



# The Padma



October 2021

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. Please 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 [info@BerkeleyBuddhistTemple.org](mailto:info@BerkeleyBuddhistTemple.org).

## COVID-19 News - October 2021 Update

### Sunday Services to remain online until November 1, 2021

For more information, please read the President's Letter on page 9. For the latest status of the temple and to learn more about our reopening guidelines and permitted activities in each tier, visit our COVID-19 update page:

<https://berkeleybuddhisttemple.org/covid19>

Thank you to the BBT COVID-19 Response Committee for their constant vigilance and care. They help to keep our temple and its members safe! Committee members are: Rev. Kuwahara, Bradley Menda, Rumi Taylor, Judy Kono, Robin Mcguire, Jeff Nagafuji, and Ryan Matsuda.

## The Padma IDEA SPACE



Hello Sangha members,

We are still looking for fresh input to this monthly newsletter: questions, suggestions, insights, essays, artwork, photos, poetry, recipes...

What inspires you? Do you have something to share with the sangha? Submit your ideas to: [info@BerkeleyBuddhistTemple.org](mailto:info@BerkeleyBuddhistTemple.org) with "Padma article" in the subject line.

Gassho,  
The Padma Editorial Board

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

# October 2021

# the Padma



**BERKELEY BUDDHIST TEMPLE**

**2121 CHANNING WAY, BERKELEY, CA 94704**

SUN	MON	TUE	WED	THU	FRI	SAT
Berkeley Buddhist Temple (510) 841-1356 berkeleybuddhisttemple.org info@berkeleybuddhisttemple.org facebook.com/berkeleybuddhisttemple youtube.com/berkeleybuddhisttemple					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>9:30a</b> Livestream - Dharma Family & Shotsuki Memorial/ Eitaikyo Service <b>10:15a</b> Virtual Yoga			<b>7:00p</b> Meditation			
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>9:30a</b> Livestream - Dharma Family and Keiro Kai Service <b>12:30 - 2:30p</b> Celebration package pickup <b>5:00p</b> 110th Video Presentation		<b>7:00p</b> Board of Directors Meeting				<i>Padma Articles Due</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>9:30a</b> Livestream - Dharma Family Service Interfaith Panel <b>10:15a</b> Virtual Yoga		Padma Newsletter Production	<b>7:00p</b> Meditation			
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>9:30a</b> Livestream - Dharma Family & Eshinni/Kakushinni Service				<b>6:30p</b> Dharmanar		
<b>31</b>						
<b>9:30a</b> Livestream - Dharma Family Service						



# Dates to Remember

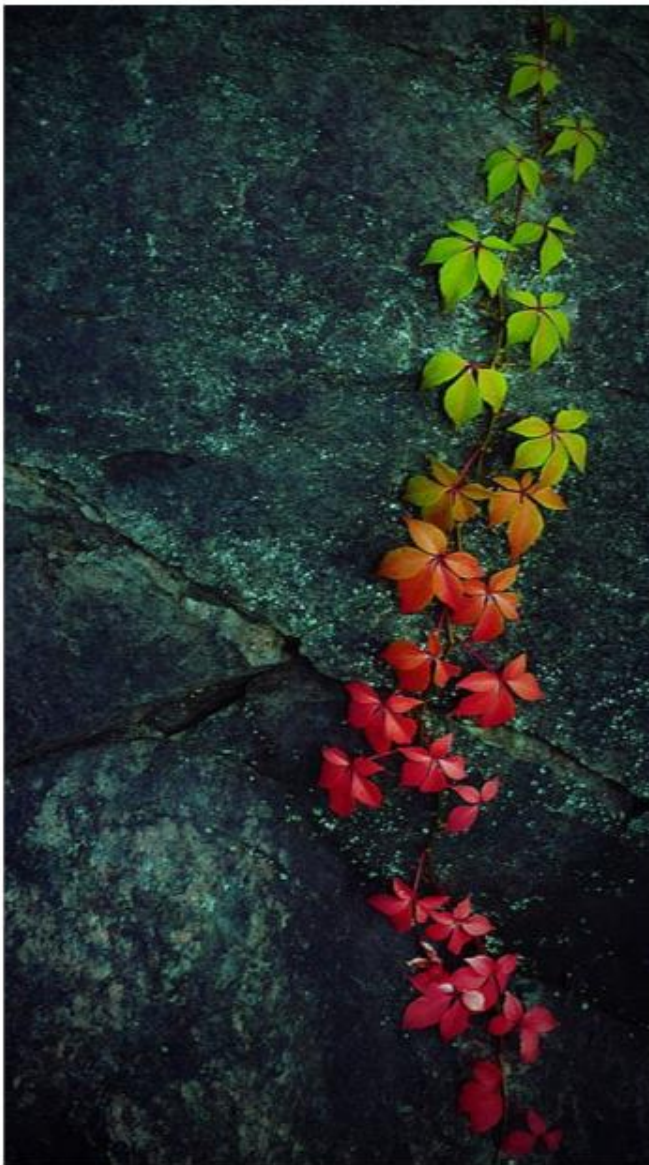
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<b>S E P T</b>	Fri <b>24</b> Sep	<b>Livestream</b> College Welcome Night
	Sun <b>26</b> Sep	<b>Livestream</b> Fall Ohigan Service
	Thu <b>30</b> Sep	<b>Virtual</b> BBT Dharmanar

