

Kelowna Buddhist Temple

The New Dharma Express

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 Web: www.kelownabuddhisttemple.org Email: kelbudt@gmail.com

Special Points of Interest:

- Sun., Mar. 1, Chow Mein Prep 8am, Chow Mein Pick Up 1pm ~ 3pm
- Sun., Mar. 8, Dharma School, 10am. Nirvana Day, Dharma Shotsuki Services 2pm
- Wed., Mar. 11, TSS Meditation 10am ~ 12:30pm
- Thur., Mar. 12, TSS Meditation 10am ~ 12:30pm Executive Meeting 7pm
- Fri., Mar. 13, TSS Meditation 10am ~ 12:30pm
- Wed., Mar. 18 TSS Meditation 10am ~ 12:30pm
- Thur., Mar. 19 TSS Meditation 10am ~ 12:30pm
- Fri., Mar. 20 TSS Meditation 10am ~ 12:30pm
- Sun., Mar. 22, Dharma School 10am, Spring Ohigan and Eitai-kyo Services 2pm
- Wed., Mar. 25 TSS Meditation 10am ~ 12:30pm
- Thur., Mar. 26 TSS Meditation 10am ~ 12:30pm
- Fri., Mar. 27, TSS Meditation 10am ~ 12:30pm



Spring ahead

Daylight Saving Time begins at 2:00 am, March 8, 2020

March Monthly Memorial

- Miss Sueme Uemoto
- Mr. Kyojiro Ono
- Mr. Kikumatsu Fudatate
- Mr. Tokijiro Koyama
- Mr. Tatsujiro Terada
- Mr. Hikobe Oikawa
- Mr. Tokuichi Tomiyama
- Mr. Kametaro Nishi
- Mr. Chosuke Ozamoto
- Baby Suzuki
- Mr. Megumi Ohara
- Mr. Einosuke Uyeyama
- Mr. Kasoji Uemoto
- Mrs. Ayako Tanemura
- Mrs. Sadako Iwasaki
- Mrs. Shizue Ueda
- Mr. Hitoshi Suzuki
- Mrs. Mitsuko Yoshikawa
- Mrs. Iye Tanemura
- Mr. Tom Tanemura
- Mr. Shosaku Sugie
- Mr. Hikoichi Tashima
- Mr. Takao Horiuchi
- Mrs. Atsuko Kawaguchi
- Mr. Yoshiharu Wakano
- Mr. George Hayashi
- Mr. Hideo Tainaka

Clean-up Altar Toban

- Herb/Cheryl Tanaka
- Tomoye Yamaoka
- David/Linda Matsuyama
- Jay/Suma Hunter
- Tad/Elaine Kondo
- Jack/Marg Hatanaka
- Don/Joyce Favell
- Marilyn MacLean
- Joe/Pegi Uyeyama
- Mark/Laurie Gilbert
- Gail Brown
- Randy/Charlene Caruso

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Service Chairpersons:

Mar. 8, 2pm
 Mark Gilbert: Nirvana Day & Dharma Shotsuki



Mar. 24, 2pm
 Rick Suzuki: Ohigan (Spring Equinox), Eitai-kyo (Perpetual Memorial)



Kelowna Buddhist Temple

Semi-Annual Chow Mein Sale

March 1, 2020

Vegetarian or Pork Chow Mein \$9.50 each. Gyoza \$4.00
Ageh (Inari) Sushi \$5.50. California Roll Sushi \$5.50
 Delicious, Frozen, Ready to Bake **Apple Pies, \$9.50 each.**

Splenda or regular (sugar).

WHILE SUPPLIES LAST.

Pre-Order by email: kbtchowmein@gmail.com
 (Ensure that you receive a confirmation email)

Or by phone: **250-860-2980**

DON'T BE DISAPPOINTMENT, ORDER NOW!

