



# Fellow Travelers

The monthly newsletter of the Longmont Buddhist Temple

Longmont Buddhist Temple Northwest corner – Pike Road and Main Street  
606 Pike Road, Longmont, Colorado 80501, P.O. Box 2083, Longmont, Colorado 80502

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## Message from Sensei John Minister's Assistant

### Just Like Me

Shinran Shonin described himself as a “stubble-headed foolish one.” By that he meant he was neither monk nor lay. When he and Honen Shonin were exiled, their status as monks was revoked by the government. Part of what that meant was that Shinran was no longer allowed to shave his head. Only monks were allowed to shave their heads. Yet he did not let his hair grow out. Thus he was “stubble-headed.”

He had also come to the conclusion that he was incapable of achieving enlightenment through his own effort. He considered himself to be a foolish being filled with blind passion. In other words, he was a normal human.

Now I certainly don't think that my experience or abilities even remotely approach what Shinran understood and passed on to us. However, I am a foolish being of blind passion. More than anything else in the teachings of Shin Buddhism this is what captured my attention when I first came to this faith. I can easily and honestly declare myself a foolish person. Also I am subject to blind passion. I **want**. I **believe** I **deserve**. I **need** to be fulfilled. Wah! Wah! Wah! I'm just a fool unable and unwilling to see what is as is.

As I walk the path of the Nembutsu – calling the Name – entrusting in the wisdom and compassion of Amida Buddha, I sometimes stumble upon a nugget that lets me try to become more the person I want to be.

This week I listened to a podcast on mindfulness in preparation for teaching the mindfulness class on Sunday. The presenter recommends repeating a short saying whenever something irritating occurs in our lives. That saying is, “Just like me.”

When someone cuts me off in traffic, I repeat just like me. When a customer service rep irritates me, I repeat just like me. When someone says something that angers me, I repeat just like me.

This helps modify unskillful behavior; and the behavior that is being modified is mine. I have very

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little ability to change the behavior of others. What I possess is the ability to modify my own behavior. Gently with loving-kindness I can learn to treat others with compassion. This compassion does not arise from me. It arises from entrusting in the Buddha of Infinite Light and Immeasurable Life. Amida is the source of the limited compassion I can offer to others.

I have the opportunity to become more mindful of how each being I encounter along this journey is worthy of compassion. I can help this mindfulness arise by not responding to negative stimuli with negativity. I recognize that I too act unskillfully. Rather than judging others for their transgressions, I repeat just like me. I too am a foolish being of blind passion.

This is not to say that I accept bad behavior. I still have the right and often the duty to stand up when a wrong is committed. What it does mean is that I stand up to correct a wrong with compassion. I stand up with the understanding that I commit wrongs. This is a difficult path; but a much more fulfilling one.

Namo Amida Butsu  
John Sensei

## Temple Updates

### by Jackie Tono, Temple Board President

Glad to see everyone returning to Temple services after a summer of people traveling. Fall is just around the corner but our temperatures are still super high. Enjoy these warm days cause we know winter with its cold and snow is coming soon!!!

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During the week as I've been writing this article there have been so many violent shooting across the U.S. Are there really that many angry, violent people in this world? What drives someone to that extreme to kill so many innocent people? Is it because of a lack of mental treatment, too many violent computer games and TV shows, the lack of respect for other humans, no religious belief or all of the above. I find it disturbing that the latest trend in violence is to see who can out do the next violent incident and who can kill the most people before taking their own life. In September's newsletter we printed an article from the Monshu in Japan about Buddhism but in the last two paragraph's he brings it to today's world. If we are Buddhist we should share Wisdom and Compassion and Egolessness and put these words into action. As Ellen DeGeneres says, "Be kind to one another". I think we all need to go back to the basics and respect each other and be kind to one another.

Harmony Chorus the mixed chorus is back at our Temple on Tuesday nights. They are renting our Temple for chorale practice from 6:30 to 9:00 most Tuesday nights so don't be alarmed when you see lots of cars in our parking lot.

Saturday, October 6<sup>th</sup> Rev. Lynn Sugiyama from Arizona will be holding a discussion on Buddhism 101: Shin Buddhism and other topics from 1:00 – 4:30 p.m. Donations are greatly appreciated. Rev. Sugiyama will also conduct the Sunday Family service. Everyone please come join us in welcoming Rev. Sugiyama to our Temple.

