



The Padma



December 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 Halloween



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 2022

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	2	3
					Cal NSU Event @ BBT	
4 9:30a Virtual & In-person Dharma Family & Shotsuki Memorial Service 10:15a Virtual Yoga	5	6	7 7:00p Meditation & Discussion	8	9	10
11 Temple Clean-up <i>(No Service)</i>	12	13 7:00p Board of Director's Meeting	14	15	16	17 <i>Padma Articles Due</i>
18 No Service	19	20 Padma Newsletter Production	21	22	23	24
25 No Service	26	27	28	29	30	31 7:00p Joya-E



Future Dates to Remember

N O V E M B E R / D E C E M B E R 2 0 2 3	Thu 17 Nov	Virtual & In-person BBT Young Adult Book Club (Book: "Healing Resistance")
	Sun 20 Nov	Virtual & In-person (12pm PT/ 3pm ET) Transgender Day of Remembrance Memorial Service
	Wed 30 Nov	Online Study Session BBT Dharmanar (Topic: Coping with Disease at Old Age)
	Sun 4 Dec	Livestream & In-person Shotsuki Memorial Service Virtual Yoga
	Wed 7 Dec	Virtual Meditation & Discussion
	Sun 11 Dec	Temple Clean-up
	Sat 31 Dec	In-person Joya-E New Year's Eve Service (Toshikoshi Soba will be served)
	Sun 1 Jan	In-person Gantan-e New Year's Day Service



Berkeley Buddhist Temple

UPCOMING EVENTS

NOV 16, DEC 7

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, DEC 4

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!

NOV 30

WED. 6:30 PM - 8:00 PM

Sign up at:

<https://sanghaevents.info/dharmanar>

DHARMANAR

Join us for BBT's monthly online study session. November's topic is Coping with Disease at Old Age. 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



“Life With the Guidance of Buddha – the Bodhisattva Path”

On November 13th, I was invited to the Eitaikyo Perpetual Memorial Service at the West Los Angeles Buddhist Temple. The day before the service, there was a seminar at which I spoke on the topic “Where Do Our Loved Ones Go After Death?”

The story of how Sakyamuni Buddha starts his spiritual quest unfolds into the teaching of his liberation from suffering and death. The aspiration for all sentient beings to attain liberation is a key element of the Buddha path.

As we live our everyday lives, we encounter many challenges. For most of us, death is the most difficult of these challenges. We fear our coming death and grieve over the separation from those we love. It is natural that Buddhist teachings seek to calm our fears and ease our suffering.

Where would we like our loved ones to go after they conclude their lives? Each of us may have a different answer. One answer from Jodo Shinshu Buddhism is that they are with us and are working for us here and now. According to the teaching, those who live with the Buddha Dharma and lead the life of Nembutsu are liberated from a life of suffering in samsara. This liberation is called “to go to Amida Buddha’s Land of Purity” in the Pure Land Buddhist tradition, which is another answer to the question.

We picture our loved ones “going to” or “being born in” the Pure Land, but the important point is that they are liberated from samsara to the realm of nirvana. They are free from suffering. As a being free from suffering, that is, Buddha, they then compassionately provide spiritual guidance and support so that we, and others still in samsara, will be also liberated.

With death, we are physically separated from our loved ones. However, we are still spiritually connected with them because they start a new life as a Buddha. Our life continues in their compassionate embrace. I believe such continuity of connection helps us deal with the issue of death.

Following my talk, there was a Q&A session. I appreciated all the comments and questions from the seminar participants. One person asked whether Buddha could help us when a tragedy took place, which I thought was an important question. My response was “Yes.” But the way Buddha helps us is different from what we might wish. When a tragedy occurs or we encounter a hardship, we may wish that it would be miraculously removed or fixed. Buddha does not do this. Then, why did I answer “Yes”? Buddha does not change the situation or remove the tragedy. Buddha changes us. More accurately speaking, Buddha’s wisdom or Dharma changes how we see and interpret things. With Buddha’s wisdom, we are able to see what we call “tragedy”

differently and thus are able deal with or overcome it. That's how Buddha helps us when a tragedy happens.

