

LAS VEGAS BUDDHIST SANGHA

BULLETIN

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

MARCH 2017

www.lasvegasbuddhist.org / email: lvsangha.info@gmail.com

VOLUME 15



Message from the President Gene Nakamura



MARCH 2017 SERVICE

service will be held on
**Sunday,
March 12th
at 10 am**



Presiding Minister

Rev. Paul Imahara

I just got back from the BCA National Conference held in San Jose, CA. This years theme was "Buddhism and Technology: Unleashing the Power of Amida's Vow". With over 150 delegates and another 50 assisting, it was good to be with so many people committed to Jodo Shinshu. Part of the conference was held at the Hondo and annex of San Jose Betsuin. The executive board is doing a good job securing the future of the BCA, considering the declining membership nationwide. I had a private meeting with the current president, Ken Tanimoto, and the future president, Rick Stambul. I brought them up to speed on the happenings at the LVBS, and they talked about wanting us to be a bigger part of the BCA. I will relay further details of our discussions as we go forward.

Our O Bon date has been set for Saturday, August 5th. We must thank Wayne Tanaka, for negotiating with Clark County School District and obtaining the day we requested. Save-the-date and we look forward to your involvement.

In gassho
Gene

Paul retired from his Structural Engineering Company in L.A. after 30 years in 1962. A long time member of the West Covina Temple, he was ordained in 1965 serving at the Los Angeles Betsuin and becoming a Kiyoshi Minister in 1969. He later lived in Summerlin, and continued to conduct services weekly from his home for a number of years. He involved each attendee of his service in informal discussions of topics that was always thought provoking, stimulating, and educational. He now lives at a retirement complex in the "Little Tokyo" community of L.A, and continues to serve the Betsuin as a volunteer.

He looks forward to this second opportunity since 2015 to share a Dharma message with our Dharma students and members as our visiting Minister. His message will be based on the Nembutsu, "What is it? And why is it so important?" for the Dharma talk after our service. He is prepared to engage all those interested in an informal discussion of sharing thoughts based on a handout excerpts from page 34 of the TANNISHO, translated in 1984 by Taitetsu Unno, a widely read Shin Buddhist Classic of Shinran's basic thoughts.

Emergency	911
Sangha	(702) 228-3071
Center Rental Info	(619) 888-5301
Dharma Education	(702) 371-0947
Illness or Death	(702) 806-5520 (<i>Info: pg 2</i>)
Sangha Crafts	(818) 219-6982
Editor, Tilda Silao	(619) 888-5301



Message from the Vice-President Kyle Morishita

Our Sangha has a unique history. Our Sangha began without a central location and without a resident minister. It began with only a handful of members. Now, we have a home and a growing Sangha. With these changes, we must honor our past and maintain our traditions. At the same time, however, we must adapt to our ever changing community. We must utilize our diversity to learn from one another and improve our Sangha.



Rev. Paul Imahara

Please join us for our next service!

**Rev. Paul Imahara
will be our guest minister.
We hope to see you here!**

Sunday, March 12, 2017

Service Starts at 10:00 A.M.

**Adult Dharma Discussion Group
following the service.**

4110 N. Martin Luther King Blvd.

North Las Vegas, NV 89032

info@lasvegasbuddhist.org

If you cannot attend, please remember that you can
make a donation on our website:

www.lasvegasbuddhist.org

2017 Schedule of Service Ministers

January 8	Rev. Jon Turner Orange County Buddhist Church
Host	David Hopper & Eileen Castle
February 12	Rev. George Matsubayashi Retired
Host	Wayne Tanaka
March 12	Rev. Paul Imahara Retired
Host	Michael Tanaka
April 9	Bishop Kodo Imezu BCA
Host	Gene & Tilda
May 14	TBA
June 11	Rev. Brian Nagata Bukkyo Dendo Kyokai
Host	TBD
July 9	Rev. Henry Adams San Mateo Buddhist Temple
Host	Gene Nakamura & Tilda Silao
August 13	Rev. Marvin Harada Orange County Buddhist Church
September 10	Rev. Shinseki
Host	TBD
October 8	Rev. Peter Hata Higashi Los Angeles
Host	Gene Nakamura & Tilda Silao
November 12	TBA
December 10	TBD
Host	TBD

Education in Buddhism

What are the Four Noble Truths?

