happiness is constructed, and that requires effort and time. In order to become happy, we have to learn how to change ourselves.

~Luca and Francesco Cavalla-Sforza

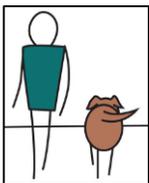
Recently on our kitchen table, I came across this cartoon that Carmela had printed out. This image can be found on various websites. It was drawn by Henck Van Bilsen, a cognitive behavioral psychologist, from his book, *Zee Beatty and the Socks of Doom*. Although I have not yet read the book, when I saw this cartoon, I thought of this quote by the geneticist Luca Cavalla-Sforza and his son Francesco. I feel this quote and cartoon encapsulates the real goal of Buddhism and the reason we have a temple.

When you read books or Internet sites about Buddhism, they usually say that the goal of Buddhism is to become Buddha or enlightened. However, to become Buddha is one of the most difficult of difficult goals. To be Buddha is to be a perfect human being. Yet why has Buddhism flourished for over two thousand years? There aren't Buddhas standing around every street corner or even a few in the countries that claim to have

Buddhist traditions. I have not heard of a Tibetan Buddha, Chinese Buddha, Japanese or Korean Buddha. There hasn't been another Buddha since the time of Shakyamuni Buddha and no one knows when Maitreya Buddha will appear.

However, Buddhist temples seem to be flourishing in our current time and place, more than any time in history. If there are no Buddhas floating around in their blissful spheres called Buddha Lands, why bother? Why is the United States now home to more denominations of Buddhist temples than anytime in history since Shakyamuni Buddha?

I believe that we are Buddhists, not necessarily to become Buddha, but to discover happiness in our everyday lives. It would be great to become Buddha; however, I do not believe it is in my near future. I am not shooting for perfection, but striving to discover or rediscover the type of happiness that makes me want to wake up in the morning, help me maintain and love my family and yes, to create and maintain our temple, our Sangha. It is from these gradual steps, that we work to create a more harmonious society and world.



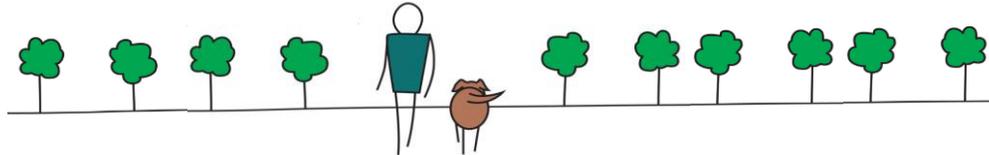
This cartoon is a picture of a man named Zee and his dog Percy. They are both walking in the sunshine. Zee's mind is so cluttered by his worries of work, home, traffic, etc. that he cannot see the beauty that embraces him. However, Percy is able to live at that moment, enjoying the companionship of his master and the beauty of the world around him. Zee's mind is full of distraction, while Percy is mindful of the beauty of the moment.

As Dr. Cavalla-Sforza has pointed out, happiness is not an automatic state of being. In Shinshu we acknowledge this by calling ourselves, "Bombu" (foolish beings). We are filled with "Bonno" (Klesha), which is characterized by greed, anger and ignorance. Our natural state is to survive at all costs. This bonno fills Zee's mind with a chaotic mix of survival. I don't think our Neanderthal ancestors were hanging around meditating around the fire. I could imagine them worrying about what to eat, was it safe to sleep around the fire, what about tomorrow? Zee is not a Neanderthal and neither are we and at this moment we do not have to worry about basic means of survival, shelter, protection, food, yet our minds are so chaotic and confused because of these thoughts based upon the instinct to survive. Percy, Zee's dog may be mindful, however he is not a human being with the ability to transform who and the possibility of enlightenment.

Shinshu teaches us that our Bonno is a part of who we are, yet it can be modified. Our mind full of distractions can be modified by mindfulness, compassion and gratitude. Our temple, our Sangha is the place that we learn how to create this modification. As Dr. Cavalla-Sforza points out, it is a step-by-step process of effort and time. At our temple, we have religious services to create an environment conducive to these modifications. We have a variety of classes and seminars to learn about various methodologies and systems. When you want to modify your body and get healthy you go to a gym. Our physical body is just a part of being human. The development of our spiritual self is equally important.