This applies also when something positive or favorable happens. Buddha's guidance helps make our joy and appreciation deeper and greater.

The Dharma we receive from the working of Buddha is a great treasure that makes every moment or experience in our life, even death, more meaningful and profound. Therefore, it is my sincere hope that each of us receive this great treasure by deeply listening to the Dharma.

In gassho (palms together),
Rev. Kiyonobu Kuwahara



“Getting Back to Normal in 2022” by Diane Ames

I want so much to get back to normal,” sighed Chicken Little’s friend Paula Pullet. “But it’s not like I expected. I decided I could finally eat in my favorite restaurant, but I found out that it went under in the pandemic. So did my favorite bookstore. When I finally found a nice restaurant that’s still there, they didn’t have my favorite chicken feed anymore. It seems their old chef quit for fear of Covid. He’s stayed home and written a successful cookbook for chickens.”

“That’s nothing!” said Chicken Little’s Aunt Clucky. “The veterinarian I’ve been seeing since my chickhood has finally retired because of Covid stress. And I can’t get an appointment with a new veterinarian until next summer. It’s like overnight, they’ve all retired at once. And me with chronic indigestion and heart palpitations and spots before my eyes”

“We all sympathize, Aunt Clucky,” said Chicken Little, who knew that she could enumerate her symptoms all day.

“Listen!” said Paula. “Try seeing a specialist you haven’t seen before! My father needs to see a nephrologist, and he can’t get an appointment until 2024. And me, my feathers are falling out, and I can’t even find a chicken dermatologist. It was hard before, but not this hard!”

“How’s work, Paula?” said Chicken Little, who was not yet old enough to want to participate in a discussion of symptoms and doctors.

“I used to like my job,” sighed Paula. “But my nice old boss had to retire because of long Covid, and now I have the Boss from the Black Lagoon. And the new database manager interrupts me every twenty minutes like clockwork. And my salary hasn’t kept up with inflation. Have you seen the price of chicken feed? And I’m having trouble finding an egg care center with good incubators because they all folded in the pandemic. And my friends are all gone because they’re working remotely in Idaho. I *still* only see them on Zoom. At least Covid’s over.”

“No, it isn’t,” said Aunt Clucky. “Yes, cases are way down. But my grandson tested positive today. Seems he attended a rock concert. They say Covid will never entirely go away.”

“We can’t get back to normal!” squawked Paula and Aunt Clucky together. “Things aren’t normal anymore!”

“The normal you want to get back to is what was normal in the pre-Covid past,” said Chicken Little. “There’s no use clinging to the past. It’s gone.”

“Impermanence!” tolled the bells of the Jetavana Temple as of old.

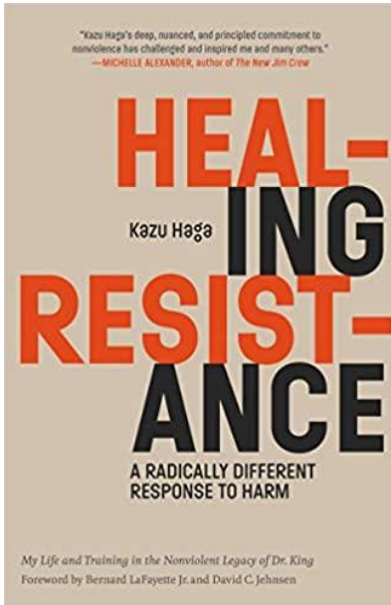




Temple Announcements

Announcing the BBT Young Adult Book Club !

The Berkeley Buddhist Temple and Rev. CJ Sokugan Dunford are pleased to announce the formation of the BBT Young Adult Book Club. The first meeting, scheduled for Thursday, 11/17 at 7:00 PM will be a hybrid event.




The BBT young adult book club will be meeting twice per month with the goal of navigating the intersections of social justice, community-building, and Buddhist teachings. The world seems like it is on fire, and young adults have inherited a number of unprecedented and dire challenges. Our cohort hopes to learn together and cultivate meaningful connections to the injustice that surrounds us and possible ways to address them through the Buddhadharma. Our first book is *Healing Resistance: a Radically Different Response to Harm* by Kazu Haga. In his book, Haga generates a mindfulness-based approach to nonviolent action (ahimsa) while incorporating principles of Kingian nonviolence, a practice in which he is a teacher. Rev. CJ is organizing this group, so any inquiries can be directed to them at Rev.Sokugan@gmail.com.

