



**MOUNTAIN VIEW
BUDDHIST TEMPLE**

50th
1961-2011
Anniversary

Aspire:
Past, Present and Future
發願

MOUNTAIN VIEW BUDDHIST TEMPLE

A Cold Shower

By Rev. Dean Koyama

at first, and soon got used to the colder water.



up because I hate shocking my body with cold water in the morning. It was taking a long time for the water to warm up. In fact, it didn't warm up at all. However, because the weather had been so hot, the water wasn't altogether cold either. So I got in, grimaced

When I got to the hotel lobby, I saw many of the other ministers. After the usual greetings, we began to do what ministers often do. Complain. One minister asked why we always stay at the same hotel in LA. Another complained that the weather was so hot. And another said that the air conditioning in his room didn't work last night so he couldn't sleep.

That's when I piped in and said, "Yeah. There must be something wrong with this hotel because I didn't have any hot water to take a shower."

This past summer, I attended a Minister's Seminar in Los Angeles. When I arrived, LA was in the midst of a hot spell with temperatures in the mid 90's. Whenever we have our meetings in Los Angeles, we always stay at the same hotel and over the course of the many years, I could see areas where the hotel and rooms were getting old and run down despite the repainting, re-carpeting and new furniture. So I was just glad that my room had air conditioning.

The next morning, I woke up to take a shower. The weather was already warm, even in the morning. I turned the shower handle and waited for the water to warm

Welcome Back—President's Message

By Bob Imai

ple. It's a time when we return to having Sunday Services, Dharma School students start a new school year, and last but not least, we have our **50th Anniversary Service and Celebration** at the end of the month.

Our dedicated Dharma School Superintendent/School Board, Dharma School Teachers, and Dharma School parents have worked hard to prepare for the coming year. The focus is to teach

our children and young adults, the Dharma and skills for their future.

I also want to recognize all the effort put into the upcoming 50th Anniversary Service and Celebration. Many, many people worked very hard to make the 50th Anniversary Service and Celebration a special and memorable event. The special guests, friends, family and Members of the Mountain View Buddhist Temple will be very impressed by the service and celebration. I'd like to say thank you



Welcome back from summer vacation. I hope everyone had a wonderful summer break.

September is an exciting time for the Mountain View Buddhist Tem-

Oct/Nov Highlights

- **10/1 Mon, 7:30 PM**
Religious Planning Meeting
- **10/7 Sun, 10:00 AM**
Shotsuki Hoyo
- **10/10 Wed, 7:30 PM**
Temple Board Meeting
- **10/12-14 Fri-Sun**
BCA FBWA Conference
Hosted by Coast District Chapters and Temples DoubleTree Airport, San Jose
- **11/4 Sun, 10:00 AM**
Shotsuki Hoyo
- **11/11 Sun, 10:00 AM**
Eitai-kyo
Perpetual Memorial Service
Guest Speaker:
Rev. Ron Miyamura,
Midwest Buddhist Temple

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October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Temple 50th 10am - Ki-E-Shiki	1 6:30pm - Girl Scouts 7pm - Kendo @ gym 7:30pm - Religious	2 6:30pm - Cub Scouts 6:30pm - Taiko 7pm - Nakayoshi 7pm - Shodo Kai @	3 6:30pm - Boy Scouts 7:30pm - Temple 7:30pm - Tri-City	4 9am - Senior activity 6:30pm - Taiko 7pm - MVB	5 4:30pm - Calligraph	6 7:30am - Oshiro
7 10:00am Sunday 10am - Shotsuji 11am - Dharma 11:30am - YBA 12pm - Taiko 2:30pm - TCYG @	8 9am - Senior activity 6:30pm - Girl Scouts 7pm - Kendo @ gym	9 6:30pm - Cub Scouts 6:30pm - Taiko 6:30pm - Tri-City 7pm - Shodo Kai @	10 7pm - Boy Scouts 7pm - Temple choir 7:30pm - Temple	11 9am - Senior activity 6:30pm - Taiko 7pm - MVB	12 ECHO DEADLINE FBWA conference @ 4:30pm - Calligraph 6:30pm - Fuji Club 7pm - ABA @ YBA	13 FBWA conference @ 2pm - Tri-City Youth
14 10:00am Sunday FBWA conference @ 8:30am - O-asaji 11am - Dharma 12pm - Taiko 2:30pm - TCYG @	15 6:30pm - Girl Scouts 7pm - Kendo @ gym	16 6pm - Taiko 6:30pm - Cub Scouts 7pm - Shodo Kai @	17 Senior 7pm - Boy Scouts 7pm - Temple choir	18 Senior 9am - Senior activity 6pm - Taiko 7pm - MVB	19	20
21 10:00am Sunday 8:30am - O-asaji 11am - Dharma 12pm - Taiko 2:30pm - TCYG @	22 6:30pm - Girl Scouts 7pm - Kendo @ gym	23 6pm - Taiko 6:30pm - Cub Scouts 7pm - Shodo Kai @	24 7pm - Boy Scouts 7pm - Temple choir	25 9am - Senior activity 6pm - Taiko 7pm - FPC Meeting 7pm - MVB	26	27 9am - TCYG @ gym 4:30pm - TCYG
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Religious Planning—October

