

# FELLOW TRAVELERS

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LONGMONT BUDDHIST TEMPLE/GREELEY SHIN SANGHA  
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## Minister's Message: Living A Life of Gratitude By Reverend Carol O'Dowd

The Longmont Temple is certainly riding the waves of change. A little over a year ago I asked the LBT Executive Committee to not set sail into the waters of becoming an independent Temple. Now my misgivings are melting. Last month I watched with awe as without a committee, publicity or even being asked, the Longmont Temple members and friends hosted a highly successful 4<sup>th</sup> Annual Pagoda Picnic Service. It was a display of how we can achieve great things when we entrust and share with gratitude.

Two years ago, I completed a Naikan retreat of inner reflection and gratitude. Naikan is a practice with Shin Buddhist roots. To end the retreat, we wrote letters to ourselves which were mailed to us months later. Although I had forgotten about it, in preparing a talk on gratitude, I came across the letter. Although this message was written to me – I share it as a reminder of the wonderful Shin practice of living a life of gratitude.

Dear Carol, I hope to always remember that my life is not my own and as such, have a responsibility to live it well. My parents struggled to have me and then to keep me alive. It is my duty to take good care of their investment. My service to others honors them as much as it is a gift back to the world for my selfishness, my evil – all of it.

## UPCOMING EVENTS

### Zen Archery, August 21

Zen Archery Sensei, Ben Manabu Sawamura offers a special Saturday seminar on Aug 21<sup>st</sup> at 9:30 to share meditation in action w/Zen Archery. He shares how Kyudo archery, instead of being a practice weapon, is rather the practice of perfecting yourself as a human being. Join this interactive session to learn how through accepting our mistakes and foibles we go forward with gratitude and kindness. This seminar is being offered for donation to LBT. All contributions are welcomed. You may also make a donation in memory of a loved one. Registration is at 9:00. Contact Rev. O'Dowd at (720) 244-2299 or carol@carolodowd.com

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The major lesson to remember is that no one person holds only goodness any more than any one person holds only evil. It is impossible to not lie or not steal . . . making us all bumbling fools doing the best we can with what we got. The lesson learned is to quit judging so harshly, even self, and remember to:

**Share freely**

**Practice entrusting what is**

**Accept fully life's gifts of joy and sorrow**

**Listen carefully for wisdom and beauty is always present**

**Make the effort to open heart and mind, even in difficult times**

Whether it is a fall leaf floating to the ground, sunlight dancing on the crest of an ocean wave, or laughter of a child, remember to entrust with sincere heart and mind, and remember to experience fully the moments . . . they do not last . . . Namo Amida Butsu

## “Inner Reflection and Gratitude Workshop - September 11, 2010

8:30 a.m. registration 9:00 a.m. to noon (workshop) members - \$20; general - \$40

Take a Saturday morning to take a fresh start with Naikan, the practice of inner reflection. Inner reflection methods are used to experience gratitude. More than 40 years of academic and medical research reveals the health benefits of gratitude. Join an exploration of the history of reflection as practice and the questions used in Naikan. Engage in Inner reflection individually and with the group. Take home exercises for personal use. Reverend Carol O’Dowd is a Naikan Instructor and certified through the TōDō Institute.

### 4<sup>th</sup> ANNUAL PAGODA SERVICE on Aug. 1: An Outstanding Success

We walked around the Pagoda at Kanemoto Park, enjoyed outstanding and stimulating live music and ate delicious food. We enjoyed great food, company and song. We received only positive comments and expressions of gratitude for the event!! Much appreciation was expressed for the excellent singing. Since we lacked committee guidance, please thank the following who volunteered their time and talents just when needed:

Mike Shibata -- provided music and led Obon dance practice, thanks for the CD, instructions and coaching. Denisse Allaire and Debbie Cruden led dancing at park that motivated and inspired.

Michael Stevens and Kim Engell from Greeley who shared quality singing. What a treat to be serenaded at lunch. Stu Cruden served as our “sound crew”.

Don Wood and Dale Kanemoto provided the generator to make it all possible.

John Coe, Huong Sarah Vo, Frank Ciscovsky, Rose Takamoto, Don Wood, Debbie Cruden, Michael and LaDonna Shea for heavy lifting of the tables and chairs to haul them back and forth from Temple and Park.

Harriet Bissell, Willie Bissell, Debbie Cruden, Stu Cruden, Ted Matsuo, Gail Hogsett, Karen Wood, Jack Miyasaki, Margaret Miyasaki, Jane Kanemoto, Don Wood and Gayle McArthur helped with set-up and take-down of tent, chairs, and putting out the food.

Gail Hogsett brought and set-up coolers of water and drinks.

### Book Review by Susan Fisher Coffinman, the Journal of a Buddhist Mortician

by Shinmon Aoki

Warned, even threatened by his relatives against taking this lowliest and most defiling of jobs in modern Toyoma, Japan, Shinmon Aoki writes of his personal journey from humiliation to insight to a realization of “the non-duality of life and death, and the reality of impermanence.” Our common beliefs about death, he says, are based in fear and have no value. We must change our way of thinking to understand the serenity of death, when “all things begin to shine on their own.” The light of that shining, he believes, is a glimpse of the Pure Land.

This book contains a mere three chapters in 130 pages, but the material is profound. It is translated into English from the original Japanese, illustrated with exquisite calligraphy by Rev. Akio Miyagi, and introduced in its foreword by Taitetsu Uno, author of *River of Fire, River of Water*.