Berkeley Buddhist Temple Graduate Studies Scholarship – Apply before January 31st.

In order to assist those attending graduate studies with the goal of achieving kyoshi status as a Buddhist Churches of America (BCA) minister, the Berkeley Buddhist Temple (BBT) wishes to promote those students by allocating up to \$15,000 annually on a non-cumulative basis to be paid from the general fund. Terms do apply.

- *Applications are due by January 31st.*
- *Applicant must be a BBT member or immediate family member*

Contact scholarship@berkeleybuddhisttemple.org for more information



**TRANSGENDER
DAY OF
REMEMBRANCE
MEMORIAL SERVICE**

SUN, NOV. 20TH | 12PM PT/3PM ET

We will be hosting our fifth annual Transgender Day of Remembrance Memorial Service at the Berkeley Buddhist Temple both in-person and live-streamed online. During this service, we remember and honor our transgender and gender-nonconforming family who we lost to violence and transmisogyny over the past year.

JOIN IN PERSON: Berkeley Buddhist Temple
2121 Channing Way
Berkeley, CA 94704

JOIN VIRTUALLY:
sanghaevents.info/tdor

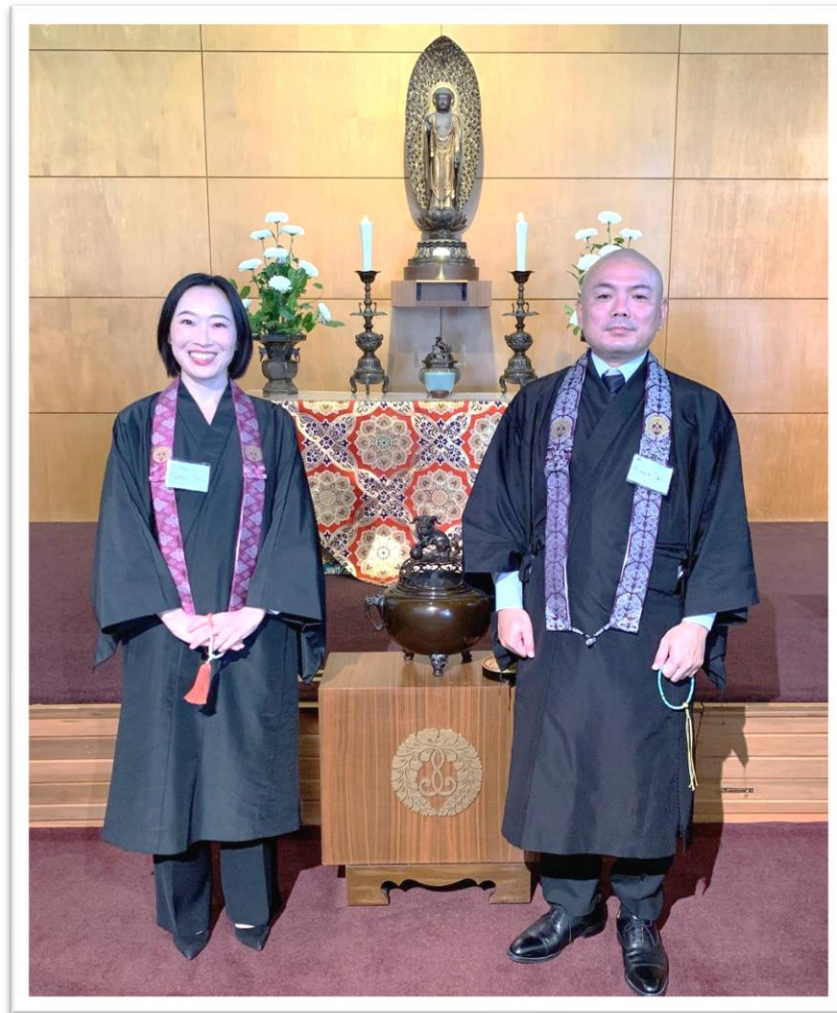
Please note this related event: *Zero As You Are: A Japanese Transgender Documentary Screening* // November 20th, 2022 4:00-6:00PM PST.