ALL SERVICES WILL BE HELD IN THE NEWLY UPDATED HONDO

October 7th, Sunday 10:00 AM—Shotsuki Hoyo



October 12-14th Friday-Sunday BCA Federation BWA Conference

Hosted by Coast District Chapters and Temples at the DoubleTree Airport, San Jose

October 14th Sunday 10:00 AM



October 21st Sunday 10:00 AM



October 28th, Sunday 10:00AM



What Do These Icons Mean?

In an effort to consolidate information within the Echo as well provide more information on services, the following icons indicate various activities for Sunday Services:



Shotsuki Hoyo Service



O-asaji (Morning Chanting)—8:30 AM



Adult Discussion—11:00 AM



Dharma School—11:00 AM

The O-asaji Group Welcomes You

WHO IS O-ASAJI?

The O-asaji Group consists of current members: **Aiko Sugimoto, Miyo Takegami, Aggie Hirotsu, Ed Tsumura, Mitsue Fukuda, Marie Jacobs, Heidi Terada, Derek Ives, Ken Nakano, Dennis Tsukagawa, Kimi Nishimura, Irene Hashimoto** and **Reverend Koyama**.

WHAT IS O-ASAJI?

Learning and practicing chanting of various types of Sutras, medita-

tion, service procedures and etiquette, and how to set up the Altar.

WHERE DOES O-ASAJI MEET?

The Oasaji Group meets in the Hondo (Temple).

WHEN IS O-ASAJI?

Prior to Sunday morning service at 8:30 am.

WHY O-ASAJI?

This offers the opportunity for those individuals who wish to

enhance their chanting skills, to better understand how a service is conducted and to learn Jodo Shinshu rituals.

If you are interested in joining, observing or just curious, please contact Reverend Koyama 650-964-942 ... or drop in at 8:30 am before Sunday service.

NO EXPERIENCE NECESSARY!



A Cold Shower (Cont'd from Page 1)

SEEING
things
just as they are
could also
MEAN
seeing things
from another
PERSPECTIVE

We all felt that the minister with the broken air conditioning should complain to the hotel and have it fixed. I thought about complaining to the hotel front desk about my hot water problem, but it was getting late and we had to leave for our meetings.

Besides, I thought, maybe with all the ministers in the hotel, we all woke up and took showers all around the same time so that's why there wasn't any hot water for me. Maybe it would be fixed by the next morning.

But the next morning, the same thing happened. The water never got hot enough. Again, it wasn't too bad because the weather remained hot as well.

Later that evening, Linda and Curtis had driven to LA to meet up with me. After the seminar concluded the following day, we were driving to Arizona to help move Curtis in for school. LA was still in the 90's, but we were heading to 115-degree weather in Arizona. I kept thinking, boy this summer, wherever we went, Florida, LA, Arizona and even back home it had been a hot summer.

The next morning Linda got up to take a shower. I told her, "Watch out. This hotel is so old that there might not be any hot water."

After she got out of the shower, I asked, "Was there any hot water?"

"There was plenty."

"Yeah, but did it get hot enough?"

"It was steamy," was her reply.



I was so happy; finally I could take a comfortable shower. I got in turned on the water AND...

It was still cold.

I yelled to Linda, "You used all the hot water!!!!" I couldn't believe it. How could there be so much hot water for her and none for me?!

Then I looked at the faucet again. The faucet looked just like the one that we have in our house. I turned the handle the same way that I do at home.

Could it be?

