

Kelowna Buddhist Temple

The New Dharma Express

PO. Box 22092, RPO Capri Centre Kelowna, B.C. V1Y 9N9 phone 250-763-3827
 Web: www.kelownabuddhisttemple.org Email: kelbudt@gmail.com

Special Points of Interest

- Wed., Apr. 4, TSS Meditation 10am ~ 12:30pm
- Thur., Apr. 5, TSS Meditation 10am ~ 12:30pm
- Fri., Apr. 6, TSS Meditation 10am ~ 12:30pm
- Sat., Apr. 7, Temple Yard Clean up 8am
- Sun. Apr. 8, Hanamatsuri 3pm
- Wed., Apr. 11, TSS Meditation 10am ~ 12:30pm
- Thur., Apr. 12, TSS Meditation 10am ~ 12:30pm, Executive Meeting 7pm
- Fri., Apr. 13, TSS Meditation 10am ~ 12:30pm
- Wed., Apr. 18, TSS Meditation 10am ~ 12:30pm
- Thur., Apr. 19 TSS Meditation 10am ~ 12:30pm
- Fri., Apr. 20, TSS Meditation 10am ~ 12:30pm
- Sun., Apr. 22 Dharma School & Dharma Shotsuki 10am
- Thur., Apr. 26, J.S.B.T.C. AGM in Calgary
- Fri., Apr. 27, J.S.B.T.C. AGM in Calgary
- Sat., Apr. 28, J.S.B.T.C. AGM in Calgary
- Sun., Apr. 29, J.S.B.T.C. AGM in Calgary

April Monthly Memorial

- Miss Hanayo Ueda
 Mr. Masajiro Taniguchi
 Mr. Jusaku Yoshihara
 Mr. Shojiro Kimura
 Mrs. Tora Shiosaki
 Mr. Masakichi Nishi
 Mr. Shinichi Nakayama
 Mrs. Taka Tsuji
 Mrs. Tomechiyo Teramura
 Mr. George Nishi
 Miss Tsuyuko Nakayama
 Mr. Shigeharu Nishi
 Mr. Genzaburo Tamagi
 Mr. Yoshitaro Kitagawa
 Mr. Shigeto Kimura
 Mrs. Ume Tatebe
 Mrs. Setsuyo Tashima
 Mr. Yoshitaka Wada
 Mr. Carl Nishi
 Mr. Doug Mori
 Mr. Atsushi Sugimoto

Lawn Mowing Schedule

- April 14 - Jack Yamaoka
 April 21 - Jim Nishi
 April 28 - Tim Tahara

Please ensure that you cut the grass as scheduled. If you are unable to take your turn, please contact the next person on the list to arrange a trade. Clean under the mower deck when completed.

Thank-you for your co-operation.



PLEASE NOTE, THE TEMPLE EMAIL ADDRESS HAS BEEN CHANGED TO:

kelbudt@gmail.com

Toban Group

- Alan/Barb Yamaoka
 Lisa Yamaoka
 Carrie Yamaoka
 Brian Yamaoka
 Jim Nishi
 Teruo/Mutsuko Ogi
 Jean/Pat Yetman
 Jack/Marge Hatanaka
 Anderson Arujo
 Michael Martin
 Genevra Cavanaugh



Inside this issue

Shotsuki Memorial List	
Toban Group	1
Service Chairpersons	
Points of Interest	
Sensei	2
Fujinkai (Women's Association)	3
Donations (continued)	
Executive Report	
Hanamatsuri Explanation	4
Jodo Shinshu Correspondence Course	
Calendar	5
Donations	6

Service Chairpersons:

Masters Kenji Nishi & Anthony Caruso

Sunday, April 8, Hanamatsuri



Mr. Michael Martin

Sunday, April 22, Dharma School & Dharma Shotsuki



Temple Clean up

Mark your calendars for Saturday, April 7, for our Spring clean up work party. Work will begin at 8:00 am. A delicious Breakfast will be served at 9:00 am. Please bring your wheel barrows, rakes, shovels and brooms and lend a hand. A large turn out will lighten the load for everyone!