More information and a registration link are provided in the [Community Announcements](#) section of the Padma.



Temple Spotlight

The re-opening of the Berkeley Buddhist Temple has brought both new faces and old to our services. We have been reminded what a pleasure it is to see people again and to interact without the constraints of computer screens and zoom sessions. The after-service gatherings in the social hall have been buzzing. Thank-you to the hospitality offered by the Toban groups and to all those who have stayed to chat. Here are some of the happy faces.



IMOP ministers Revs. Yukari Torii and Hiroya Sato were the special guest speakers at the Nov. 6 Dharma Family and Shotsuki Hoyo service. They arrived from Japan on Sept. 9 for three months and are staying at the Jodo Shinshu Center as part of the International Ministers Orientation Program (IMOP) to learn about life as a Kaikyoshi or overseas minister. Rev. Sato gave the children's Dharma talk and Rev. Torii presented the adult Dharma talk, explaining how her mother's sudden passing led to her Nembutsu path. *(Courtesy of Jon Kawamoto)*

Look who came to visit !

Edythe Vassal was back in Berkeley to teach a class for the IMOP ministers. As Emiko Katsumoto said, "So great to see our Dharma friend from Hawaii! Yuki made her a special aloha cake!" (Photos Courtesy of Emiko Katsumoto and Joyce Oishi.)



BBT Represented in the BCA 2nd Annual Virtual Art Exhibit

Contributed by Jon Kawamoto

In September 2022 the BCA hosted its 2nd Annual Virtual Art Exhibit, organized by Rev. Joshin Dennis Fujimoto, chairperson of the BCA Arts Committee and minister of the Buddhist Temple of Alameda and the Enmanji Buddhist Temple, and dedicated to Rev. Masanori Watanabe, who passed away in November 2021.

Three of our members submitted multiple pieces. Here are some examples. Please visit the BCA virtual gallery to immerse yourself in the full exhibition. : [BCA Art Exhibit 2022 | BCA](https://www.buddhistchurchesofamerica.org)

[\(buddhistchurchesofamerica.org\)](https://www.buddhistchurchesofamerica.org)



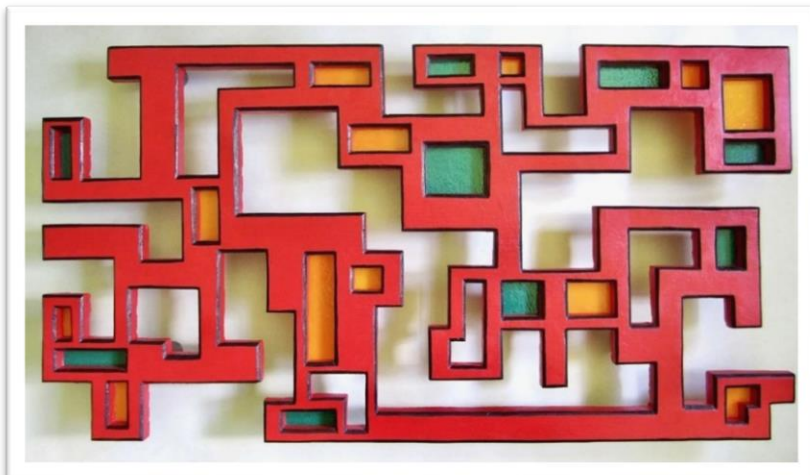
Zora Uyeda-Hale (left):

BBT-ARTEXHIBIT-DEC2022-03: *I created this digital collage of my two pet cats by combining many different photos either taken by me, my photography classmates, or found online. Collages are one of my main art practices, so I loved this opportunity to intersect this creative passion with photography and digital art.*



Edythe Vassall (above)

BBT-ARTEXHIBIT-DEC2022-04: *These miniature folding screens grew out of a lifetime love of Japanese art. After learning to make iris cards of folded, layered washi paper from the Oakland Buddhist Women's Association, I developed these original designs myself. The miniature folding screens are actually double picture frames for 4X6-inch images. Bodhi Leaves The bodhi leaf is a heart transformed. Above the bodhi leaf, a star shines. The star in Queen Maya, Siddhartha's mother, in Tusita Heaven. Siddhartha Gautama became the Buddha, the Awakened One, under a bodhi tree.*



