



The Padma



November 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

Dharma School Sharing Amida's Guidance and Light

"I have collected true words to aid others in their practice for attaining birth, in order that the process be made continuous, without end and without interruption, by which those who have been born first guide those who come later, and those who are born later join those who were born before"

(Collected Works of Shinran, p. 291)



*BBT Dharma School Superintendent Stacy Uyeda was recognized by the BCA for 10 years of service to Dharma School at the temple, district, and federation level.
(Photo courtesy of Emiko Katsumoto)*

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

November 2022

the Padma



BERKELEY BUDDHIST TEMPLE

2121 CHANNING WAY, BERKELEY, CA 94704

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 7:00p Meditation & Discussion	3	4	5
6 9:30a Virtual & In-person Dharma Family & Shotsuki Memorial Service 10:15a Virtual Yoga	7	8 7:00p Board of Director's Meeting	9	10	11	12 <i>Padma Articles Due</i>
13 9:30a Virtual & In-person Dharma Family Service	14	15 Padma Newsletter Production	16 7:00p Meditation & Discussion	17	18	19
20 9:30a Virtual & In-person Dharma Family Service	21	22	23	24	25	26
27 9:30a Virtual & In-person Dharma Family & Ho-on-ko Service	28	29 6:30p Dharmanar		Berkeley Buddhist Temple (510) 841-1356 berkeleybuddhisttemple.org info@berkeleybuddhisttemple.org facebook.com/berkeleybuddhisttemple youtube.com/berkeleybuddhisttemple		



Future Dates to Remember

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Thu
27
Oct
Online Study Session
BBT Dharmanar (Topic: Buddhist Cosmology)

Wed
2
Nov
Virtual
Meditation & Discussion

Sun
6
Nov
Livestream & In-person
Shotsuki Memorial Service
Virtual Yoga

Wed
16
Nov
Virtual
Meditation & Discussion

Sun
27
Nov
Livestream & In-person
Ho-on-Ko Service

Tue
29
Nov
Online Study Session
BBT Dharmanar (Topic: TBD)



Berkeley Buddhist Temple

UPCOMING EVENTS

NOV 2, 16

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!

NOV 6

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!

OCT 27

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



“Anybody other than myself is my teacher.

われ以外、皆わが師なり”

I recently received a chance to give a Dharma message on the radio in Hawaii and shared a Japanese saying:

われ以外、皆わが師なり. My translation would be something like this: “anybody other than myself is my teacher.”

When I was a college student, a friend of mine shared this saying with me as his motto. At that time, I didn't think it was anything special. However, as I have become older and learned more from the Dharma, the phrase has become meaningful to me.

The humility to learn from others, not only those who are wiser or more knowledgeable than us but *anybody*, arises when we sincerely reflect upon how much we really know.

In Kyoto, Japan, there is a Jodo Shinshu seminary called Chuo Bukkyo Gakunin where many Jodo Shinshu ministers and followers have studied. One year at the entrance ceremony, the principal addressed the incoming students with this message: “When you graduate from this school, please do not be proud of your knowledge, but please graduate from this school with humble awareness of how much we don't know.”

Students attend this seminary to become knowledgeable about Buddhism and Jodo Shinshu. However, that is not the point of studying the Dharma. As we deeply study the Dharma, we receive deep insight into who we truly are and how we live our everyday lives. If we do not really encounter the Dharma, due to our own self-centeredness and narrow views, we remain ignorant of who we really are, though we think we know ourselves well.

Years ago, I was walking with my oldest son at nighttime. There was a beautiful moon in the sky. I said, “It's such a beautiful moon, isn't it?” He responded with something that surprised me: “How powerful the sunlight is!” Do you know what he meant? The moon itself doesn't produce light, but it shines in the dark sky because of the light from the sun. Looking at the beautiful moon, my son was also aware of the working of the sun, which was not visible in the night sky!

According to the Buddhist understanding, we live in suffering and give trouble to others because of our own ignorance. Therefore, we need Buddha and the Dharma to show how much we don't know and liberate us from narrow and egoistic perspectives towards broader and fair ones. In Buddhist sutras, Amida Buddha is described as the Buddha of Light. Light disperses the darkness of ignorance and allows us to see things differently.