<b>O C T O B E R</b>	Sun <b>3</b> Oct	<b>Livestream</b> Shotsuki Memorial / Eitaikyo Service Virtual Yoga
	Wed <b>6</b> Oct	<b>Virtual</b> Evening Meditation
	Sun <b>10</b> Oct	<b>Virtual</b> Keiro Kai Service 110 <sup>th</sup> Anniversary Video Presentation
	Sun <b>17</b> Oct	<b>Livestream</b> Interfaith Panel Virtual Yoga
	Wed <b>20</b> Oct	<b>Virtual</b> Evening Meditation
	Sun <b>24</b> Oct	<b>Livestream</b> Eshinni/Kakushinni Service
	Thu <b>28</b> Oct	<b>Virtual</b> BBT Dharmanar

Berkeley Buddhist Temple

# Evening Meditation & Discussion



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Wednesdays:  
9/15, 10/6, 10/20, 11/3,  
11/17, and 12/1, 2021

• 7 - 8PM

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Zoom

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RSVP:

<https://engage.berkeleybuddhisttemple.org/meditation>

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Questions:

info@berkeleybuddhisttemple.org  
(510)841-1356

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

Berkeley Buddhist Temple

# Virtual Tera Yoga



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**Sunday:**  
9/19, 10/3, and 10/17

**Immediately after the  
service**

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**Zoom**

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**No sign up required**

**Link:**

<https://engage.berkeleybuddhisttemple.org/yoga>

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**Questions:**

info@berkeleybuddhisttemple.org  
(510)841-1356

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*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!*



# College Welcome Night!

**Fri. September 24th @6:30PM**

**All are welcome!**

This is a zoom event to welcome college aged young people to the temple.

There will be a short service, introductions, an ice breaker led by Nikkei Student Union of UC Berkeley and then games with prizes! Hope you can join us!

**Sign up here:**

<https://engage.berkeleybuddhisttemple.org/collegenight>

**Berkeley Buddhist Temple**  
2121 Channing Way, Berkeley CA 94704  
1(510)-841-1356  
[info@berkeleybuddhisttemple.org](mailto:info@berkeleybuddhisttemple.org)

[berkeleybuddhisttemple.org](http://berkeleybuddhisttemple.org)



# BBT Dharmanar

Monthly Online Study Session



**SEPT. 2021  
TOPIC**

## How to deal with Anger

Join us for BBT's monthly study session. September's topic is "How to deal with anger". Rev. Kuwahara, Rev. CJ, and John Mullins will give their presentations from their own perspective. Then we will discuss it after.