Kai Issei Fujioka (left):

BBT-ARTEXHIBIT-DEC2022-06: *"Bento Window" Reclaimed wood, colored glass, acrylic, 2022. This piece is based on my childhood admiring the colorful and neatly arranged bento boxes. It is mounted away from the wall to allow the shadows to shift and change behind it.*



BBT Dharma School Newsletter

December 2022

12/4/2022	Regular Dharma School classes
12/11/2022	Help with Temple Clean Up - No Dharma School classes
12/18/2022	No Service, no DS classes
12/25/2022	No Service, no DS classes



Halloween Party Gratitude

Here are just a few words of appreciation to those who made our Halloween Party on Sunday, October 30th, such a fun time for all of us:

- **Karen Sensei**, thank you for all of your amazing planning with the high school students to make the party a success! You are **terribly, horribly, and spookily** the best!
- **High School Students**, thank you for reading stories, running the games, encouraging the pumpkin and cupcake decorators, and having a good time yourselves. Your energy was **zombie infectious!**
- **Irene Sensei**, thank you for the photos and for always providing the candy and making the Candy Count so organized and challenging. You have a **scary and frightening** number of cool containers every year!

- **Tina Iwasaki**, thank you for making us such cute pumpkin party favors! They were **boo-tiful!**
- **Tony Hale**, thank you for setting up the music. It was **wickedly good!**
- **Joyce Sensei, Takato, Rumi, Karen, Vernon, Tina, David, Tony, Dharma School Students, and others**, thank you for helping to clean up the decorations. You are **horrifyingly and awfully helpful!**
- Special thank you to **Masa**, one of our youngest students, who helped to collect many decorations on the tables! Masa, you are a **monstrous assistant!**
- Finally, thank you to the **October Toban** for sharing the space and helping us to distribute cupcakes! You are **devilishly clever!**

Check out some of the Halloween Party fun below:











The BBT High School Class Requests Donations for:

Share the Spirit 2022

for Building Futures



3 Ways to Give:

1. Donate online:
<https://givedirect.org/buildingfutures/bbtsharethespirit2022/>
2. Purchase a gift card from Walmart, Target, Safeway, Visa or a Gas Station and deliver to BBT
3. Write a check to Building Futures and give it to a High School student or Karen Kato at service

Please make donations before Sunday, December 11th!

Questions? Email kaldunskikato@gmail.com



BCA Announcements

Dharma 
Forward

**Eat Panda Express
Support BCA and IBS!**

**VIRTUAL COMMUNITY
FUNDRAISERS**



Dec. 2, 2022 Fri of National Board Meeting
Enter code: 911231 online only

or save your receipt and send to minanaga@bcahq.org by Dec. 3, 2022

order.pandaexpress.com

or via App

28% of sales will be donated to:
Buddhist Churches of America Endowment Foundation

BCA EF manages endowments and provides fundraising support for BCA and IBS.
Dharma Forward is a joint campaign to ensure the future of Jodo Shinshu Buddhism.



Community Announcements

Zero As You Are: A Japanese Transgender Documentary Screening // November 20th, 2022 4:00-6:00PM PST.

In honor of Transgender Awareness Month Okaeri will be hosting a free documentary screening of *Zero As You Are*, a Japanese documentary created by Musubi Productions. The film follows three people, documenting their difficulties and triumphs as they navigate living as transgender and/or nonbinary in Japanese society. The viewing will be hosted online via Zoom, with Japanese audio and English subtitles. Note: You must be in the USA to attend this screening.

Register at: bit.ly/okaeri_zeroasyouare

 **Okaeri**
- A NIKKEI LGBTQ+ COMMUNITY -

NOVEMBER 20TH, 2022
4:00PM-6:00PM PST/
7:00PM-9:00PM EST
FILM SCREENING ON ZOOM

**ZERO AS YOU ARE:
A JAPANESE TRANSGENDER
DOCUMENTARY SCREENING**

Register for the virtual screening at:
bit.ly/okaeri_zeroasyouare

Okaeri is fiscally sponsored by LTSC

 Little Tokyo
Service Center

COMBINED DHARMA FAMILY SERVICE & SHOTSUKI MEMORIAL SERVICE

Sunday, December 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
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 Shigeko 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.