We have been fortunate that our Issei and Nisei pioneers have worked so hard to build our temple and we are all working to maintain it and our Sangha. We have been blessed to have a place to work on our spiritual selves. I know that there are some people who would say, "I do not need a temple to work on my spiritual well-being." I agree it is not necessary to go to a temple, just as we do not need gyms to work on our physical selves. I have a treadmill, an elliptical trainer, stationary bike and weights at home, and I also have two Obutsudans. However, I find that going to the gym, filled with other people initially working for their own benefit, inspires me to work out harder for myself and ultimately we are working for ourselves and benefit each other. In a similar manner, as we work together at our temple, I am inspired to work harder for the betterment of myself and the Sangha. I realize that in many ways, thinking of all this can make our minds too full. We can even become stuck in the mind full scenario in worrying too much about the temple's survival, without looking at the purpose and why we are grateful for having it in the first place. However, it is my hope and dream that we are all moving to become more mindful, for the betterment of all.

Our temple needs to be a place where each of us can work towards the benefit of self and other. As a Sangha, we contribute in many ways, through work and monetary donations, to maintain our temple. I hope you can see the benefit in giving and receiving. This month we will be holding two events that work to create a more mindful Sangha. The first is our food bazaar on October 4th, and we will need help physically and monetarily. On the 3rd we will begin the physical task of preparing for the food bazaar. On the 4th we can use both. The food bazaar is one of our temple's major fundraisers. On October 18th, at 1:00 pm Carmela and I will be leading a seminar called "Monku, Monku, Monku: Listening with the Light of Compassion". This will be the BWA-sponsored Eshinni-ko seminar. I hope that you can join us for both.



PRESIDENT'S MESSAGE

Hello and I hope everyone is well.

Last month we held our annual bazaar and I'd like to thank everyone for making it another huge success!!!



Thank you to the entire Sangha for your support - selling raffle tickets; obtaining raffle donations; your numerous financial donations; the hours and hours spent for food preparation; and all the time and effort spent before, during and following the bazaar. Each of you can be proud that you contributed to the bazaar's success that helps sustain the temple.

As we approach the close of another year please refer to this Geppo issue's calendar, and associated articles, about the many activities and special Temple services taking place the next couple of months. One special date I'd like you to take note of is November 23rd. Following the 1:30 Eitaikyo service, this year's General Meeting will be held. A summary of the year's significant temple activities will be presented as well as election of next year's Church officers. If you have a topic you'd like discussed, please let me know.

Thanks again and hope you see you at the temple.

*In Gassho,
Steven K.*

General Meeting!

You're Invited!

EVERY BODY IS INVITED TO OUR ANNUAL GENERAL MEETING!

This is where you can have a say in what happens at our Temple! We would LOVE to hear what you would like to see happen this coming year! Our meeting will be immediately following our Eitaikyo Service on November 23, 2014.



BWA NEWS



Greetings from the BWA ...

Another Bazaar has come and gone. The BWA has been very busy. Thanks to all the Ladies for all the preparation and making the manju we sold for Bazaar. A special thanks to our “unofficial” BWA helpers: Madison, Trenton, and Brandon. Also THANK YOU for all the work for the preparation for our sushi sold at Bazaar, a lot of work goes on behind the scene!

Thank you to everyone that worked on the quilt that was raffled at Bazaar. Thanks to Darlene M. for finishing the quilt, she always does such a lovely job! Thank you to Jeannie P. for making the pillows and pillow cases. They really do add a lot of the quilt!

We also had the E’Shinniko/BWA Memorial Service honoring our BWA Ladies that have passed away in the last year. This is a very important service, the BWA ladies do so much for the temple. Thank you to the BWA toban ladies that prepared a yummy otoki lunch before service. Also a big thank you to Carmela for being our guest speaker.

Dates to Remember:

November 16, 2014	11:00 am	BWA General Meeting
December 14, 2014	12:00 pm	BWA Bodhi Day Otoki Lunch
December 14, 2014	1:30 pm	Bodhi Day Service

*In Gassho,
Tami H.*



BWA DONATIONS

*** Omitted for Online Version ***

BWA E’Shinniko and Fujin-kai Special Service



*** Omitted for Online Version ***



Flu Shots: Everyone should get the flu shot every year. Particularly the senior population because they are high risk for hospitalization and death. Either the regular dose or the high dose is acceptable. Also people with high risks such as heart and lung problems, compromised immune system should get flu protections.

All seniors 65 and older should get the pneumonia shots. This year the guidelines have changed which is confusing. Guidelines have not been approved by Medicare or CDC yet, so, for now, the recommendation is that all seniors get their pneumonia shots and consult with their physicians. Clarification will come soon after guidelines are approved by Medicare and CDC.