**Thu. Sept 30, 6:30 - 8PM**

RSVP here:

<https://engage.berkeleybuddhisttemple.org/dharmanar>





**Please join us on  
Sunday, October 10th at 5 pm  
for a virtual historical video presentation  
to celebrate the 110th anniversary of the  
Berkeley Buddhist Temple!**



**Bento is now available for purchase online  
with proceeds funding our  
Keiro appreciation program.**

***Complimentary bento for Keiro members!***

**New BBT-branded furoshiki / kitchen towels  
are now available for purchase online  
with proceeds funding temple programs.**



***For more information about the video presentation  
and to order Bento and Furoshiki, please go to:  
<https://berkeleybuddhisttemple.org/celebration>***

**Please place your orders by October 1.  
Drive-through pickup of pre-ordered bento and furoshiki will  
take place at the JSC on Oct. 10, from 12:30 pm to 2:30 pm.  
Please schedule your pickup time when placing your order.**

***Donations to  
the Temple  
are always  
appreciated.***



**◀ Scan here  
to donate  
now!**





# President's Letter



As many of you know, the month of October marks the temple's 110th anniversary. It is amazing to think that our temple has been part of the Berkeley community for so many years. I am thankful for our founding members and past generations for all of their contributions to establish and maintain a space where one can go to hear the teachings of the dharma. We would not be here, 110 years later without their support and guidance. And of course, I would like to thank our current members and friends for your support of the temple. With your guidance and energy, we can ensure that BBT remains present in the community for future generations to come.

To celebrate, the temple will be hosting a **virtual** 110th anniversary celebration event on Sunday, October 10, 2021. Please join us at 5:00 PM for a virtual presentation that celebrates and highlights the past 110 years of our temple. As part of our 110th anniversary celebration, the temple will hold a bento sale as well. Please be sure to read the attached flyer to learn more about the bento sale and how to purchase a limited edition 110th anniversary *furokshiki* / kitchen towels. All of this would not be possible without the leadership of Takashi Nikaidoh and the members of our fundraising committee. I would like to thank the organizing committee for all of their efforts on planning a fun and safe event.

In addition, in celebration of the temple's 110 anniversary, we will embark on a complete redesign of the garden in front of the temple. The new garden will be drought tolerant and feature a rock garden. It will make the temple even more welcoming to anyone entering the temple through the front entrance and will be a great addition to our temple grounds. A special 'thank you' to Judy Fujimoto for leading this project. We expect that our garden transformation will be complete by the first part of November.

From a temple reopening perspective, unfortunately due to high community spread of COVID-19, **temple leaders have decided to keep Sunday services virtual for the month of October.** For the month of October, the temple will be operating under Red Tier guidelines (see table on the next page). Although Sunday services will remain virtual for October, we will now allow small outdoor events at the temple (attendees must follow appropriate safety precautions). For the latest status of the temple and to learn more about our reopening guidelines and permitted activities in each tier, visit our COVID-19 update page:

<https://berkeleybuddhisttemple.org/covid19>

Our hope is that as we approach the month of November, the level of COVID-19 within our communities will decrease and we can begin to phase in additional in-person events, including an event to unveil the new temple garden. I look forward to the time when we can safely meet in-person again. I wish each of you a healthy and safe fall season.

Gassho,

President, Berkeley Buddhist Temple

**Reference: Temple Reopening Grid as defined by BBT COVID-19 Response Committee**

	<b>CDC Red: High Transmission</b>	<b>CDC Orange: Substantial Transmission</b>	<b>CDC Yellow: Moderate Transmission</b>	<b>CDC Blue: Low Transmission</b>
<b>Temple Status</b>	Closed	Open for Limited Activities	Open for Limited Activities	Open
<b>Temple Office</b>	Open In-person (as needed, employees only)	Open In-person	Open In-person	Open In-person
<b>Sunday Service</b>	Online Only	In-person w/precautions	In-person w/precautions	In-person
<b>Temple Onsite Events Indoors</b>	Not Permitted	Not Permitted (except for Sunday Service)	Not Permitted. Special Requests Considered	Permitted
<b>Temple Onsite Events Outdoors</b>	Not Permitted. Special Requests Considered (max of 10 participants).	Not Permitted. Special Requests Considered	Permitted w/precautions	Permitted
<b>Funerals/Memorial/Special Services</b>	Online or Outdoors	In-person w/precautions	In-person w/precautions	Permitted
<b>Dharma School</b>	Online Only	In-person w/precautions	In-person w/precautions	Permitted

