

# Kelowna Buddhist Temple

## The New Dharma Express

PO. Box 22092, RPO Capri Centre Kelowna, B.C. V1Y 9N9 phone 250-763-3827  
[www.kelownabuddhisttemple.org](http://www.kelownabuddhisttemple.org)



### Monthly Memorial

Master	Fumio Matsuda
Mr.	Sanpei Matsuo
Mr.	Kazuo Ohta
Mrs.	Fusa Ohashi
Mr.	Tokujiro Tsuji
Mr.	Akira Ibaraki
Mr.	Jinnosuke Masumoto
Mr.	Komakichi Tamaki
Mrs.	Hide Nakayama
Mr.	Yoshio Tabata
Mr.	Jutaro Ueda
Mr.	Yukio Kurahashi
Mr.	Roy Tanaka
Mrs.	Yuki Horiuchi
Mr.	Tahei Tatebe
Mr.	George Ueda
Mrs.	Mary Hokazono
Mr.	Aiji Hokazono

- Wed. Nov 9, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Thurs. Nov 10, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Fri. Nov 11, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Sun. Nov 13, Dharma School 10am, Monthly Memorial 2pm

### Clean-up Altar Toban

Group #4
M/M Herb Tanaka
M/M Gord Lacey
M/M Jack Hatanaka
M/M Nob Yamaoka
M/M Sam Sugie
M/M Manabu Azama
M/M Jay Hunter
M/M Don Favell
Ms. Dorothy Tanaka
M/M Joe Uyeyama
Mr. Brad Tanaka
Mrs. Toyoko Tamaki
Mr. Luke Mitton
Mrs. Dot Wakano
Mrs. Joan Kitaura
Mr. Paul Merckx

- Wed. Thurs. Fri. Nov 9, 10, & 11, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Sun. Nov 20, Dharma School 10am
- Wed. Thurs. Fri. Nov 23, 24, & 25, TSS Meditation 9:30am, Guided Meditation 12n-1pm

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### Special points of interest:

- Wed. Nov 2, TSS Meditation 9:30am, Guided Meditation 12n-1pm, Chow Mein Prep 6-9pm, Deadline for Chow Mein pre-orders 8pm
- Thurs. Nov 3, TSS Meditation 9:30am, Guided Meditation 12n-1pm, Chow Mein Prep 6-9pm
- Fri. Nov 4, TSS Meditation 9:30am, Guided Meditation 12n-1pm, Special Service, Bishop's visit 4pm, Banquet at 5pm, Chow Mein Prep 6-9pm
- Sat. Nov 5, Chow Mein Prep 8am
- Sun. Nov 6, Chow Mein Prep 8am, Pick-up and Sales 12n-3pm

- Sun. Nov 27, Dharma School 10am, Sunday Service 2pm
- Wed. Nov 20, TSS Meditation 9:30am, Guided Meditation 12n-1pm
- Thurs. Fri. Dec. 1 & 2, TSS Meditation 9:30am, Guided Meditation 12n-1pm

## From Sensei

### The Inevitable Encounter

*“When shinjin, firm and diamond-like, becomes settled;*

*Amida’s compassionate light has grasped and protects us,*

*So that we have parted forever from birth and death”* (Shinran Shonin)

People used to say that our longevity was around 50 years, but these days, human life expectancy seems to be moving into the 90’s. Life expectancy estimates, done by Insurance or financial companies, now base their calculations on a life expectancy of 90 years, and life insurance and retirement plans, are calculated on that basis. Our life expectancy has steadily improved, and some say that we are living in an era of being “almost unable to die.” As we age, we begin to have trouble with our eyesight and hearing, as well as less stamina and physical strength. Memory is not as sharp, and we may be troubled by poor sleep or depression. Body functioning can often be supported by medical devices or medication to allow us to carry on with our lives. Family anxieties increase. Sooner or later, these changes will happen to us. No one escapes.

A few weeks ago, I lost my elderly aunt. Over the last five years, she had suffered increasing difficulties. Yet she was able to carry on and still live alone. However, her difficulties continued to the point where eventually she could no longer manage by herself. She was moved to a Care home, where she was lonely, and said that time seemed to pass so slowly. After many weeks, she slipped farther, and eventually became unconscious. She was then moved to Hospital where her life was sustained by all the modern medical technologies, but she remained unresponsive. It was heartbreaking for her family to see her like this, and with the doctors’ advice they consented to remove life support. She died at the age of 87 years old.

