



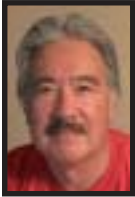
LAS VEGAS BUDDHIST SANGHA BULLETIN

4110 N. Martin Luther King Blvd., N. Las Vegas, NV 89032

JUNE 2016

www.lasvegasbuddhist.org

VOLUME 6



Message from the President

Gene Nakamura

In the teachings of Buddhism, death is part of life. It is a cycle that all of us will endure. At the end of April, and into May, this happened to my cousin and someone very close to me. In both cases, both suffered for a long time before passing. Both had strong family support and many close friends to share their memories.

During this same time, 2 other Japanese Americans, strangers to me, died in Las Vegas. One died in a nursing home and another alone in his home. I was involved with both, either setting up a Buddhist service or help cleaning the deceased house (my friend's family member). I find the second portion sadder than the first, because no one should die or be sick alone. Most people are compassionate and caring, irrespective of race or religion. We need to seek out these people. By being there for others, the better you will understand yourself. Stop the "What's in it for me?" society of today and open your mind. If you know of someone that lives alone, make sure regular contact is made with that person. If you need help, please contact a board member or myself.

June is Dad's and Grad's month. Congratulations graduates on this part of your life. Don't be afraid to try, the most successful people never give up. Do not forget your Dad if he is still alive. Cherish this time, you never know what tomorrow will bring.

The Obon count down has begun, can we count on your support? Obon meetings are the Monday evening after service until August.

Thank you, with Gassho

Gene



FATHER'S DAY SERVICE

service will be held on
Sunday, June 12th at 10 a.m.

Presiding Minister

Rev. Kevin Kuniyuki

Buddhist Study Center of Hawaii



Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. Many countries celebrate it on the third Sunday of June, though it is also celebrated widely on other days by many other countries.



Service will begin at 10:00 a.m.

After service, we are having our Father's Day Luncheon provided by Sangha.



Message from the Vice President

Kyle

Growth requires interdependence. This year, we are taking big steps to help our Obon grow. Our new venue and new events will bring new faces, which will help our Sangha grow. This will only be possible, however, if we all contribute and work together. So, whether you are calling potential donors, emailing potential guests, hanging posters for publicity, cooking, or cleaning, do your part to help the Sangha and then do a little more.

TOBAN & FLOWERS

Flowers for May service were brought by Harriet Huber. Ikabana arrangements for the Tokonoma donated by Muriel Scrivner.

Las Vegas Buddhist Sangha Presents Dharma Encounters: Ancient to Modern

Lecture by Rev. Peter Hata

July 9, 2016 from 1pm to 5pm

go to page 8 for more information

2016 Schedule of Speakers

| | |
|--------------|--|
| January 10 | Rev. Jon Turner Orange County Buddhist Church |
| Host | David Hopper & Eileen Castle |
| February 14 | Rev. George Matsubayashi BCA Minister, Emeritus |
| Host | Mits Nakayama |
| March 13 | Rev. Henry Adams San Mateo Buddhist Temple |
| Host | Gene Nakamura & Tilda Silao |
| April 10 | Rev. Brian Nagata Bukkyo Dendo Kyokai |
| Host | Mits Nakayama |
| May 8 | Rev. Jon Turner Orange County Buddhist Church |
| Host | David Hopper & Eileen Castle |
| June 12 | Rev. Kevin Kuniyuki Buddhist Study Center of Hawaii |
| Host | Wayne & Sadie Tanaka |
| July 10 | Rev. Peter Hata Higashi Los Angeles |
| Host | Gene & Tilda |
| August 14 | Rev. Marvin Harada Orange County Buddhist Church |
| September 11 | Rev. Koshin Ogui White River Buddhist Temple |
| Host | Kyle Morishita |
| October 9 | Rev. Ron Takemoto Whitman College |
| Host | Alan & O Takemoto |
| November 13 | Rev. Jerry Hirano Salt Lake City Buddhist Temple |
| Host | M. Aoki |
| December 11 | Rev. Patti Nakai Buddhist Temple of Chicago |
| Host | Mary Ozaki |

The LV Sangha would like to invite and encourage everyone to stay immediately after every service for refreshments before leaving. This is the time for fellowship. Meet members of the Sangha and get to know our community. Refreshments provided by the Kitchen Committee but any donations of refreshments would be welcomed. Hot tea and bottled water served along with the monthly "goodies".

Communicating an Emotional Truth

By Rev. Jon Turner



I wanted to thank you all for inviting me to the Las Vegas Buddhist Sangha. It is very meaningful when we can walk the path together. LVBS also seems very eager to learn and listen to the Dharma. There is a sense of urgency and eagerness at your services. The rain and pancakes were also both a very special treat. I rarely see either in Orange County. It is often too sunny for rain and I am usually too busy for pancakes.