# COMBINED DHARMA FAMILY SERVICE & SHOTSUKI MEMORIAL SERVICE

*Sunday, October 3, 2021, 9:30 AM*

**Live Stream Only:** <https://www.berkeleybuddhisttemple.org/dharma-live>

The following persons will be remembered during the Shotsuki Hoyo (monthly memorial service) for *October*.

Walter Clough	Matthew Uehisa Koblick	Etsuko Onizuka
Joycelyn Crumpton	Shigeru Kubota	Gotaro Ota
Jean Mieko Doi	Kazuko Long	Asami Kawachi Oyama
Matsu Fujii	Meriko Maida	Jane Takako Richofsky
Nancy Sumiko Fukumori	Masao Maki	Kameyo Sasaki
Misao Handa	Tatsuyo Marubayashi	Yukichi Sasaki
Rev. Taigan Hata	Ariya Masuda	Toshiko Sasaki
Tatsuo Hataye	Grace Masui	Ryotaro Shimada
Stephen Hedani	Sakae Masunaga	Rima Takemori
Loralee Tucker Hiramoto	Frank Hidemi Matoba	Risuke Takemori
Kiichi Hiramoto	Shizuye Matsumoto	Asa Tanaka
Jitsuro Hiramoto	Han Mayeda	Kiroku Teshima
Dean Hiraoka	Noboru Bill Morita	Namie Kusaba Tsuda
Riku Honda	Jun Morita	Mamoru Ueda
Denman Honda	John Noriyoshi Muranishi	Tsutomu Uyesugi
Jack Yoshiyuki Imada	Richard Nagareda	Abe Saburo Watamura
Kiyo Inouye	Chiyoko Nakagaki	Suenobu Yamasaki
Arthur Akira Iwata	Kiyoto Nakagawa	Shizuye Yamasaki
Doris Marie Kami	Yei Nakahara	Haru Yamashita
Hiroshi Kanda	John Yoshiro Nakahara	Kazue Yamashita
Hiroshi Kashiwagi	James Shizuo Nakashita	Fumi Yokoyama
Seiichi Kawamoto	Reiji Nakaso	William Kiyoyasu Yokoyama
Soeko Kawamoto	Taeko Oda	Katsuzo Yonekura

Note: If there are any additions, corrections, or deletions to the above list, please notify the Berkeley Buddhist Temple at 510-841-1356.



# Instant Noodle and *Namo Amidabutsu*

by Rev. Kuwahara



Rev. Umezu is my good Dharma friend and teacher. I always receive insights from him. One day, he said “We can have a ramen noodle in a couple of minutes. But to invent instant noodle, a huge amount of time and effort were spent!” This month, let me begin my Dharma message with a story of instant noodle.

Today, many people enjoy instant noodle all over the world. Although there are a couple of theories regarding what the first instant noodle was, the most popular one is that Mr. Momofuku Ando invented it in 1958. Mr. Ando was the founder of Nisshin Food Products Co. Ltd., the world-renowned ramen company. Some of our temple members visited the Cup Noodle Museum in Yokohama, run by Nisshin, as part of the Dharma School Japan trip in 2019. We joined a workshop there, and each of us crafted a cup noodle. That was a tasty souvenir.