Nowadays, we expect to live long lives, and seem to take it for granted. We carry on with our lives living the illusion that we will be here forever. We avoid facing the realities of life, and the inevitable threat of death is often ignored. Yet, if sickness arises, our anxieties start to rise. We immediately think about the possibility of cancer, or some other serious condition.

Steve Jobs, the founder of Apple Computers who died recently from pancreatic cancer, at the age of 56 years, looked to Buddhism as a young man, in searching for his future direction in life. In 2005 he gave a speech to the graduates of Stanford University. He recalled when he was 17 years old he encountered the following words “if you live each day as if it was your last, someday you’ll most certainly be right.” He described how this eventually became his mantra. Throughout his life, he would begin his day by asking himself “If today were the last day of my life, would I want to do what I am about to do today?” He described how he used this to make some major changes in his life.

A good life is not measured by longevity. A better measure would be its richness and depth. In order to have depth and richness in our lives, how shall we live? No one can live life without having difficulties and sufferings. In reflecting on life, one may have regrets, yet still appreciate all that one has. Some might feel that despite their efforts, life has been in vain, hardly worth living. How then can one cope with that? Some may try to escape those feelings by seeking pleasure in other worldly things. However, no matter how hard one tries, one is still left with a deep uneasiness, or feelings of emptiness. Eventually one will have to come to terms with one’s own aging, sickness, suffering, and ultimate death.

When it comes to encountering death, everything that we had cherished in life, such as status, wealth and love, become useless and valueless. As we turn to the spiritual world, Shinran Shonin said “if one has realized shinjin and been embraced by Amida’s great mind, one’s life has essentially parted from the world of birth and death, and come to be pervaded by immeasurable light and life.” The person then awakens to that which goes beyond this mundane secular world and apprehends what is true and real, and such existence is experienced as harmonious and complete.

Namo Amida Butsu.

In Gassho,

Rev. Yasuhiro Miyakawa

## Fujinkai News:

Summer is over and Fall is upon us. The next few months will be busy preparing for Farmer's Market on October 22, Chow Mein preparation November 2, 3 and 5, and Chow Mein sales on November 6. We look forward to your support and assistance with preparation and cooking for these major events. Bishop Ikuta will be in Kelowna on November 4. Please contact Shirley Tanemura if you are able to attend 4pm service and 5pm dinner @ Mekong. Deadline for submitting ballots for Fujinkai executive for 2011 will be November 27. Shop & Save cards are being sold as the major fundraising project for the 2015 World Women's Conference in Calgary. Orders have been placed for gift

cards in \$25 denominations from the following retailers. Members will have first choice as to purchasing cards, and unsold cards will be offered for sale at the Chow Mein dinner sales on November 6. This is an on-going project, so please don't hesitate to contact either Tomoye or Barb Yamaoka if you wish to purchase, as we will re-order as frequently as needed. Note: This is also not a complete list, so if you are looking for retailers not on this list, please ask. Super store, Safeway, Starbucks (\$10), Bay, Chapters, Golf Town, Canadian Tire  
Thank you for your support,  
In gassho,

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## Message from the Editor

As I contemplate what to write in this monthly editorial, it is Thanksgiving weekend and what better topic than "what to be thankful for".

Where to start, there is so much: first and foremost for me is family and friends. I am so thankful for the people in my life, they are what make my life so much fun. People to share experiences with and the love of their association is what really excites me and gives my life meaning.

My association with the Kelowna Buddhist Temple and the members is something to be very thankful for. Keeping the Temple vibrant and strong for years to come is something that I can help play, but a small part... by sitting on the executive or helping all the various projects. I hope you see the value in this and join me and all the other supporters of our Temple.

There are many challenges facing the growth of our Temple, I can only hope and keep asking for your support as we get close to another year end. Time is taking a toll on our older members, and our physical building. We are facing financial challenges as an executive that other board members have not had to experience. With the brunt of the work being shared by fewer and fewer people and Chow Mein sales our major fund raising project and our carpets needing replacing and our roof in need of constant repair and so on and so on... lots to ponder as we continue into the future. I ask you to please consider making a monthly contribution, made easier via internet service, see page 6 for details. A monthly donation of \$20 is only \$5/week.

