



The Padma



December 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. 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.

COVID-19 News Update Temple Reopened - November 7, 2021



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
- Ryan Matsuda.

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

December 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			1 7:00p Virtual Meditation	2 6:30p Dharmanar	3	4
5 9:30a Virtual & In-person Dharma Family & Shotsuki Memorial Service 10:15a Virtual Yoga	6	7	8	9	10	11
12 9:30a Virtual & In-person Dharma Family Service	13	14 7:00p Board of Directors Meeting	15 7:00p Virtual Meditation	16	17	18 <i>Padma Articles Due</i>
19 No Service	20	21 Padma Newsletter Production	22	23	24	25
26 No Service	27	28	29	30 6:30p Dharmanar	31 7:00p Joya-E	

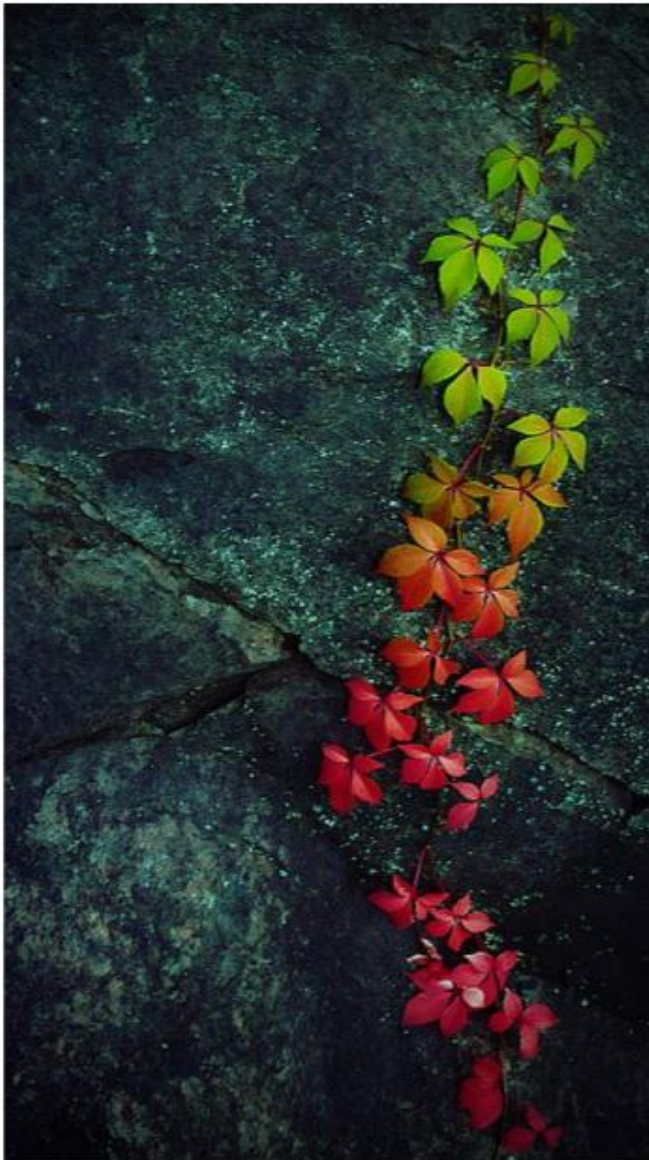


Dates to Remember

N O V E M B E R	Sat 20 Nov	Virtual Transgender Day of Remembrance Memorial Service
	Sun 21 Nov	In-Person & Livestream Dharma Family Service Virtual Yoga
	Sun 28 Nov	In-Person & Livestream Dharma Family & Ho-on-ko Service
D E C E M B E R	Wed 1 Dec	Virtual Evening Meditation
	Thu 2 Dec	Virtual BBT Dharmanar (Online Study Session)
	Sun 5 Dec	In-Person & Livestream Shotsuki Memorial Service Virtual Yoga
	Sun 12 Dec	In-Person & Livestream Dharma Family Service
	Wed 15 Dec	Virtual Evening Meditation
	Sun 19 Dec	<i>No Service</i>
	Sun 26 Dec	<i>No Service</i>
	Thu 30 Dec	Virtual BBT Dharmanar (Online Study Session)
	Fri 31 Dec	In-Person & Livestream Joya-E

Berkeley Buddhist Temple

Evening Meditation & Discussion



Wednesdays:
11/3, 11/17,
and 12/1, 2021

7 - 8PM

Zoom

RSVP:

<https://sanghaevents.info/meditation>

Questions:

info@berkeleybuddhisttemp
le.org
(510)841-1356

*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



Sunday:
11/7, 11/21, and 12/5

**Immediately after the
service**

Zoom

No sign up required

Link:
<https://sanghaevents.info/yoga>

Questions:
info@berkeleybuddhisttemp
le.org
(510)841-1356

*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!*



TRANSGENDER DAY OF REMEMBRANCE MEMORIAL SERVICE

**Saturday, November 20th
4pm PDT/7pm EDT**

hosted by

Berkeley Buddhist Temple & Buddhist Temple of Marin
with a special presentation from BBT Dharma School.