In the museum, there was a detailed display on Mr. Ando’s life and how the instant noodle was born. One day, he walked by a ramen stand and saw a long line of people waiting and shivering in the cold weather. He thought, “Why don’t we have a ramen that can be cooked instantly? Then, people won’t have to wait long.” That’s how he started his project. He made many trials and efforts every day, sleeping only four hours a night. A year later, he invented the first instant noodle, which could be cooked in two minutes with just hot water. First, people were skeptical, but once they tried it, they realized how easy and tasty it was. Also, this was the time when the social system in Japan was shifting from multigenerational extended families living together to a nuclear family style. Since both parents worked, food that people could eat instantly suited the time and became very popular.

I know some of you are wondering about the connection between instant noodle and the Jodo Shinshu teaching. Both Rev. Umezu and I saw the similarity between instant noodle and *Namo Amidabutsu*. We recite *Namo Amidabutsu*, the Nembutsu practice. This practice is so simple and short, especially compared with other Buddhist practices. Like the story of Mr. Ando’s instant noodle, there is a story of how *Namo Amidabutsu* was invented.

All of us carry greed, anger and ignorance, the Three Poisons in Buddhism. Because of them, we inevitably encounter and endure difficulties, challenges and suffering in this world. Based on this observation, this world is called *saha* (world of endurance) and the continuity of lives of suffering is called *samsara*.

Amida Buddha sincerely wished for our liberation from *saha* and *samsara*. Buddhist practitioners were required to perform many complicated and lengthy practices and accumulate virtues so that they could be liberated from *samsara* and attain birth in the Pure Land, realm of nirvana. Sages could follow these practices, but how about ordinary beings, like you and me, who are not able to dedicate all our time to Buddhist rituals, or are not capable of successfully performing all these practices? Thinking especially these people, Amida Buddha spent eons considering how to liberate all beings. After long and profound thoughts, Amida Buddha conceived of a unique path; that is, not for practitioners to accumulate virtues with their own efforts but to direct the virtues that Amida Buddha had accumulated (Jpn. *eko*). Amida Buddha then engaged for eons in practices to accumulate virtues for the sake of all beings. Amida Buddha’s accumulated virtues were encapsulated into a simple and short phrase, *Namo Amidabutsu*, which has been gifted to us. These virtues, directed by Amida Buddha, are the decisive cause of our liberation and birth in the Pure Land. This is the teaching characterized as Other Power.

*Namo Amidabutsu* is short and simple, and thus easy for us to recite anytime and anywhere. However, it is also the crystallization of Amida Buddha’s long thoughts and tremendous efforts. Once we become aware of the profundity behind the simple phrase, *Namo Amidabutsu*, we will appreciate or “taste” *Namo Amidabutsu* differently than before.

In gassho (palms together),  
Rev. Kiyonobu Kuwahara

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# Attachment and the Second Noble Truth

by Diane Ames



“Don’t tell me you’re in hysterics again!” sighed my protective gandharva. “You sound like the world is coming to an end.”

“It is!” I sobbed. “My Word program is not working! The formatting has gone crazy! I’ve tried everything in my Word 2016 book and nothing happens! I can’t use it like this! I can’t write! I can’t go on!”

“Come now! You never even heard of word processing programs until you were almost forty, and you never missed them. You were content to use a typewriter.”

“No, I wasn’t! Even correcting little typos was a nightmare! I had to retype the whole document to make a few revisions! And I revise a lot. The only thing for it was to make a handwritten draft and cover it with revisions until I couldn’t read it. I can’t bear to think about it now. The first time I sat down to a computer with a word processing program—we called them word processors back then—I knew that I couldn’t live without one. Automatic spellchecks, painless revisions ... it changed my life. We would hold parties at which we showed other graduate students how our word processor worked, and they would immediately sell their furniture to buy one. Some tried to steal ours. We understood.”

“So you have become deeply attached to your word processing program. And you are learning the Second Noble Truth: that the root of suffering is attachment. If you’re suffering this much over the loss of a computer program, which can be replaced ... indeed, the computer can be replaced if necessary ....”

“You know how long that would take and how complicated and expensive it would be,” I protested. “And could I save my files, which seem to be in a mess?”