PRE-ORDER DEADLINE: February 26, 2020

(Payment by cash or cheque at time of pick up)

Pick up at Kelowna Buddhist Temple, 1089 Borden Avenue
 (across from Capri Centre on Gordon Drive)

Sunday, March 1, 2020, Between 1:00 and 3:00 PM



From Sensei

Facing anxieties in our lives

"People of the world, being weak in virtue, engage in strife over matters which are not urgent. Groaning in dejection and sorrow, they pile up thoughts of anguish, or driven by inner urges, they run wildly in all directions and thus have no time for peace and rest." (Larger Sutra)

Stress is more or less a part of our present-day lives. Many of us face difficult situations on a daily basis. We can all understand, the demands that many of us feel in stressful situations and need to find a way or a process that can help us overcome the challenges that we face. In many ways none of us can avoid stress in our daily lives. We have constant challenges in dealing with the demands of job, home, and relationships. We tend to think too much about the future which lies ahead in our thoughts just like a shadow. However, we cannot live for the future –for all we have is this moment is where we are now. Some of us may also tend to live in the past in their thoughts, through their memories of days gone by, thereby neglecting the importance of this present moment of now. For many of us, our lives tend to be constantly consumed by worry and anxiety, from our thoughts about the both the future and the past.

In the words of Shakyamuni Buddha, in the Larger Sutra, people are distracted from living peaceful and fulfilling lives by their own feelings of emotional ups and downs. We are often so totally immersed in our thoughts about ourselves and our loved ones, that we are not fully conscious about how precious our lives are this very moment in time. We are blocked from our natural light by the clouds of our non-stop thoughts, desires, and fears – the mists of the conditioned mind of past and future. So many of us become preoccupied with desire, anxiety and fear, yet despite our often-desperate efforts for more and more, we are often left with no real sense of satisfaction. We develop anxieties and worries about losing what we have already acquired socially, economically, even spiritually. As a result, we often have so much "mental noise" going on, that we lose the ability to really enjoy what we have in our present life. There is a saying "Today is the tomorrow you worried about yesterday"

We need to better understand the origins of worry and anxiety in our daily lives. Worry stems from the fear about what might happen in the future. This fear of what may or may not happen can bring you to a halt, and this can keep you in a state of stress. Fear comes in all shapes and forms, for example, fear of criticism, which you may have acquired from trying to live up to high parental expectations. This may cause you to constantly

worry about what other people think or say about you. Fear of financial stresses may cause you to worry about losing your job. You may worry about your marriage, or your relationships with children or in-laws. These are all forms of the "thinking mode."

We can reduce the destructive effects of worry from our lives when we begin to realize that all we have to do is to simply choose to stop worrying, and say to ourselves "stop." We have a choice between living our lives to the fullest in the present moment, or we can continue to worry about literally millions of things that potentially might happen! We can continue to be slaves to our thoughts, and put off living in the present moment. In the final analysis, it is really all up to us. We need to make sure that we choose well, for that choice will make a big difference to the quality of life for ourselves, as well as our relationships with family and friends.

What is it that creates these troubles for all of us? The following words "Me" "My problems" "My life" "My family" "My job" "Me" "me" "me" are the cause of most of our difficulties. As long as we are "stuck" in our mind, the ego will run our lives. It is easy to see how anxiety can develop because of so much focus on "me." Our ego is very clever, with its numerous defenses and its illusionary existence. It is vulnerable, and is easily threatened, regardless of its outward appearance. With such preoccupation about ourselves, anxiety follows. Because of our ego, everything seems to become so important, causing us worry and stress.

What is really important is not what is happening outside of us, but rather what is happening inside us. How we experience a situation depends on how we view it -- how we interpret what is happening, how we describe it to ourselves. Buddhist teachings have taught us that all of our experiences of happiness and suffering do not come from other people or other things, but come from our own minds. Our anxieties and fears cannot change the outcome of anything for the better. They cannot change the behavior or the well-being of others. What they actually do, is to take us away from the present, detract from our enjoyment and quality of our true conscious and mindful present life.

We try to overcome these anxieties by controlling our ego, but the reality is that we often tend to fail. However, through the great Compassion of Amida Buddha we are reassured that we walk the path of Nembutsu life to gain the strength to live our lives in the midst of our anxieties and stress. By doing so, we can work together with family and friends towards a meaningful life and inner spirituality.