By Dr. David Hopper (LVBS)

The first teaching of the Buddha after his enlightenment was that of the Four Noble Truths, one of the most basic elements of Buddhism. The Buddha is often referred to as the Great Physician as he spoke of these Noble Truths in a medical format which influenced early Indian medicine.

1. Life is dukkha. Life is full of struggles including birth, illness, loss, aging, and death among others. The most common English translation for dukkha is "suffering" but, this is not totally accurate. In keeping with the medical model, this Truth would be referred to as the disease. There is much similarity between dukkha and the Hopi word koyaanisqatsi which may be defined as "life out of balance" or "life in turmoil." This truth is also found in the physics law stating that every action involves an equal and opposite reaction. In Taoism, yin and yang refers to opposing forces. With Buddhism, there is a path (Middle Way) that will help us balance these opposing forces and avoid extremes to help end the discomfort and suffering that results from imbalances in these forces.

2. The cause of dukkha is selfish desires (tanha). This is the diagnosis. There are three types of desire: wanting physical pleasure through your senses, desire to become something (happy, wealthy, etc.), and the desire to get rid of something. Becoming and getting rid of something are actually connected. For example, if I get rid of anger, I will become happier. Desire is the way we tend to react out of ignorance. A common example that I hear from my patients is "I can't do anything or be happy unless I get rid of this pain." The focus is only on the self.

3. The cure for dukkha is to end selfish desires. This Truth is the prognosis. We tend to have rigid beliefs such as this is bad or that is good. Everything has the potential to be good or bad. Our mind must be open and receptive to the Buddha's teaching. People will harm or kill based on beliefs. Many beliefs are not even based on reality. I often ask my patients "Do you want your

The LV Sangha would like to invite and encourage everyone to stay immediately following 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".

Contact for Illness or Death

Due to many recent illnesses and/or deaths, we would like members of the Sangha to know we respect your privacy and if there is anything anyone of us can help you with please always feel free to contact Michael Tanaka at (702) 806-5520 or www.lvsangha.info@gmail.com. When emailing or calling just tell us how you would like us to help you.

Person we should contact: _____

Do you wish this to be kept private? Yes No

Is it okay for a representative to contact or visit? Yes No

Do you allow announcement in newsletter? Yes No

(condition) to own you or do you want to own your condition?" By thinking according to the Second Noble Truth, patients isolate themselves from the world around them and suffer. By switching to more selfless thinking which involves solutions, goals, freedom, and connection to the universe around them, they are able to obtain freedom from their suffering despite still having the condition.

4. Freedom from dukkha is possible by practicing the Eightfold Path (podipata). This Truth is the medicine or cure for dukkha.

The Eightfold Path consists of:

Wisdom:

1. Right View - Understand the nature of reality and the Four Noble Truths.
2. Right Aspiration - Act from love and compassion.

Morality:

3. Right Speech - Have clear, truthful, positive, and non-harmful communication. Avoid slander, gossip, lying, and all forms of untrue and abusive speech.
4. Right Action - Do not exploit self or others. Adhere to the idea of nonviolence and refrain from any form of stealing or sexual impropriety.
5. Right Livelihood - Choose work based on non-exploitation. Avoid slaughtering animals or working at jobs that force you to violate others.

Concentration:

6. Right Effort - Direct your life energy towards creative and healing action. Avoid negative thoughts and emotions such as anger and jealousy.
7. Right Mindfulness - Be aware and attentive to internal and external experiences in the moment. Be able to see things as they truly are. Thoughts and feelings are transient. Trace moods and emotions to their cause.
8. Right Concentration - Practice focusing the mind on single, wholesome thoughts and actions using meditation and other methods to help achieve the highest level of enlightenment possible.