“Let me finish! If you’re suffering so much over the loss of a computer program, how will you bear losing more serious things, like your health and finally your life? You had better work harder on learning and practicing the Four Noble Truths.”

“But how? How can I really do that? It seems impossible.”

“Amida will help you. And if it proves too much for you, Amida will still help you. He is there for the weak as well as the spiritually strong. And heck, I’ll fix your computer problem. Ah, somehow the View button had taken your text out of Print Layout as default mode. One click and the problem’s solved.”



# Dharma School

Berkeley Buddhist Temple

## Dharma School Newsletter

October 2021

Meeting a spooky repilitan guest at BBT  
Halloween Party, 2018



### Joanna Ho Author Visit

Thanks to Buddhist Church of Oakland, several Bay District temples are co-sponsoring an exciting virtual author visit from Joanna Ho, author of *Playing at the Border: A Story of Yo-Yo-Ma*, on Sunday, October 10, at 10 a.m. sharp.



### Keiro Cards

Last year, the Dharma School made a big impact when students wrote every other month to their keiro (sangha elder) buddies. Let's continue that tradition! We will send out an updated list and instructions at the end of September.



### Halloween 2021

Last year, the Dharma School celebrated Halloween on Zoom in the evening. This year, we will devote two Sunday Dharma School sessions to the spooky and creepy, on October 24 and 31! Same Zoom channel, but beware what may lurk behind an innocent-looking Dharma School teacher!

## October Calendar

Note: The format for October Dharma School is Zoom. Please use this email if you need a link: [bbtdharmaschool@gmail.com](mailto:bbtdharmaschool@gmail.com).

Date	Service	Dharma School
10/3/2021	DFS / October Shotsuki / Eitaikyo	All Grades - Joyce Sensei prepares us for author visit on October 10
		PS-8 - Author visit with Joanna Ho, co-sponsored by Bay District temples
10/10/2021	DFS / Keiro Kai	HS - Connection Project Ideas
10/17/2021	DF Service / Interfaith Panel	PS-8 - Guest book talk by Kiyu Masuda
		MS & HS - Attend Interfaith panel via Zoom
10/24/2021	DFS/Eshinni & Kakushinni	PS-8 - Halloween, Part I: Spooky Buddhist Stories
		HS - Plan Halloween games
10/31/2021	DF Service	All Grades - Halloween, Part II



# Membership

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## 2021 Membership Pledges

The Temple would like to gratefully acknowledge the following members for their generous contributions for the period 8/13/2021 – 9/17/2021:

**Ron and Mimi Kagehiro**

The temple would also like to welcome a new college member: **Elicia Ye**

Thank you all for your generosity and continuing support!

If you have any questions, please contact Mimi Kagehiro at [membership@berkeleybuddhisttemple.org](mailto:membership@berkeleybuddhisttemple.org) or 510-841-1356.

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# BCA Announcements



## Photography Contest 2021



Do you love photography? The BCA appreciates all of the photographers within our community and would like the chance to highlight pictures you have taken of your temple, at temple events, or any Buddhism-related images. Winning photos will be chosen and posted onto the BCA website. DEADLINE TO SUBMIT PHOTOS FOR CONTEST IS 9/30/21



Submit your photos to the Google form.