By holding this service, we are expressing our love and
support for the transgender community and that we
will not forget our transgender family.

Online service accessible via



facebook.com/
BerkeleyBuddhistTemple



tinyurl.com/
YouTubeBBT

For questions or further info, contact Rev. CJ Dunford:
Rev.Sokugan@gmail.com

The Berkeley Project



The temple had four wonderful volunteers from the Cal Berkeley Project on 11/6 to help improve the temple facilities.

The Berkeley Project is a group of Cal students with a goal of bridging the gap between the Cal and the greater Berkeley communities through active participation. They plan a variety of projects that involve clean-up, construction, and community enrichment.

The four volunteers we had from the project were: L-R Nina Abers, Aila Rothweiler, Emma Klessig, and Farrah Kaiyom. They worked tirelessly on scraping and painting the social hall windowsills and the handrail on the disabled ramp leading to the old temple. They also installed drought tolerant landscaping at the Fulton Street apartment. Those places now look as good as new! We are very grateful for their service and willingness to help the community.

Sangha Singers Practicing In-Person Again!



While the temple is not ready for having indoor events yet, that has not stopped the Sanga Singers from practicing.

In addition to their weekly zoom sessions, they have started gathering every other week in the temple courtyard, with masks on, to practice for the choir festival scheduled in June 2022. Keep your fingers crossed that it will happen!

Are you interested? Contact the temple office for more information.

Thank you very much Emiko and Dii for helping make this happen!

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COMBINED DHARMA FAMILY SERVICE & SHOTSUKI MEMORIAL SERVICE

Sunday, December 5, 2021

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 *December*.

Harumi Susie Aoki	Saburo Matsumoto	Toki Sakaki
Dick Hideo Fujioka	Wakaji Matsumoto	Konami Sasaki
Tazuye Lucille Fujita	Shizue Sue Matsuoka	Robin Sasaki Ledeker
Gary Anthony Glenn	Fred N. Miike	Henry Kaoru Shiromoto
Jay Gluck	Masuyo Mitsuyasu	Eiko Sugihara
Helen Shigecko Harada	Kiyoshi Mitsuyasu	Kiku Sumida
Mitsuru Haraguchi	Shio Mizusaki	William Sumner
Nora Hataye	Asano Muramoto	Asako Tagumi
Sadami Hayashida	Grace Y. Nakahara	Akira Takaha
Shigeo Hoki	Sachiye Nakahara	Yae Toyota
Jane Michiko Imamura	Haruko Nakano	Grace Yukiko Ueda
Diane Ishida	Kimiye Nakao	Thomas Kitaru Uehisa
Nathan Moichi Iwasaki	Minoru Nojima	Tadashi Umawatari
Yoshimi Jimbo	Yoshiye Nonaka	Rev. Dr. Taitetsu Unno
Hide Jimbo	Stephen O'Donnell(Olivella)	Thelma Toshiye Wakasa
Toshio Kaji	Masako Matoi Oishi	Yoneko Yamada
Tazuko Kanda	Shinichi Okimoto	Mauch Yamashita
Toshiko Kaneko	Kanichi Okita	Yuki Yokoi
Miyo Katayama	Komura Okita	Shigeru Yokoyama
Sode Kawano	Keiji Onizuka	Sada Yoshida
Kameyo Kikawa	Hide Oshima	Koichi Yoshimura
Tomiko Kosakura	Kishino Ota	George Toshio Yuasa
Hisako Masunaga	Cathy Hayashida Romeo	

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



“WELCOME TO ALL – The First In-Person Service Since March 2020

by Rev. Kuwahara



On November 7th, we held the first in-person Sunday service since March 2020. As the minister of the Berkeley Buddhist Temple, I would like to extend my deepest appreciation to all the board, sangha members and Dharma friends who have supported the BBT during the COVID-19 pandemic with dedication and patience. I especially appreciate all the efforts and work of the BBT Coronavirus Response Committee, which was formed soon after the temple closure. They frequently held meetings on Zoom and developed the guidelines used to run the temple under the restrictions set out by the CDC, the state of California and Alameda County. Before the reopening, they came to the temple many times to make sure everything ready and safe. The service on November 7th was one of the most memorable services in my life. I was almost moved to tears in the

Onajjin altar during *Amidakyo* sutra chanting. It is my sincere hope that we will gradually and steadily return to our regular activities and share smiles and laughter at the temple like before.