REFERENCES

1. Jodo Shinshu: A Guide. Hongwanji Center International. Reprint Edition by Buddhist Churches of America. 2006.
2. What is Shin Buddhism by Rev. Nobuo Haneda. Seattle Betsuin. www.seattlebetsuin.com/what_is_shin_buddhism.htm.
3. Additional information obtained from www.ocbuddhist.org and www.buddhistchurchesofamerica.org websites.
4. Well, Almost Everything You Always Wanted To Know About Jodo-Shinshu but Were Afraid To Ask by Shoki; Umezu, Kodo, Hamada Russell, and Oda, Harold. Southern District Dharma School League. 1995.
5. The Teaching and Practice of Jodo Shinshu. Buddhist Churches of America. 1974.

RECOMMENDED READING

Navajo and Tibetan Sacred Wisdom: The Circle of the Spirit by Peter Gold. Inner Traditions. 1994. This book explores the remarkable similarity between two groups of people who are across the world from each other. Introduction by the Dalai Lama.

Many books may be ordered through the Las Vegas Buddhist Sangha Bookstore. You may also use Amazon Smile to have a portion of your orders donated to LVBS. For more information, please read instruction on website or monthly newsletter, or contact Sangha board member for more information.

Hospitality & Welfare Committee Report



* Flowers to Eileen - Wayne and Mike graciously took flowers to Eileen Castle

* Thank you card sent to Barbara Mitsunaga, for her generous donation of a ham. Since we were unable to use it for the Sueno's memorial service, the ham is in the freezer and available for our next luncheon.

* A dish garden was sent to June Mauruyama, for her speedy recovery

Please send information on anyone that is sick, hospitalized, death in their family or any situation that you feel the Sangha should recognize. This includes people that have supported the Sangha in the past and now. Also, notify us if someone has donated their time to the Sangha for an event or just helped us out. A simple thank you card is easy and spreads goodwill to all involved.

Thank you ahead,
Patty

ANNOUNCEMENT: Your information may be out of date. Please update your information on the membership form in this newsletter. Scan and email or hand it in at the next service. Thank you

January (1-8-2017) Service Donations

Cathy Arakaki, Shioji Fukawa, Sally Hanagami, Norm Hirata, Harriet & James Huber, Stan & Nancy Isa, Hedy Ito, Garret & Jennifer Kakita, Rosie Kakuuchi, Al & Marge Kayatani, John Kosora, Jim & Gay Kurashige, June Maruyama, Charlie & Ulirika Miyashiro, Bill & Nanette Muraoka, Gene Nakamura, Margaret & Dennis Nakata, Mits Nakayama, Takako Ogata, Bob & Chizuyo Reynierse, Meya Stout, Mike & Becky Suyeyasu, Roy & Caryl Suzuki, Masaichi Yamada

Attendance: 47

Total Donations: \$884 (Including: \$134 Anonymous Cash, \$190 Dharma School Calendar, and \$50 PayPal Website Donations)

Donations

February (2-12-2017) Service Donations

Jim Akamine, Kenneth & Gladys Akita, Cathy & Delwayne Arakaki, Dennis & Brenda Creed in Memory of Virginia Morton - Mother of Dennis Creed, Richard Izumi - Father of Brenda Creed, and friend Sueno Migaki, Shioji Fukawa, Stan Fuke, Sally Hanagami, James & Harriet Huber, Hedy Ito, Rosie & Christine Kakuuchi in Memory of Jack Kakuuchi - Husband of Rosie, Kumiko Kashiwada, Al & Marge Kayatani, Jim & Gay Kurashige, June Maruyama, Rev. George & Kiyoko Matsubayashi, Jimi & Barbara Mitsunaga, Cliff Moses, Bill & Nanette Muraoka, Margaret & Dennis Nakata in Memory Misuye Takemoto - Mother of Margaret Nakata, Takako Ogata, Ellie Oshiro, Bob & Chizuyo Reynierse, Brian & Melody Segawa, Mike & Becky Suyeyasu, Roy & Caryl Suzuki in Memory of Takeko Suzuki – Mother of Roy Suzuki, Wayne & Sadie Tanaka, Tsuchiyama & Sando Family in Memory of Henry K. Tsuchiyama, Masaichi Yamada, Patty & Fred Yamano, Gene Nakamura & Tilda Silao