<https://forms.gle/jxhpLpJnFgVGjagh9>

**\*Any photos submitted are free to be used by the Buddhist Churches of America at their discretion\***











# BCA - CBE

FREE & OPEN TO THE PUBLIC ~ REGISTER FOR ZOOM LINK



## 2021 CBE Seminars Online For All FALL: SEPTEMBER ~ NOVEMBER SATURDAYS, 11 AM - 1 PM (PACIFIC TIME)

Explore topics in Jodo Shinshu Buddhist doctrine, practice & culture

<p><b>SEPTEMBER 18 &amp; SEPTEMBER 25</b> <a href="https://forms.gle/zQVGSZEaxniMYCvwz">REGISTER ONLINE</a> <a href="https://forms.gle/zQVGSZEaxniMYCvwz">https://forms.gle/zQVGSZEaxniMYCvwz</a></p>	<p><b>SHINJIN - Part 1 &amp; Part 2</b> <b>Rev. Dr. David Matsumoto</b> President, Institute of Buddhist Studies</p> 
<p><b>OCTOBER 16</b> <a href="https://forms.gle/RDxbVsVgaulcnpnH8">REGISTER ONLINE</a> <a href="https://forms.gle/RDxbVsVgaulcnpnH8">https://forms.gle/RDxbVsVgaulcnpnH8</a></p>	<p><b>JODO SHINSHU MODERNITY</b> <b>Dr. Galen Amstutz</b> Adjunct Faculty, Institute of Buddhist Studies</p> 
<p><b>OCTOBER 23</b> <a href="https://forms.gle/Vz7MunamGzRtmsclz7">REGISTER ONLINE</a> <a href="https://forms.gle/Vz7MunamGzRtmsclz7">https://forms.gle/Vz7MunamGzRtmsclz7</a></p>	<p><b>日本語セミナー</b> <b>本願のこころ</b> <b>ワンドラ 睦</b> オレンジ郡仏教会 開教使</p> <p>Japanese Seminar: Hongan no Kokoro Rev. Dr. Mutsumi Wondra</p> 
<p><b>OCTOBER 30</b> <a href="https://forms.gle/6PXLrBudlnuQQghz6">REGISTER ONLINE</a> <a href="https://forms.gle/6PXLrBudlnuQQghz6">https://forms.gle/6PXLrBudlnuQQghz6</a></p>	<p>CBE Every Day Buddhism Committee presents <b>THE THREE POISONS</b> <b>Rev. Marvin Harada</b> Bishop, Buddhist Churches of America (BCA)</p> 
<p><b>NOVEMBER 13</b> <a href="https://forms.gle/8XXeakRcTaVNOhs8A">REGISTER ONLINE</a> <a href="https://forms.gle/8XXeakRcTaVNOhs8A">https://forms.gle/8XXeakRcTaVNOhs8A</a></p>	<p><b>日本語セミナー</b> <b>浄土真宗をたとえと?</b> <b>桑原 淨信</b> パークレー仏教会 開教使 * マリン仏教会 開教使</p> <p>Japanese Seminar: Jodo Shinshu wo tatoeru to? Rev. Kiyonobu Kuwahara</p> 
<p><b>NOVEMBER 20</b> <a href="https://forms.gle/BFAsovfArTaY7rAng">REGISTER ONLINE</a> <a href="https://forms.gle/BFAsovfArTaY7rAng">https://forms.gle/BFAsovfArTaY7rAng</a></p>	<p><b>KOICHI'S KITCHEN</b> <b>Koichi Mizushima</b> Guest Chef/ CBE Youth Program Coordinator</p> 

QUESTIONS? EMAIL: [CBE@BCAHQ.ORG](mailto:CBE@BCAHQ.ORG) PHONE: (510) 809-1460  
DONATIONS ARE WELCOME! PLEASE NOTE "CBE/SEMINAR DATE" IN DEDICATION BOX

REGISTER AT [WWW.BUDDHISTCHURCHESOFAMERICA.ORG/BUDDHIST-EDUCATION](http://WWW.BUDDHISTCHURCHESOFAMERICA.ORG/BUDDHIST-EDUCATION)  
OR, [DOWNLOAD THIS FLYER IN PDF FORMAT TO ACTIVATE REG LINKS](#)

V.8-20

FREE & OPEN TO THE PUBLIC ~ REGISTER FOR ZOOM LINK

CBE Seminars Online For All (SOFA) Series – Japanese Seminar



# 日本語セミナー

2021年 10月23日

土曜日 午前11時～午後1時 (PACIFIC TIME)