The closure of the temple for more than one and half years is one more noteworthy occurrence in the history of the BBT. However, it was fortunate that we could celebrate our 110th anniversary during the closure thanks to the hard work of the organizing committee and the support of the members and Dharma friends. The other day, I had a chance to see historical pictures and documents of the BBT between the 1920's to the 1990's. There were old directories, donation records, letters to new members, pictures of events and services, etc. I am sure that many of you would enjoy looking through these old records, spending hours or even days.

One of my friends, who is also a Jodo Shinshu minister, once said “a Buddhist temple is a concrete form of people’s formless appreciation.” To establish and maintain a temple is not easy. It requires a lot of things. Deep appreciation of the teaching moved people to establish a temple 110 years ago here in Berkeley. Thanks to members’ appreciation and dedication, we have maintained this temple since its establishment. Since a temple is the manifestation of people’s appreciation, it carries their aspiration that more people will come and be similarly inspired and empowered by the teaching of Jodo Shinshu Buddhism.

What kind of inspiration and empowerment do we receive at the temple? For example, there is a big banner on the wall of the temple building, stating “Welcome to All.” It is based on Amida Buddha’s Primal Vow (Jpn. *Hongwan*) or big heart, which is the central value of Jodo Shinshu Buddhism. No matter who we are, Amida Buddha tries to break the darkness of our ignorance with the light of wisdom and warmly embraces us with the compassionate light so that each of us can live a spiritually fulfilled life. Everybody is equally in the embrace and guidance of Amida. In the current world where discrimination and prejudices cause many divides and people put much value on diversity, the message “Welcome to All” is quite relevant.

With this reopening, I believe the BBT has just entered a new phase in dealing with the COVID-19 pandemic. Because of the new norms, we will probably need to run the temple differently than before. However, our goal is the same: to spread Amida Buddha’s Primal Vow and provide more people with spiritual inspiration and empowerment. This is the goal we have inherited from our predecessors. To achieve this goal, let’s continue to work together and do our best.

In gassho (palms together),
Rev. Kiyonobu Kuwahara



Covid Isn't Impermanent Enough!

by Diane Ames

“Why won't it end!” I cried as I searched for things to throw at the wall (which was difficult, as I was not mad enough to throw things that would break and there are only so many objects in the apartment that can withstand being thrown at the wall). “Every time it seems to be ending, it doesn't. Now cases in California are creeping up again, and there's talk of a winter surge, mostly because people think they'll turn into Martians if they get vaccinated. What, oh what, can I do?”



“You can get a booster shot,” replied my Alexa. “And you've done it.”

“I worry about breakthrough cases!” I replied.

“My database says that they're seldom serious except in elderly persons with multiple health problems.”

“Some reassurance that is! Don't you know that I'm seventy-five years old with asthma, high blood pressure, and a weight problem?”

“Of course I know that. I know everything. So I also know that you're a worry wart, which does your immune system no good. An unvaccinated Covid patient in your condition would face bleak odds. But your vaccination makes you about six times less likely to get Covid at all, about ten times less likely to be hospitalized and at least twelve times less likely to die of Covid than an unvaccinated person. And the chance of getting postacute sequelae of SARS CoV2 infection, commonly called long Covid, seems to be less after a breakthrough case than after a non-breakthrough case, though no one knows how much less at this time, and there have been reported cases of brain fog, disabling fatigue, joint pain...”

“Shut up!” I shouted as I moved to smash the Alexa. But my protective gandharva materialized and stayed my arm. “Stop!” he said. “Your Alexa was just being an Alexa. And although all things are impermanent, it is the nature of samsara that some things do not pass away soon enough to suit us. The experts say that this Covid pandemic will eventually end, or rather sort of peter out, with the disease becoming endemic and controllable, like the flu. In the meantime, you need to reflect on the paramita of patience. To be patient is not only to endure, it is to go on trying, in this case to go on trying to get Covid under control by protecting yourself and others even when you're sick of the whole thing. It is also trying to help others get through this in any way that you can. Remaining as calm and easy to live with as is possible for a hopeless worry wart would be a good start.”