Attendance: 76

Total Donations: \$1868.70 (Including: \$137 Anonymous Cash, \$30 Dharma School Calendar, and \$145 PayPal Website Donations)

2017 Membership Dues

Kenneth & Gladys Akita, Sharleen Aoki, Cathy Arakaki, Dennis & Brenda Creed, Jamie Esprecion, Sandi Hiyane, Harriet & James Huber, Stan & Nancy Isa, Hideomi & Rosan Ito, Rosie Kakuuchi, Sadae Kasamoto, Tohru Katano, John Kosora, Chelsea Kurashige, Jim & Gay Kurashige, Charlie & Ulrika Miyashiro, Derek Morishita, Kyle Morishita, Bill & Nanette Muraoka, Gene Nakamura, Dennis & Margaret Nakata, Mits Nakayama, Eleanor Oshiro, Bob & Chizuyo Reynierse, Brian & Melody Segawa, Gene Nakamura & Tilda Silao, Roy & Caryl Suzuki, Charles & Mary Van Acker, Grace Wertz, Patty & Fred Yamano

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.

Membership
Dues
Received

Special Date
Reminders

MARCH:

12th - SUNDAY SERVICE

14th - Meditation Class @ 7 p.m.



**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.

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



March Birthdays

- 1 Kota Watanabe
- 4 Hana Fukumoto
- 9 Aikdo Mayeda
- 9 Flora Tsuma
- 9 Summer Segawa 2010
- 15 Delwayne Arakaki
- 15 Dan Kosora
- 15 Shioji Fukawa
- 15 Becky Suyeyasu
- 16 Clifford Moses
- 18 Arthur Harlig
- 19 Gay Kurashige
- 19 Ann Aoki
- 22 Rodney Okano
- 27 Kie Watanabe



March Anniversaries

- 16 Kazuo & Edna Shiotani
- 28 Gay and Jim Kurashige



March Memorials

- | | |
|------------------------------------|--|
| 5 Hector Lira | Father of Pati Lira |
| 4 Nao Kasamoto | Husband of Sadae Kasamoto |
| 4 Joe Hajime Norikane | Father of Gay Kurashige |
| 6 Toshiyuki Matsuda | Brother of Sadako Wanless |
| 8 Maseko Yoshimura-Sakahara | Mother of Bill Sakahara |
| 7 Noboru (Nob) Takemoto | Bros-in-law of Dennis Nakata |
| 13 Kiyoko Tsuma | Mother-in-law of Flora Tsuma |
| 18 Ronald Oshiro | Husband of Ellie Oshiro |
| 18 Deborah Masako Noelani Kayatani | Daughter of Albert & Margaret Kayatani |
| 19 Sakashi Nakata | Mother of Dennis Nakata |
| 20 Sada Kitagawa | Mother of Sadae Kasamoto |
| 20 June Yamada | Wife of Masaichi Yamada |
| 23 Edward Kakita | Husband of Lenore Kakita |
| 24 James Hamasaki | Husband of Clara Hamasaki |
| 27 Sakae Bert Ogata | Husband of Takako Ogata |
| 28 Masaichi Tanimine | Father of Alice Branton |
| 30 Keiji Matsuda | Brother of Sadako Wanless |
| 30 Michael Hopper | Son of David Hopper |
| 31 Brian Kennedy | Brother of Eileen Castle |
| 31 Gumpe Honda | Husband of Tomico Honda |



FLOWERS & TOBAN

Thank you

Flowers for the Obutsudan: Rosie Kakuuchi, Roy Suzuki, Dennis and Brenda Creed, Chizuyo Reyniers, Kumiko Kashiwada, Harriet Huber, and Muriel Schrievner, (for Takunome)

Toban: Al Kayatani and Patti Yamano, set up chairs and books for the service



Welcome to all our guests in February!