Ebola:

Basic Information:

- The likelihood of contracting Ebola is **extremely low** unless a person has direct contact with the blood or body fluids (like urine, saliva, feces, vomit, sweat, and semen) of a person who is sick with Ebola or direct handling of bas or nonhuman primates from the areas with Ebola outbreaks.
- Symptoms: Fever, flu-like body aches and abdominal pain, vomiting and diarrhea.
- Bleach and other disinfectants kill the Ebola virus.
- **Because of the above information, the likelihood of our church members coming down with Ebola is almost non-existent.**

**** ALWAYS PRACTICE GOOD PERSONAL HYGIENE BY WASHING HANDS FREQUENTLY! ****

DHARMA SCHOOL NEWS

Once again, Dharma School has been busy learning and having fun! Our Welcome Back Water Party was a BLAST – the weather was perfect, the food was yummy, the games were fun, and our students had a GREAT time! Thank you to all the parents that helped make our Water Party so successful!



Dharma School News continued on next page.

Dharma School THANK YOU!!

Every year, Dharma School is in charge of the Games Area for our annual Bazaar.

Justine & Kevin H. and Robyn & Bart H. and their families take on this task every year!

We are so grateful for all the time, effort, and money they put into making this area so much fun for all the children who come to have a great time at our Bazaar. Every year they continue to add new games and prizes! This year, they added FISH as prizes. I think every child went home with a big smile on their face as they carried out their new pet fish!

THANK YOU FOR YOUR GENEROSITY!!



Manju Making

Dharma School will be making Manju to sell at the Salt Lake Buddhist Temple Holiday Boutique again this year! If you can come help, it will be lots of fun and we would love for you to join in on it! We will be making Manju on the following dates:

Sunday, November 2, 2014 at 9:00 am

Sunday, November 9, 2014 at 9:00 am

THANK YOU to all the people who have already donated all the items needed to make the Manju: Ellen K., Maya C., Tami H., Brenda K., LaVerne K., Betty Y., Suzan Y., Kris Y., and the BWA for letting us have some of their special trays!



Dharma School Birthdays



Our September and October Birthdays:

- Kimi H.
- Madison Y.
- Kelsie H.
- Andrew K.

Dharma School Donations

*** Omitted for Online Version ***

BAZAAR THANK YOU'S



The Ogden Buddhist Church Board would like to THANK everybody who helped make this year's Bazaar a HUGE success! Here are the 2014 Food Bazaar Donations.

Maya C.
Linda E.
Mas E.
Christy F.
Julia F.
George & Yuri I.
Aiko H.
Fran H.
Alice H.

Kuni K.
Akiko K.
Brenda K.
Fumi K.
Mike & Annette K.
LaVerne K.
Shauna R.
Roy & Masako R.
Geoff & Linda R.

Ruth S.
Janice & Roland S.
Date S.
Harry & Alice S.
Craig & Geniel S.
Steve & Kris Y.
Kirk & Betty Y.
Yoshiko Y.
Toby & Mui Y.

Special thanks to Max & Georgia Y. for providing lunch to all the workers on Saturday.

Thanks to all our members who donated to the raffle, special raffle, dry goods and desserts.

If we have inadvertently left someone off, please accept our apologies – we truly do appreciate everybody's contribution of time, money, and support!

Smith's
community rewards

Smith's is giving \$1.4 MILLION
to local nonprofit organizations

Use your Rewards card & help our nonprofit Organization grow

Supporting our non profit organization has never been easier - just shop at Smith's and swipe your Rewards Card! Here's how to enroll:

1. Visit SmithsCommunityRewards.com
2. Sign in to your Online Account, or create an account
3. Find and select your organization and click "Save"
Nonprofit Organization #: 69088 - Buddhist Church of Ogden

You'll start earning rewards for our non-profit organization on qualifying purchases made using your Rewards Card!

Learn more at SmithsCommunityRewards.com

If you have not re-registered your Smith's reward card, please do it now and list:

**The Buddhist Church of Ogden
Non-profit Organization #69088**

as your organization of choice!

So far we only have 20 households registered. This is a great way for everybody to help the temple and all you have to do is your regular grocery shopping!

It's a win-win for everybody!



“Plugged Into Buddhism”

**"Plugged Into Buddhism"
Saturday, December 13 at 3:00 pm
Ogden Buddhist Church**

**With Bodhi Day Guest Speaker
Rev. Jon Turner, Orange County Buddhist
Church**

It takes a very long time for a Modern Buddhist Convert like Rev. Turner to appreciate Buddhism from within its own context - without translating in and out of Christianity. This is where Buddhist ritual comes in. As Morpheus said in *The Matrix* - "There is a difference between knowing the path and walking the path." Most Americans study Buddhism intellectually as a philosophy but never actually practice it within a group - this is a real concern for American Buddhism. We also tend to view Buddhism through a Protestant lens - one of morals and ethics, beliefs, faith and the superiority of texts - as *Sola Scriptura* (Latin "by Scripture alone"). Traditionally, in the West the body follows the mind. Beliefs are foundational - in Buddhism it is the other way round - the mind follows the body.

