

The White Path

Living the Life of the Nembutsu

WHITE RIVER BUDDHIST TEMPLE

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Minister's Greetings

Greetings,

Well, here we are in February. In my lifetime I can think of no other time that I have ever witnessed a greater need for hope for so many people simultaneously across the world and in each nation. The world is pretty much a mess right now, it seems, and it has been since about this time last year. A lot of people have been feeling hopeless and depressed.

Hope springs Eternal! People can always find a reason to hope, even in the bleakest situations. This phrase is a shortening of the line "Hope springs eternal in every human breast," from Alexander Pope's poem *Essay on Man*.

Cultivating hope is essential not only for our mental and physical health but for the survival of our communities and our species. Without hope we give up; we can't go on and we will perish.

We can get through anything if we have hope. It comforts, inspires, supports, and motivates.

"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today." — Thich Nhat Hanh

Hardship is always easier to bear if we believe it is temporary or if we know that relief is around the corner or will come eventually.

In the five reflections, the fifth reflection is on karma and is the one that gives hope. Through this reflection "My deeds are my closest companions. I am the beneficiary of my deeds. My deeds are the ground on which I stand". We realize that we are in charge of our actions. We are not simply a victim of fate or of the stars or of some other being acting through us. We are the one who's making the choices. That's what gives us hope.

The new year lies ahead. People are extending a helping hand to neighbors and strangers. Front-line workers giving their all. Scientists have been developing vaccines in record time.

And now the vaccine rollout is providing renewed hope for us all.

It is my hope that everyone will see as I have the following message from your healthcare provider:

You are scheduled for a COVID-19 Vaccine Dose 1.

Concerned about side effects? A healthcare worker in North Carolina put it this way: "One of the jokes is one of the most common side effects of the vaccine is great joy." Please get vaccinated.

Reverend James Hozen Warrick



Greetings from the Chairman!

Hello, temple members.

It has now been over ten months since we held our last in-person Sunday service.

When the month of February comes around, I always think about our Northwest District Buddhist Convention, our General Membership meeting and of course, the Superbowl. This year the Convention has been moved to September, so we are left with only the General Membership Meeting and the Superbowl. Both going to be held on Sunday, February 7th. This year's General Membership Meeting will be virtual and begin immediately after our February Shotsuki service. It will be a short meeting and I encourage everyone to attend.

Continued on Page 2

President’s Message Continued

Next, it finally seems that the light at the end of this Covid 19 tunnel is becoming brighter. Governor Inslee recently approved the distribution of two vaccines for ALL persons over 65! Obtaining the vaccine is a two-step process. First, you must determine if you are eligible by filling out a survey at the following website.

<https://form.findyourphasewa.org/210118771253954>

Once you determine your eligibility, you will need to find a facility to administer the vaccine and make an appointment. Because of the current limited supply of vaccine, this is still pretty difficult. With the new administration though, we anticipate that more vaccine will soon become available. But at least, it’s a start!!

In the meantime, stay safe, stay at home, or WEAR A MASK!

In gassho,
Randy

**February Shotsuki Hoyo Monthly Memorial Service
IN PERSON SERVICES - CANCELLED**

View online on February 7 at 10:30am

www.wrbt.org/service

According to our Temple records, the following people passed away in the month of February. If any names have inadvertently been omitted or if you have any questions about Shotsuki services, please contact office@wrbt.org

Kishino Yamagata	1974	Kazuo Tsujikawa	1992
Setsu Yanagawa	1979	Mary Yukie Sakuma	2002
Haru Miyoshi	1980	Judy Schilthorath	2006
Kart Funai	1980	Dorothy Yaguchi	2010
Steven Takeo Tsuji	1987	Lily Yoshie Komoto	2016
Michael James Hamasaki	1991		

1 year ~ 2020	3 year ~ 2019	7 year ~ 2015	13 year ~ 2009
17 year ~ 2005	25 year ~ 1997	33 year ~ 1989	50 year ~ 1972

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

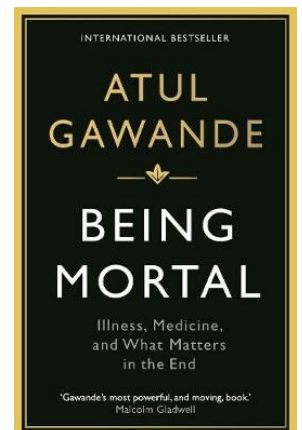
**WRBT Virtual Book Club
February 7, 2021 at 7pm**

Being Mortal: Illness, Medicine and What Matters in the End

Named a Best Book of the Year by *The Washington Post*, *The New York Times Book Review*, NPR, and *Chicago Tribune*

Medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should.

Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. Nursing homes, devoted above all to safety, battle with residents over the food they are allowed to eat and the choices they are allowed to make. Doctors, uncomfortable discussing patients' anxieties about death, fall back on false hopes and treatments that are actually shortening lives instead of improving them.



Sign up at wrbt.org/bookclub and a zoom link will be sent to you. We look forward to a meaningful discussion! If you have any questions, please direct them to: office@wrbt.org.

This book discussion will be split into two dates:

- 2/7/2020 at 7pm: Intro - Chapter 5
- 3/7/2020 at 7pm: Chapter 6 - Epilogue

Book Launch

Be the Refuge: Raising the Voices of Asian American Buddhists

Chenxing Han, graduate of the Institute of Buddhist Studies (IBS), has written her first book, *Be the Refuge: Raising the Voices of Asian American Buddhists*, which began as a research project at IBS. Published by North Atlantic Books, the book is built on conversations with 89 young adults of different ethnic and Buddhist backgrounds. Part 1 of the book, "Trailblazers," focuses on the perspectives of young adult Shin Buddhists. Though the book is rooted in academic research, it weaves together her personal experiences as an Asian American Buddhist and is written for a wide audience. The book is very much built on conversations, and her hope is that it will spark conversations on issues such as culture, history, representation, and race in American Buddhist communities.

The Institute of Buddhist Studies will be hosting a book launch on Thursday, January 28, 2021, from 1–2:30pm, where Han will be in conversation with IBS Dean Scott Mitchell, and there will be time for audience Q&A. Information about the event is available here: <https://www.shinibs.edu/event/refuge2021/>

Another online event for *Be the Refuge* that might be of particular interest to your Pacific Northwest sangha members will be hosted by Elliott Bay Book Company in Seattle on Tuesday, February 2, 2021, at 7pm, where Han will be in conversation with Dr. Sharon Suh of Seattle University: <https://www.elliottbay-book.com/event/chenxing-han-sharon-suh>

Palo Alto Buddhist Temple brings you an online yoga series:

Yoga For Health At Any Age and Physical Ability: A Complementary Practice to Buddhism

Self Care & Compassion for the benefit of all beings everywhere



Instructor: Bob Matsueda grew up at PABT and now resides in Berkeley where he is both an active member at Berkeley Buddhist Temple and a lifetime member of Buddhist Churches of America. He is an Advanced Yoga Teacher - Namaste Yoga Program Oakland (RYT-500) Yoga Alliance; Certified Yoga for Healthy Aging instructor; Yoga and Wellness teacher at SF General Hospital; intensive training in Utterakhand India at Phool Chatti Ashram. Chief Instructor Berkeley Kendo Dojo. For more info about Bob, go to <https://www.bobmatsueda.com/>

Introductory Online Session:

Saturday, January 30, 2021, 9:00 am to 11:00 am PST

WHAT TO EXPECT THROUGHOUT THE SERIES:

- The introductory session will be focused on lecture and simple basic foundational poses. No equipment is necessary for this first session
- Future classes will be divided into 2 separate 1 hour classes (as needed): all levels gentle yoga; and active/experienced yoga
- Accessible to EVERYONE – Any age, experience and physical ability
- Can be seated on chairs or on the floor with a mat
- Detailed explanation of basic poses with ample time to explore how you feel in each pose - no rushing
- We'll focus on each region of the body and how it relates to the whole
- Mindfulness Meditation and Restorative Poses - Facilitates self awareness, resetting of nervous system
- Guest speakers on Buddhism, Ayurvedic Medicine, Body Massage Therapy, Nutrition and Wellness

Enjoy a relaxed, friendly, supportive atmosphere filled with laughter and fun

SIGNING UP AND MORE INFORMATION:

- Please visit <https://www.bobmatsueda.com/> for more information and FAQs on Bob and his teachings
- Each participant is required to submit a waiver: <https://www.bobmatsueda.com/contact/waiver/> (please print, sign, scan OR fill out online (use initials for signature) and take a photo or screenshot, then email to rick.kawamura@gmail.com)
- Fees: these yoga classes are being offered by PABT to everyone free of charge, but we welcome donations to PABT to support these and other temple programs
- Zoom link will be sent via email once you have let Rick know you are interested and submitted a waiver

CONTACT AND QUESTIONS: rick.kawamura@gmail.com (please use "PABT Yoga" in the subject line)

ABA

The ABA has suspended all in-person activities because of COVID-19. Our next scheduled virtual ZOOM meeting is Monday, March 8, 2021 at 1 pm.

Virtual Timeless Favorites Cooking March 6th at 11 AM

The next virtual Timeless Favorites cooking class will take place on March 6th at 11:00 AM. The topic and instructor is to be announced. Please RSVP to attend the virtual cooking class at www.wrbt.org/timelessfavorites or contact office@wrbt.org



**Virtual Lady Kujo Service
February 14th at 10:30 am**

www.wrbt.org/service

We are fortunate to have Rev. Cyndi Yasaki of Tacoma Buddhist Temple as our guest speaker at our Lady Kujo virtual service. Rev. Cyndi, Rev. Tadao Koyama’s spouse, is a senior in graduate school. She was a Minister’s assistant at the Gardena Buddhist Church in California and received her Tokudo in the summer of 2019.

Her favorite Disney character is Rapunzel because even though she and Flynn Rider (a.k.a. Eugene Fitzherbert) didn’t always see eye to eye, they would always compromise and support each other which lead to their dreams coming true...PLUS, she’s a strong independent woman! Rev. Cyndi loves to snack on gummies and enjoys cross stitching. Her favorite author is Shinran Shonin. Her dream is to continue to live a happy life with Rev. Tadao Koyama. He is her role model because he is funny and knowledgeable. (Extracted from the Tacoma Buddhist Temple newsletter, Aug 2020)

Lady Takeko Kujo, 1887 - 1928: The Buddhist Women’s Association was founded in Japan in the early 20th century by Takeko Kujō, a daughter of Koson Ohtani, the 21st monshu (head abbot) of the Nishi Hongwanji-ha. Takeko Kujo was in her early twenties at the time she founded the Fujinkai. She also founded Asoka Hospital, one of Japan’s first modern medical centers. She died in Tokyo, Japan, after contracting an illness during her charitable work following the Great Kanto Earthquake. (From Buddhist Churches of America Website, Federation of Buddhist Women’s Associations)

We hope to see you on February 14th! For questions, please contact us at 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

A donation of \$100 approved at the general meeting was delivered to Auburn Food Bank by Vivian Alexander on Dec 18.

Our Lady Kujo Service is scheduled for February 14th, 2021. Rev. Cyndi Yasaki of Tacoma Buddhist Temple will be our guest speaker.

Karen Murakami continues a weekly BWA Connections e-mail. For requests to be added to the distribution list or to submit information, please send them to Karen’s e-mail: wrlink4goldenchain@comcast.net

Currently no in-person BWA activities are scheduled in 2021. We will follow the guidance of the re-start committee.

YEAR-ROUND COLLECTIONS

Thank you for your past donations; collections will resume when the Temple re-opens

Newspapers: Thank you for your donations of newspapers. You can donate directly to Inca's Secret: 8433 S 212th St #105, Kent, WA 98031, (253) 437-1312. Collections at the temple will resume when it opens to the public.

**2020 Pledge Totals
December 1 - 31, 2020**

Thank you for your support in 2020!