Can the handle go the other way?



All these times, I had been turning the handle the wrong way. I had been turning it the way I normally do at home but I only got cold water. I blame the hotel because it was old; the other ministers for waking up at the same time and using all the hot water, and even Linda because she used too much by herself!

But it wasn't the hotel's fault. It wasn't the ministers' fault. And much to my own disappointment, it wasn't Linda's fault either.

The hot water was always there. Ready and willing to be used. **But it was me, my fault.**

Due to my ignorance and stubbornness, I kept turning the STUPID handle the wrong way. I should have turned the handle clockwise not counter-clockwise.

For many years, now, we have learned that one of the fundamental teachings of the Buddha is to see things just as they are. It is to see that life continues to change. It is to realize that our lives are the results of numerous causes and conditions.

According to Shinran Shonin, the founder of our Jodo Shinshu Buddhism who taught us of a way to Enlightenment through the Nembutsu, "Seeing life as it is," means for us to look at ourselves honestly and deeply. It is to realize that we are not perfect; we sometimes make mistakes. And it is when we fail to admit the possibility that we have made a mistake or that we are not perfect, that we bring suffering upon ourselves.

A Cold Shower (Cont'd from Page 4)

In other words, seeing things just as they are could also mean to see things from another or different perspective.

I kept turning the knob one way, which resulted in the suffering of taking a cold shower. Luckily for me it was in the middle of a very hot summer. Imagine how I would have been if I had to take a cold shower in the middle of a cold winter?

The lesson that I learned from this shower was to remind myself, that things change and that sometimes I have to try another approach.

We are upon our 50th Anniversary celebration. Although we may be a bit late, it was well worth the wait so that we can witness and begin to use our new facilities.

We have a seismically retrofitted Temple building and remodeled YBA Hall. We also have a brand new Nokotsudo Columbarium. In addition to the newly completed construction, we have refurbished or bought new items for the altar. Along with these changes come other changes. Some of the rooms may have gotten smaller. Others may have gotten larger. Some

rooms may not be used in the same way as it was before.

There are also new policies for the columbarium. It may take a little while to get used to the new things and the new way we do things. But I'm sure you will enjoy the benefits in the end. That is why, I ask for your help and patience to keep an open mind. Otherwise, we may just keep taking a cold shower.

Gassho,
Rev. Dean—brrrr.

SAVE THE DATE

Keiro Kai Luncheon

Sunday November 11, 2012, 12:00 Noon

Come to celebrate and honor our Seniors

Reservations will be mailed out to all Temple Members

RSVP by October 26

Welcome Back (Cont'd fr. Page 1)

to all the volunteers who've worked tirelessly to make this a great success and to Reverend Koyama for all his effort in preparing for the service.

I'm reminded often that we have a great Sangha. It's because of the

members and volunteers who maintain this special place that we can learn the teachings of Jodo Shinshu, eat delicious and nourishing food, laugh and have some fun. We may not always agree, but everyone's heart is in the right place for the betterment of the

Temple. So say thank you often to the many volunteers who do so much for the Temple. Thank you.

In gassho,
Bob Imai

Shotsuki Hoyo (Monthly Memorial Service)

The Shotsuki (Monthly Memorial) Services are conducted and sponsored by the temple in memory of the past members who have passed away during a given month. It is not meant to be a substitute for families to observe their Family Memorial Service for their loved ones. The Shotsuki loved ones are:

**October
Monthly
Memorial
Service**

**Sunday
Oct 7th**

10:00 am

Sachi Adachi	Yachi Miyake	Tsui Sakai
Mary Hayamizu	Yoshiaki Murakami	Hagiyo Sato
Ted Hayashida	Lily Nakamura	Itoju Sawamura
Masako Inokuchi	Aiko Nakano	Yas Shimoguchi
Fred Inouye	Takeno Nara	Drew Sugimoto
Toshio Kakigi	Mikiyo Nishimoto	Takie Sugimoto
Hoichi Kato	Hiroshi Obuchi	Dr. Ray Uchiyama
Ihei Kawamoto	Toemon Ogino	Masayo Yokoyama
Mamoru Kawamoto	Shigeto Okimoto	Yukiko Yonemoto
Takeru Kawamoto	Kayoko Okubo	Mollie Yoshizumi
Masakatsu Kito	Jerry Okumura	

If a name has been inadvertently left off or you would like to add a family member to the Mountain View Buddhist Temple list of Shotsuki names, please contact Rev. Koyama.