Membership & Toban

2022 Membership Pledges (Receiving Period: 10/7/2022 – 11/3/2022)

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

Makiko Shinoda

Julia and Yoshiro Tokiwa

Duane Yamasaki

Have you taken care of your 2022 dues yet?

Complete a membership form and pay with a credit card online

OR

Download a membership form and mail it with your check
to the Berkeley Buddhist Temple



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

New Members

We'd like to welcome new member, Yasaman Khosravani, and three new college members, Hamed Kooshesh, Grace Wellnitz, and Annabel Hou.

Here's a little bit about **Grace**:

Hello! My name is Grace Wellnitz and I'm a UC-Berkeley student majoring in Cognitive Science. Religion and spirituality have been mostly absent from my life before now, but I've always resonated with the positive message of Buddhism, and I feel I've found a community at Berkeley Buddhist Temple. I look forward to learning more about Jodo Shinshu Buddhism and how I can become a better person and live a fuller life.

Here's a little bit about **Annabel**:

My name is Annabel (most people call me Annie) and I'm an undergraduate student at UC Berkeley studying political science, Russian language and literature, and philosophy.

I often struggle with deep melancholia and from a young age I've always been drawn to pessimistic philosophers such as Schopenhauer, Nietzsche, and Emil Cioran, who share a lot of ideas with Buddhism. I'm specifically interested in Buddhism's teachings about self-denial and asceticism.

Back in my neighborhood in Los Angeles, there weren't many Buddhist temples around me, so I stumbled upon the Berkeley Buddhist Temple while looking for temples near me where I can learn about Buddhism.

Through Buddhism, I hope to become more in-tune with myself and the world around me and develop a deeper understanding about the spirit. I want to learn how to silence the Will, the root of suffering, and learn to live in the most genuine way. Though I don't think I'll be fully practicing asceticism/self-denial, I think that following some of the less extreme practices of Buddhism can teach me to overcome material desires and worldly attachments to overcome despair.

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

TOBAN

Coordinators - Lena Yin & Pat Takeda

November	December
<p>Chair - Kathleen Yee Cochair - Florence Yokoi</p> <p>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</p>	<p>Cochair - Lena Yin Cochair - Miri Nikaidoh Cochair - Yuki Otake</p> <p>Fujikawa, Darren & Courtney *Hane, Masako Leo, Kim & Vera Lindquist, Eric & Mary McGuire, Jeff & Robin Nikaidoh, Mia Nikaidoh, Skye Nikaidoh, Takashi & Miri *Nishikado, Nobuko *Otake, Gene & Yuki Steimetz, Satoshi & Elaine *Tsuda, Toshio & Elaine Yokoyama Vargas Castaneda, Marcela Wollbrinck, Billy Yin, George & Lena</p>

** Denotes disabled and/or elderly. Toban 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.

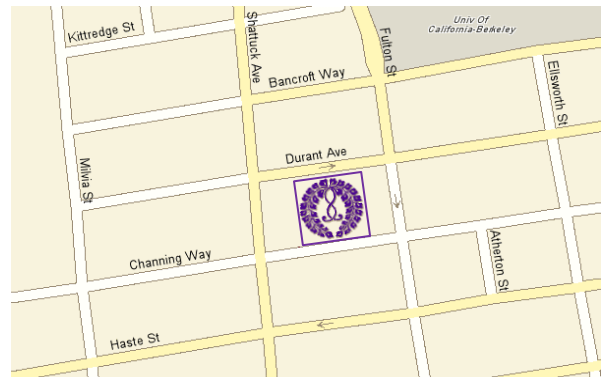
Whether you are here to satisfy a slight interest or to make a more personal connection, we wish you well and hope that you will be visiting us again soon.

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)

info@berkeleybuddhisttemple.org

berkeleybuddhisttemple.org

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