When we deeply and truly see ourselves in the Light of Amida Buddha, we become so humble as to realize that anybody other than myself is my teacher. All other beings are the bodhisattvas returning from the Pure Land, the realm of nirvana, to teach us something. In the course of practicing the teaching of Jodo Shinshu Buddhism, we can cultivate such humility, and

acceptance and respect of others, which I believe are very important virtues for a harmonious and peaceful society.

Shinran Shonin (1173-1263) or Ven. Shinran, the founder of Jodo Shinshu Buddhism, concluded his main work *True Teaching, Practice and Realization of the Pure Land Way* with this passage: "...those who have been born first guide those who come later, and those who are born later join those who were born before." Let us deeply listen to the teaching of Amida Buddha and live a spiritually fulfilled and profound life. When we do so, people around us will also receive the light and guidance through our way of life with Amida Buddha.

In gassho (palms together),
Rev. Kiyonobu Kuwahara



“In an Emergency” by Diane Ames

“Why can’t this war in Ukraine end?” I lamented. “It’s endangering us all, and it’s not doing anybody any good.”

“Oh, it’s great for me!” said Mara the Evil One, suddenly appearing in the form of a small demon. “There’s nothing like war to generate hate and fear and, for opportunists, greed. And I am hate and fear and greed. I live in every human heart, including yours. That’s how I rule the world!”

“Well, you’ve gone too far this time!” I snapped. “Putin has become so frightened and enraged that he’s talking about using tactical nuclear weapons. If he does use them, NATO may retaliate. If they strike with conventional weapons, that may well escalate to World War III. If they don’t, states like North Korea will think it’s safe to use nuclear weapons, and that can lead to Armageddon.”

“So?” said Mara. “Do you think that bothers me?”

It ought to!” I said. “You are human hate and fear and greed. You live in human hearts. If humans are wiped out, which is possible in this apocalyptic scenario, you’ll have no place to live. You will be no more!”

“Egad!” exclaimed Mara. “I never thought of that! Can this be stopped?”

“I’m afraid it may be up to you,” I said.

“You want me to save the world?”

“Yes, you. You must plant enough fear of the consequences of using nukes in the hearts of Putin’s generals that they resolve to refuse any order to do so.”

“You mean a rational fear that moves people to do the right thing, like getting their families vaccinated against Covid? That’s not my department!”

“You’ll have to try anyway!” said Amida. “I’ll help! I am, among other things, the Buddha nature. We must hope that humans have enough of it within them to avoid collective suicide. Meanwhile, I am here for them.”





BBT Dharma School Newsletter

November 2022

Shinran Shonin Studies

All the Dharma School students are learning about Shinran Shonin in time for the 850th anniversary next year!



*Above: Joyce Sensei explains Shinran Shonin's **eight** names throughout his long lifetime!*

In accordance with BBT guidelines, the Dharma School is pleased to announce that we will conduct **all classes in person** until further notice!

Sunday 11/6/2022	Prepare for Transgender Day of Remembrance
Sunday 11/13/2022	Bodhi Day rehearsal
Sunday 11/20/2022	Bodhi Day rehearsal
Sunday 11/27/2022	No Dharma School classes – school holiday

No Dharma School on November 27th

There will be no Dharma School on Sunday, November 27th, even though there is a regular scheduled service in the Hondo.

During the Thanksgiving holiday, we encourage our Dharma School families to be grateful that we can live on the beautiful but unceded lands of the Confederated Villages of the Lisjan Ohlone and Miwok nation. Consider finding out more about giving back to local indigenous communities through the [Shuumi Land Tax](#).



Above: Sign for the Shuumi Land Tax, organized by the [Sogorea Te' Land Trust](#)



Community Outreach & BLEND

CREATING A MORE COMPASSIONATE WORLD buddhist global relief

Please join the Berkeley Buddhist Temple team in our support of Buddhist Global Relief through the 2022 Buddhist Action to Feed the Hungry campaign!

<https://www.buddhistglobalrelief.org/campaigns/berkeley-buddhist-temple/>

Thank you for your support!

Buddhist Global Relief
"Creating a More Compassionate World"
October 29, from 12–2 pm (PT)

BGR will host an online Dharma gathering "[Creating a More Compassionate World](https://www.buddhistglobalrelief.org/campaigns/berkeley-buddhist-temple/)." Rev. Kuwahara will be giving a talk along with the other prominent speakers.