You can find *Coffinman* in the Longmont Buddhist Temple bookstore, for a price of \$14.95.

**PEACHES!** If you would like to order peaches from the Western slope, Jackie has graciously offered to place the order and pick them up. She needs to know by 8/22. A box of peaches is \$35 for 22-25 lbs. Pears -\$25, Nectarines - \$35. Please let Jackie., [jtono@charteringbacking.com](mailto:jtono@charteringbacking.com) or (303) 517-4622 know if you are interested.

### ***Facts in Fundraising***

Susan Fisher, Fundraising Committee Chair

**Farmers' Market:** Our mini 'Farmers' Market' after our service July 18<sup>th</sup> brought bounty to our Temple coffers as well as to those who purchased zucchini, snap peas and zucchini bread. Thanks to those who shared from their gardens! As our harvests overwhelm our ability to enjoy our own vegetables, why not continue to share? Bring your produce to each service so those of us with no gardens can purchase and enjoy it! If you have a favorite zucchini recipe, bring a few copies for a recipe exchange as well.

**King Soopers Cards:** We continue to solicit orders for King Soopers Gift/Debit cards. Once we reach \$5,000 in pledges, we'll be collecting your checks and purchasing the cards to deliver to you. Hopefully we can reach our goal by sometime in the fall, so the Temple can start collecting our five percent of all your grocery purchases.

**Book Store:** Purchasing books at our bookstore is a wonderful way to learn more about Shin Buddhism and also support your Temple. If there is a book you have your eye on and would like a book review of, let Susan Fisher know. If there is a book you're looking for and don't see, ask LaDonna or Susan.

**Volunteers/Suggestions:** All volunteers and suggestions for fundraising are welcome. Please contact Susan Fisher, Fundraising Chair, at [writefisher@yahoo.com](mailto:writefisher@yahoo.com) or 303-432-1576.

### **Sangha Stars: Jack & Margaret Miyasaki**

{Help us share the light shining in each of our members. Each month we highlight a Temple member. Submit your recommendation for next month's 'star'.}

We honor this month two of our guiding as well as shining sangha stars, Jack and Margaret Miyasaki. They are Colorado natives and have been Longmont Buddhist Temple members for 60 years, ever since they were married. They appreciate community and will celebrate their 60<sup>th</sup> wedding anniversary this coming February.

What they appreciate most about the Temple is the opportunity to spend time with friends and relatives and to explore the Shin teachings. Jack certainly inspires many of us to listen with his smiling face greeting friends, family and newcomers.

As a former LBT Dharma School teacher for years, a smile of gratitude is on his face watching the Temple restart its Dharma school. Jack should know the value of an early education. His parents sent him to Japan for two years to learn Japanese when he was only 13.

Jack and Margaret keep busy with their four children and nine grandchildren. In addition to their quietly and consistently helping with our Temple events, Margaret has explored oil painting. Although she taken a break from her painting recently, she shares that her paints and canvas are calling. For those of you who know Margaret, we hope that does not interfere with her making and sharing her wonderful cream puffs.

"At his first encounter with the wisdom and reality that is our fundamental nature and the nature of all that exists, Dharmakara Bodhisattva experienced such happiness, such joy." Sanbutsuge

***Buddhist Book Study  
Group***

Harriett Bissell, facilitator

We discussed River of Water, River of Fire, chapters 30-34 at our last meeting, Aug. 12. However, I think we will be discussing adding new reading resources to our study group. Susan Fisher enjoyed reading THE COFFIN MAN and seems to think that it would be a good book for our group. We can still finish the original book, perhaps using the title of the chapters to spark conversations.

Meanwhile, Sensei O'Dowd has suggested the following questions which could be used for the September study group meeting: 1. In what situations am I dealing with my own projections rather than the situation?

2. When and how do I experience gratitude? I notice that the author of RIVER OF FIRE, etc. uses many sources, poets, Christian writers, Buddhist stories to expand on his subject matter. Hope to see you then.  
Harriett

Editors Note: Hi all. Thanks to everyone who contributes articles and especially to the reviewers! I think it has been wildly successful by being informative and helpful. Just some housekeeping items:

1. Membership dues. If you need to send yours in or want to become a member, please contact Gail Hogsett @ (303) 776-9578 or [gail@waltersandhogsett.com](mailto:gail@waltersandhogsett.com)
2. Directory: I will leave a notebook out for you to complete with pertinent info
3. Name tags: if you need one please let me know.  
Thanks, lynn

“Sakyamuni’s teachings disclose to us our inconceivable endowment, universal enlightenment, made possible through Amida’s Great Vow” Shinran’s Shoshinge

### Calendar

Aug 21	Saturday Seminar: Meditation in Action with Zen Archery Demonstration & Teachings	9:30 am -registration 10:00 am -12:00
Sept 5	Newcomer’s Welcome Meditation Service and Dharma School Family Dharma Service at LBT	9:30 am 10:00 am 10:45 am
Sept 9	Book Club meeting: River of Fire, River of Water at LBT	6:30 pm
Sept 11	Inner Reflection & Gratitude Workshop at LBT	8:30 am -registration 9:00 am -12:00
Sept 18 & 19	BCA Mountain States Conference Service at Denver temple	TBD

#### LONGMONT BUDDHIST TEMPLE

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Please check web site for latest updates on services, classes and event times.

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