

The White Path

Living the Life of the Nembutsu

WHITE RIVER BUDDHIST TEMPLE

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Minister's Greetings

When we think of the month of August, we might often think of the “dog days.” Dog days meaning those summer days so devastatingly hot that even dogs would lie around on the asphalt, panting.

Many people today use the phrase to mean something like that—but originally, the phrase actually had nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens.

To the Greeks and Romans, the “dog days” occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe.

But there is more to August than just being a month of hot lazy summer days. Some folks have come up with four ways to celebrate this month a week at a time.

National Smile Week was created as a campaign to promote dental health. I see smiling as a way to connect with others and realize much there is to be joyful about, such as having air to breathe!

Smiling and laughing has been proven to be good for our health, both physical and mental. When we smile and laugh our body relaxes, releases tension, endorphins and boosts our immune system.

In the *Flower Sermon*, the Buddha holds up a flower and twirls it. His disciple Mahakashyapa sees it, smiles and in this moment their minds mingle as one. This began the one to one method of transmission of the Dharma according to the Zen tradition. I encourage you to do a little one to one transmission by smiling and laughing a little more every day. It will make the world a happier, healthier and funnier place.

National Friendship Week.

Have you lost touch with an old friend? Or have you been putting off getting in touch with your friends? Take time this National Friendship Week to send them a text (or better yet, CALL) and set up dinner plans or coffee for lunch later this evening. Show your friends how much you care.

Eleanor Roosevelt wrote: Many people will walk in and out of your life, but only true friends will leave footprints in your heart. To handle yourself, use your head; to handle others, use your heart. Anger is only one letter short of danger.

Be Kind to Humankind Week

Be Kind to Humankind Week is an annual celebration of kindness that is recognized globally in August every year. It is a time to reflect on what we can do in order to make this world a better place!! Of course, we can practice kindness daily, but this is the week since it is be kind to humankind week, you can take it to the next level. There are many ways. Find some.

Simplify Your Life Week

This observance encourages those who need to refocus their lives and declutter – that doesn't just mean objects. The idea is to eliminate anything that causes stress or anxiety. Most of us have a tendency to clutter up our lives, both physically and psychologically.

Simplifying our life isn't just about removing the physical clutter. It's meant to make us look closer at our lifestyle, and eliminate the things that keep us from enjoying life.

Reducing mental clutter can help give you a general sense of well-being. The simple act of freeing your mind from distractions is said to greatly enhance your health, creative energy and productivity. A clear mind is the easiest path to greater accomplishments in life, both personal and professional.

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Just as a clean environment, free from clutter, removes disorder and promotes harmony, a clear mind provides the same benefits, by replacing the chaos of anxious thoughts with peace and greater focus.

I invite you to come join us each Sunday morning at 9:00 am as we sit together in meditation and declutter our minds. The clutter at home; well that is another matter altogether!

Gassho,

Reverend James Hozen Warrick



Message from the Chairperson

I have been reflecting on my time as White River’s president. I was scared that I wouldn’t do the right things and make a fool of myself. I have not always made the best decisions, but I feel I have tried to do the right thing to make White River a better temple. Yes, it has been a stressful year and a half but I hope I am a better person because of it.

Reverend Warrick’s contract has been extended for another year. The Religious Committee headed by Charlene Grinolds has refined his duties based on member feedback. White River is fortunate to have Reverend Warrick and Rona and we are a better temple since their arrival. I am encouraged by all the new faces we I see every

sweek.

Obon is coming up and we will be celebrating the 50th anniversary at our current temple. The new White River Happi Coats have arrived and the look great. They will be for sale for \$40.

Wayne Mizuki

P.S. Remember to join us on August 4th at 10:00am for “Pastries with President.” No agenda, No donation, No catch. Just coffee, pastries (or something similar), and good conversation with your fellow Sangha members!

**August Shotsuki Hoyo Monthly Memorial Service
August 4, 2019 at 10:30 AM**

According to our Temple records, the following people passed away in the month of August. Family and friends are cordially invited to attend the Shotsuki Hoyo Monthly Memorial Service on Sunday, August 4th at 10:30 am. If any names have inadvertently been omitted, please email office@wrbt.org to correct our records.

Hiroshi Sagara	1972	Oshie Kiyota	1991
Tomi Tsuji	1974	Zentaro Tom Maekawa	1994
Shizue Hirose	1975	Mikio Mori	1995
Hikoza Kawasaki	1976	George Shikao Uchida	2004
Harumi Karel Ikuta	1978	Susumu Clifford Hayashi	2004
Tsuki Tanaka	1979	Alice Kazuko Arita	2004
Haru Ikuta	1981	Lorraine K. Mikami	2006
Morito Nishimoto	1981	Masami Arima	2006
Misuno Nishimoto	1985	James Komoto	2013
Shiro Murashige	1989	Ben Teraoka	2015

1 year ~ 2018	3 year ~ 2017	7 year ~ 2013	13 year ~ 2007
17 year ~ 2003	25 year ~ 1995	33 year ~ 1987	50 year ~ 1970

DESIGNATED MEMORIAL SERVICE YEARS To schedule a family memorial service, please contact office@wrbt.org

Newsletter Reminder

April newsletter articles are due **Sunday, August 18th**. Please send articles to newsletter@wrbt.org.

