

# THE KALAVINKA

The Official Newsletter of Ekoji Buddhist Temple

## In This Issue:

84,000 THOUGHTS...1

FROM THE PRESIDENT...2

REGISTRATION FOR THE 1ST ANNUAL EKOJI ARTS FAIR...2

WHY ARE THERE MEMBERSHIP FEES AT EKOJI?...3

RELIGIOUS SERVICES...4

DHARMA SCHOOL EVENTS...5

UPCOMING TAIKO PERFORMANCES...5

DUONEN DAIKO PERFORMANCE AT GREENSPRING...6

UPCOMING PROGRAMS...7

SPECIAL EVENTS...8

DANA LIST...9

AFTERWORD...10

## *84,000 Thoughts: A Message From the Minister*

WRITTEN BY REVEREND NARIAKI HAYASHI



"Did our health insurance bill increase?" Asking my wife this question at the beginning of each year is starting to become a custom of mine.

Nowadays there is insurance for everything; health insurance, auto insurance, home insurance, disaster insurance, travel insurance, even an insurance that comes with your nice Ray Ban sunglasses. We have insurance so that when things go wrong, we will have financial help. Thus, insurance becomes really important to us any time we buy something.

However, I wonder if there is a danger in how accustomed we are to having insurance.

For instance, consider health insurance. We have it so that if we become sick, there will be money to pay for our doctor, hospital, or medical bills. Because we have health insurance, we do not worry enough about our health to stop overeating, avoiding exercise, and otherwise neglecting our health. The same is true for auto insurance. Subconsciously, we may not take good care of our car or drive carefully because we know we have auto insurance. Likewise, having home insurance gives us the confidence to cut into walls when we remodel; but what happens if you cut into a wall and your home collapses and then the insurance company says it cannot be covered?

Being insured may not motivate us to stay healthy or take good care of our cars and houses, but it does weaken our consciousness.

Insurance provides a false sense of safety which allows us to push our concerns out of our conscious mind and into our unconsciousness. Buddhism warns us that we have no guarantees, "No absolute insurance."

Consciousness starts to grow within us when this truth is fully realized, reminding us of the true value of our lives. This is when Buddhism becomes a teaching of gratitude.



## *From the President of the Board*

**WRITTEN BY JANE BLECHMAN**

March, they say “comes in like a lion and goes out like a lamb”...rain, snow, below freezing and then 60 degrees, budding flowers, green grass, warm breezes, longer days, it is a welcome season, Spring.

Winter is usually quiet around Ekoji, but once March happens, we start getting busy. Obon preparations, special services, Spring cleanup, fundraisers, Cherry Blossom festival, potlucks, all are being organized. It is hard work but fun, it gives a sense of accomplishment, yet frustration arises when we don't have enough help.

My message to you this month...VOLUNTEER. In a small way, in a large way, it all matters; Ekoji is a wonderful community of people, let us play and work together in 2019 .

## Registration Is Now Open for the 1st Annual Ekoji Arts Fair

Creative artists of all mediums and vendors who specialize in handmade goods are welcome to participate. Spaces will go quickly and shall be allotted on a first come, first serve basis.

Visit [ekoji.org](http://ekoji.org) to register today and secure your spot in this community event which will be promoted within our Sangha as well as via the local newspaper, email and social media.

As an added incentive, participants in this first annual event will receive priority registration at next years event to be held the first Saturday of May.