When I give Dharma talks I usually focus on context rather than content. I try to give people the tools necessary to interpret the teachings for themselves rather than explain their generally accepted meaning. Perhaps I am teaching people to fish rather than giving them a fish. These skills are necessary when the teachings are so vast and varied. I couldn't possibly cover them – even all in one lifetime. By some estimates, the Mahayana sutras consist of some 500,000 pages.

This is both a plus and a minus. It is very beneficial that we have so many different teachings that can resonate with so many different people but it can also be very overwhelming and sometimes inconsistent. This problem is intensified when issues of language are also considered. Imagine the Buddhist monks of China trying to translate all this text from Sanskrit into Chinese. These are two very different languages. The former is rather exacting and formal while the latter much more free and poetic. The scale of this project is enormous.

One approach taken by both the Chinese and the Japanese was to try to reduce the size of the problem by finding ways to categorize the Buddha's teachings. In computer science, we call this *divide and conquer*. Rather than solving the entire problem all at once, we instead try to solve many smaller problems. In this case, Buddhists tried to find a way of categorizing the teachings into smaller groups. Then these groups could be prioritized and studied somewhat independently.

One such method was to simply divide the teachings in two. One group of teachings would be categorized as exoteric and the other as esoteric. Exoteric refers to teachings that are relatively straight forward and more common sense oriented. For example, Selected Saying #3 in our service book from the Dhammapada is one of these teachings:

Happiness follows sorrow, sorrow follow happiness, but when one no longer discriminates between happiness and sorrow, a good deed and a bad deed, one is able to realize freedom.

May Donations

5-8-16 DONATIONS

Attendance: 49

Min & Sharlene Aoki, Cathy Arakaki, Shioji Fukawa, Harriet & James Huber, Al & Marge Kiyatani, Jim & Gay Kurashige, Dan Lee, Pati Lira, Jimmy & Barbara Mitsunaga, William & Nanette Muraoka, Dennis & Margaret Nakata, Rodney & Crystal Okano, Takako Ogata, Ron & May Soeda, Roy & Caryl Suzuki, Wayne & Sadie Tanaka, Fred Tomiyoshi, Masaichi Yamada and Fred & Patty Yamano

| | |
|-------------------------------|--------|
| Temple Service Donation Total | \$1072 |
| Pay Pal Website Donations | \$125 |
| Anonymous Cash | \$245 |

2016 MEMBERSHIP DUES RECEIVED

Cathy Arakaki, Kenneth & Akiko Akita, Sandi Ciel, Dennis & Brenda Creed, Thomas & Lynn DeMann, Sharon Edwards, Shioji Fukawa, Stan Fuke, Sally Hanagami, Deborah Harlig, David Hopper & Eilleen Castle, Norm Hirata, James & Harriet Huber, Sandi Hiyane, Koichi & Catherine Iida, Stan & Nancy Isa, Hedy Ito, Dale & Rosan Ito, Alice Kado, Sadae Kasamoto, Tohru Katano, Garrett & Jennifer Kakita, Rosie Kakuuchi, Kumiko Kashiwada, Bitu Khamsi & Steve Yeager, Al & Marge Kiyatani, Georgiana & Albert Kobayashi, Helen Koga, John Kosora, Jim & Gay Kurashige, Daniel Lee, Pati Lira, Hank & June Maruyama, Roy & Kanyarat Matsuda, Aiko Mayeda, Erika Masaki, Jimi & Barbara Mitsunaga, Charles & Ulrika Miyashiro, Frances Miyasato, Bill & Nanette Muraoka, Rev. Brian Nagata, Gene Nakamura & Tilda Silao, Dennis & Margaret Nakata, Mits Nakayama, Takako Ogawa, Mary Ozaki, Eleanor Oshiro, Robert & Chizuyo Reynierse, Muriel Scrivner, Brian & Mel Segawa, Ron & May Soeda, Akira & Madeline Sonemura, Aileen Sung, Roy & Caryl Suzuki, Wayne & Sadie Tanaka, Fred Tomiyoshi, Agnes Tsuchiyama, Grace Wertz, Masaichi Yamada, Ty Yamamoto, Fred & Patty Yamano, Katherine & Ryan Yoshikawa

If your name was not included, please notify:

Sangha Treasurer Jim Kurashige, 7528 Lassen Peak Circle, Las Vegas, NV 89149, and please report any mistakes at 702-839-8558 or by email at lasvegasbuddhistsangha@aol.com.