E-mail dkoyama@comcast.net
Phone (temple office) **(650) 964-9426**

150 Club News

We have 3 winners since the last Echo article for the 150 Club. Our July winners were **Ted** and **Alice Chu**. Our August and September winners were **Allan Nara** and **Angie Nakano**. Congratulations to our winners. Each month someone wins \$500 with a Grand Prize also picked at the end of the year for \$2500.

If you would like to participate please contact **Glenn Kitasoe**:

Phone 408-749-9925
Email: rgkit114@aol.com

FUJI CLUB—MTG Oct 12th, 7PM
Welcome girls 7 and older!

Toban & Echo Schedule

	Toban	Echo	Article Deadline
OCT	Zones 12 & 13	Oct 17 (Wed)	Oct 12 (Fri)
NOV	Zones 1 & 2	Nov 21 (Wed)	Nov 16 (Fri)
DEC	Zones 3 & 4	Dec 19 (Wed)	Dec 14 (Fri)

Please note the revised article deadline, printing dates and email submission process. This is provide time to layout in the new format. Thank you.

Email all articles to echo@mvbuddhisttemple.org

Trips and Casino Day Coming Soon

OCT 17 & 18—an overnight trip to Solvang with a guided tour and hosted lunch. This trip will include a trip to Chumash Casino with a \$25.00 return.



The trip is \$225.00 which the Senior Activities will subsidize some of the cost. The next day we will head for Santa Maria and have another hosted tour and lunch at the Hayashi Fruit Stand. A relative of Jim Satake. Please sign up for this interesting and fun trip. Call Amy Imai for this venture and for more information. We still have space available, so don't miss out on this trip.

NOV 15—We again will enjoy Casino day hosted by **Dennis Tsukagawa**. Save that date. A fun day learning the games such as Black Jack, Pai Gow, and Craps, with lunch and many prizes to win. This will be our last day be-

fore the holiday break. Please plan to join us.

We are still looking for new ideas and places of interest that we can program for next year. We want to accommodate and entertain the Seniors on special and interesting trips. Let us hear from you if you have any thoughts on places to visit.

COOKBOOKS FOR SALE

We continue to sell Senior Cookbooks. They cost only \$18 and make good gifts.



Still looking for yarn and special Japanese materials. If you know anyone who has these extra products, please mention our Senior Craft Group. Our Seniors are kept very busy with different projects. These materials are a big tool for their projects.

SENIOR CRAFT HOURS

Thursdays, 9:00AM-12:00PM

Light refreshment of coffee, tea and desserts are always provided. Everyone is welcome to join in and share new ideas. Please feel free to join us, for we are always looking to make new friends.

We have started up again on August 30th after our summer break. We continue with craft, card playing and line dancing.

SENIOR KNITTERS

Whether you are a beginner or an expert in knitting and crocheting, **Debbie Kitani** has been very helpful to the Senior Craft Class every Thursday morning, showing the ladies new ways to knit. Debbie has many new ideas and her knowledge will make your knitting and crocheting enjoyable.

LINE DANCING

Thursdays, 9:30AM-10:00AM

For anyone interested in getting some morning exercise, line dancing is taught by **Naomi Ariyama**. A short, but invigorating half hour. Come and enjoy the group.

Senior Activities for Fall

The Mountain View Buddhist Temple would like to express its heartfelt condolences to the family and friends of:

Katherine Jofuku July 8, 2012

May you find comfort in the embrace
of Infinite Light and Life,
the wisdom and compassion of Amida Buddha.

Namo Amida Butsu



The ECHO



**Buddhist
Women's
Association**

25 to Attend BCA FBWA Conference in San Jose

Less than a month remaining 'til the **BCA FBWA Conference** in San Jose at the Doubletree Hotel. There will be about 25 people from Mountain View Temple attending and over 400 people expected for this conference.

BWA will be chairing three November services: Shotsuki Hoyo on the 10th, the 18th, and the 25th Memorial service with guest speaker **Rev. Katsuya Kusunoki** as our guest speaker. In December BWA will be having an **UDON Fundraiser**. Watch for details or ask a BWA member.