**When: Saturday, May 4th**

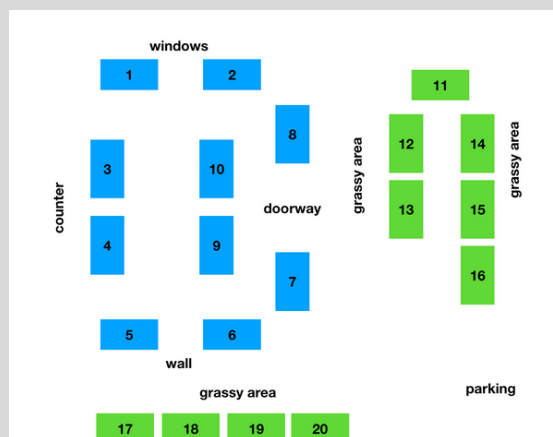
**Time: 10 a.m. to 3 p.m.**

**Vendor Set Up: 8 a.m. to 10 a.m.**

**Vendor Clean Up: 3 p.m. to 4 p.m.**

**Cost: \$10 per space (tables and tents available for an additional charge).**

If you would like to volunteer to help with this event, please contact Andrea at [ekoji.info@gmail.com](mailto:ekoji.info@gmail.com) or attend our next planning meeting on March 17, 2019 at 10 a.m. in the Sangha Hall.



## *Why Are There Membership Fees at Ekoji?*

WRITTEN BY VICKEY CHURCHMAN

Many organizations require you to pay membership fees before you can access the benefits of membership. Additionally, you may have to pay extra to participate in special events or receive supplementary services; like a gym membership that requires you to pay extra to attend fitness classes.

That's not the case at Ekoji Buddhist Temple! Anyone is welcome to attend Sunday services and any social events at Ekoji regardless of their membership status.

Becoming a member of Ekoji Buddhist Temple is a way of expressing your personal investment in maintaining the temple's ability to meet the needs of its sangha. Membership pledges provide a means for the temple's Board to predict their ability to pay for operational and educational expenses. Without membership pledges, the Board would be dependent on Sunday donations and fundraising, which can fluctuate unpredictably, to meet our needs.

Ekoji needs approximately 200 members to meet the annual budget needed to keep the temple running. We are still very far from reaching this goal.

You can pledge a minimum of \$500 a year to become a full member or a minimum of \$250 to become an associate member. A full membership includes voting rights on decisions that guide the future of Ekoji and a membership with Buddhist Churches of America. You are free to choose when and how you pay your pledge throughout the year; you can pay monthly, quarterly, or annually. Dana envelopes, provided in the lobby of the Hondo, are available on

your way into service; put your name on the envelope, put your donation inside, and place it in the dana bowl during service. The Treasurer will make sure that your donation is applied toward your pledge. Cash, credit cards and checks are accepted at Sunday services or you can pay online any time at [www.ekoji.org](http://www.ekoji.org). The goal is to fulfill your donation pledge within the current year's time. Ekoji's membership committee, a.k.a. Team Purple, make themselves visible and available at Sunday services to answer any questions you may have about the process of becoming a member of Ekoji.

Of course, membership at Ekoji is about more than financial viability. The temple also depends on its members to help clean and maintain the buildings and grounds, to represent the temple at community outreach events, and to fill various volunteer positions within the temple's stewardship committees.

It takes a village (or a Sangha) to keep our doors open. We truly appreciate every member of Ekoji Buddhist Temple. Every member is needed in order for the temple to remain strong and have a secure future. If you are not already a member but want to begin your membership at Ekoji, please see Leslie Poon or Vickey Churchman after Sunday service or email Team Purple at [membership@ekoji.org](mailto:membership@ekoji.org) and we will be happy to help you get started.



### **Vickey Churchman & Leslie Poon**

Ekoji Membership Committee

A.K.A. Team Purple

[membership@ekoji.org](mailto:membership@ekoji.org)

# MARCH AND APRIL 2019 RELIGIOUS SERVICES AT EKOJI



## REGULAR SUNDAY JODO SHINSHU BUDDHIST SERVICE

*March 17 & 31*

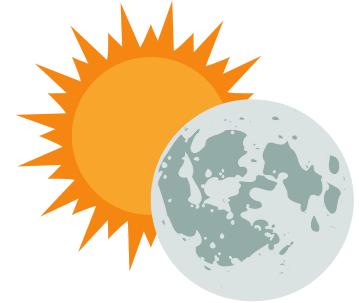
*April 14, 21, 28*

Everyone is welcome to join us as we listen to the Dharma, practice the Nembutsu, and recite the chants associated with the tradition of Shin Buddhism. Dress is casual, yet conservative.