In Gassho,

Rev. Yasuhiro Miyakawa

Kelowna Buddhist Women's Association

The Ladies' New Year Celebration was held on January 26 with a small attendance of about 18 people. Since many of those attending brought two dishes for the potluck dinner, there was an abundance of food leftover. If you did not attend, you missed out on an excellent smorgasbord! Thank you to Barb, Cheryl and Julie for organizing the potluck and buying bingo prizes, Rick for the beautiful decorations, Jack for calling bingo, and everyone who brought prizes and donated generously.

The annual Women's Memorial Service (Tsuito Hoyo) was held on February 9th to remember the Women's Association members who have passed on. Thank you to Derek & Tracey Itani who provided sandwiches and dessert following the service.

With Spring chow mein preparations starting on February 27 to March 1, we will be needing help not only making chow mein, but also cooking gyoza and making Inari sushi and California rolls on Saturday February 29. If you want to learn how to prepare these popular items, or just want to help out, please call Linda (250-860-2980) for preparation times.

In Gassho,
Joyce Favell



Donations continued from page 6:

Keirokai

Uemoto, M/M Kaichi	\$30.
Mori, Mr. Min	\$40.
Hatanaka, Ms. Maureen	\$20.
Kawaguchi, Ms. Nancy	\$20.
Ueda, Mrs. Yoshiko	\$20.
Suzuki, M/M Toshiya	\$30.
Yamaoka, Mrs. Tomoye	\$25.
Sugie, M/M Sam	\$50.
Tanemura, Mrs. Shirley	\$20.
Terai, Mr. Isao	\$25.
Tomiye, Mr. Reg	\$20.
Caruso, Mrs. Heather	\$15.
MacLean, Ms. Marilyn	\$15.
Ogi, M/M Teruo	\$50.

Building Fund

Yamaoka, M/M Alan	\$100.
Yamaoka, M/M Jack	\$100.
Terada, Mr. George	\$100.
Sugie, M/M Sam & Irene	\$340.
Tahara, M/M Tim	\$150.

Building Fund continued

Tahara, Mrs. Jane	\$300.
Yamaoka, M/M Alan ~ in lieu of Chow Mein Fund Raiser	\$100.
<u>Newsletter</u>	
Yamaoka, Mrs. Tomoye	\$50.
Terada, Mr. George	\$25.
Yamaoka, M/M Gerry	\$50.
Tahara, M/M Jack	\$20.
Koga, Mrs. Carol	\$40.
Sugie, M/M Sam	\$50.
<u>In Kind</u>	
Yamaoka, M/M Jack ~ Lunch for Scroll Project	\$36.02
<u>Sustaining Fees</u>	
Gilbert, M/M Mark	\$330.
Kohalyk, Mr. Chad	\$170.
Yamaoka, Mrs. Tomoye	\$195.
Anonymous	\$170.
Stack, Mrs. Anne	\$170.
Tahara, M/M Jack	\$315.
Richardson, Mrs. Janice	\$165.
Tahara, M/M Tim	\$340.
MacLean, Ms. Marilyn	\$170.

Tannishō 7

The Nembutsu is the single path free of hindrances. Why is this? To practice's who have realized Shinjin, the gods of the heavens and earth bow in homage, and maras and nonbuddhists present no obstruction. No evil act can bring about karmic results, nor can any good act equal the nembutsu. Thus were his words.

From the Temple Executive

Hello everyone. I hope the weather warms up and the snow disappears, as this has been a hard winter for many people. I am new to the Temple Executive and have only attended two meetings. Everyone has been welcoming and I would like to thank all the board members for their outpouring of support. Many of the current board members represent generations of family that have worked hard to build our Temple into what it is today.

I found it interesting that His Eminence Monshu Kojun Ohtani, acknowledged all the efforts of the Temples outside Japan in His New Year's Address for 2020. He was in awe of the hard work Japanese immigrants and their descendants put forth in their Temples during his visit this past year to the United States.

Even at my first meeting, I too could not help feel a deep respect for all the Japanese Families that have worked throughout the years at the Temple. It is truly awe-inspiring.

