

# Sangha News

May-June 2011

## Special Event

Laughter Yoga, May 4-25

May 29—Open House

June 19—Father's Day Picnic

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## A Letter from Sendai

My thanks goes out to everyone for organizing and supporting the various initiatives to raise funds in Calgary for the benefit of the people of Japan suffering from the devastating earthquake and tsunami in the Sendai region.

In addition to co-sponsoring a fund raising film, Departures, with the Calgary Japanese Community Association and the Calgary Public Library, our small temple managed to collect a total of \$2350 for our Japan Relief Fund.

Pretty impressive for a membership of only about 100 people! A big thank you to all the volunteers and donors!

I recently became aware of a letter from an individual in Japan who expressed a message more eloquently and heartfelt than I could ever hope to write, so instead of my adding a piece to the newsletter I would like to reprint this as a honour and tribute to the people of Japan.

Sensei James

### A letter from Sendai, Japan

Things here in Sendai have been rather surreal. But I am very blessed to have wonderful friends who are helping me a lot. Since my shack is even more worthy of that name, I am now staying at a friend's home. We share supplies like water, food and a kerosene heater. We sleep lined up in one room, eat by candlelight, and share stories. It is warm, friendly, and beautiful.

During the day we help each other clean up the mess in our homes. People sit in their cars, looking at news on their navigation screens, or line up to get drinking water when a source is open. If someone has water running in their home, they put out a sign so people can come to fill up their jugs and buckets.

It's utterly amazingly that where I am there has been no looting, no pushing in lines. People leave their front door open, as it is safer when an earthquake strikes. People keep saying, "Oh, this is how it used to be in the old days when everyone helped one another."

Quakes keep coming. Last night they struck about every 15 minutes. Sirens are

*(Continued on page 2)*

constant and helicopters pass overhead often.

We got water for a few hours in our homes last night, and now it is for half a day. Electricity came on this afternoon. Gas has not yet come on. But all of this is by area. Some people have these things, others do not. No one has washed for several days. We feel grubby, but there are so much more important concerns than that for us now. I love this peeling away of non-essentials. Living fully on the level of instinct, of intuition, of caring, of what is needed for survival, not just of me, but of the entire group.

There are strange parallel universes happening. House is a mess in some places, yet then a house with futons or laundry out drying in the sun. People lining up for water and food, and yet a few people out walking their dogs. All happening at the same time.

Other unexpected touches of beauty are first, the silence at night. No cars. No one out on the streets. And the heavens at night are scattered with stars. I usually can see about two, but now the whole sky is filled. The mountains around Sendai are solid and with the crisp air we can see them silhouetted against the sky magnificently.

And the Japanese themselves are so wonderful. I come back to my shack to check on it each day, now to send this e-mail since the electricity is on, and I find food and water left in my entranceway. I have no idea from whom, but it is there. Old men in green hats go from door to door checking to see if everyone is OK. People talk to complete strangers asking if they need help. I see no signs of fear. Resignation, yes, but fear or panic, no.

They tell us we can expect aftershocks, and even other major quakes, for another month or more. And we are getting constant tremors, rolls, shaking, rumbling. I am blessed in that I live in a part of Sendai that is a bit elevated, a bit more solid than other parts. So, so far this area is better off than others. Last night my friend's husband came in from the country, bringing food and water. Blessed again.

Somehow at this time I realize from direct experience that there is indeed an enormous Cosmic evolutionary step that is occurring all over the world right at this moment. And somehow as I experience the events happening now in Japan, I can feel my heart opening very wide. My brother asked me if I felt so small because of all that is happening. I don't. Rather, I feel as part of something happening that much larger than myself. This wave of birthing (worldwide) is hard, and yet magnificent.

Thank you again for your care and Love of me,  
With Love in return, to you all,  
Anne

### **A Special Note**

As many of you may know, Rev. Leslie Kawamura passed away quite suddenly on March 10, 2011. Through his scholastic contributions at the University of Calgary and promotion of Buddhism in Canada and abroad he touched many individual lives and many temple Sanghas.

To honour his dedication and service to Jodo Shinshu throughout the course of his life, our temple, along with his family, will be holding a 49<sup>th</sup> day memorial service on Sunday, April 24<sup>th</sup> as part of the regular service.

