



The Padma



September 2022

Berkeley Buddhist Temple Newsletter

Web Edition

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Guidelines:

The Padma welcomes articles from sangha members.

Articles should be around 500-600 words typed. Word documents are best; PDF documents are discouraged.

Please include your name, a title for the article, and include any photos. Cite references if quotes are used.

Articles will be reviewed for content and length, and should contain information relevant to Buddhist teachings, the Berkeley Buddhist Temple, and/or the Buddhist Churches of America. Publication will be at the discretion of the editorial board.

Email submissions to padma@BerkeleyBuddhistTemple.org.

Welcome Back!

Okaerinasai お帰りなさい!



In September, we will resume Sunday service and Dharma School. The temple's COVID-19 Response committee continues to meet on a regular basis to evaluate our reopening guidelines. During a recent meeting, we made the careful decision to allow in-person activities during the CDC's Orange-High Community Level tier. This change will go into effect on September 1, 2022. Please note that anyone attending in-person events in the Orange tier will be required to follow additional safety protocols to ensure the health and safety of everyone present. Safety protocols include in-person capacity limits, social distancing, enhanced air exchange/airflow, the use of a high particulate filtering mask (N95, KN95, etc.), and certain health screening criteria. A revised re-opening grid will be distributed to all members prior to September. For those who still wish to remain virtual, Sunday services will continue to be livestreamed.

Our Vision
A Community Where Our Spiritual Life and True Self Can Be Realized

Our Mission
To Live A Life Of Joy In The Nembutsu And Share The Dharma With Others

September 2022

the Padma



BERKELEY BUDDHIST TEMPLE

2121 CHANNING WAY, BERKELEY, CA 94704

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Berkeley Buddhist Temple (510) 841-1356 berkeleybuddhisttemple.org info@berkeleybuddhisttemple.org facebook.com/berkeleybuddhisttemple youtube.com/berkeleybuddhisttemple</p>				1	2	3
4	5	6	7	8	9	10
No Service			7:00p Virtual Meditation & Discussion			
11	12	13	14	15	16	17
9:30a In person & Livestream Dharma Family Service Dharma School Begins		7:00p Board of Director's Meeting			6:00p College Welcome Night	<i>Padma Articles Due</i>
18	19	20	21	22	23	24
9:30a In person & Livestream Dharma Family and Fall Ohigan Service 10:30a Virtual Yoga		Padma Newsletter Production	7:00p Virtual Meditation & Discussion			
25	26	27	28	29	30	
9:30a In person & Livestream Dharma Family Service				6:30p Dharmanar		



Future Dates to Remember

S E P T E M B E R	Wed 7 Sept	Virtual Meditation & Discussion
	Sun 11 Sept	Livestream & In-person Dharma Family Service Dharma School Begins
	Fri 16 Sept	In-Person College Welcome Night
	Sun 18 Sept	Livestream & In-person Fall Ohigan Service Virtual Yoga
	Wed 21 Sept	Virtual Meditation & Discussion
	Thu 29 Sept	Online Study Session BBT Dharmanar (Topic: Mindfulness)



Berkeley Buddhist Temple

UPCOMING EVENTS

SEPT 7, 21

WED. 7:00 - 8:00 PM

Sign up at:

<https://sanghaevents.info/meditation>

MEDITATION & DISCUSSION

Join us for an evening of online silent meditation led by our minister, Rev. Kuwahara. Everyone is welcome and no prior experience needed. We will have a short discussion after. All are welcome!

SEPT 18

SUN. AFTER THE SERVICE

Join on zoom

<https://sanghaevents.info/yoga>

VIRTUAL YOGA

Join us for a gentle yoga session by Hitomi Kuwahara that you can do while sitting on a chair or couch without a yoga mat. No experience or registration needed. Everyone is welcome!

SEPT 29

THU. 6:30 PM - 8:00 PM

Sign up at:

<https://sanghaevents.info/dharmanar>

DHARMANAR

Join us for BBT's monthly online study session. September's topic is "Mindfulness". Rev. Kuwahara and Rev. CJ Dunford will give their presentations from their own perspective. Then we will discuss it after.

2121 Channing Way, Berkeley, CA 94704

info@berkeleybuddhisttemple.org

www.berkeleybuddhisttemple.org/



Minister's Message by Rev. Kuwahara



The words of Buddha's teaching resonate in the mind of those persons who deeply lament over themselves.