Speakers include Joseph Goldstein, co-founder and guiding teacher of the Insight Meditation Society; Konjun Gaelyn Godwin, abbot of the Houston Zen Center; [Rev. Kiyonobu Kuwahara, of Berkeley Buddhist Temple](#); Bhante Buddharakkhita, founder and abbot of the Uganda Buddhist Center; Ven. Lekshe Tsomo, founder of the Jamyang Foundation; Raimund Hopf, founder of Mitgefühl in Aktion; Bhante Saranapala, founder of Canada: A Mindful and Kind Nation; and BGR founder Ven. Bhikkhu Bodhi.

The event will also feature presentations from our partners about some of BGR's inspiring projects — Amrita Basu of Building Bridges India, David Palmer of Joan Rose Foundation, and Genevieve Waltcher of Lotus Outreach International — as well as the premiere of a musical composition by composer Daniel Blake on the Nirvana of Mahapajapati Gotami, the first Buddhist nun.

We hope you will join us! .



BCA Announcements

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/vGe49tkifaupJPY8>

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

Several members of the BBT Sangha helped make this documentary possible.
Please come support them!

The Berkeley Video & Film Festival
presents the Bay Area premiere of
the award-winning documentary
film, *Before They Take Us Away*

WHEN: Sunday, October 30, 2022
at 2:00 & 5:00 p.m.

WHERE: East Bay Media Center
1939 Addison Street
Berkeley, CA 94704

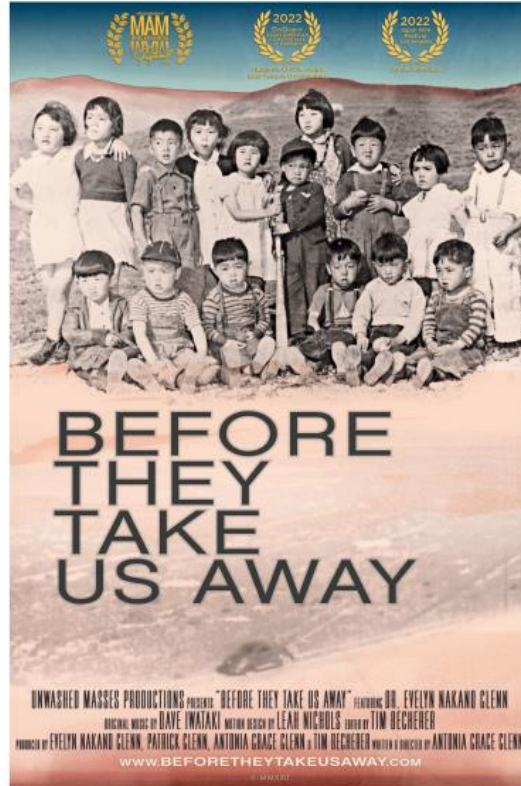
TICKETS: Tickets are \$12 and can be
purchased at:
berkeleyvideofilmfest.org
or by calling:
(510) 843-3699

Each screening will include a Q&A with
the filmmakers. A community reception
will be held between the screenings at
4:00 p.m.

Winner of the Audience Choice Award for
Best Feature Documentary at the DisOrient
Asian American Film Festival of Oregon and
the Best Japanese American Award at the
Japan Film Festival Los Angeles, *Before They
Take Us Away* chronicles the untold stories of
Japanese Americans who “voluntarily”
evacuated from the West Coast in the wake of Executive Order 9066 and spent the years of World War II
living outside the concentration camps that held their friends and family members. While these “self-
evacuees” had their freedom, they became refugees in their own country, on a forced migration into the
unknown. Many faced isolation, poverty and racial violence as they struggled to rebuild their lives.
Before They Take Us Away is the second film from the creative team behind *The Ito Sisters: An American
Story*.

Before They Take Us Away is presented by Evelyn Nakano Glenn; produced by Evelyn Nakano Glenn,
Patrick Glenn, Antonia Grace Glenn and Tim Becherer; directed by Antonia Grace Glenn; and edited by
Tim Becherer. The film features original music by Dave Iwataki; motion design by Leah
Nichols; and commentary from Michael Omi (UC Berkeley), Pam Matsuoka and Ryan
Takemiya.

For more information, please visit the *Before They Take Us Away* website at:
<https://www.beforetheytakeusaway.com/> or e-mail: theitosisters@gmail.com.