The question remains "What will we do moving forward?" given our aging membership. I am not even close to an answer yet. However, I know the Temple Executive can work together, as all of the families did in the past, and find a path to the answer. I hope you can come out and attend our events like Chow Mein making, Hanamatsuri, Obon and the monthly services. These events help us make connections with other people in our Temple and maybe some new people who one day will become members. All of the board members have been working hard this past month. I would like to acknowledge a few people. Thank you to Alan and Jack Yamaoka who have given an enormous amount of time in removing the snow and performing general maintenance. As you can imagine, snow removal alone is a huge job. Thank you to Derek Mayeda for having the Chow Mein Pan fixed and doing all the books for the Temple. This is also a big job. Thanks to Rick Suzuki, Isao Terai, Alan and Jack for their work framing the Eitaikyo scrolls and installing the LED light in the back room of the Naijin. Please check out the scrolls as they look fantastic! Finally, I need to thank the family of the late, Morio Tahara, for donating two filing cabinets.

They will be put to good use.

Lets hope that spring comes soon!

In Gassho,
Mark Gilbert



Ohigan & Eitaikyo (Perpetual Memorial)

Higan is an abbreviation of "To-Higan" which literally meaning "to reach the other shore." In Buddhism, the world of suffering is referred to as "this shore" and the world of Enlightenment is called "other shore." The term Higan comes from the Sanskrit word Paramita - "gone to other shore," and suggests the Six Paramitas of charity, morality, patience, effort, meditation, and wisdom. Various sutras teach that six paramitas or perfections of practice are the way of reaching the other shore from this shore. In Jodo Shinshu, the observance of Higan is simply the expressing of our gratitude to Amida Buddha for awakening us to Boundless Compassion and Wisdom. Our part in this observance would be to put into action the Compassion which comes to us vertically from Amida Buddha and to apply it horizontally in our relation with man and other living beings on this earth. This appreciation in our daily life is the Jodo Shinshu way of expressing our gratitude and thanksgiving for the wondrous virtues extended to us unconditionally and equally for all just like the sun's ray which falls on the earth.

"Eitaikyo" is Japanese word and short for "Eitai-Dokkyo". "Eitai" means "perpetual" and "Dokkyo" means "reading Sutras". Therefore, this service is observed with the hope that a temple will continue perpetually and the Buddha Dharma will be transmitted to future generations. We can listen to the Buddha Dharma at our temple today, because many people have sustained temples and Sanghas. They wished that we all have the opportunity to listen to the Buddha Dharma. This service is dedicated to all those who lived and died as Buddhists in due respect of their contribution to the growth of the local Sangha.



Keirokai, 2020



March, 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Chow Mein Prep 8:00am, Chow Mein Pick Up 1pm ~ 3pm	Taiko Practice 7pm			Taiko Practice 7pm		
8	9	10	11	12	13	14
Daylight savings time! Dharma School 10am, Nirvana Day, Dharma Shotsuki Services 2pm	Taiko Practice 7pm		TSS Meditation 10am ~ 12:30pm	TSS Meditation 10am ~ 12:30pm, Exec- utive Meeting, Taiko Practice 7pm	TSS Meditation 10am ~ 12:30pm	
15	16	17	18	19 	20	21
	Taiko Practice 7pm		TSS Meditation 10am ~ 12:30pm	Spring Equinox! TSS Meditation 10am ~ 12:30pm, Taiko Practice 7pm	TSS Meditation 10am ~ 12:30pm	
22	23	24	25	26	27	28
Dharma School 10am, Spring Ohigan & Eitaikyo Services 2pm	Taiko Practice 7pm		TSS Meditation 10am ~ 12:30pm	TSS Meditation 10am 12:30pm, Taiko Practice 7pm	TSS Meditation 10am ~ 12:30pm	
29	30	31	1	2	3	4
	Taiko Practice 7pm		TSS Meditation 10am ~ 12:30pm	TSS Meditation 10am 12:30pm, Taiko Practice 7pm	TSS Meditation 10am ~ 12:30pm	

With Gratitude the Temple and all of its Affiliated Organizations

Acknowledge Your Generous Contribution

Apologies for any Errors or Omissions.