This is why we say *Namuamidabutsu*.

Rev. Turner has a wife named Linda, a son Teag (24), and a daughter Emily (20). He feels very lucky to be able to practice Buddhism as a family. An interesting note, Emily is not a Modern Buddhist Convert since she started at OCBC when she was 5. She is a first generation Buddhist.





Eitaikyo & November Shotsuki Hoyo
Sunday, November 23, 2014
Service at 1:30 p.m.

The Eitaikyo Service is a memorial service for people who have handed down the teaching of the Nembutsu to us. In the glossary in our temple's service book, "Eitaikyo" is defined as a "perpetual memorial service." This is a general memorial service for all departed members of the temple. The word Eitaikyo actually means "perpetual sutra." Eitai means "perpetual" and Kyo means "sutra," or "teaching of Buddha."



Bodhi Day & December Shotsuki Hoyo
Sunday, December 14, 2014
Service at 1:30 p.m.
Otoki Lunch at 12:00 Noon

GUEST SPEAKER: Rev. Jon Turner

Rev. Turner has mathematics (BS UCLA) / computer science (MS UCLA) background. He has been a computer programmer for over 30 years. He grew up Methodist/Lutheran but became a practicing Buddhist at the Orange County Buddhist Church (OCBC) in May 1999. He began the pilot Minister' Assistant program (MAP) in 2000 and was the first certified MA in October 2004. In Fall 2005, he began attending the Institute of Buddhist Studies (IBS) - part of the Graduate Theological Union (GTU) in Berkeley, CA. In May 2010, he graduated with a masters degree in Buddhist Studies (MBS). There is a two level ordination in Buddhism - he was ordained in Kyoto, Japan in Oct 2010 and Dec 2012.

At the age of 35, while meditating under the bodhi tree, Siddhartha Gautama attained enlightenment and became Sakyamuni Buddha. By his example, the Buddha showed us that it was possible for anyone to become a Buddha - a fully enlightened person. We commemorate this very special event on Bodhi Day.



Joya-E
(Last Night Gathering) New Year's Eve Service
Wednesday, December 31, 2014
Service at 6:00 p.m.
Potluck Dinner following service

This year end service is held to express gratitude for all the causes and conditions which have allowed us to live this past year. It is a time to reflect upon the interdependence of all Sangha members and the lives we live. At the end of the service all those attending the service participate in the ringing of the Joya no Kane (Last Night Bell). The Temple Bell is rung 108 times signifying the 108 Bonno or Passions that make up our human existence. This bell is rung to recognize these traits in our own personalities and express appreciation for Amida Buddha's compassion, which embraces us, even though we are bound by these passions.

November/December Shotsuki Hoyo

November Shotsuki Hoyo

November 23, 2014, 1:30 p.m.

Nov 20 1986 Shizu Fukuda
 Nov 20 2003 Masaru Hamada
 Nov 17 2001 Shigeru Hamada
 Nov 23 2005 Norma Hatsuye Inouye
 Nov 21 1961 Kunimatsu Inouye
 Nov 14 1964 Kyuta Ishibashi
 Nov 6 1981 Kikujiro Ishii
 Nov 21 1982 Masami Itakura
 Nov 21 1961 Chiyoji Kamita
 Nov 16 1993 Toshio George Kano
 Nov 18 2006 Yoshito (Yosh) Kato
 Nov 23 1963 Kiyoyasu Kawashima
 Nov 20 1989 Jimmie Noboru Kunimoto
 Nov 21 1964 Todd T. Kuroiwa
 Nov 2 1981 Masaichiro Marumoto
 Nov 6 1961 Yagoro Nakamoto
 Nov 17 1981 Shigako Nimori
 Nov 26 1991 Kimi Nishikawa
 Nov 22 2013 Toddy Sameshima
 Nov 27 1959 Jisaku Sakurada
 Nov 26 1964 Kamesaburo Suekawa
 Nov 23 1979 Motoharu Sumida
 Nov 5 1970 Sanji Tawatari
 Nov 11 2001 Dan Tsukamoto
 Nov 7 1988 Kiyonobu Watanabe
 Nov 25 1964 Tomesaku Watanabe
 Nov 24 1979 Suzumi Yamada
 Nov 15 1989 Sidney Yukiyoshi Yamasaki
 Nov 28 1986 Shunjiro Yamasaki
 Nov 23 1991 George Yamashita
 Nov 14 1982 Munagi Yoshitaka

December Shotsuki Hoyo

December 14, 2014, 1:30 p.m.