わが身を深く悲しむ心に 仏法のことばが響く

There is a calendar in the dining room of my house. It is published by *Shinshu Kyodan Rengo*, an alliance of the ten traditional Jodo Shinshu schools in Japan. A short Dharma phrase is shared each month with an English translation. The quote above is for August 2022. Since it signifies the uniqueness of Jodo Shinshu Buddhism and accords with my appreciation of the teaching, I would like to talk a little bit about it.

I am sometimes asked a question like this: "What should I do to become a good person?" I know most of us want to be a good person and it is natural to ask such a question of a Buddhist priest. However, to be honest, this is one of the most difficult questions for me to answer. This is because Jodo Shinshu Buddhism does not directly teach how to become a good person, but rather it teaches how difficult it is to become a good person.

There is a famous poem titled "*Admonition of the Seven Buddhas (七仏通戒偈)*" that describes what Buddhism is: "Don't do the wrong, but do the good and purify the mind. This is what Buddhas taught. (諸悪莫作 衆善奉行 自浄其意 是諸仏教)." It sounds simple. However, many Buddhists have dedicated their lives to accomplishing this and realized how difficult it is. For example, even when we have the will to do something good, we may not be able to do it, or may end up doing the opposite. The Buddhist understanding is that things happen due to innumerable causes and conditions from the past. This complexity sometimes makes it difficult to do good and to refrain from the wrong. Are our actions directed by our individual will or by innumerable causes and conditions? In *A Record in Lament of Divergences*, Ven. Shinran, founder of Jodo Shinshu Buddhism, tells us, "If the karmic cause so prompts us, we will commit any kind of act." When I carefully observe my everyday life, I humbly agree with Ven. Shinran's words.

In Buddhism, there are discussions of what is good/right and what is wrong. According to the Buddhist teaching of emptiness, things do not have fixed values or meanings. Instead, values and meanings are relative and they change in accordance with the situation and a person's standpoint. One time, I gave some left-over food to a homeless person after having a meal at a restaurant. I expected him to thank me. Instead, he looked into the paper bag, saw what was in it, and returned it, saying bluntly, "I don't like it." I was upset with his reaction. Since I did a "good" thing, I thought he should appreciate my action. That was the expectation of my egoistic standpoint. Perhaps that person had an allergy to the food that I offered, and therefore declined it. If that was the case, my kindness could have hurt him.

To do good can be difficult. To purify our minds is even more difficult. Our minds are regrettably inseparable from our egos, self-centeredness, three poisons (greed, anger, and

ignorance) and many other defilements. These shortcomings are so deeply rooted within us that it is quite difficult to thoroughly cleanse ourselves of them.

Ven. Shinran and many other serious Buddhist practitioners dedicated their lives, day and night for many years, to achieve the simple goal stated in “*Admonition of the Seven Buddhas*.” However, as they strictly and honestly examined their lives, they realized how little progress they had made despite their dedication and efforts. Recognition of the limited capacities and shortcomings which caused such difficulties in pursuing their path, led them to the deeply lament over themselves.

Such lamentation, however, should not depress us but truly open our hearts to Amida Buddha’s compassion. When we make little progress in becoming good, we are failures. However, Amida Buddha does not abandon us. Amida Buddha knows our difficulties and struggles, and embraces us all the more deeply. “Come as you are.” This phrase is sometimes used to describe Amida Buddha’s compassionate heart. I am sure it deeply resonates in the hearts of those who struggle to be good.

How should we, who deeply lament ourselves, live our everyday lives? Should we live with an irresponsible or pessimistic attitude, saying “I cannot do anything good, so why keep trying?” I don’t think so. When Amida Buddha’s compassion resonates in our hearts, although we still struggle to live with our defilements, we will surely change. For example, we may become more humble and more attentive to what we do or say. This is how Jodo Shinshu Buddhism essentially brings us closer to what is called “good person.” This is a different approach from other Buddhist and religious teachings. However, when we are transformed by a deep inner awareness of who we really are and what Buddha’s compassionate embrace is, it totally accords with the essence of Buddhism.

In gassho (palms together),
Rev. Kiyonobu Kuwahara



“Old Age, Sickness, and Death – Yech!”

by Diane Ames

“What is it this time?” said my protective gandharva as he flew through the window. “I heard you whimpering in the corner again.”