Michael Kakuuchi, son of Rosie Kakuuchi, Michelle Grando, granddaughter of Rosie Kakuuchi, Dillon Niedringhaus, great grandson of Rosie Kakuuchi.

Good to see Gladys and Ken Akita and Stan Fuke again.



Thank you from the Kitchen

Thank you everyone. We had a wonderful service and participation for the catered lunch provided by 808 Hawaiian Grill. The food was delicious. Thank you Tilda, Hedy Ito, Gay Kurashige, Takako Ogata, Patty Yamano and Gene, for helping to serve and clean up. Thank you also for all the desserts that were provided and Rosie Karakuchi for the beautiful cake. If I forgot anyone please excuse me. Hope to see everyone again next month.

Margaret



FLOWER GOSSIP

Dafadills are in season. They need less water than other flowers. Tulips need some Gin.

Sensei Muriel

Class for beginners starts in April \$20.00 includes your materials.

HELP SUPPORT OUR NEWSLETTER

Promote your business or event
 Advertisement space available,
 email: lvсанghа.info@gmail.com
 business card = \$100 per year
 1/4 page = \$140 per year
 (half & full pages please contact editor)

**Upcoming
Events @
the Sangha:**

**Dharma
School**



**Sangha
Class
Reminder**

**Have an idea &
want to share
with others?
Need a place to
teach?
Contact
Tilda Silao at
619-888-5301**

NO UPCOMING EVENT FOR MARCH
Enjoy the beautiful month of March!!

.....

Dharma School - We are working on completing our Wheel of Dharma and learning the Eight-Fold Path. We have learning a sentence to remember all the elements that make up the Eight-Fold Path. Maybe this will help you remember too:
Violet, the Spider. can like even Mickey Mouse.

Right View	Right Conduct	Right Mindfulness
Right Thoughts/Intentions	Right Livelihood	Right Meditation
Right Speech	Right Effort	

Practicing the Eight-Fold Path will make us all better people and make the world around us a better place to live.

.....

Health Wellness & Meditation
Classes - 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

FEBRUARY SERVICE



2017 Board Members





Meditation Corner

Meditation class in February was not held due it being Valentine's Day. I hope everyone had a wonderful Valentine's Day. Class will resume on March 14 at 7 p.m., the second Tuesday of each month. Please check the calendar of events online for confirmation or changes in Meditation Class. It is being posted regularly now.

We have been learning QiGong. When we return, the class will do the full meditation with all steps reviewed so, those who have not attended or missed some classes can learn this powerful form of meditation. QiGong is a powerful form of meditation that increases energy flow throughout your body creating improved mental and physical health. It does not require any strenuous activity so it is good for all ages. Meditation is a very powerful tool to improve health. By reducing stress, it helps prevent and heal many diseases because stress is responsible for at least 80% of all illness. Energy, or Chi, is necessary for proper health and healing. The various meditation techniques taught in this class are important ways of increasing Chi flow.

We always start with mindfulness meditation. Mindfulness is one of the Eightfold Paths taught by the Buddha. Even though meditation is not necessary to achieve enlightenment, we are expected to live a mindful life. We should be mindful in all of our activities. Meditation is a tool to help us learn to be mindful as we go through life. Even though meditation class is monthly at this time, it's important to practice mindfulness daily whenever possible. Mindfulness is always where you want to go like center court in tennis. After each play, the tennis player returns to center court. This gives the player the best position for the next play. Mindfulness is like center court. It's the best position to make your next play in life from. It also helps keep you in the moment which is your most powerful place to be. Being in the moment is being at center court mentally. Thinking in the past and future are unavoidable but, you need to return to now or you will suffer from anxiety, depression, guilt and other undesirable feelings and emotions.