Date	PLEDGES DECLARED		DOLLARS COLLECTED		
	Additional	Total	Contributors	Additional	Total
January 8, 2020	\$1,860	\$48,230	71	\$2,460	\$46,595
Name and Amount Not Specified for Publishing:			Anonymous #23	Anonymous #24	
	Anonymous #25	Anonymous #26	Anonymous #27	Anonymous #28	
	Anonymous #29				
Amount Not Specified for Publishing:			Connie Toda	Hime Suyematsu	
Under \$500:					
\$500- \$999: \$1,000- \$4,999:					
<u>For Comparison</u>					
January 29, 2020	\$3,535	\$37,530	72	\$3,825	\$37,245

Donations

The Temple gratefully acknowledges the following donations received and recorded from December 15th through January 19th. Thank you to the many people whose financial donations, as well as their donations of goods, energy, and time help us to conduct services, programs and maintain the temple. Please contact Charles Natsuhara, Assistant Treasurer, regarding omissions or corrections by phone (253) 833-0789, or by email to finance@wrbt.org

Donations can be sent directly to the temple. You can also make a donation by credit card at the temple website <https://www.wrbt.org/donate>.

Total Donations Received - \$8160.00

Shotsuki (Monthly) Memorials

Mrs. Katie Komoto	December - In memory of Shima Taketa
Y. Nishimoto Family	January - In memory of Yoshio Nishimoto
Mrs. Katie Komoto	January Shotsuki
Mr. Randy Okimoto	January - In memory of Frank Okimoto
Mrs. Charlene Grinolds	January- In memory of Masao Tsuji
Mrs. Yuki Iwai	January - In memory Sunao Iwai
Shirley Kanda & Roger Fukai	January – In memory of Sui & Yosakichi Hamakami
Mrs. Audrie Hayes	January – In memory of Masao Sutow
Mrs. Joan Rodgers	January – In memory of Shizumi Fujimura, Sunao Iwai, and Masami Iida
Mrs. Charlene Grinolds	February - In memory Steven Tsuji

Ho-onko Service

Mrs. Tomeko Taketa	Mrs. Charlene Grinolds	Mrs. Lilly Kato
M/M Alvin & Mitsuko Terada	Ms. Kathryn Natsuhara	Mr. Charles Natsuhara
Mrs. Joan Rodgers	M/M Bob & Mitzi Akiyama	Mrs. Yuk Iwai
M/M Yuri & Itsuo Shiotani	M/M Alva & Dennis Nishimura	Mr. Randy Okimoto

Services

M/M Mark and Sharon Kosai	Eitaikyo and Bodhi Day
Mr. Randy Okimoto	Bodhi Day
Mrs. Gayle Takemura	Bodhi Day and Joya-e
M/M Randy & Eva Chun	Eitaikyo (omission from January Newsletter)

Memorials

Mrs. Connie Toda	In memory of Amy Kato and Betty Tanaka
M/M James & Joy Nakata	In memory of Mary “Tanigawa” Yamamoto
White River Buddhist Temple BWA	In memory of Masae Sakagami
Mrs. Lorraine Blackler	In memory of Ritsuko Hamamura
M/M Karen & Tom Little	In memory of Ritsuko Hamamura
Mrs. Lilly Kato	In memory of Ritsuko Hamamura
Ms. Mary Terayama	In memory of Ritsuko Hamamura
Carol & Charles Ouchi Brunner	In memory of Ritsuko Hamamura
Nishimoto – Webber Family	In memory of Alice Hama
Anonymous	In memory of Amy Kato
Ronald & Vivian Yorita	In memory of Masae Sakagami (omitted donor last name in January Newsletter)

General Donations

Mrs. Audrie Hayes	Newsletter
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In Appreciation

Ms. Patricia Cosgrove	Mrs. Kiyomi Taketa-Ozanich	M/M Norma & Bill Geenty
Mrs. Katie Komoto	Mrs. Lilly Kato	Mr. Charles Natsuhara
Ms. Darlene Yamada	M/M Janis & Alan Yamada	Ms. Kathryn Natsuhara
Mrs. Yoshiko Yamada	Mrs. Gayle Takemura	M/M Sharon & Mark Kosai
3 - Anonymous		

Temple Cookbook

It's not too late to send in your family's favorite recipes for our new Temple Cookbook!

We would love to honor those that are no longer with us by including one of their favorite recipes or two along with a short memory, history, or photo.

Thank you! We look forward to your submissions! Please submit your recipe to office@wrbt.org

Newsletter Reminder

March newsletter articles are due **Sunday, February 14th.** Please send articles to newsletter@wrbt.org. Save a tree and a stamp - receive your newsletter via email! Contact newsletter@wrbt.org

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 (SUSPENDED)

~~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

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Rev Warrick

Rev.Warrick@wrbt.org

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