Another reminder on the old Safeway grocery cards, if you have an old Safeway card you won't be able to reload the card. It's been compromised. You can use the remaining money on the card and then contact Gail Hogsett who has new cards available for \$10.00.

MARK YOUR CALENDARS!!! NO SERVICE AT THE LONGMONT BUDDHIST TEMPLE ON NOVEMBER 4<sup>TH</sup>. That weekend (November 3 -4<sup>th</sup>) Tri-State Buddhist Temple will be hosting this year's annual Mountain States Regional Meeting. Sensei John has been asked to help at Tri-State for the Sunday Service so he won't be able to conduct our service. Everyone is invited to attend Denver Tri-State Buddhist Temple's Sunday Family Service at 9:30 a.m. Denver Temple address is 1947 Lawrence St. Denver 80202 If you are interested in attending and want to carpool to Denver please contact Christina Hildebrandt.

Well, this is hard to believe but 2018 is almost over and the board will have to start thinking about 2019 and what fundraising events, what ministers we

would like to invite and what direction we'd like our Temple to move forward in, if you have any thoughts and suggestions please contact a board member with your ideas.

In Gassho,  
Jackie

## Wheel of Dharma September 2018

### *The Song of Life*

By Rev. Mutsumi Wondra  
Orange County Buddhist Church



Living in Southern California, we know about traffic jams. When my 40-minute driving commute is smooth, I am super lucky! During my commute, I enjoy listening to CD music, thinking about ideas for my next Dharma message, and planning the day, or reflecting on my day on the way home.

Just recently, I listened to the song titled "The Song of Life," composed and sung by Mariya Takeuchi. She became very popular after I left Japan in 1981. Even now, she is one of the best J-pop singers, and she is married to the singer songwriter Tatsuro Yamashita. Let me share her song, which I translated into English.

### **The Song of Life (*Inochi no Uta*)** By Takeuchi Mariya

Well, here we are, living the same old ho-hum life, day after day.

But when I stop to ask myself, "Hey, what's it all about?"

I find myself experiencing this warm feeling rising up from deep within

As I think of all the really wonderful people I've met up to now.

But living here in this distant corner of our rocky star, the real miracle is my having met you.

Meeting you is a miracle I treasure more than any diamond or pearl I could ever have.

In this life of mine there were times I cried my eyes out, when I just gave up completely.

At those times I'd think of you by my side. You were always there for me when I needed you.

I'd remember the good old days when we would cuddle up together

And watch the sun set in our old hometown as we sang the song of life.

Ever notice how the really important things in life are always hidden from us?

Even on the most uneventful day there's an irreplaceable sense of joy to be found.

There comes a time when everyone has to say *sayonara* and bye-bye

To this rocky star we're living on.

Let it be a reminder to us that this life of ours is constantly flowing on.

Born into this world where we grew up,

There were all the good times we've had with everyone we've met. And after our life here, we now have to say thanks and bid a fond farewell.

Thank you, dear Life, for everything and a fond farewell to you, we say, as we sing the song of life.

You can hear this song in Japanese on YouTube. It expresses the preciousness of life and her deep gratitude to have known family and friends in this life. Don't we stop and ask ourselves at least one time in our lives, "What is my life? What does it mean to live?"

Our great teacher, Shinran, also thought about this during the 12th century in Japan. He realized the inconceivable working of the Tathagata Amida to guide him to the superior Nirvana (*Parinirvana*). The way to get there is to have mutual trust with Amida Buddha by hearing and receiving the Buddha's sincere and pure vows of spiritual liberation. Jodo Shinshu or Shin Buddhism teaches us how we can live fully in this one lifetime. Even in adverse situations, you can deeply accept and turn your life around. That is the wisdom that we human beings can learn from the Buddha-Dharma.

*Namo Amida Butsu*

**Shopping and Chanting - Diary of a Costco Monk**  
**By Rev. Dennis Fujimoto**  
**Buddhist Temple of Alameda**



One of the secrets to shopping at Costco is to be ready for special finds. Sometimes they have useful or helpful things that just appear out of the blue.