From Sensei

Experiences of the Realities of Life

Spring is just around the corner, and there are signs of new life that are beginning to emerge all around us. This is a special month in which we celebrate the birth of Shakyamuni Buddha who devoted much of his life to alleviating human suffering. He said that suffering is the truth of life itself. During our human lives, we experience the suffering of our family members as well as ourselves. We all go through and deal with suffering and pain - that is the essence of life.

Last year my mother passed away suddenly, and last month we observed the one-year memorial of her death. As we were having the Service many memories went through our minds. During the latter part of her life, she had become frail. This was a contrast to how she had been throughout her life. Just a few years before her death, she had been independent, but had major surgery. Since then, she had required home care services in order to manage her day-to-day life. It was a sad and painful perception to see her pain and stress, and the impact that this had on all of us as well. Since I was no longer living in Japan, I needed to find the best way for her to manage her life and to receive home care services.

Over the past few years Japan has become a country, in which one in every four people is in the Senior citizen category. In my mother's neighborhood, there were many seniors living by themselves. Their children were far away, working in different cities, unable to take care of their parents. For the past few years, I needed to find a suitable placement for my mother. I went to Japan, and my mother and I visited many places and saw many kinds of Senior's residences that might be suited for her.

We typically wish that our loved ones will live to have a long life. However, with increasing age, the elderly often cannot maintain themselves emotionally, physically and mentally. It is painful to see the difficulties, and the reduced quality of life that many seniors are now living. While I was there I heard many stories from many people, describing their challenges with life.

The following is one of their stories about a couple who were around 70 years old, both were retired elementary school teachers. The wife was confined to a Care Home, and her husband of 40 years visited her every day without fail. Every time he came to visit, he would sit with her, and say to her "mother, I am here with you." However, his wife was unable to answer him, since she had advanced Alzheimer's and Parkinson's disease. She had lost most of her memory, was sad and depressed, and had significant difficulties with her physical abilities and her speech. There were no cures for her condition. Her symptoms had begun in her mid-fifties, but now her ability to talk and express herself was impossible.

Whenever her husband visited, he would try to interact with her, playing music for her and some of the songs that she used to love. He would gently tap her hand with the rhythm of the music. She could feel his touch and would react by touching his hand as well.

When he started taking care of her at first, he had felt sad dejected and would continually ask himself "why us? why has this happened to us." However, gradually his feelings had changed. He would think to himself, "I am so grateful to be able to spend some quiet time with my wife. That is all that is important to me."

At first, around ten years ago, he began to notice that she was easily upset, and she would repeatedly ask "what did I do yesterday?" When out shopping, she used to buy the same things time-after-time, although we already had more than enough at home. Her health had become worse, and there were many doctor visits. She was told that she had a physical instability with her balance, but I knew that things were much worse than that."

*He would wonder
"maybe then there
is nothing wrong,
maybe my fears are
unfounded."*

For several years, the husband suspected that his wife had dementia, but she was able to carry on with many of her usual household activities. She was a good artist, and often would draw beautiful pictures. He would wonder "maybe then there is nothing wrong, maybe my fears are unfounded." After she stopped working, she started writing a diary, but he didn't discover that until later. Within the diary, she wrote lists about her own job responsibilities over the years, as well as detailed information about her relatives. Her husband wondered if this might have reflected her fears over losing her memory. At one time, he recalled how she wept on the way home from the hospital saying "my life is over," Her delusions and the tremors from her Parkinson's became gradually worse, and he would often take days off from his job to spend time with her. When the couple were younger, in their 30's they had looked after the wife's father, who had dementia and at that time they had said to one another "if we develop dementia in the future, let us try to take care of each other." In those days the husband sincerely wanted to take care of his wife. However, when the time came, it became almost intolerable. Her condition was worse than he had ever expected. He felt sad and lonely with no place to turn.

I believe that many families have gone through similar situations. In Canada 1.1 million people have been directly or indirectly affected by dementia. In Japan, the figure is around 4.6 million. This disease is life-changing for the person affected, as well as for their family and friends.

With spiritual strength we can walk through the realities of coping with this kind of suffering and pain. One cannot go through this experience alone. Support and sharing, with families and friends can make a difference and can reduce the feelings of isolation and helplessness.

Amida Buddha surrounds all of us with infinite love and compassion. He will never leave us alone. His calling voice will reach out to us in the midst of many of these sad realities of life.