COMBINED DHARMA FAMILY SERVICE & SHOTSUKI MEMORIAL SERVICE

Sunday, November 6, 2022, 9:30 AM

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

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

Yoshiko Adachi	Tetsuo Kurihara	Kiyooki Shinoda
Heidi Asako Boley	Pham Thi Landegl	Shunji Shinoda
Isamu Doi	Nicole Lavigne	Wayne T. Sumisaki
Kiyo Eshima	Waikko Lindquist	Kazuyoshi Sumisaki
Denise Tami Fong	Haruno Marutani	Henryka Szudelski
Nancy Louie Fujikawa	Sumie Matsubara	Toshie Takahashi
Shizuko Fukada	Rebecca Joy Mayeno	Kazue Takahashi
Chie Fukunaga	Masakazu Miyamoto	Yoshikazu Takahashi
Sumie Gluck	Mitsuko Miyamoto	Ben Takao
Ayako Hino	Sadie Haruko Mizusaki	Chizuko Mae Tanaka
Chiyo Hirose	George Morishige	Yukiye Terazawa
Eddie Kay Hitomi	Hayao Nakagawa	Kimiko Toji
Rae Imamura	Shigeru Oki	Frank Masaru Tokirio
Haruko Inadomi	Shizuko Oki	Chio Tominaga
Isao Ishikawa	Harry Kazuo Okino	Mitsuo Tominaga
Sunae Ishino	Uhachi Okubo	Aileen Asako Tsukada
George Ishino	Mary Haruko Ota	Kizo Umawatari
Seiichi Kami	Terrie Teruko Oto	Fumiye Uyeshima
Sumiko Kawaguchi	Tadahiro Sam Sameshima	Milton S. Wakayama
Shizuko Kawakami	Joseph Sasaki	Ben T. Wakaye
Misao Kitamura	Kunikazu Sasaki	Nellie Wralstad
Hatsuye Konishi	Joe Shimada	Tosao Yamada
Fusayo Kono	Yasue Shimada	Miyeko Yoshimura
Fujino Kosakura	Kayo Shinoda	Nobuko Yoshimura
Ayako Kurakazu		

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



Membership & Toban

2022 Membership Pledges (Receiving Period: 9/9/2022 – 10/6/2022)

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

Diane Ames

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

TOBAN

Coordinators - Lena Yin & Pat Takeda

October	November
Chair - Maya Murashima Cochair - Ron Hiraga Abney, Saya (GA) *Fujinaga, Chiyoko Green, Michael & Melanie *Hayashida, Sady & Amy Hiraga, Ron & Gayle Nishikawa Kawamoto, Jon Lewis, Kaz Murashima, John & Irene Nagafuji, Jeff & Lucy Rivello *Nagafuji, Jerry *Ota, Emiko *Shinoda, Makiko Tanaka, Ron & Carol Uyemura, Keith Yonemura, Paul & Maya Murashima	Chair - Kathleen Yee Cochair - Florence Yokoi Buchholz, Bruce & Doreen Sakamoto *Gempf, Detlev & Lorraine Nobuye *Harano, Yasuko *Ishida, Arthur & Betsy *Kakigi, Richard & Nancy *Katsumoto, Kiyoshi & Emiko *Kubota, Michiko N., Mike & Patricia Nishimura, Art *Reid, Ralph & Barbara St John, Rick & Tamiko Katsumoto Watson, Jason Yee, Dennis & Kathleen *Yokoi, Florence Liu, Chui & Douglas Lum

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



Memorial 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.

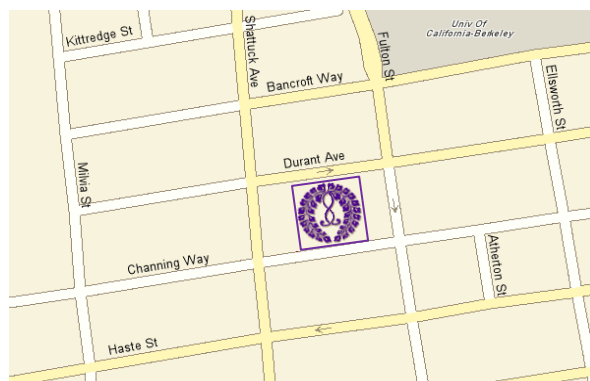
Whether you are here to satisfy a slight interest or to make a more personal connection, we wish you well and hope that you will be visiting us again soon.

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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