Receive your newsletter via email! Contact newsletter@wrbt.org.

Bon Odori
Saturday, July 27th
4:00—9:30 pm

Okinawa Kenjin-Kai Taiko Group at 4:00 PM
 Booths and Beer Garden Open at 4:00 PM
 Children's Lantern Parade at 5:00 PM
 Obon Service at 5:30 PM
 Welcome Ceremonies at 6:00 PM
 Odori Dancing Starts at 6:15 PM
 Seattle Matsuri Taiko Performance 7:30 PM

WHITE RIVER
 BUDDHIST TEMPLE



50TH
 BON ODORI FESTIVAL
 JULY 27TH, 2019

Our 50th White River Bon Odori Festival is only a week away and things are progressing swiftly. The new Happi coats have arrived from Japan and should be ready for sale at Obon. As usual, we will need some help from volunteers to make the event possible. So, please contact relatives, friends and acquaintances that might be interested in helping. The Sign-Up Genius link for volunteers is below. bit.ly/2019obonsignup

Help us support the Auburn Food Bank! During Obon, the temple will be collecting non-perishable food items and monetary donations. You may also bring your donations to Dance Practices.

Dance Practice Dates: July 15, 17, 19, & 23rd from 7:00—8:30 pm.

White River Happi Coats

Happi coats have arrived! The price is \$40 and come in sizes medium, large & extra large, remember these are Japanese sizes. For those of you who pre ordered you may try them on and decide if you want it or not. They will be at the temple this Sunday and at Obon. All extras will be on sale at Obon in the gift booth.



Pioneer Cemetery - Save the Date

Thursday, August 22, 6:00 PM, the City of Auburn will have a dedication ceremony of the improvements completed at the cemetery. Mayor Nancy Backus will be speaking. Rev. Warrick and Rev. Kusunoki will also be participating in the program.

Facilities Committee Report

A painting party was held on Friday, July 12 and Monday July 15. The trim around the bathroom area was repaired and painted. Thank you JR, Charles and Randy O. Appreciation is also expressed to David Akiyama and family for the new wood shavings donated for the playground area.

ABA Report

The ABA is in summer recess. Our next scheduled men's cooking class and meeting is Monday, September 9, 2019. Rona Warrick and Norma Geenty will be chief chefs. A fall field trip is probable, with Kubota Gardens being discussed as the destination.

Meditation Sessions

Saturday, August 10: 10:00 am - 12:00 pm
 Saturday, August 24: 10:00 am - 12:00 pm

Instructors: Cris & Melissa Cyders

Join us as we continue to explore Zen Shin Meditation, including reviewing correct posture and breathing, and learning to focus attention in the hara (in the body, the focus of strength and concentration of power).

Questions? office@wrbt.org

Buddhist Women's Association
BWA@wrbt.org

All are welcome to participate in BWA activities. You do not need to be a BWA member.



Fun Fellowship to Yakima Buddhist Church – Yakima, Columbia Basin, and White River members at Obon Service – June 29-30, 2019. Rev. Jim & Mrs. Rona Warrick, Gayle Takemura, Georgette Magnin, Darlene Yamada, Katie Komoto, Char Grinolds, Takako Uchida & son Chester, Stogie Kawabata, Pat Kawabata, Janis Yamada, Vivian Alexander, Ron Murakami, Karen Murakami journeyed to the Yakima area for Fun Fellowship weekend June 29-30!

Lon Inaba gave a fabulous tour of Inaba Farm. Lunch at The Soda Fountain and viewing of “Land of Joy & Sorrow: Japanese Pioneers of the Yakima Valley” and the Native American exhibits at Yakima Valley Museum followed. We trekked through Tahoma Cemetery viewing the Japanese garden project and headstones of Yakima Buddhist Church pioneers. Most dined & some played at Legends Casino that night. Rev. & Mrs. Warrick stayed at the parsonage while others overnights at Quality Inn & Suites Toppenish where management welcomed us with group discount, hospitality, and comp breakfast. Some even stayed up into the wee hours to play Shanghai.

Sunday, everyone met at Yakima Buddhist Church where Yakima members treated people from Columbia Basin, Yakima and White River to wonderful refreshments, and Rev. Warrick shared a Dharma message at Obon Service. Lon Inaba brought cabbage, cucumbers, and zucchini from the Inaba Farm to share with all who came to service.

Most stopped at Fruit City in Union Gap to pick up sweet, vine-ripened cherries, some stopped at Los Hernandez Tamales (James Beard Award winner), and some ate lunch at Miner’s Drive-In on their way back home to the west side.

A big heartfelt thank you to Lon Inaba, Dean Hata, and Yakima Buddhist Church members for their warm hospitality to the Yakima area, to our volunteer drivers, Char, Darlene, & Ron, who took us all over and back the long, arduous drive home, and to Rev. Warrick for suggesting this Fun Fellowship for all!