“I have another accursed itchy rash,” I complained, “but at least that’s a pretty straightforward medical problem. My husband’s medical problems are COMPLICATED! As I understand it, his atrial fibrillation, which causes him to be in danger of a stroke, is supposed to be treated by either a blood thinner drug or surgery to implant a device called a Watchman. But he is thought to have some mysterious intestinal bleeding, which ruled out the blood thinner until they could find out where the bleeding is and fix it. It took over two months to get appointments for the colonoscopy and endoscopy to investigate his intestines. They didn’t find anything. However, they told him that he probably does have intestinal bleeding, but the site is sometimes almost impossible to find, so they can’t fix it. That’s supposed to leave the surgery to implant the device, but the Watchman device is made of a nickel alloy and so cannot be implanted in a patient who’s allergic to nickel, which my husband believes that he is. But he can’t get an appointment with an allergist to verify the nickel allergy for another seven weeks. The resulting anxiety and frustration have been raising his blood pressure. I’m afraid that he’ll worry himself into a stroke, defeating the purpose of all this effort, because of all these COMPLICATIONS!” I burst into tears.



“In this world in which everything constantly changes in response to myriad causes and conditions, things often get complicated,” said my gandharva. “And you and your husband are old. You’ve been a Buddhist for fifty years. Aren’t you any closer to coping with old age, sickness, and your own impermanence?”

“No. Now that I’m facing all three, I just *can’t* cope!”

“I know,” said Amida from my bookshelf. “But I’m here for you anyway.”



Temple Announcements

Do you want to have an impact on Berkeley Buddhist Temple?

Become a Board Member

The Berkeley Buddhist Temple is a California non-profit corporation that is guided by a 21-member Board of Directors. With the approach of year-end term expirations, we are looking for temple members interested serving on the Board. Names are being collected for ballots which will be sent out in October and voted on in November.

The Board meets on the second Tuesday evening of every other month to discuss the business, programs, and activities of the temple.

If you are temple member interested in helping to shape the future of our wonderful community, please contact the temple office at:

info@berkeleybuddhisttemple.org

Treasurer Wanted

The Temple is looking for Treasurers to assist in maintaining our books in order to ensure that we have an understanding of our finances.

We are a small organization with some activity in accounts payable and payroll. Time commitment is ~1-2 hours per week and comes with direct support from the board and our administrative staff and, of course, support from our Sangha!

The role does not have any costs but many benefits!

If you are or know someone who is interested, please contact the temple office at:

info@berkeleybuddhisttemple.org



BBT Dharma School Newsletter

September 2022

Alumni Sighting !



BBT Dharma School is proud to share the latest about former student, Maile Ware.

Maile has been studying economics at St. Mary's College of California and finished an internship in downtown Los Angeles this summer.

Our wonderful Maile is pictured here with her proud father, Russell Ware.

First Day of Dharma School

The Dharma School hopes that all of our families are having a healthy and joyful summer! The first day of the 2022-23 Dharma School year will be on Sunday, September 11, when we will help the entire Sangha enjoy a beginning of the year community building activity. We look forward to seeing everyone there!

September Schedule

Sunday, 9/11/2022	In Person Dharma School classes
Sunday, 9/18/2022	Virtual Dharma School classes
Sunday, 9/25/2022	In Person Dharma School classes

Looking for New Teachers

The Dharma School is looking for new teachers to help our Sangha's youth to learn and think about the Dharma. Being a BBT Dharma School teacher is a positive, low-key, and rewarding gig. No experience is necessary! In fact, if you would like a supportive introduction to being a Dharma School teacher, please join the Federation of Dharma School Teachers League (FDSTL) Education Committee's upcoming workshop in a few weeks on Saturday, August 27, from 2:00 to 4:00 PST on Zoom.

[Click here to register for the workshop.](#) (Late registrations welcome!)



Teaching Essentials:

So, you are a new Dharma School Teacher...now what?

Date: Saturday, August 27th

Time: 2:00-4:00pm PDT

Featured Speakers:

- Rev. Henry Adams, San Mateo BT
- Stacy Uyeda, Berkeley Buddhist Temple

Are you a new Dharma School teacher or starting up a new Dharma School and wondering what to teach and where to find material? Then, this workshop is for you!

Rev. Henry Adams will cover Jodo Shinshu basics and answer your questions. Stacy Uyeda, a professional teacher as well as a Dharma School teacher, will cover where to find materials. Seasoned Dharma School teachers will benefit as well, as a refresher is always helpful.