NO BWA MEETING IN OCT

DONATIONS

Gratefully Acknowledged

Barbara Matsuba (\$200)

In memory of husband, Jim

Sue Abey (\$100)

In memory of husband, George

Welcome Back to Dharma School!

Special thanks to our outgoing cabinet members for their years of service: **John Arima** (Dharma Education), **Kelly Kaneko** (parent volunteer coordinator) and **Craig Hamasaki** (communications).

Welcome back pizza and sandwiches lunch was a success, thanks to all who helped, especially **Grace Lee, Debbie Aiu** and **Joy Morimoto** for organizing the lunch.

DONATIONS

Gratefully Acknowledged

Randy & Debbie Sato

Tyler Sato's birthday



Congratulations to the Dharma School 2012-2013 Cabinet

**Superintendent
Ex Officio
Treasurer
Secretary
Registration
Parent Volunteer Coordinators**

**Communications
Dharma Education
Taiko**

**Lisa Schindler
Bruce Morimoto
Karen Bunya
Katie Tamura-Itow
Janice Lee
Debbie Sato
Traci Endo
Curt Fukuda
Debbie Inenaga
Hien Do**

Join ABA at the New Member Dinner—November 2nd!

Thanks to **Irene Uchiyama** for organizing the trip to SF Giants again this year. Also thanks to **Joanne Makishima** for being second in command. The group had a great time even if the Giants lost that game. Great job Irene!

Thank you **Joanne Makishima** for organizing the fun event to the San Jose Giants game. Even though

no one caught a baseball everyone had a good time with good food and most of all good company! And the SJ Giants won!

ABA Members are asked to come Friday Sept. 28th & Saturday Sept. 29th to help prep for the 50th Anniversary Celebration. Check with **Sterling** to ask who to contact to find out specifics.

ABA is donating the funds to pay for two new couches for the Minister's Lounge as a gift to MVBT for its 50th Anniversary.

JOIN ABA! SAVE THE DATE!

Friday, November 2, 2012

New Member Dinner!

Learning to Leave Your “Kingdom”

I naively thought that I was prepared to see poverty, malnutrition, and disease as I embarked on a five week long summer study abroad program in Guatemala. An enthusiastic anthropology professor accompanied myself and 11 other liberal arts students to Antigua and Acatenango. Our research concerned perceptions of body image, nutrition, and economics among the rural populations of Guatemala. Armed with blood pressure cuffs, height and weight scales, and a 40-page interview, we worked in pairs to knock on doors and collect data. I had done my homework and read about the history, socio-economics, and culture of Guatemala. I had even watched videos and short films. I felt more than ready to witness a dramatically different country. I would soon learn that experiencing a developing country first-hand is just not the same as reading about it in a book.

Our pilot research covered a wide array of topics. Our research team was pioneering themes of body image and food insecurity in rural Guatemala. Guatemala has an 80% food insecurity index. This means that **8 out of 10 Guatemalan families are worried about having enough to eat**. The United States has a food insecurity index of about 15-20%. With the majority of families struggling to find enough food, we wanted to know if fat stigma exists in this type of environment. Are the people of Guatemala preoccupied with their body image (being fat, too skinny etc.)? We conducted similar surveys with children, asking them to keep diaries of what they ate for

By Curtis Koyama

breakfast, lunch, and dinner. We also showed pictures of average, obese, and malnourished children and asked how they would categorize these people and what characteristics these people would likely have. We completed the data-collecting phase during the five weeks, and continue to analyze and publish findings later during the year.

Upon arriving, two distinct experiences shocked me. **Guatemala City is one of the most dangerous cities in Central America**. Policemen armed with sub-machine guns patrolled almost every block.

A less impressive observation concerned the bathrooms. In Guatemala and many other Central and South American countries, you throw toilet paper in the trash rather than flushing it down the toilet. These two observations, along with many other culture shocks took some getting used to.

Half the time, it felt like a vacation. We had lots of free time to bargain in markets, cook our own food, spend time at local bars, visit Mayan ruins or hike up volcanoes. Guatemala is filled with lush greenery and superb vistas. Swimming in a lake surrounded by volcanoes and forests was one of the highlights. I spent a lot of time getting to know the other students as well as my professor. This experience allowed me to make life-long connections with students from around the country.