In Gassho, Jiro

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## Buddhism of the Heart

*Like Shinran, I don't say the nembutsu for the sake of my parents, but I do often say the nembutsu because of my parents. When I reflect on how much care and attention they have given me, as a child and even now as an adult, I am moved to say nembutsu. In the same passage, Shinran also points out that because we have been revolving in the wheel of life for countless ones, all creatures have been our mothers and fathers at some point. This is something amazing to think about. When I meditate on how all beings have been my parents, and that even now all beings and things together contribute to my life in so many unacknowledged ways, I feel deep gratitude toward everyone and everything. And I am grateful to Shinran for pointing out to me a way to express my thankful feelings, through Namu Amida Butsu.*

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# November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm, Chow Mein Prep 6-9pm, Deadline for Chow Mein pre-order 8pm</i>	3 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm, Chow Mein Prep 6-9pm</i>	4 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm, Special Service, Bishop's visit 4pm, Banquet at 5pm, Chow Mein Prep 6-9pm</i>	5 <i>Chow Mein Prep 8am</i>
6 <i>Chow Mein Prep 8am, Pick-up and Sales 12n-3pm</i>	7 <i>Taiko Practice 7pm</i>	8	9 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	10 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	11 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm, Taiko Practice 7pm</i>	12
13 <i>Dharma School 10am, Monthly Memorial 2pm</i>	14 <i>Taiko Practice 7pm</i>	15	16 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	17 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	18 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm, Taiko Practice 7pm</i>	19
20 <i>Dharma School 10am</i>	21 <i>Taiko Practice 7pm</i>	22	23 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	24 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	25 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm, Taiko Practice 7pm</i>	26
27 <i>Dharma School 10am, Sunday Service 2pm</i>	28 <i>Taiko Practice 7pm</i>	29	30 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	1 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm</i>	2 <i>TSS Meditation 9:30am, Guided Meditation 12n-1pm, Taiko Practice 7pm</i>	3

## JSBTC Update:

A monthly update from the national headquarters of the Shin Buddhist Temples of Canada  
 11786 Fentiman Place, Richmond, B.C., V7E 6M6  
 Ph: 604-272-3330 fax: 604-272-6865  
 Web: livingdharmacentre.ca

### Special Service and Supper in Kelowna to Welcome— Bishop Grant Ikuta

November 4th at 4pm short Service, supper to follow

The new Bishop Grant Ikuta is in the B.C. interior to help celebrate Kamloops Buddhist Temple's 65th Anniversary and will be in Kelowna only for a short visit.

The Temple Executive extends to all members and friends of the Kelowna Temple a special invitation to come and join us for a short service. We understand that the timing of the visit is during our busy Chow Mein making preparations, which is most unfortunate, but unavoidable. Please make every effort to come and visit with the Bishop, In Gassho

Please contact a Temple Executive to be included in the head count for supper

## 行事案内

11月	2日(水)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
		午後 6-9時	チャウメン準備
		午後 8時	チャウメン予約締切
	3日(木)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
		午後 6-9時	チャウメン準備
	4日(金)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
		午後 4時	総長訪問特別法要
		午後 5時	夕食会
		午後 6-9時	チャウメン準備
	5日(土)	午前 8時	チャウメン準備
	6日(日)	午前 8時	チャウメン準備
		午後 12-3時	チャウメンセールと持ち帰り
	9日(水)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内
	10日(木)	午前 9時半	千部経三昧
		午後 12-1時	座禅案内

## Dharma School

Dharma school will be having our 3<sup>rd</sup> annual food drive for the Kelowna Food Bank starting October 30<sup>th</sup> and running until December 11<sup>th</sup>. This has been a really successful and meaningful project for the Dharma school students to undertake and we are hoping for everyone's continued support. If you have a donation you would like to make and cannot get it to the Temple please call Tammy 250-762-2653 or email [tamnishi@gmail.com](mailto:tamnishi@gmail.com) and we can arrange to pick it up. Below is a list of items from the food bank's Wish List.