Dec 5 2013 Jayden Endo
 Dec 26 1982 Kristen Taeko Fukawa
 Dec 29 1986 Kasumi Hamada
 Dec 1 1972 Yorito Hamada
 Dec 11 2004 Dick Setsuji Hirabayashi
 Dec 6 1977 Yasu Hirabayashi
 Dec 24 1982 Tome Inouye
 Dec 11 1966 Masayasu Ito
 Dec 7 1991 Nobuo Kamigaki
 Dec 23 2008 Shigeru Henry Kawaguchi
 Dec 22 1985 Ray Isao Kano
 Dec 19 1989 Hideo Kawaguchi
 Dec 23 2007 Shizu Nakano Miya
 Dec 30 1995 James Sunao Morinaka
 Dec 29 1991 Hanako Moriyama (Yonemoto)
 Dec 23 1961 Yae Murakami
 Dec 29 1995 Suyeo Frank Nakano
 Dec 19 1962 Isekichi Nishiki
 Dec 30 1981 Masashi Nozaki
 Dec 11 1995 Staci Sachiko Oda
 Dec 21 1994 Wataru Jack Oda
 Dec 29 1968 Mitsugu Oda
 Dec 21 1993 Tokiichi George Sato
 Dec 19 2012 Elsie Shiramizu
 Dec 20 1969 Yonekichi Shiramizu
 Dec 31 1978 Hajime Tokifuji
 Dec 3 1990 Asao Tsukamoto
 Dec 2 1984 Tatsuji Watanabe
 Dec 6 1989 Takako Watanabe (Onishi)
 Dec 22 1969 Torahei Yamamoto

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 member who have died during the month in the preceding years. The families then attend that monthly service in memory of their loved one.

2014 Memorial Service Schedule for those who passed away in:

2013 – 1 year 2002 – 13 year 1980 – 33 year
 2012 – 3 year 1998 – 17 year 1965 – 50 year
 2008 – 7 year 1990 – 25 year 1915 – 100 year

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



November, 2014



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							1
2 9:00 am – Dharma School Manju Making Event 12:30 pm – Discussion Group 1:30 pm – Family Service	3	4	5 10:00 am Buddha’s Roundtable	6	7	8 ← Mountain States Dist. Conference	
9 Mountain States Dist. Conference → 9:00 am – Dharma School Manju Making Event NO other services	10	11 7:30 pm Board Meeting	12 10:00 am Buddha’s Roundtable	13	14	15	
16 11:00 am – BWA General Meeting 12:30 pm – Discussion Group 12:45 pm – Dharma School 1:30 pm – Family Service	17	18	19 10:00 am Buddha’s Roundtable	20	21	22	
23 12:30 pm – Discussion Group 12:45 pm – Dharma School 1:30 pm – Eitaikyo Service November Shotsuki Hoyo GENERAL MEETING to follow	24	25	26 10:00 am Buddha’s Roundtable	27 Happy Thanksgiving 	28	29	
30 Thanksgiving Weekend NO services							

Toban Cleaning Group:

Ralph & Ruth S. (Toban Cleaning Leader)
 Bart & Robyn H.
 Kevin & Justine H.
 Marie H.





December, 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 10:00 am Buddha's Roundtable	4	5	6 5:00 pm WFN JACL Prime Rib Dinner
7 12:30 pm – Discussion Group 12:45 pm – Dharma School 1:30 pm – Family Service	8	9 7:30 pm Board Meeting	10 10:00 am Buddha's Roundtable	11	12	13 9:00 am YBA Mochi Bang! 3-5 pm "Plugged Into Buddhism" Seminar 7:30 pm Nutcracker Ballet (Catherine Aoki)
14 12:30 pm – Discussion Group 12:45 pm – Dharma School 1:30 pm – Bodhi Day Service December Shotsuki Hoyo	15	16	17 10:00 am Buddha's Roundtable	18	19 GEPPPO Articles Due	20
21 12:30 pm – Discussion Group 12:45 pm – Dharma School 1:30 pm – Family Service	22	23	24 10:00 am Buddha's Roundtable	25 	26	27
28 NO Services 9:00 am – Church Mochi Making	29	30	31 10:00 am Buddha's Roundtable 6:00 pm Joya-E Service Pot Luck Party to follow			

Toban Cleaning Group:

Stan & Tami H. (Toban Cleaning Leader)
Mackenzie & Alex H.
Alice H.