If you go home wondering if you should get it, when you decide and go back, it's gone. Should have gotten it earlier, but now you have missed your chance. Hopefully our choices are made with need and calm overriding greed, anger and ignorance. We scurry through the aisles with our giant shopping carts. Only the best samples are tasted twice as hors d'oeuvres before lunch date at the hot dog counter. Racing through the aisles, I am made aware of the incessant voice of me planning every move from the moment I turn in

to the parking lot.

I am reminded of Sunday Service. Chanting together is what I appreciate most. There is a connected air and the blend of voices that provides a calming, soothing groundedness that makes my day. We need and seek that grounding connection, causing us to return. When we chant, there are two voices. One voice is engaged in chanting the sutras. The other voice emerges around line three, and looks around the Hondo and plans what we should do for lunch and the rest of the day.

Which voice is the real you? The second voice is the one we recognize. It is the voice we hear first thing in the morning and the last thing we hear at night. Clearly, that is the voice of the me I know. It is the voice of our ego ... controlling, planning, conniving and calculating our every move. We trust that voice because we know that voice.

What if the first voice and not the second was the real you and the real me? Just by chanting, we are giving the first voice priority and status over the second voice. The ego voice is second fiddle! When does that ever happen? A huge role reversal as the ego voice does everything it can to be in power and in control of every situation. In defiant revolt, the ego voice does all it can to regain control. Let's not chant anymore! I don't understand the sounds! It's a waste of time! Let's chant in English so I can control how it goes and what it means! Let's not go to church at all!

The first voice, in its duty of chanting, is connected to the other voices in the room. The first voice is connected to the Dharma. The first voice is connected to the infinite past, the infinite future, and the infinite now.

The first voice is connected to Amida. It is the voice that entones the Nembutsu when it finally gets to mean something true and real ... connecting self to other ... connecting I to all ... dissolving divisions and separation. With the last bite of my hot dog, consider again, which voice is the real you and the real me?

**Help Us Preserve Our Shin Buddhist Teachings**  
**By Rick Stambul, BCA President**



On June 2, the Buddhist Churches of America (BCA) National Board Meeting began as usual at the Jodo Shinshu Center in Berkeley, California. Bishop Kodo Umezu's Dharma talk urged a path forward grounded in the teachings of Shinran Shonin. I tried to adopt a similar tone and approach, and I commented as follows:

"I appeal to each of you. I urge you as members of this National Board, as Shin Buddhists, as human beings, to embrace a positive narrative in your life. That includes the mission and the vision of BCA."

BCA and its predecessors began in America 119 years ago.

It has received support and guidance from a great many persons. Reflecting for a moment on the first *Kaikyoshi* ministers who landed on our shores in 1899, and on our founders, ministers, teachers, leaders, and friends, we all share a common wish...that BCA provide a foundation for the propagation of Shin Buddhism in America.

We are the keepers and the trustees of that wish. We must work to put aside our differences because it is the teachings of Shinran Shonin that hang in the balance. We must focus on this all-important and positive narrative.

As lay members of BCA's National Board of Directors, we are responsible for ensuring the well-being and welfare of our ministers who have chosen the Shin path. They are not employees or workers to scold or straighten out. They are our treasure.

Our *Nikkei* heritage (and I include myself and all of us who may not be of Japanese descent) is our joy to be honored. Yet, it is our religious teachings for which we should sacrifice, for ourselves and all beings.

How do we sustain our Shin Buddhist teachings? We nourish our teachings by protecting and supporting the Institute of Buddhist Studies (IBS) and the BCA Center for Buddhist Education (CBE). IBS would not exist without BCA, and BCA would not long survive without IBS. It is a true symbiotic relationship. To survive, we should encourage work toward that common goal.

IBS is guided and led by Rev. Dr. David Matsumoto and Dr. Scott Mitchell. It is not an exaggeration to say they represent the best of us, and they walk that road guided by the highest principles and goals. I know this because, as a member of the IBS Board of Trustees for the past five years, I have worked by their sides and under their leadership.

We anticipate that IBS will soon be fully accredited. This will give rise to new students eagerly seeking to attend a fully accredited graduate school, to federal financial grants, and perhaps, someday soon, to the offering of a Ph.D. curriculum.