# May 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						<b>1</b> <b>9:30am:</b> Meditation <b>10:30 am:</b> Shotsuki/ Monthly Me- morial Ser- vice & <a href="#">Dharma</a> <a href="#">Time</a>
2	3	<b>4</b> <b>7:30-9:00</b> <b>pm:</b> <a href="#">Laughter</a> <a href="#">Yoga</a>	<b>5</b> <b>7:30 pm:</b> Movie Night	6	7	<b>8</b> <b>9:30am:</b> Meditation <b>10:30 am:</b> Service
9	10	<b>11</b> <b>7:30-9:00</b> <b>pm:</b> <a href="#">Laughter</a> <a href="#">Yoga</a>	<b>12</b> <b>7:30 pm:</b> Service	13	14	<b>15</b> <b>9:30 am:</b> Meditation <b>10:30 am:</b> Service; Keirokai Celebration & <a href="#">Dharma</a> <a href="#">Time</a>
16	<b>17</b> <b>7:00 pm:</b> Temple Board Meet- ing	<b>18</b> <b>7:30-9:00</b> <b>pm:</b> <a href="#">Laughter</a> <a href="#">Yoga</a>	<b>19</b> <b>7:30 pm:</b> Service	20	<b>21</b> <b>2 pm:</b> Vesak Service @ Khumer Buddhist Temple (7011 Ogden Rd SE)	<b>22</b> <b>9:30 am:</b> Meditation <b>10:30 am:</b> Gotanye Service <b>1:00-2:00</b> <b>pm:</b> <a href="#">Introduction</a> <a href="#">to Buddhism</a>
23	24	<b>25</b> <b>7:30-9:00</b> <b>pm:</b> <a href="#">Laughter</a> <a href="#">Yoga</a>	<b>26</b> <b>7:30 pm:</b> Service	27	28	<b>29</b> No Service <b>10 am -12</b> <b>pm</b> Open House
30	31					

# June 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2 7:30 pm: Movie Night	3	4	5 9:30am: Meditation 10:30 am: Shotsuki/ Monthly Me- morial Ser- vice & Dharma Time
6	7	8	9 7:30 pm: Service	10	11	12 9:30am: Meditation 10:30 am: Service
13	14 7 pm Board Meet- ing	15	16 7:30 pm: Service	17	18	19 No Service 11 am: Father's Day picnic @ Edworthy Park
20	21	22	23 7:30 pm: Service	24	25	26 9:30am: Meditation 10:30 am: Service
27	28	29	30 7:30 pm: Service			

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## Laughter Yoga is Returning

With all the trouble in the world don't you need a good laugh?

Wednesday evenings, May 4<sup>th</sup> – 25<sup>th</sup> (7:30-9:00) come out for a hoot and good old belly laugh! Fif and Hamish of Laughing Peace (<http://www.laughingpeace.com/>) Laughter Yoga Canada (<http://www.laughteryoga-canada.org/>) will once again lead us in discovering the positive effects of laughter. Improved state of mind and physical benefits are just two good reasons to take part. No experience necessary (although if you have laughed before it may help) and this is not Yoga that requires any level of fitness. **Hamish and Fif just returned from presenting at the Association of Applied and Therapeutic Humor in Orlando. They will share latest scientific research showing how Laughter reduced heart attacks, how comedy and chemo work to alleviate** Can't wait till May - find out about training April 29-May and about World Laughter Day May 1.

[www.laughingpeace.com](http://www.laughingpeace.com)

[www.laughteryoga-canada.org](http://www.laughteryoga-canada.org)

[403.685.9846](tel:403.685.9846)

All 4 sessions \$30 or \$10/session

**Jodo Shinshu Family Retreat  
Manning Park, BC  
May 21-23, 2011**

**Sponsored by the Living Dharma Centre  
Hosted by Vancouver Buddhist Temple**

**For more information contact:**  
vancouverbuddhisttemple.com  
tel: 604-253-7033  
Fax: 604-253-7076  
Email: retreat.vbt@gmail.com

### The Calgary Marathon

Sunday May 29—no regular service! The Calgary Marathon is being run and will finish right in front of our temple. The majority of participants will cross the finish line somewhere between 10:00 am - 12 pm. Come on out and cheer the runners to the finish (we are hoping to have Taiko drumming going on as well). Having run a marathon or two myself I know it really helps boost the energy and decreased the pain where there are cheering, smiling faces urging you on. The temple will be holding an Open House so that interested runners and other can drop in, meet some Sangha members and have a look around. If you can be there it will be an opportunity to exhibit our hospitality and support for the community and all Calgarians. Remember there will be parking and traffic restrictions so plan ahead.

[www.calgarymarathon.com](http://www.calgarymarathon.com)



## JSBTC Women's Federation

### Raising Funds While You Shop

As many of you know, we are going to host the next World Buddhist Women's Convention in 2015 in Toronto, Ontario. One of the major fundraising initiatives is the sale of gift cards where a percentage from each card sold will go towards the convention hosting.