本願のこころ

ワンドラ 睦



オレンジ郡仏教会 開教使  
米国仏教大学院 (IBS) 非常勤講師

親鸞聖人によって開かれた浄土真宗は、あらゆる人びとが、阿弥陀如来さまの本願力によって、往生成仏し、この世に帰って迷えるものを救うためにはたらくという教えです。南無阿弥陀仏の名号を聞信するところに往生が定まり、報恩感謝の思いから如来さまのお徳を讃える称名念仏の日々を過ごさせていただきます。このセミナーでは如来さまが私たちのために誓われたご本願のおこころをうかがいます。

オンライン登録 REGISTER ONLINE

<https://forms.gle/ntiBzPzWdhxdxieH8>

Saturday, October 23, 2021 11 am - 1 pm (Pacific Time) Guest Speaker: Rev. Dr. Mutsumi Wondra

**CONTACT:** [cbe@bcahq.org](mailto:cbe@bcahq.org) (510) 809-1460

Click for [CBE Fall SOFA calendar & registration](#) [Donations](#) are welcome!

Visit [www.buddhistchurchesofamerica.org/buddhist-education](http://www.buddhistchurchesofamerica.org/buddhist-education) v9-8

BCA Center for Buddhist Education Every Day Buddhism Committee Presents:



## **“The Three Poisons in our Life”**

**A Shin Buddhist approach to dealing with the three poisons**

**Lecture and Discussion**

**By Rev. Marvin Harada**

Bishop, Buddhist Churches of America

**October 30, 2021**

11:00 am – 1:00pm (PT) Zoom



**GREED, ANGER, IGNORANCE**

**Registration is Free:**

Click to register <https://forms.gle/JFqMbpE7quPAVpXd9>

**Donations gratefully accepted**

Click to Donate <https://bca.kindful.com/> (Scroll campaigns to select CBE.)

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# Faith & Science

## Awakening Compassion for the Future

Saturday, October 30, 11am - 1pm PST on Zoom

We use energy everyday in many forms, usually without thinking, but it is important for us to consider the effects this has on us now and in the future. This event is meant to bring together the UN's Sustainable Development Goal #7, affordable and clean energy, with perspectives from science and various religions. By looking at this issue through the lenses of faith and science we can consider responsible and compassionate ways to create a viable future for everyone.

### KEYNOTE SPEAKER

#### Dr. Miriam Hinojosa

Head of the Global Climate Action Unit, in the Energy and Climate Branch at the Economy Division of the United Nations Environment Program

### PANELISTS

#### Dr. Palitha Kohona

Ambassador of Sri Lanka to China and former Permanent Representative to the UN

#### Dr. Zachary Markwith

Education Director at Islamic Networks Group (ING)

#### Rev. Don Castro

Founder of EcoSangha and retired Buddhist Churches of America minister

#### Dr. George E. Griener, S.J., Th.D.

Professor Emeritus of Historical and Systematic Theology

Presented by the Jodo Shinshu International Office



To register, use QR code or visit <https://bit.ly/3rcqm49>



## 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.

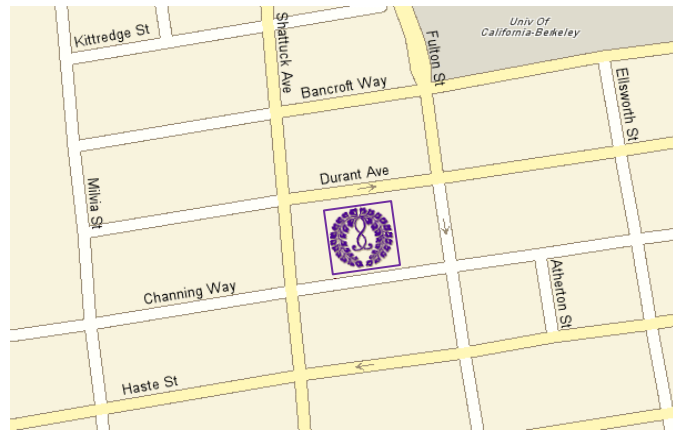
Whether you are here to satisfy a slight interest or to make a more personal connection, we wish you well and hope that you will be visiting us again soon.

## 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

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