**PLEASE REGISTER BY
AUG. 19, 2022**

URL to register:

<https://forms.gle/DW2fj2pA93VTwwUk8>

Questions? Contact: Carl Yanari, yanari@aol.com,
or Darlene Bagshaw, pharmdar@yahoo.com

Please talk to one of our current Dharma School teachers – Joyce Oishi, Irene Asao-Wells, Karen Kato, or Stacy Uyeda – for more information.



Community Outreach & BLEND



College Welcome Night!

Fri. September 16th @6:00PM

All are welcome!

This is an in-person outdoor event to welcome college aged young people to the temple.

*There will be a short service, an ice breaker and activities led by Berkeley Nikkei Student Union and to go food!
Hope you can join us!*

Sign up here:

<https://sanghaevents.info/collegewelcome>



Berkeley Buddhist Temple
2121 Channing Way, Berkeley CA 94704
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berkeleybuddhisttemple.org



BCA Announcements

BCA Buddhist Churches of America

2ND ANNUAL

**VIRTUAL
ART EXHIBIT**



CALLING ALL
BCA ARTISTS

SEPT 18, 2022
buddhistchurchesofamerica.org

SUBMIT & INFORMATION:
[HTTPS://TINYURL.COM/ARTBCA](https://tinyurl.com/artbca)

BCA Center for Buddhist Education
Living The Dharma (formerly Every Day Buddhism) Committee Presents:



FINDING THE ANTIDOTE TO IGNORANCE
THE THIRD OF THE THREE POISONS

Saturday, October 29, 2022
11:00 am – 1:00 pm (PT)

Guest Speakers:

Rev. Blayne Higa: The Jodo Shinshu Antidote to Ignorance



Rev. Blayne Higa is the Resident Minister of the Kona Hongwanji Buddhist Temple in Kealahou, Hawaii. He holds a Master of Divinity from the Institute of Buddhist Studies with a focus on Shin Buddhist ministry and chaplaincy. He received Tokudo ordination and Kyoshi certification from the Jodo Shinshu Hongwanji-ha. He is the Chair of the Committee on Social Concerns and Ministerial Training Committee for the Honpa Hongwanji Mission of Hawaii. He also serves on the Board of the American Civil Liberties Union of Hawaii and Vibrant Hawaii.

Chenxing Han:
Buddhist Antidotes to Racial Prejudice and Ignorance



Chenxing Han is the author of *Be the Refuge: Raising the Voices of Asian American Buddhists* and the forthcoming book *one long listening: a memoir of grief, friendship, and spiritual care*, both with North Atlantic Books. Chenxing holds a BA from Stanford University, an MA in Buddhist Studies from the Graduate Theological Union, and a certificate in Buddhist chaplaincy from the Institute of Buddhist Studies. She is a co-teacher of Listening to the Buddhists in Our Backyard at Phillips Academy Andover, and a co-organizer of May We Gather: A National Buddhist Memorial for Asian American Ancestors.

Moderator: Rev. Marvin Harada

Registration
<https://forms.gle/vGe49tkifaupjPyE8>
Donations gratefully accepted

Click to Donate <https://bca.kindful.com/> Scroll campaigns to select CBE
(Donations are processed by BCA Endowment Foundation)

Visit buddhistchurchesofamerica.org email: cbe@bcahq.org or phone: 510.809.1460



Community Announcements



SACBC

Japanese Language School

**SEEKING JAPANESE LANGUAGE SCHOOL INSTRUCTORS
FOR K-12 STUDENTS**

School: SACBC Japanese Language School

Website: www.sacbc-jls.org

Location: Southern Alameda County Buddhist Temple
32975 Alvarado-Niles Road
Union City, CA 94587

Details:

- Paid position
- Training provided
- Prior teaching experience preferred but not required
- Classes are on Saturdays from 9:00 a.m. to 12:00 p.m. and run from August through June

Contact: For more information email: info.sacbcjls@gmail.com



Membership & Toban

2022 Membership Pledges (Receiving Period: 7/8/2022 – 8/8/2022)

The temple would like to gratefully acknowledge the following members for their generous contributions:

Naomi Fukumori
Alan Hirahara
Richard & Nancy Kakigi
Karen Kuldunski & Vernon Kato
Judy Nakaso
Dennis & Mary Okamura
Wayne Sugihara
Rumi Taylor

New Members

We'd like to welcome new college member, **Isaiah Audelo**.

If you have any questions, please contact Mimi Kagehiro at membership@berkeleybuddhisttemple.org or 510-841-1356.