Most Needed Items  
 Baby food, Canned fruit and vegetables, Dry Soup  
 Peanut Butter, Pasta (dried)  
 Canned meats/seafood, Meals in a can (ie: Chili, ravioli, chunky soups), Side dishes (Side Kicks, Kraft Dinner), Pasta Sauces, Diapers, Granola bars  
 In Gassho, Dharma School

11日(金)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
13日(日)	午前 10時	日曜学校
	午後 2時	11月祥月法要
16日(水)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
17日(木)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
18日(金)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
20日(日)	午前 10時	日曜学校
23日(水)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
24日(木)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
25日(金)	午前 9時半	千部経三昧
	午後 12-1時	座禅案内
27日(日)	午前 10時	日曜学校
	午後 2時	日曜法要
30日(水)	午前 9時半	千部経三昧



On line Donations will shortly be available for your convenience and ease of payment. The Kelowna Buddhist Temple has engaged the services of Canada Helps to assist you to help us by making monthly and individual contributions via major credit card. Simply click on the “Make a Donation Button” when you see it on our main page of the web site:

[www.kelownabuddhisttemple.org](http://www.kelownabuddhisttemple.org)  
CanadaHelps is a registered charity with a goal to make giving simple. Through CanadaHelps.org, anyone can donate online. They have proudly facilitated over \$100 million in charitable donations through their website since it was launched in 2000.

#### For Donors

CanadaHelps is a one-stop-shop for giving. They make donating online easy and secure

#### For Charities

CanadaHelps is an online fundraising solution that allows charities to accept donations over the internet. They make online fundraising affordable, easy and secure.

#### Their Mission

To engage Canadians in the charitable sector, providing accessible and affordable online technology to both donors and charities to promote – and ultimately increase – charitable giving in Canada.

- # 秋の行事が続いています。どうかよろしくお願ひします。  
4日には総長が訪問され、特別の法要と夕食会が開きます  
皆さんお誘い合わせてご参加下さい。
- # 先生のお仕事専用車の買い替えの時期になりました。  
皆様からのご寄付を頂ければ幸いです。よろしくご協力  
下さいます様お願ひします。

## Temple Executive Report

The Temple executive was hard at work at the October meeting, planning for fundraising events over the upcoming two months; for example: Supply purchasing and 7 days of work parties for Mein Making and Chow Mein preparation and sale; Organizing for the Farmer’s Market and Bake Sale; Planning for Mochi Tsuki in December

Temple fundraising continues to be a vital part of continuing to offer an identifiable centre for Shin Buddhist teaching and practice in Kelowna. As a long and well-respected member of the community, the Kelowna Buddhist Temple offers Okanagan residents a rare opportunity to learn about the Dharma with a highly qualified teacher, as well as providing a focal point for the traditions and activities of our esteemed Japanese-Canadian community. In this sense, the work of our Temple community is two-fold and is supported by its people and by the existence of the building itself, which was constructed and paid for by Temple families many decades ago. We are all fortunate to benefit as we do from the tremendous efforts of those early Buddhist families in Kelowna. An important goal of the Temple Executive is to preserve and build upon those efforts, to offer an open and inviting Buddhist presence in the community; one that is grounded in the rich traditions of our school and also encourages engagement and leadership of younger people and families as they seek to understand and embrace the Dharma in today's world.

In keeping with this, the end of October brings the beginning of Dharma School for the 2011-2012 year. Last year's Dharma School was lively and diverse, including kids of all ages. We look forward to the year ahead, as the Temple children continue to grow together in the Nembutsu Life. Dharma School also offers an English-language, easy-to-understand format for families with children, less experienced Buddhists, and people who wish to explore Buddhist teaching for the first time. Information is available by simply calling the Temple. In Gassho, Geneva

**Annual General Meeting** of the Kelowna Buddhist Temple January 8th at 2:30pm  
1pm Service prior and Dinner to follow the AGM  
Members are encouraged to attend and help shape the future of our Temple

# Fall Chow Mein Sale!

**Sunday, November 6, 2011**—pick-up between 12 and 3pm  
Deadline for phone in orders Wednesday, November 2, 2011 at 8pm  
Phone in order 250-762-2653 or 250-860-2980  
email your order [kbtchowmein@gmail.com](mailto:kbtchowmein@gmail.com)

## **Annual Mochitsuki—December 10th, 2011**

Back by popular demand, we have set the date for mochitsuki (pounded sweet rice cakes)  
Never too early to place your order  
We hope to have Udon and Mein available as well depending on interest and support