PHOTOS Request – Photos (past or present) of our BWA are being requested to show at World Convention. Write your name on the back and give to Karen by end of July or by Aug 4. Photos can be returned to you.

Thank you to Mary Cogger for teaching about the art of creativity in her Alcohol Inks on Tile class!

Thank you to Lilly Kato, Judy Gardner, and Georgette Magnin for making earrings to sell at Bazaar!

Thank you to Georgette Magnin for coordinating the Fun Fellowship outing to “HONK” on June 22 at Green River College. Here is a recap of her report – Darlene, Eva, Maydell, Kayla and her friends, and Georgette attended a fun and rousing show. The story is based on the 'Ugly Duckling' fairy tale yet covered other ideas such as learning from experience, diversity and searching for your place. Amazing that old stories still have a lot to teach us.

I enjoyed the costumes & bright colors in another spectacular production by The Heavier Than Air Theater Co. This was the last production by this company. I do hope that there will still be local theater at Green River.

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BWA News Continued....

Craft & Coffee - No C&C for August. Next one will be Tues, Sept 17, and then Oct 29 where Georgette will teach us how to make hand-sewn pouches. More info & sign-up sheet coming soon to the Fun Fellowship bulletin board.

Future Dates - All are welcome to participate in our activities whether BWA member or not.

Jul 28, Sun – Deadline to sign up for Emerald Downs Aug 4.

Aug 4, Sun Fun Fellowship to Emerald Downs – Lunch during Horse & Corgi Races

<https://emeralddowns.com/event/corgi-races-2019-08-04/> July 28 deadline to sign up. Max 20 people. Optional: go to Emerald Queen Casino in Fife after. More info & sign-up sheet on back hallway bulletin board.

August Fun Fellowship to Snoqualmie Falls. Sign-up sheet on back hallway bulletin board. **Please note your contact information** if Karen does not have it. You will be notified in August.

Aug 30-Sept 1 WORLD BUDDHIST WOMEN'S CONVENTION, hosted by FBWA San Francisco, CA.

Sept 17, Tues Craft & Coffee

Green Box Year Round Collections in temple lobby – July, August, September = School Supplies & Baby Supplies. Thank you for your support!

Newspapers - Thank you for your donations of recycled newspapers that are delivered to Inca's Secret. 19 bags newspapers + 1 bag towels were delivered to Inca's Secret in May & June.

Diaper/Change Jar on the lobby table during service days. We are collecting your loose change to purchase diapers and wipes, etc. for those in need. Thank you very much for your donations!

Donations

The Temple gratefully acknowledges the following donations received and recorded from June 17th through July 15th. Thank you to the many people whose financial donations, as well as their donations of goods, energy, and time help the temple conduct services, programs and maintain the temple. Please contact Charles Natsuhara, Treasurer, regarding omissions or corrections by phone (253) 833-0789, or by email to finance@wrbt.org

Total Donations Received - \$780

Monthly (Shotsuki) Memorials

Mrs. Lorraine Blackler	In memory of Kiyomi Mizoguchi
Mrs. Rosie Kato	In memory of father, Tsuruichi Komoto
Mrs. Katie Komoto	In memory of Tsuruichi Komoto
Mr. Randy Okimoto	In memory of Tokio Toyoshima
Mr. Joe Watanabe	In memory of Yooko Watanabe
Al Yamada Family	In memory of George Kawasaki
Ms. Darlene Yamada	In memory of Ben Yamada
Mrs. Yoshiko Yamada	In memory of Ben Yamada
M/M Shiyoji & Pat Kawabata	In memory of Isamu Suyematsu and George Kawasaki
Ms. Pauline Yoshida	In memory of Helen Mizuki

General Donations

Kiwanis Club of Kent - AM	In appreciation – Use of kitchen
Yakima Buddhist Temple	In appreciation
Mr. Wayne Kuramoto	In appreciation for Homyo Research

2019 Pledge Totals

June 1 – 30, 2019

Thank you for your support in 2019!

Date	PLEDGES DECLARED		DOLLARS COLLECTED		
	Additional	Total	Contributors	Additional	Total
July 1, 2019	\$0	\$24,965	37	\$1,690	\$21,645
<u>For Comparison</u>					
July 3, 2018	\$1,705	\$24,315	38	\$2,210	\$19,400

Views expressed in articles by individuals do not necessarily represent the views of, and should not be attributed to the Temple or Sangha members

Reverend Warrick's Formal Temple Office Hours

Wednesday & Thursday 10:00 am - 2:00 pm

Sunday 8:30 am - 1:00 pm

For religious or other consultations and home visitations, we advise that an appointment be made directly with Rev. Warrick. Reverend Warrick is on-call 24 hours a day, 7 days a week for emergencies.

For ALL ministerial needs (including emergencies), please call the Temple phone (253) 833-1442. If your call is not answered immediately, please leave a message and Rev Warrick will return your call as soon as possible. Note that calls will be forwarded to Rev. Warrick when he is not at the Temple.

Temple office

office@wrbt.org

(253) 833-1442

Rev Warrick

Rev.Warrick@wrbt.org

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