## OHIGAN SPECIAL JOINT SERVICE

*Sunday, March 24 at 11:00 AM*

Ohigan services occur twice a year around the spring and fall equinox when the daylight and nighttime are equal. Rev. & Mrs. Hayashi will be hosting an onigiri bento box fundraiser following our Ohigan service this year. Each \$10 bento includes two seasoned rice balls (onigiri), Japanese style omelet, cabbage salad, and braised chicken and vegetables (chikuzen-*ni*). This fundraiser is pre-order only; visit [www.ekoji.org/order-your-onigiri-bento-box-today](http://www.ekoji.org/order-your-onigiri-bento-box-today) before March 22 to order your bento lunch.



## HANAMATSURI SPECIAL JOINT SERVICE AND POTLUCK

*Sunday, April 7 at 10:30 AM*

"[Hanamatsuri] service celebrates the birth of Siddhartha Gautama... The more proper name for this service is *Kanbutsu-e* (bathe-Buddha-gathering) in reference to the ritual of pouring sweet tea over a statue of the baby Buddha. The pouring of tea represents the gentle rain, perfumed by flower petals, that was said to have fallen in Lumbini Garden when Siddhartha was born."

*-from Shin Buddhist Service Book. Anaheim, CA: Buddhist Education Center, 2014.*

## OASAGI SERVICE

*Tuesday, April 16 at 10:00 AM*

Held on the 16th day of each month. Oasaji is a memorial service held to honor our founder, Shinran Shonin. We chant the Shoshinge, in which Shinran Shonin delineates the development of the Jodo Shinshu path. Then we offer incense and sit in quiet reflection



# MARCH AND APRIL 2019 DHARMA SCHOOL EVENTS AT EKOJI



## **CHILDREN'S DHARMA SCHOOL CLASS**

*Sundays, March 17 & 31 at 11:00 AM*

*Sunday, March 24 at 10:00 AM*

*Sundays, April 14, 21, & 28 at 11:00 AM*

Ekoji's Children's Dharma School classes are open to children ages 4-17. Please contact [ekojidharmaschool@gmail.com](mailto:ekojidharmaschool@gmail.com) if you would like to register or if you have any questions.

## **FAMILY SERVICE**

*Sunday, March 31 at 10:00 AM*

Family Services are held once a month and are open to all sangha members and children of all ages.

## **CHILDREN'S DHARMA SCHOOL FAMILY NIGHT**

*Saturday, April 6*

5:00 PM Dharma School Service

5:30 PM Dinner

6:30 PM Presentation Prep

## **UPCOMING NEN DAIKO PERFORMANCES**

23 March: Smithsonian American Art Museum Family Day

31 March: Sakura Taiko Takeover (Tidal Basin)

6 April: NJAMF Freedom Walk (Dounen Daiko will join us)

13 April: Sakura Matsuri



# *Dounen Daiko Performs at Greenspring Retirement Community*

**WRITTEN BY CARLA BROWN**

Last year, Nen Daiko started a taiko group for teens aged 12-17 called Dounen Daiko, named by Rev. Hayashi, Ekoji's resident minister, and meaning "child or offspring of Nen Daiko." The group has grown to seven participants. On February 9, they performed at the Greenspring Retirement Community. Nothing motivates like an upcoming performance!

This was the first time we performed at Greenspring and we hoped the residents would enjoy the show. It was great to see the room fill completely.

Dounen Daiko started by singing the kuchishoga or the spoken rhythms of the song. Starting with voices rather than drums allowed the audience to get used to the volume. When Dounen Daiko started playing, some residents covered their ears but soon they got used to the sound and feeling of the booming taiko.

After the show, Dounen Daiko invited residents to play taiko. Some residents walked to the drums while others made their way with wheelchairs and walkers. In some cases, we carried the taiko to their seats. At least half the audience gave it a try. Their beaming faces was the best thank you ever. The Dounen Daiko performers were very encouraging with the residents and seemed to have a natural ability to engage across the generations.