2005 Pontiac Montana,  
PB,PW,PS,AC 3.5 168,000km

## **FOR SALE—was \$6400—now only \$5900**

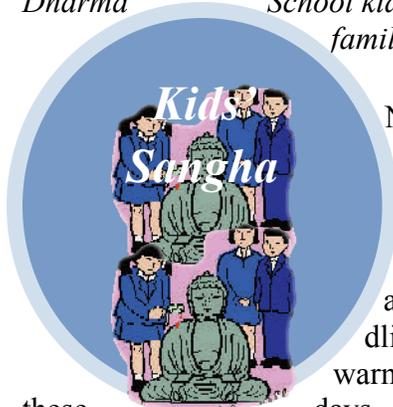
Driven mainly to Church on Sundays

We have retired the Pontiac and purchased a new 2011 Dodge Caravan Sensei is dedicated to supporting the Temples of the Okanagan, and we need him to have safe and reliable transportation. Please consider making a special contribution towards the purchase of the Caravan.

We will make sure your donation is directed towards this cause and issue appropriate tax receipts.

**With Gratitude the Temple and all of its Affiliated Organizations  
Acknowledge Your Generous Contribution and Apologies  
for any Errors or Omissions.**

*This is an article especially for the Dharma School kids and their families.*



November brings the change from Fall to Winter and we are all bundling up in our warmer clothing days. Our families

these

will also be taking time to come to the Kelowna Buddhist Temple for Dharma School this month. You may be thinking about other things you would like to be doing besides going to Dharma School. After you have had a busy week at school, it is natural to want some unscheduled time. And of course, it is part of growing and developing your wisdom to ask your parents a question like, “Why do we have to go to Dharma School today?” You need to hear from your parents and Temple Community, the reasons why learning about the Dharma is important for parents and kids alike.

The word Dharma means “the source of things” and “universal truth”. Shakyamuni Buddha thought, studied, meditated for many years to understand the Dharma, and worked very hard to teach what he learned to many people during his lifetime. All the work that led him to such a deep understanding of the Dharma is still present in his teachings. Those teachings are what we go to the Temple to learn about. Our Sensei, Reverend Miyakawa, also works very hard studying the Dharma as it was taught by Shakyamuni Buddha. When we go to the Temple, Sensei uses his understanding to help us learn about the Dharma for ourselves.

What do we learn when we learn about the Dharma?

The answer to that question could take a lifetime or more, but one of the important things we learn about is being human; with a human mind, a human heart, and human feelings. We learn about why we feel and act the way we do, and what we learn helps us to understand ourselves and others better. This helps us to be happy, even when things happen that we don’t like. The more we learn about the Dharma, the more we can bring it to life in our own lives, and the happier we can be. For example, imagine how the world would be, if we all lived by the Eightfold Path! When we recite it in Dharma School, we become familiar with it and that helps us remember to practice it often in our everyday lives. The more we live by the Eightfold Path, the happier we (and our families and friends) will become!

During the month of November, I encourage you all to practice the Eightfold Path as often as you can, and to write to [KidsSanghaKelowna@gmail.com](mailto:KidsSanghaKelowna@gmail.com) to tell us about your experiences. We will be looking at each of the teachings of the Eightfold Path in future articles and your stories will be very valuable!

In Gassho,  
Genevra

*If you have thoughts and stories to share with the Kids’ Sangha and Dharma School, you are invited to correspond with us at [KidsSanghaKelowna@gmail.com](mailto:KidsSanghaKelowna@gmail.com)*

**Special**

Okano, M/M Joseph (Memorial Sevice for Mom & Dad) 100  
Dux, Mr. Larry (Mein Making Donation) 100

**Monthly Memorial**

Ohashi, M/M Masaye (In Memory of Yonetaro Tainaka) 25  
Nishi, Mrs. Em (In Memory of Mr. Ted Mori) 20  
Nishi, Mrs. Em (In Memory of Mr. Kazu Mori) 20  
Nishi, Mrs. Em (In Memory of Mr. Yuki Nishi) 20  
Nishi, Mrs. Em (In Memory of Mr. Shigeru Mori) 20

**Membership**

Mitton, Luke 125

Recent 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