Dharma School

Berkeley Buddhist Temple

Dharma School Newsletter

December 2021

Dharma School In Person Again

In November, we held our first in-person class since the pandemic began. The teachers marvelled at how much everyone has grown, and the students enjoyed each other's face-to-face company! Our in-person safety protocols helped everyone feel comfortable.



Dharma School students express compassion in honor of the Transgender Day of Remembrance on November 20. Notice their hand-made pink, blue, and white transgender flag *onenju*.



The Dharma School welcomes our youngest student, Mimi Sensei's grandson, Masaru!

A Happy Halloween!

A great time was had by all during our virtual Halloween Party. Much gratitude to Karen Sensei and the high school students -- Kiki, Madi, Romare, Takato, and Zora -- for leading the fun games. Thank you to Irene Sensei for her annual candy jar guessing game and to Tony Hale for his thorough and entertaining costume award ceremony!



December Calendar

Note: Please refer to this calendar to know which Sundays are in-person or on Zoom. Use this email if you need the Zoom link: bbtdharmaschool@gmail.com.

12/5/2021	In-person	Students present their Bodhi Day offering. Students play Eightfold Path hopscotch.
12/12/2021	Temple Clean-Up	No Dharma School classes
12/19/2021	Winter Break	No Dharma School classes
12/26/2021	Winter Break	No Dharma School classes
1/16/2022	In-person, TBD	First Dharma School classes of the new year



Membership

2021 Membership Pledges (Receiving Period: 10/16/2021 – 11/12/2021)

The temple would like to gratefully acknowledge their generous contributions:

Richard and Nancy Kakigi.

Thank you all for your generosity and continuing support!

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



Download a membership form from:

<https://www.berkeleybuddhisttemple.org/become-a-member>

and mail your check to Berkeley Buddhist temple

or pay with a credit card

<https://www.berkeleybuddhisttemple.org/become-a-member>



BCA Announcements

BCA J.A.M.S.

Jodo Shinshu Artists & Musicians Showcase

-2ND ANNUAL
BCA VIRTUAL CONCERT EVENT!

-Singers, Musicians, Comedians,
Magicians, Etc...

-Submit your 3-5 min. video at the link
below (due Dec 15th)

-It's all for **FUN**. So share your
talent and help spread some joy!

-Questions? email "Koichi"
bkmizushima@bcahq.org

EVENT DATE:
1:00PM PST

JAN.09
2022

VIDEO SUBMISSION: <https://tinyurl.com/34fmyrkx>



FREE & OPEN TO THE PUBLIC ~ REGISTER FOR ZOOM LINK



CBE Seminars Online For All (SOFA)

Click to view the
[CBE Fall SOFA calendar & registration](#)

Explore topics in Jodo Shinshu doctrine, practice, and culture

KOICHI'S KITCHEN

SATURDAY, NOVEMBER 20, 2021

11 AM -1 PM (PACIFIC)



Guest Chef:

Koichi Mizushima

CBE Youth Program Coordinator
Minister's Assistant, Buddhist Church of Sacramento
Former owner/partner/chef of Japanese restaurants:
Kamon, Osaka Sushi, and Taiko Sushi

Menu:

Sushi Rolls... Just for Fun!

As the holiday season approaches, CBE celebrates temple culinary traditions with Koichi Mizushima. Treat yourself to a tasty, instructional, and entertaining virtual feast. Hone your sushi-rolling skills and enjoy well-seasoned talk-story.

Your sushi rolling will never be the same!

[Register online](#)

<https://forms.gle/RFAxvfArT4YZrAn9>

CONTACT: cbe@bcahq.org (510) 809-1460

Click for [CBE Fall SOFA calendar & registration](#) [Donations](#) are gratefully accepted.

Visit www.buddhistchurchesofamerica.org/buddhist-education



Condolences

Berkeley Buddhist Temple expresses condolences and deep sympathy

To the Family of
Mrs. Dorothy Ariyoshi
March 8, 1921 – October 17, 2021

Namo Amida Butsu

Namo Amida Butsu

Namo Amida Butsu



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).

2021 MEMORIAL SERVICE SCHEDULE

<u>YEAR</u>	<u>SERVICE</u>
2020	1 st Year
2019	3 rd Year
2015	7 th Year
2009	13 th Year
2005	17 th Year
1997	25 th Year
1989	33 rd Year
1972	50 th Year
1922	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)

info@berkeleybuddhisttemple.org

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