We saw such an incredible level of enthusiasm from the Dounen Daiko members - both on and off stage. We saw members growing in confidence and skill in just a few months. We are so proud of them and appreciate how well they represent Ekoji with their passion, kindness, and spirit!

Thank you to Greenspring Retirement Community (Uvonne and Maria!) and to the parents of the Dounen members who fed all of us before the performance. Thank you especially to Mike Gallan for taking these beautiful photos. Hopefully they will play taiko with us some day!



# MARCH AND APRIL 2019 REGULAR PROGRAMS AT EKOJI



## MEDITATION GROUP

*Thursdays March 21 & 28 at 7:30 PM*

*Thursdays April 4, 11, 18, & 25 at 7:30 PM*

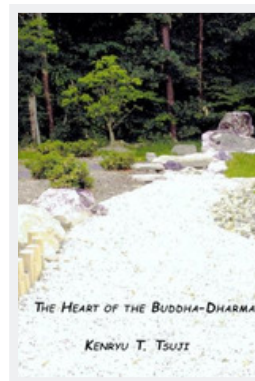
Meditation practice is held in the hondo. Following the formal meditation session, we have an informal social gathering in the sangha hall, where we enjoy tea and snacks. If you are new to meditation, or Ekoji, we suggest you arrive 30 minutes early to receive some guidance on what to expect during our meditation. If you need any additional information, please contact the facilitator, Frank Swithers, at [meditation.ekoji@gmail.com](mailto:meditation.ekoji@gmail.com).

## BUDDHISM BOOK DISCUSSION AND STUDY GROUP

*Sunday, March 17 at 12:30 PM*

*Sunday, April 21 at 12:30 PM*

The book discussion group generally meets on the third Sunday of the month, right after service and refreshments. We are currently working our way through *The Heart of the Buddha-Dharma* by Kenryu T. Tsuji. Even if you aren't able to do the reading, please join the discussions anyway. All are welcome. Feel free to bring a bag lunch.



## OPEN MIC NIGHT

*Saturday, April 27 at 7:00 PM*

Bring your voice, your music, and your friends to join us for Open Mic Night. Set up is at 7:00 PM and the show starts at 7:30 PM.

We provide: sound system, mics, keyboard, food, sodas for sale.

\*You must be physically present to sign up.

## ALL SANGHA TEMPLE CLEAN-UP

*Sunday, April 7 at 9:00 AM*

Come and help us clean the temple. Cleaning the temple increases our awareness of the atmosphere at the temple and our appreciation for the people that care for the temple by reminding us why we are able to visit each week to listen to the Dharma. All are invited.



# MARCH AND APRIL 2019 SPECIAL EVENTS AT EKOJI



## **DRAWING ON THE RIGHT SIDE OF THE BRAIN**

*Friday, March 22 at 7:00 PM*

Anyone is welcome to participate in this evening session of the Ekoji Sangha Skill Sharing Workshop and Discussion series. To reserve your seat for any of our workshops please visit [www.ekoji.org/workshops/](http://www.ekoji.org/workshops/) or email [ekojiworkshops@gmail.com](mailto:ekojiworkshops@gmail.com).

The suggested donation for each session is \$15 per person.

Donations may be made using Paypal or in person via card, cash or check on the date of the workshop.

## **NON VIOLENT COMMUNICATION**

*Saturday, April 20 at 10:00 AM*

Anyone is welcome to participate in this morning session of the Ekoji Sangha Skill Sharing Workshop and Discussion series. To reserve your seat for any of our workshops please visit [www.ekoji.org/workshops/](http://www.ekoji.org/workshops/) or email [ekojiworkshops@gmail.com](mailto:ekojiworkshops@gmail.com).

The suggested donation for each session is \$15 per person.

Donations may be made using Paypal or in person via card, cash or check on the date of the workshop.