TOBAN

Coordinators - Lena Yin & Pat Takeda

August	September
Chair - Vicki Chin Cochair - Gary Oda Cochair - Irene Wells Chin, Gene & Vicki Chinn, Alfred & Arline *Furuya, Alyce Furuya, Suzanne Kutichins, Albert & Mari Mayeda *Lys, Annette *Mayeno, Art Nakaso, Judy *Oda, Gary Ono, Michelle Sweeney, LauraLee *Takeda, Mae *Tokiwa, Yosh & Julia (WA) Wells, Russell & Irene *Yamasaki, Sachi Ye, Elicia	Chair - Pat Takeda Cochair - Carol Akiyama Cochair - Christina Iwasaki Akiyama, Bob & Carol *Daikai, Georgia Fields, Jackson Griffin, Craig & Linda Kurokawa, Aiko Lyon, David & Christina Iwasaki *Nakabayashi, Jim Oliva, Nicole *Sano, Harold & June Takeda, Pat Takeda, Sandra Takeda, Scott Vassall, Edythe (HI) *Wakayama, Opal *Yamashita, Marrie

** Denotes disabled and/or elderly. Toban duty optional.*



Memorial Service Schedule



The following is a list of special service years.
If you have a departed relative who has passed away
in any of the listed years,
and would like to make arrangements
for a memorial service,
please contact Rev. Kuwahara at [\(510\) 841-1356](tel:5108411356).

2022 MEMORIAL SERVICE SCHEDULE

<u>YEAR</u>	<u>SERVICE</u>
2021	1 st Year
2020	3 rd Year
2016	7 th Year
2010	13 th Year
2006	17 th Year
1998	25 th Year
1990	33 rd Year
1973	50 th Year
1923	100 th Year

Services

Our regular Sunday program begins with a Chanting Service at 8:30am followed by a Family Service at 9:30am. A Dharma talk is available after the Family Service while Dharma School classes are convened for students.

Special Services

January 1 Service	Gantan-e	New Year's Day
February	Nehan-e	Nirvana Day
March	Ohigan	Spring Equinox
April	Hanamatsuri	Flower Festival
May	Gotan-e	Birthday of Shinran
July	Kangi-e	Obon
September	Ohigan	Autumn Equinox
November Memorial	Hoonko	Shinran Shonin
December	Jodo-e	Bodhi Day
December 31	Joya-e	Year End Service

A Shotsuki Hoyo (Monthly Memorial) Service is held the first Sunday of each month.

Dharma School

Our Dharma School (Sunday School) has classes from preschool through high school. Our teachers are happy to discuss the appropriate level of spiritual enrichment for your student.

Monthly Discussions

In our discussions, we strive to experience the Buddha-Dharma with our entire selves – with our bodies (quiet sitting and other forms of meditation), voices (chanting and other liturgy) and minds (study and discussion).

Our sessions focus on ways in which Buddhist teaching and practice can impact our everyday lives. Each session will take up a different topic and you are welcome to attend any or all sessions.

All interested persons are welcome to attend.

Visitor Information

Please feel free to ask any of our greeters for information. We are here to assist you with whatever level of participation you may be seeking.

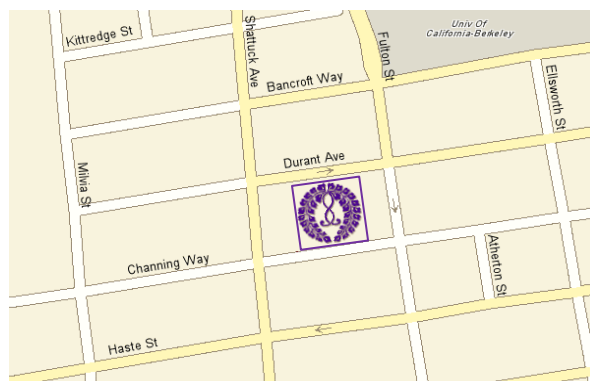
Whether you are here to satisfy a slight interest or to make a more personal connection, we wish you well and hope that you will be visiting us again soon.

Membership Information

Membership is open to all who view the Temple as their spiritual home and seek the Buddha-Dharma.

Kindly complete a [Membership Form](#), have your name entered in the membership roll and support the Temple through a pledge and participation.

For more information about becoming a member, visit our



[Registration](#) page, or contact our [Membership Chair](#).

Berkeley Buddhist Temple

2121 Channing Way
Berkeley, CA 94704

Office Hours

Monday – Friday
10:00am – 1:00pm

[510-841-1356](tel:510-841-1356)

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