In Gassho, Rev. Yasuhiro Miyakawa

Kelowna Buddhist Women's Association

As the hectic season of pie making, mein making and spring chow mein sales comes to an end, a big thank you to all the volunteers who helped out during this time. Thank you to the Women's Association ladies who made the delicious lunches and those who brought baking and snacks for tea time.

The cooking demos have finished for the year. The last one was held February 28, 2018 with Peggy Tanaka showing us how to make sushi sandwiches and avocado seaweed rolls which were very tasty. Thanks to Shirley Tanemura for organizing these cooking demos. If there are any dishes that you would like to see demonstrated next year please let Shirley know. A cooking demo on making tsukemono (Japanese pickles) is being planned for the fall.

We have also been busy preparing for the JSBTCWF AGM which will take place in Calgary, April 27 to 29, 2018. Shirley and I will be attending.

Hanamatsuri is just around the corner (April 8, 2018) and the ladies will be organizing the pot luck dinner. Yard clean up will be taking place on April 7th and volunteers are needed. Please consider coming out for a couple of hours to help out and enjoy a delicious breakfast to be made by a couple of the board members.

In Gassho, Maureen



"Last day of Cooking Demos for 2018"

Hanamatsuri Potluck Supper

花まつり

We will be having a Potluck Supper on Sunday, April 8th, following our Hanamatsuri service.

Please consider contributing your favourite dish.

Genevra Cavanaugh has graciously offered to co-ordinate the supper donations. Please contact her at kelbudt@gmail.com to let her know what you would like to bring.

THANK-YOU



Donations continued

Nirvana Day

Yamaoka, M/M Jack	\$40.
Tanaka, M/M Herb	\$30.
Tanemura, Mrs. Shirley	\$20.
Sandana, M/M Kim	\$100.
Martin, Mr. Michael	\$20.
Suzuki, Rick & Tanaka, Peggy	\$50.
Anonymous	\$16.

Sustaining Fee

Sugie, M/M Sam	\$350.
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Vehicle Replacement Fund

Sugie, M/M Sam	\$100.
Tanaka, M/M Herb	\$250.
Anonymous	\$300.
Omae, Mrs. Shizue	\$100.
Ueda, Mrs. Yoshiko	\$150.
Martin, Mr. Michael	\$25.

From the Temple Executive

As I reflect on the month of February, one thing that comes to mind is the 2018 Pyeongchang Olympics in South Korea. Although I am not much of a winter sports fan or a TV buff, something about the Olympics always captures my attention for the 16-day duration! Watching the 225 Canadian athletes compete and win 29 medals, (plus seeing Alan and Barb on TV on the other side of the world) was all quite amazing!

Back to reality..... Grateful thanks to all the people who volunteered their time to help at Mein making and our Spring Chow Mein sales. As with all Temple fundraisers, there is a lot of 'behind the scenes' preparation that makes all our projects possible, such as: determining quantities to make, shopping and picking up supplies, advertising, reminding members of dates, setting up tables and equipment, organizing freezers to store product, reminder to members to volunteer, enlisting coordinators for each aspect of the work parties, reminding members to place their order, preparing meals if necessary, delivering special lunches to our 'senior-seniors', and always, the huge job of cleanup after..... just to mention a few.



Thanks to Jack and Alan who spent hours and hours scraping the huge woks which had burnt residue from the last use. Thanks also to Herb for repairing our vegetable cutter and the dough machine.....what would we do without these dedicated individuals!!

We still have a substantial number of Mein noodles, Chow Mein, apple pies, (both sugar and Splenda) available in our freezers, so if you missed out or need more, please contact any of the board members. Again a huge thank you to everyone who came to help out.

A final reminder: Please remember to contribute to our Minister's new vehicle.....we want to ensure our Sensei's safety as he travels numerous times to each Okanagan Temple every month.

Upcoming events:

Sat April 7th 8:00am- 12:00pm Yard cleanup

Sun April 8th 3:00pm Hanamatsuri

April 26 - 29 JSBTC AGM in Calgary

Hanamatsuri (Birth of Sakyamuni)

It is a day of joy and a great significant for all Buddhists. We call the observance "Hana-matsuri" which means a "flower festival".