Fujinkai (Women's Association) Shinbokukai

Yamaoka, M/M Alan	\$30.
Suzuki, R./Tanaka, P.	\$50.
Tanaka, M/M Herb	\$25.
Favell, M/M Don	\$40.
Koga, Mrs. Carol	\$10.

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

Suzuki, R./Tanaka, P.	\$50.
Yamada, Mrs. Shoko	\$30.
Hatanaka, Ms. Maureen ~ in memory of Shizue Hatanaka	\$30.
Yamaoka, Mrs. Tomoye	\$20.
Suzuki, M/M Tosh ~ in memory of Fumi Suzuki	\$30.
Itani, M/M Derek	\$20.
Tanaka, M/M Herb	\$50.
Tanemura, Mrs. Shirley	\$20.
Hokazono, M/M Ken ~ in memory of Mary Hokazono	\$75.
Tomiye, Mr. Reg ~ in memory of Hisako Tomiye	\$30.
Gilbert, M/M Mark ~ in memory of Tome Ueda	\$20.
Hokazono, Lloyd/Temesy, Ali ~ in memory of Mary Hokazono	\$50.
Koga, Mrs. Carol	\$20.

Ho-Onko

Stack, Mrs. Anne	\$100.
Yamaoka, Mrs. Tomoye	\$20.
Yamada, M/M Ken	\$20.
Tanaka, M/M Herb	\$25.
Tanemura, Mrs. Shirley	\$20.
Suzuki, R./Tanaka, P.	\$50.
Yetman, M/M Pat	\$30.
Yamaoka, M/M Alan	\$30.
Yamaoka, M/M Jack	\$30.
Hatanaka, Ms. Maureen	\$20.
Gilbert, M/M Mark	\$25.

Dharma Shotsuki

Ueda, Mrs. Amy ~ in memory of Ben Ueda	\$75.
Yamaoka, M/M Gerry ~ in memory of Jim Yokota	\$30.
Richdale, M/M Glen ~ in memory of Jim Yokota	\$30.
Yamaoka, Mrs. Mitsuko (Shirley) ~ in memory of Jim Yokota	\$30.
Yamaoka, M/M Alan ~ in memory of Shizue Hayashi	\$50.
Yokota, M/M Ken ~ in memory of Jinichiro Yokota	\$50.
Tahara, M/M Jack ~ in memory of Sadako Iwasaki	\$25.
Richdale, M/M Glen ~ in memory of Tosh Yamaoka	\$50.
Yamaoka, Mrs. Mitsuko (Shirley) ~ in memory of Tosh Yamaoka	\$100.
Yamaoka, M/M Gerry ~ in memory of Tosh Yamaoka	\$50.
Hokazono, M/M Ken ~ in memory of Eileen Hokazono	\$75.
Hokazono, Lloyd/Temesy, Ali ~ in memory of Eileen Hokazono	\$50.
Terai, Mr. Isao ~ in memory of Sumako Itani	\$50.
Itani, M/M Derek ~ in memory of Sumako Itani	\$20.
Yamaoka, M/M Alan ~ in memory of Kisaku Hayashi	\$50.
Yamaoka, M/M Alan ~ in memory of Tosh Yamaoka	\$30.

Memorial

Anonymous ~ in memory of Ivan Young	\$20.
Koga, Mrs. Carol ~ in memory of Helen Naito	\$30.
Suzuki, R./Tanaka, P. ~ in memory of Ivan Young	\$50.

General

Cavanaugh, Ms. Genevra	\$25.
Terada, Mr. George ~ in appreciation for Mochi	\$25.
Mayeda, Mr. Derek ~ in appreciation	\$125.
Tanaka, M/M Herb ~ in appreciation	\$125.
Mori, Mr. Min Chow Mein	\$40.
Dux, M/M Larry Apple Pie Costs	\$60.
Yates, Dawson	\$10.
Mori, Miyoko	\$75.

Donations continued on page 3