## **TEA CEREMONY**

*Saturday, March 30*

*Saturdays, April 6, 13, 20, & 27*

Join us for a traditional tea ceremony. There are two sessions and reservations are required. Session 1 is at 1:00 PM and Session 2 is at 2:30 PM. The \$10 fee includes tea and a sweet treat. Payment may be paid in cash, check or via Paypal. To sign up email [ekoji.info@gmail.com](mailto:ekoji.info@gmail.com) or visit [www.ekoji.org/workshops/](http://www.ekoji.org/workshops/)

## **BOARD OF DIRECTORS GATHERINGS**

*Board Retreat - Sunday, March 24 at 12:30 PM*

*Board Meeting - Sunday, April 28 at 12:30 PM*



## DANA LIST



*Ekaji Buddhist Temple thanks the following individuals for their generous gifts during Jan., Feb., and Mar. 2019:*

Michael & Claudia Harp,  
in memory of Yukio Kawamoto  
Robert A. Rowe and Archer W. Harmon  
BDK America  
Joran and Ann Stegner  
Norm and Gail Kondo,  
in memory Evelyn Kitahara,  
Shigeki Sugiyama,  
and Yukio Kawamoto  
Arthur and Keiko Brown  
Anthony and Kristy Capizzi  
Michael and Miki Welck  
Justin and Molly Kuramoto  
Ron and Nora Nagatani,  
in memory of Yukio Kawamoto  
Ken and Nori Nakamura,  
in memory of Mary Okamoto  
Thomas and Phoebe Horio  
Marisa and Tamon Honda  
Tasha and Thomas Brickhouse  
Arlene and Wayne Minami  
in memory of Fred Okamoto  
and Konami Kakeuchi  
Andrew Barden  
Andrea Walter and Christopher Barry  
Carmen Bernett  
Jane Blechman  
Justin Carter

Andrea Chapman  
Jon & Alice Craig  
Ronald Crawley  
Tom Cray  
Joseph Crilley  
John Daniels Riveros  
Katherine Diep  
Mahkameh Doroud  
Joe Fabre  
Stanley Fujii  
Kelli Gary Higgins  
Robin Graine  
Susan Grimes  
Rahman Gunawan  
Edward Hill  
Maya and Brant Horio  
Emily Ihara  
Laverne Imori  
Yuko Keicho  
Hisao, Kent Matsumoto  
& Margeurite Backhausen  
Rachael Lang Harris  
Mark LaWall  
Jay Lindenberg  
Cliff Long  
Sandra Lukic-Dapoingy  
Christopher Macey  
James McMahon

Fairfax Memorial Funeral Home  
Arlene and Wayne Minami  
Bert and Nancy Motonaga  
Reverend Brian Nagata  
Lisa and Greg Nakamura  
Kim Nguyen  
Trang Nguyen  
Kathryn Oates  
Samantha Ondrusek  
Yukiko Orlandella  
Linda Pettit-Waldner  
Leslie Poon  
Piyatida Rask  
Annemarie Russell  
Edward Sams  
Roger Scott  
Bob Shimokaji  
Dale Shirasago  
Ajit and Samantha Silva  
Frank Swithers  
Anna Tecson  
Pilar Uelmen  
Charles Uyeda  
Ramona Verrico  
Melanie Willis  
Richard Wolford

## *Afterword*

I would like to extend my apologies to the readers of our newsletter, the Kalavinka. You may have noticed that you have not received a new issue since December of 2018. Our previous editor moved to Seattle and we were briefly unable to fill that position.

Fortunately, Ken Nakamura has volunteered to take on the role of Editor in Chief for the next few months until we can find someone to take over. Molly Kuramoto is our new Production Editor; she will assist Ken in getting the newsletter out.

If you would like to help, please email: [janeblechman@gmail.com](mailto:janeblechman@gmail.com)

Thank you for your patience and understanding during this time of transition. I hope you enjoy our March issue.

Jane Blechman  
President/Outreach Committee Chair