Sakyamuni Buddha was born in India on April 8 about 3,000 years ago. At that time, the earth was said to have shaken in six directions (north, south, east, west, up, and down), flowers blossomed everywhere, Devas or gods filled the air with music. Heavenly beings scattered flowers from sky. The newborn infant Buddha immediately stood up and then took seven steps to the north. Then he pointed his right hand to the heavens above and pointed his left hand to the earth below then, with the voice of a lion, spoke the following words; "In the heavens above and on earth below, I alone will become the Honored One." With each step that he took, a lotus flower blossomed under his feet. This is why we call this celebration "Hana-matsuri" or a "flower festival".

Many of the rites that are observed during Hanamatsuri are based on the events we are told happened at the time of Prince Siddhartha's birth. The Han-amido or miniature floral altar of bright flowers provides the setting of the beautiful Lumbini Garden where he was born. The statue of the baby Buddha with its arm extended illustrates the virtues of Amida Buddha reaching out to all beings and the pouring of sweet tea on the statue represents the gentle rain that fell in Lumbini Garden and bathed the baby Buddha. May we all realize the meaning of his appearance in this world, so that we may humbly accept and understand his teaching as a way of our lives. Let us all gather to celebrate the birth of Sakyamuni Buddha, who guided by Wisdom vitalized by Compassion continue to aspire to develop the person, both ourselves and others, that we may all fulfill the ultimate meaning of life.

This celebration of the Buddha's birth will bring together a diverse group of Buddhists from many rich traditions who share in the single purpose of celebrating the birth of Siddhartha Gautama who became enlightened as Sakyamuni Buddha.



Jodo Shinshu Correspondence Course

In 2015 Anne Stack and I had the pleasure of being part of a Sarana service at the Kelowna Buddhist Temple. It made sense to us that since we were attending services at a Shin temple, that we should learn more about the Jodo Shinshu teaching. We decided to register for the course offered by BCA in California. They were accepting a small number of students for the 2016-2017, a two year course, and registration was beginning Nov. 1st, 2015.

Anne and I spent Halloween evening with our computers poised to send in our applications at one minute after midnight. We were so pleased that we were accepted and began the long process of studying and writing essays. The course covered everything from the beginning of Buddhism in India to the spread of Shin Buddhism in the west.

We learned how the Hongwanji developed, about Shinran Shonen, the founder of Shin Buddhism and the Seven Masters before him who influenced his belief in Amida Buddha.

My favourite lesson was the teaching by the 5th Master, Shan-tao on the parable of "Two Rivers and the White Path". Scrolls were used as teaching aids because most of the working people of that time were uneducated, and teachers used the symbols in the scrolls to explain the teaching. I did some research and found that there is a 13th- 14th century scroll of this teaching in the Art Museum in Seattle, wash. There is another beautiful picture of a scroll of the same parable in the Shin Temple in Tacoma.

Somehow, knowing that these scrolls are so close, and that one is authentic, has made Shin Buddhism alive to me. I am intending to see them this spring. The instructors who read our essays, a different one for every quarter, gave us feed back and also added more information on the lesson. Writing the essays was not easy for me, but it was great having so much information in one place.

Gassho,

Marilyn

April, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Taiko Practice 7pm	3	4 TSS Meditation 10am - 12:30pm	5 TSS Meditation 10am ~ 12:30pm Taiko Practice 7pm	6 TSS Meditation 10am ~ 12:30pm	7 Yard Clean-up 8am 
8 Hanamatsuri 3pm 	9 Taiko Practice 7pm	10	11 TSS Meditation 10am ~ 12:30pm	12 TSS Meditation 10am ~ 12:30pm Executive Meeting 7pm Taiko 7pm	13 TSS Meditation 10am ~ 12:30pm	14 Lawn Mowing, Jack Yamaoka 
15	16 Taiko Practice 7pm	17	18 TSS Meditation 10am ~ 12:30pm	19 TSS Meditation 10am ~ 12:30pm Taiko 7pm	20 TSS Meditation 10am ~ 12:30pm	21 Lawn Mowing, Jim Nishi 
22 Dharma School & Dharma Shotsuki - 10am	23 Taiko Practice 7pm	24	25	26 J.S.B.T.C. AGM in Calgary Taiko 7pm	27 J.S.B.T.C. AGM in Calgary	28 J.S.B.T.C. AGM in Calgary Lawn Mowing, Tim Tahara 
29 J.S.B.T.C. AGM in Calgary	30	1	2 TSS Meditation 10am ~ 12:30pm	3 TSS Meditation 10am ~ 12:30pm Taiko 7pm	4 TSS Meditation 10am ~ 12:30pm	5 Lawn Mowing, Herb Tanaka 

With Gratitude the Temple and all of its Affiliated Organizations

Acknowledge Your Generous Contribution

Apologies for any Errors or Omissions.