The following declining balance gift cards, which do not expire, are available today and should be paid for at the time of pick-up:

**Superstore (\$25/\$50/\$100)**  
**Sobeys (\$50)**  
**Safeway (\$50/\$100)**  
**Shoppers Drug Mart (\$50)**  
**The Body Shop (\$25)**  
**Mark's (\$50)**

**Chapters (\$25)**  
**Best Buy (\$25)**  
**Starbucks (\$25)**  
**HMV (\$25)**  
**M&M Meat Shop (\$25)**  
**Esso (\$25/\$50)**



Gift cards are available throughout the year since we all shop (at the very least, for groceries!). Please contact Susan Huntley to purchase and feel free to make suggestions or requests for other cards you wish to purchase.

### Stamp out Waste – Recycling Postage Stamps & Foreign Coins



**Stamps:** The JSBTC WF collects stamps for "Save the Children". Money raised helps provide a better life and brighter future for children from impoverished countries. Please leave ¼" to ½" of envelope around the stamp. This charity sells the stamps to dealers and don't worry, stamp duplicates are not a problem.

Every year, the Calgary congregation have helped to recycle stamps to save them from going to waste. Let's keep it up! A jar is available at the back of the temple to drop off used stamps.

**Foreign Coins:** Do you have any foreign coins that you won't be using? The JSBTC WF also collects foreign coins to fundraise for Oxfam.



Your support of the Women's Federation is greatly appreciated!

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## Meal Tobans

Meal Tobans, or meal coordinating groups, have been established for the special lunch days at the Temple. These Tobans help by arranging for fresh flowers for the shrine, buying kitchen supplies, and coordinating the basic food requirements for the pot-luck lunches held annually in addition to looking after the set up & tidy up. However, they can always use a helping hand – don't be shy!

A Meal Toban contact people via phone or email to ask individuals to bring something specific for a meal to ensure the basics are covered. Still, as the lunches are pot-luck, if you are not contacted, please feel free to bring a contribution of your choosing.

Helping with these special meals provides an excellent opportunity for fellowship within the Sangha in a positive, relaxed atmosphere. If you can help out and would like to be added to our Meal Toban contact list or for more information, please email [info@calgary-buddhist.ab.ca](mailto:info@calgary-buddhist.ab.ca).

Upcoming special lunches dates:

- May 15 - Keirokai (Senior's Appreciation Day) - catered meal for Senior's +
- Aug 28 - Obon - Pot-luck lunch
- Dec 11 - Bodhi Day - Pot-luck lunch

### 2011 Buddhist Memorial Service

#### 仏教徒の年忌法要

#### Year of Death (死亡年)

2010	First annual memorial	.....1 year from death
2009	3rd	.....2 full years from death
2005	7th	.....6 full years from death
1999	13th	.....12 full years from death
1995	17th	.....16 full years from death
1987	25th	.....24 full years from death
1979	33rd	.....32 full years from death
1962	50th	.....49 full years from death

A memorial rite marking the death of the deceased not only calls for the adornment of the shrine and the reading of the sutra but also is a precious occasion for recalling the cherished memories of the beloved and the most of all to realize the blessings of the Light of Wisdom and Life of Compassion which embrace us all. (from Jodo Shinshu Handbook for laymen)

**On the first Sunday of every month, the Calgary Temple observes a monthly memorial service in memory of those people whose date of death (meinichi-命日) falls in that month. Please bring a Homyo of your loved one.**

Calgary Buddhist Temple

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We are on the web:  
[www.calgary-buddhist.ab.ca](http://www.calgary-buddhist.ab.ca)



## Fathers Day—June 19

Edworthy Park is once again our site for the Family Day Picnic. Bring your picnic lunch and ,if agreeable, create a smorgasbord by sharing with others or simply be greed and keep it all to yourself. Either way come out and share some good times and good friends! Access by car is from the south side off 17 Avenue. Walkers can reach us from the north side by crossing the bridge and locating site #1. We usually start to gather around 11 am and after lunch, bingo and races for the young and young at heart. If the weather is dicey check with James @ 403-988-6857. We have yet to let the weather win and if it does happen to snow at least we wont have mosquitoes and ants to contend with!

### Upcoming Special Dates in 2011:

Obon - Aug 28

Alberta Buddhist Conference - Oct 28, 29, 30 with guest speaker will  
be Rev. Castro of Seattle Betsuin Temple

Bodhi Day - Dec 11

## The Calgary Buddhist Temple Vision & Mission

### Vision

To set in motion a way of living, learning and teaching a life of joy and gratitude through Jodo Shinshu Buddhism

### Mission

To develop Knowledge, understanding and awareness of Shin Buddhism by:

- Offering regular Temple services, Dharma school and study groups
- Celebrating Buddhist ceremonies and established traditions
- Sharing a dynamic resource centre for Buddhist study for all ages
- Skillfully applying Buddhist teachings with the Sangha and community at large

### Key Values

Compassion  
Gratitude  
Transformation  
Wisdom  
Community