To learn more about us, visit our website at: www.lasvegasbuddhist.org

Special Date Reminders

June 12th
June 4, 11, 18, 25

LVBS Service - Father's Day Luncheon
Bon Odori dance practices from 10am to 12pm at the Sangha

June 13th
June 14th
June 17, 18, 19
June 19th

OBON MEETING at 6pm
Meditation Class at 7pm - Sangha Center
San Diego Southern District Buddhist Conference
Father's Day

June 27th

LVBS Board Meeting



ADULT DHARMA CLASSES

ADULT DHARMA CLASSES

HELD AFTER MONTHLY SERVICES

Adult Dharma Class is led by the hosting minister of the month. The class are about the teachings of the Buddha Dharma. Each visiting minister will give a short talk about a Dharma subject, followed by a discussion by all who attend. June's dharma talk: (go to: page 6 for more information)

Shin Buddhism: A Path Toward Peace of Mind

If you have any suggestions about a subject, please submit to Dr. David Hopper, so the visiting ministers may prepare for the class.



June Birthdays

- | | | | |
|---|-----------------|----|----------------|
| 1 | Lynn DeMann | 12 | Wayne Tanaka |
| 1 | Akiko Graves | 12 | Karin Sakahara |
| 3 | Ken Akita | 20 | Brianne Isa |
| 4 | Kyle Morishita | 21 | Mathew Arakaki |
| 6 | Jenna Matsuyama | 28 | Bill Muraoka |
| 6 | June Ikeda | 29 | Jim Shibata |
| 9 | Bob Reynierse | | |



Happy Anniversary

- 15 Stan & Nancy Isa
 16 Robert & Chizuyo Reynierse
 19 Darrel & Julie Matsuyama
 30 Myrtle & Steve Noguchi



June Memorials

- 4 Catherine Sakinada - Grandmother of Cathy Moses & Michael Tanaka
 4 Masami Tachibana
 Father of Georgianna Kobayashi
 5 Nellie K. Moon
 Sister of Margaret Nakata
 10 Tetsuko Norikane
 Mother of Gay Kurashige
 12 Hisako Hamada
 Mother of June Maruyama
 15 Tsurue Otani
 Mother of Tomico Honda & Tuney Kodama
 16 Jim Hamada
 Brother of June Maruyama
 23 Shogo Okamura
 Father of Janet Sakahara
 25 Tameko Akita
 Mother of Ken Akita



Great breakfast honoring mothers. Thank you to the men and the Dharma school children. Thank you for the carnations given to mothers by the Sangha, Muriel arranged them in the vial. *Harriet*

Need to thank **Mits Nakayama** for the really nice serveware and ceramic dishes he donated to the Sangha. Also would like to thank **Gene and the all guys** who cooked & served the pancake breakfast to all the ladies. The food was really good. **Muriel** for the beautiful carnations for all the ladies. *Margaret*

On behalf of all grandmothers, mothers, and aunties of the Sangha, we THANK YOU for our delicious special breakfast!



RECIPE

Tilda's Mac Salad

This mac salad was taught to me by my Mom and is "onolicious!" Only cook enough as needed. Excuse my Hawaiian pidgeon but have to write the way I was taught.

- 1 cup or as many as you like eat of elbow mac (cooked, but best aldenite!)
- 1 small can of crushed olives
- 1 can of crushed pineapple (depending on how much you like make)
- 1 carrot, medium size, shredded
- Mayonnaise buy family size
- Sea salt and pepper to taste

CORNER

Guests for May:

Diana Fowler, mother of Crystal Okano
 Ashley Castle, daughter of Eileen Castle
 Miya Stout, move to Las Vegas in August 2015

Directions:

Drain water from mac. Add all ingredients together. Only use about 2 tablespoons of the pineapple juice in the mix. Add mayo to your liking. Add salt and pepper to your liking. NOTE: It is best if you add the ingredients and refrigerate for a couple hours before serving. Just before serving, add the chilled mayo. All ono if you serve chilled!

Bon appetite!

Upcoming Sangha Events:

Bon Odori Dance Practices, Saturdays from 10am - 12pm.
Starting June 4th thru July 23rd.



Obon Festival & Bazaar, August 6th
Clark High School, from 10am - 4pm.
MEMBER VOLUNTEERS NEEDED!

* **Ho'olaulea**, September 10th and 11th. We are helping sell the water and beverages. We need members to volunteer a couple hours each day. Please see Delwayne Arakaki.

Dharma School



The Dharma students have been studying the The Three Treasures - Buddha, Dharma, and Sangha, and now have started on an ambitious project of building a personal Wheel of Dharma. Each month they will be studying a component of the Eightfold Path and adding it to their wheel. Hopefully, we'll be done before the end of the year.