How can we preserve and protect IBS? How can we support CBE, which is BCA's internal educational arm? Bishop Kodo Umezu has guided CBE almost since its inception and has grounded it in the solid earth of our Shin Buddhist teachings. We need to support the work of IBS by our work as leaders, and by our wallets! Many of you have financially supported both BCA and IBS in the past, and I ask each of you to do so now. Encourage others to join you! Urge them to do so.

I ask each of you to return home to your districts and temples with this positive story. We are the

vanguard of all those who came before us to preserve and propagate our Jodo Shinshu teachings, which are the true essence of BCA.

Together we can accomplish great things. As an old proverb says: "If you want to go fast, go alone. If you want to go far, go together."

Join me in this noble quest.

### ***Shipbuilder donates auction proceeds to Sangha*** **By Sharon Lehman, Temple member**



The popularity and appealing foundation of Buddhism brings together people of all races and demographics. Likewise, our own Longmont Buddhist Temple Sangha is made up of an eclectic group of people with wide-ranging occupations and talents. One such talent is Master Shipbuilder Sean Lehman, who recently held an artist gallery featuring his work. Sean has been building hand-crafted wooden scale model ships for ten years and features his work on a website:

<http://lehmanshipyard.blogspot.com/>

The artist gallery, hosted by the Danish Furniture store in Longmont, displayed a half dozen of Sean's wooden ship works of art dating from the 1400s to the 1900s as well as a stagecoach and a 1932 Rolls Royce Phantom car. Each ship is made from scratch from the ground up using a variety of different kinds of wood, metal and rigging. In most cases, the ships are built in the same fashion as the original ships were built during their respective eras using guidance and literature written several hundred years ago. Each project takes between one and four years depending on size, and averages from several hundred to over 2,000 hours of actual build time.

Along with the ships on display, Sean gave an hour-long presentation describing the process he undertook in which to build each ship. The 30+ visitors were given an opportunity to see each project up close and ask questions.

The featured project at the gallery was the US Frigate Confederacy, a 36-gun ship of the line built in 1778. The USF Confederacy is an "Admiralty" model. Admiralty models constructed for the Royal Navy were mostly constructed during the 18th and 19th centuries to depict a proposed design. They typically didn't include full mast and rigging, but showed great detail with regard to the form of the hull, deck layouts and furnishings and the general configuration of the

ship. Admiralty models were also used to educate civilians who were involved in the financing or some other aspect of the ship - or to avoid construction errors that may occur as the ship took form.

The Confederacy spent her early days patrolling the Atlantic coast until in September of 1779 she was called upon to transport the US Ambassador to Spain, John Jay to his post. She never made it however as she was dismasted by a hurricane three months into the voyage and diverted for repairs before returning to Philadelphia for a full refit. After escorting a few convoys in the West Indies, she was confronted by the HMS Roebuck, a 44-gun warship, and the HMS Orpheus, a 32-gun frigate and surrendered without incident. The Confederacy was taken into the Royal Navy and renamed HMS Confederate. However, due to her issues with rotting and unusual design, she wasn't a good fit or worth the cost of repairs and was broken up in March of 1782.

To cap off the gallery presentation, Sean's USF Confederacy model was sold at silent auction, raising a thousand dollars donated directly to the Longmont Buddhist Temple.

## October Calendar

October 6	Buddhism 101: Shin Buddhism & Other Topics with Rev. Sugiyama	1:00 – 4:30 pm
October 7	Regular Service with Rev. Sugiyama	
	Service and Dharma Talk	10:30
	Toban (Coffee/Tea Hour) in Community Room	11:30 am - 12:30 pm
October 14	Mindfulness Class with Sensei John Hughes	10:00 am - 11:00 am
October 21	Regular Service	
	Newcomers Welcome	9:30 am - 10:00 am
	Meditation Service	10:00 am - 10:30 am
	Service and Dharma Talk	10:30 am
	Toban (Coffee/Tea Hour) in Community Room	11:30 am - 12:30 pm
October 28	Mindfulness Class with Sensei John Hughes	10:00 am - 11:00 am
	Upcoming Events	
November 3 & 4	Tri-State hosts Mountain States Conference	