While you do not need to lie down for this class or wear special clothes, you are welcome to bring more comfortable clothes to change into if you wish or bring a mat to lie on. Whatever helps you gain maximum benefit from the classes is fine. With practice, you should be able to meditate in all types of environments. I have started bringing pads to lie down on to class and am looking to find more for use in class here. If anyone knows of a good, inexpensive source for yoga or exercise mats, or has any to donate, please let me know. They are used for yoga, exercise, meditation and other uses so, we will be able to use them for a variety of future classes we hope to start up later as well. Any donations of mats is for the sangha. There is no fee for the classes but donations to the sangha are welcome. Any and all donations to the church or individuals may be in various forms and are out of gratitude and not as payment for services.

As always, we mix some question and answers along with discussion and sharing of the experience. The class is ongoing so, please feel free to start attending at any time. There is always a packet of information for new participants so, don't be afraid to start attending at any time. If you come a few minutes early, you can get caught up easily. The first part of meditation practice is the same and the second part involves introducing new forms of meditation. Participants are encouraged to let me know if there is a particular form of meditation they want to learn about or repeat. You can always go the sangha website at lasvegasbuddhist.org or mine at hopperinstitute.com and make comments, requests, or ask any questions you may have. You may request meditation information before class so that you have time to review information and techniques in advance. It is easy and simple to catch up with the class so do not worry about missing or starting late.

In Gossho, In Gossho, *Dr. Dave*

Please join us for our March 14 class at 7 pm @ the Sangha



ANNOUNCEMENTS!

Sangha Board Meeting



TBD for March @ the Sangha
Open to ALL MEMBERS



Buddhist Sangha.

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

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.

Save-the-Date

for

2017 Obon Festival & Bazaar

Saturday, August 5th @ Clark High School

Tell Your Friends

The 2nd Kizuna Japanese

SPRING FESTIVAL

held @ Sammy Davis Jr. Festival Plaza in Lorenzi Park
Saturday, April 1st from 10am to 5pm - FREE ADMISSION

PROMOTE YOUR BUSINESS, CLUBS, EVENTS, ANNOUNCMENTS, ETC. HERE!

Advertisement space available

email: lvsangha.info@gmail.com

business card = \$100 annually

1/4 page = \$140 annually

Special Announcements: \$25 per month



NAME:
(名前)

WHAT YEAR JOINED:
(サンガに参加した年月)

MEMBERSHIP TYPE: FAMILY INDIVIDUAL
(メンバーシップのタイプ)

POSITION/STATUS: (i.e. member, officer, secretary, etc.)
(ポジション/ステータス)

BILINGUAL: YES NO
(バイリンガル)

LANGUAGE(S):
(言語)

BIRTHDAY:
(誕生日)

RELATIONS (within sangha):
[(サンガ内での) 親族・親類]

CONTACT INFORMATION (連絡先の情報)

Address:
(住所)

Phone #: (電話番号)
Home:
Cell:
Work:

E-Mail: (Eメールアドレス)

Preferred Method of Contact:
[希望する連絡方法 (例: 携帯電話)]

PICTURE (写真)

ANNIVERSARY:
(記念日)

MEMORIALS: (追悼日)

EMERGENCY CONTACT

Name:
(名前)

Relation:
(本人との関係)

Address:
(住所)

Phone #: (電話番号)
Home:
Cell:
Work:

E-Mail: (Eメールアドレス)

OTHER INFORMATION:
(その他の情報)

Las Vegas Buddhist Sangha
4110 N. Martin Luther King Blvd.
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