Those brief feelings of euphoria however, were always countered with blunt opposites. We spent the majority of time in a rural village consisting of a couple hundred households. The villagers spoke only Spanish and there was very little to do. We stayed in a “hotel,” basically a large 100-year-old house with six rooms, and only rarely did we have running water and consistent electricity. The sheets smelled like mold and our floors were covered in dust and debris. Large bugs and huge spiders could be found anywhere from your bed to your dinner plate. We often would go days at a time without showering and when we did have enough water to shower, the pressure was so weak you could barely rinse the shampoo out of your hair. I would soon learn that our “hotel” was one of the nicer buildings within town. Everything from our gas stove, refrigerator, running water, and electricity were luxuries for the average citizen.

The hardest moment of the trip occurred when we interviewed local Guatemalans about their food insecurity. We had to ask questions such as “In the last three months, have you ever skipped or diminished the quantity of food in your meals?” “Have you ever gone to bed hungry?” “Have your kids gone hungry or had unbalanced meals?” Often times, the respondents would answer yes to every single question. Even the wealthier members of the town would acknowledge that they too went without food. It was heartbreaking when the children were in the room during the interview.

Learning to Leave Your “Kingdom” (Cont’d from Page 9)

Seeing hungry children has left an everlasting impression in my mind.

When I was a young Dharma school student, I heard the tale of Prince Siddhartha who decided to leave his kingdom one day to take a walk. He is appalled at the human suffering he witnesses and decides to leave his kingdom to become a monk. As I reflected on my trip to Guatemala, I too had momentarily left a comfortable and luxurious home behind and witnessed tremendous human suffering.

Like the Prince, I realized that my life was very sheltered and felt as if I could not return home in the same way. Often times it is hard

for us to leave our life of comfort and routine. Our busy schedules and fast-paced 21st century lives leave many opportunities to take things for granted. This trip to Guatemala allowed me to simultaneously learn about other walks of life while reflecting on my own that I had in California. I will always emphasize the importance of traveling and witnessing different cultures and people. By doing so, we can learn more about our communities and individual lives.

Although conducting research is only the beginning of affecting change, the concept of poverty remains complex. I doubt that I will ever be able to erase the shocking details that I witnessed

during the five weeks I spent in Guatemala. I catch myself every once in a while complaining about mundane scenarios. Keeping things in perspective is a wonderful Buddhist concept.

I feel as if I have returned home with a fresh appreciation for what I have as well as motivation to make changes in parts of the world in need. Without taking that initial risk to leave the country, I would never have received this new mindset.

I would like to encourage everyone to leave his or her own kingdom once in a while, because the gift of perspective can always be attained with the right attitude.

New Nokostudo Completed

With the renovations completed, the new Nokotsudo located behind the altar in the Hondo is open and urn re-emplacement has begun. If you took your loved ones from the old Nirvana Room, please call the office to schedule a

re-emplacement. Reverend Koyama will be able to perform a short service.

Current niche owners will be receiving the new rules and regulations. A legend and map of the

new niche locations will be available for viewing in the office. For any questions, please contact

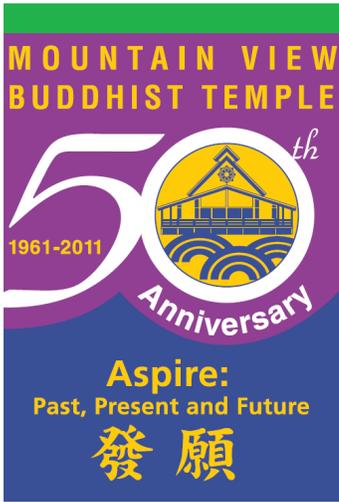
Gary Tahara at 408.736.4854.

**In Gassho,
Nokotsudo Committee**

november 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 10:00am Sunday 8:30am - O-asaji 11am - Dharma 12pm - Taiko 2:30pm - TCYG @	29 6:30pm - Girl Scouts 7pm - Kendo @ gym	30 6pm - Taiko 6:30pm - Cub Scouts 7pm - Shodo Kai @	31 7pm - Boy Scouts 7pm - Temple choir	1 9am - Senior activity 6:30pm - Taiko 7:30pm - MVBT	2 4:30pm - Calligraph 5pm - ABA @	3
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CELEBRATE



50TH ANNIVERSARY CELEBRATION 9/29-30!

Find a pdf version online at:
www.mvbuddhisttemple.org

**In gassho,
The Echo Staff**

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TIME DATED MATERIAL

RETURN SERVICE REQUESTED

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