Dharma Shotsuki

Tanemura, M/M Melvyn - in memory of Mrs. Ayako Tanemura
\$100.

Tanaka, M/M Herb \$30.

Suzuki, Rick & Tanaka, Peggy - in memory of Hitoshi Suzuki \$40.

Brown, Mrs. Gail - in memory of George Hayashi \$50.

Hayashi, Mrs. Shizue - in memory of George Hayashi \$50.

Yamaoka, M/M Gerry - in memory of George Hayashi \$30.

Tomiye, Mr. Reg - Dharma Shotsuki \$40.

Sugie, M/M Sam - in memory of Shosaku Sugie \$20.

Suzuki, M/M Toshiya - in memory of Hitoshi Suzuki \$40.

Suzuki, R./Tanaka, P. - in memory of Tokuichi Tomiyama \$40.

Dovey, Mrs. Diane - in memory of Tatsujiro Terada \$30.

Richardson, Mrs. Janice - in memory of Tatsujiro Terada \$20.

Koga, Mr. Gary - in memory of Tatsujiro Terada \$20.

Koga, Mrs. Carol - in memory of Tatsujiro Terada \$25.

Tanemura, Shirley - Dharma Shotsuki \$25.

Keirokai

Mori, Mr. Min \$50.

Sugie, M/M Sam \$50.

Uemoto, M/M Kaichi \$40.

Hayashi, Mrs. Shizue \$50.

Yetman, M/M Pat \$25.

Yamada, M/M Ken \$20.

Koga, Mrs. Carol \$20.

Richardson, Mrs. Janice \$25.

Terai, Mr. Isao \$30.

Suzuki, M/M Toshiya \$30.

Yamaoka, M/M Jack \$50.

Yamaoka, M/M Alan \$40.

Tanemura, Shirley \$30.

Memorial

Omae, Shizue 7 Year Memorial Takashi Omae \$200.

Saito, M/M Shige In memory of Chizuko Teramoto \$100.

Fujinkai (Women's Association) Tsuito Hoyo (Memorial)

Suzuki, M/M Tosh - in memory of Mrs. Mitsuko Ishikawa \$30.

Suzuki, M/M Tosh - in memory of Mrs. Fumio Suzuki \$30.

Murata, Ms. Terumi \$20.

Itani, M/M Derek \$20.

Hokazono, M/M Ken - in memory of Mrs. Mary Hokazono \$50.

Yamaoka, Mrs. Tomoye \$20.

Yamada, M/M Ken \$30.

Tanemura, Mrs. Shirley \$20.

Tanaka/Suzuki, Peggy/Rick \$60.

Tanaka, M/M Herb \$20.

Yamaoka, M/M Alan \$30.

Perpetual Memorial (Eitaikyo)

Josephson, Ms. Lori - in memory of Robert & Nobue Yamaoka \$600.

General

Kawamoto, M/M Roy \$500.

Cavanaugh, Genevra \$50.

Offertory \$15.

Appreciation for Chow Mein

Mori, Mr. Min \$50.

Kurahashi, Mrs. Shigeko \$20.

Suzuki, M/M Toshiya \$30.

Sugie, M/M Sam \$50.

Dharma School

Caruso, M/M Randy \$30.

Newsletter

Sugie, M/M Sam \$50.

Uemoto, Mrs. Yoko \$30.

Crosbie, Mrs. Linda \$50.

Saito, M/M Shige \$50.

Yamaoka, M/M Gerry \$50.

Donations continued on page 3

Legislation enacted by the Provincial Government restricts organizations from divulging personal information without the approval of the individuals affected. The donations generously made by Temple members and friends fall under the realm of personal information. Therefore, if you object to your donations being published in the Temple Newsletter, please let us know and we will cease doing so (Mail or Email your wish to be omitted from the published list). In Gassho, Temple Board of Directors