Health Wellness & Meditation

Classes have started - 2nd Tuesday of every month @ 7pm

Need to de-stress at the end of a hectic day?
Want to sit relaxed and in quiet serenity?
Learn how to de-stress through meditation?

Meditation classes held by
Dr. David Hopper

Meditation followed by brief talk & discussion of current affairs & health topics

Classes are **FREE** to everyone!
(Donations welcomed)

Classes held 2nd Tuesday of each month at
Las Vegas Buddhist Sangha Center
4110 N. Martin Luther King Blvd., North Las Vegas, NV 89032

SIGN-UP by emailing www.lvsangha.info@gmail.com OR
Call: Eileen Castle @ 702-405-6644

Sangha Class Reminder

ADULT DHARMA CLASS TOPIC for June

Shin Buddhism: The Path towards Peace of Mind

Shin Buddhism, Jodo Shinshu, is a spiritual path and personal journey towards being at peace with oneself and the world. In its most basic form it does not require blind faith or obedience to a creed or person. But it proposes components of a world view and life tools that will help in one's journey. The word "proposes" is used because if one does not find them compatible with one's own perceptions and sensibilities then Shin Buddhism may not be for you.

Important components of the world view are:

- There is something greater than us that embodies unconditional love, perfect wisdom and compassion. It does not judge, or demand obedience and worship. In great compassion it understands us and therefore loves and supports unconditionally us on the path towards peace of mind.
- Nothing of this world is permanent. All things will change in time in small to large ways.
- For every action there is a reaction and it ripples throughout the world. (last clause is related to the next component)
- Everything is interdependent.
- We are responsible for our own lives.
- We have both potential and limitations.
- Discomforts and sufferings and lack of peace of mind are caused by oneself (in three basic ways stated below) and there is a way of working with them.
 1. Attachment (greed, desire ...)
 2. Aversion (dislike, anger ...)
 3. Ignorance (unaware, uninformed, lack of information ...).

Some of the life tools are:

- Practical and spiritual empiricism, i.e. critical thinking and testing.
- Practicing good emotional and thinking habits:
 - o Gratitude
 - o Self-awareness
 - o Empathy
 - o Openness
 - o Mindfulness
 - o Meditation
- The process of accepting the self and world as-it-is and being empowered by this acceptance.
- The Eightfold Path in the context of aforementioned world view and life tools.

Each component and life tool has its own further explanation and elaboration. And, they all work together to help with one's growth spiritually and personally.

If enough of these components and tools makes sense to you then perhaps you might consider exploring Shin Buddhism more.



Meditation Corner

I want to thank all those who have shown an interest in our new meditation group which meets the second Tuesday night of each month at 7 pm. Our second meditation group was small but still successful. I think we are building a group of dedicated and enthusiastic students who want to learn about meditation. The classes were started based on the mindfulness meditation classes held at Orange County Buddhist Church (OCBC). This means that we are using mindfulness meditation as our core focus but, I want the class to be dynamic and informative. Our first class explored both sitting and walking mindfulness meditation. There were many questions about the various other types of meditation out there in the community so, I decided to explore other techniques each meeting for comparison with mindfulness techniques.

This past meeting, the group tried meditation using *Ambient Music for Airports* by Brian Eno. This music is relaxing but does not contain any familiar melodies or rhythms to distract your mind. It was helpful for some of the group to relax more and did not distract from achieving a mindfulness state. The second meditation for comparison was done using *Deep Alpha* by Steven Halpern. While this music was very relaxing and did not distract away from mindfulness, many of the group felt that they didn't have as much freedom with their minds while trying to achieve mindfulness. These albums can be ordered on CD or downloaded from Amazon or iTunes.

While mindfulness is considered to be the most effective form of meditation, there are many different types of meditation that have specific uses. For our next group, we will explore some types of meditation that focus more on physical senses to produce forms of relaxation and meditation. One of the goals of this group is to learn numerous meditation techniques so that you can utilize the best method to achieve certain results such as relaxation, pain relief, sleep, etc. You are welcome to bring a cushion or mat if you want. Wearing comfortable clothes is a good idea but there is no specific dress code. You may change here or kick your shoes off if you want to be comfortable. I am looking forward to seeing you again on Tuesday June 12 at 7 pm.