<b>Contact Information</b>		
Temple Website:		<a href="http://longmontbuddhism.org">longmontbuddhism.org</a>
Temple E-Mail		<a href="mailto:info@longmontbuddhism.org">info@longmontbuddhism.org</a>
Minister's Assistant: John NyuDō Hughes	303-997-6896	<a href="mailto:sensei@longmontbuddhism.org">sensei@longmontbuddhism.org</a>
<b>Board Members:</b>		
President: Jackie Tono	303-517-4622	<a href="mailto:jjtonto2@gmail.com">jjtonto2@gmail.com</a>
Vice President: Kelli Koga	303-910-0415	<a href="mailto:krkoga1010@gmail.com">krkoga1010@gmail.com</a>
Secretary: Christina Hildebrandt	720-284-8710	<a href="mailto:soundheals@earthlink.net">soundheals@earthlink.net</a>
Financial Secretary: LaDonna Shea	303-494-2465	<a href="mailto:shearanch@aol.com">shearanch@aol.com</a>
Treasurer: Gail Kanemoto Hogsett	303-776-9578	<a href="mailto:gkhogsett@gmail.com">gkhogsett@gmail.com</a>

WHAT: Discussion seminar with Rev. Lynn Sugiyama.

TOPIC: Buddhism 101: Shin Buddhism & Other Topics

WHEN: Saturday, October 6, 2018

WHERE: Longmont Buddhist Temple Hwy. 287 & Pike Road

TIME: 1:00 p.m. – 4:30 p.m.

DONATIONS APPRECIATED

# SAVE THE DATE!

## MOUNTAIN STATES DISTRICT CONFERENCE

NOVEMBER 3-4, 2018

Tri-State/Denver Buddhist Temple

1947 Lawrence St. ~ Denver, CO ~ 80202

Please join us for a family weekend to reconnect with friends and meet other sangha members from Salt Lake Buddhist Temple, Buddhist Temple of Ogden, Honeyville Buddhist Temple, Longmont Buddhist Temple, Ft. Lupton Buddhist Temple, Sedgwick Buddhist Church, Brighton Sangha, Greeley, Alamosa/La Jara Sangha and the Denver Buddhist Temple.

### Schedule

Saturday, Nov 3, 2018

- 6 - 8:30 a.m. – Continental Breakfast/Registration
- 9:00 a.m. – Opening Service (Guest Speaker TBD)
- 10:00 a.m. – Mtn. States District Business Meeting
- Noon – Lunch  
SLC, Ogden and Tri-State BWA members will hold a lunch meeting
- 2:00 p.m. – Family workshop (TBD)
- 3 – 5:30 p.m.  
\*Visitor hotel check-in  
\*Free time activities:
  - Walking tours near Temple including the Dairy Block, 16<sup>th</sup> Mall, Union Station – more info to follow
  - Screening of movie “Coco” at the Temple
  - YBA activity
- 5:30 p.m. – Dinner
- 6:30-8 p.m. – Family activity

Sunday, Nov 4, 2018

- 8:30 – Breakfast
- 9:30 - Family service

11:00 – guests depart

Mountain States District  
Conference

#### RESERVATIONS

**AC Hotel ~ 750 15<sup>th</sup> Street  
Denver**

**\$139/night**

[https://book.passkey.com/e/  
49760922](https://book.passkey.com/e/49760922)

**Deadline for reservations –  
Oct 3, 2018**

Registration and hotel  
information will follow.

Questions? Please contact:

Joni Sakaguchi at  
[jsak5280@centurylink.net](mailto:jsak5280@centurylink.net)

or

Gail Ida at  
[gailann.ida@gmail.com](mailto:gailann.ida@gmail.com)

REGISTRATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

TEMPLE: \_\_\_\_\_

**FAMILY MEMBERS ATTENDING:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**THERE IS NO REGISTRATION FEE. WE WOULD LIKE AN APPROXIMATE HEADCOUNT FOR MEALS.**

**PLEASE EMAIL/SEND THE FORM TO:**

**JONI SAKAGUCHI – [jsak5280@centurylink.net](mailto:jsak5280@centurylink.net) 3866 E. 133<sup>RD</sup> COURT  
THORNTON, CO 80241**