MOTHER'S DAY BREAKFAST



The Las Vegas Buddhist Sangha Presents:

Dharma/Encounters: Ancient To Modern

Lecturer: Rev. Peter Hata

Date: Saturday, July 9, 2016
Time: 1:00 pm~5:00 pm
Place: Las Vegas Buddhist Sangha
4110 N. Martin Luther King Blvd
North Las Vegas, NV 89032
Fee: \$5.00 donation*; snacks &
served
Info: www.lasvegasbuddhist.org
To register:
call (702) 371-9838 (Eileen) or
(619) 888-5301 (Tilda) by July 2, 2016



About the lecture:

Throughout the 2500 year history of Buddhism, countless people have encountered the Dharma, the teachings of the Buddha. There are many vivid examples of these encounters that we can access and which, in turn, serve to bring the wisdom of the teachings to life for us.

However, is there also a significance to the sheer breadth of this history, something that might enable us to discover the deeper meaning in our lives today? Beginning with the encounters of the Buddha himself, what is the connection between the ancient stories of his path to awakening—for example, his encounter with impermanence in the Story of the Four Gates—and modern encounters with the Dharma, modern stories of personal transformation?

Musician David Bowie once said, “I have always followed the tenets of Buddhism, especially the one about change. What came from my Buddhist bumbings is that change is our river. I keep coming back to that, and it means an awful lot to me.” And the gifted poet Jane Hirshfield, once commented that because we find impermanence difficult, we tend to “filter our experience, sort it into likes and dislikes, things we want to repeat and things we want to avoid.” But the task, she says, is not to discriminate, but simply to “see what is for precisely what it is.”

These and a wide variety of other connections should lead to stimulating discussion and Q & A.

About the lecturer:

Rev. Peter Hata was minister of West Covina Buddhist Temple from 2012; in 2014 he transferred to the main Los Angeles Higashi Honganji Buddhist Temple. Rev. Peter is also a jazz musician and one of the original members of the band, Hiroshima. He also holds a Master’s degree in music and has taught a variety of gradu-ate and undergraduate music courses at California State University Los Angeles.

Name(s): _____

Telephone _____ E-mail _____

*Pre-registration is requested: Check enclosed OR Pay at event (please circle one)
(make check payable to “Las Vegas Buddhist Sangha”)




ANNOUNCEMENTS!

Amazon Smile Program: You can now donate to the Las Vegas Buddhist Sangha by shopping Amazon! It does not cost you extra. Amazon will donate a portion of every purchase you make to the Las Vegas Buddhist Sangha.

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. Select Las Vegas Buddhist Sangha as the charitable organization you wish Amazon to donate to. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile. You can bookmark Amazon Smile directly to your mobile device to make it easy to use. Your existing account can be set up as a Smile account. Amazon will then always remember to donate to the Sangha every time you buy from Amazon.

The Sangha Crafts The Sangha Crafts is busy getting ready for Obon, since our last 2 crafts events have depleted ALL our inventory. We are in desperate need of help. Anyone that can sew a straight line...or even not so straight...is welcome to join us. We have a lot of simple projects that we need help with. If you can help out, please call or email Patty Yamano at patty.yamano@gmail.com or (818) 219-6982


Kikuo and Kaoru Ogawa Scholarship - Applications for the Kiko and Kaoru Memorial Scholarship is now available. This scholarship is opened to anyone wishing to continue their education - the only requirements are a high school diploma or equivalent, acceptance to graduate or trade school and membership in our Sangha. If you are interested in applying, please contact Wayne Tanaka at wtanaka@cox.net or Patty Yamano at patty.yamano@gmail.com. All applications are due by June 15, 2016 and will be announced at our July service and awarded at our Obon Festival.



O Bon Commemorative T-shirts ON-SALE NOW!!

This is the first year we are selling O Bon T-shirts. Go online to www.lasvegasbuddhist.org - click on events - then to Obon Festival 2016 - scroll down and click on the link OR...scroll down on the first page and click on: [Buy your 28th Annual Obon Commemorative T-shirt online!](#)

T-shirts will also be for sale at the O Bon Festival & Bazaar. Support your Sangha and purchase your t-shirt today!



Dharma Encounter: Ancient to Modern - Presentation that covers the 2500 year history of people who have been affected by the Dharma (teachings of the Buddha) from the Buddha, throughout ancient and modern history, to famous people such as David Bowie. RSVP today! Support your Sangha. Open to the public. See page 8 for more information.

DON'T FORGET O BON MEETING JUNE 13TH @ 6PM

Support your Sangha and sign-up to volunteer. Volunteers needed on Friday and Saturdays.
Email volunteer chair Eileen Castle @ ecastle@gmx.com OR lvsangha.info@gmail.com

**Promote your business! Advertisement space available,
email: lvsangha.info@gmail.com
\$25 per quarter / \$90 per year**

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