



# 長栄山 円経寺

July/August 2012

## *Priest's Message from Kanjin Cederman Shonin*

### Upcoming Highlights:

- From **July 9 to July 13**, the temple will be holding a summer Dharma camp for children. Details: [seattlebuddhist.org/dharmacamp12.html](http://seattlebuddhist.org/dharmacamp12.html)
- On **August 1**, we will join the monks of Nipponzan Myohoji for part of their 2012 Pacific Northwest Interfaith Peace Walk. They will arrive at the temple between 10:00 and 11:00 a.m. We will walk with them to a demonstration on the waterfront and on to the Sadao statue at Seattle Peace Park in the U District. Following the walk, we will return to the temple and view a movie, "Fukushima Never Again," at 6:00 p.m. You are welcome to join us for all or part of the day's activities.
- Choeizan Enkyoji is sponsoring this year's NONA Weeklong retreat being held at Frog Creek Lodge in Lakebay, WA, from **August 3 - August 9, 2012**. Details: [nichiren-shu.org/NONA/pages/retreat.htm](http://nichiren-shu.org/NONA/pages/retreat.htm). Volunteers & participants wanted!

Well everyone, it is summer again. Summer is always exciting. We have so many great activities planned, for all to have fun and learn. Please look at our schedule and participate. We are growing into a very happy, large Sangha and will be coming up on our two year anniversary. I am so happy to see everyone volunteer in making our temple what it is, a positive Buddhist community. Our dreams of building a training temple and Heiwa Mura "Peace Village" are coming more into focus with each day. We still need to let people know we are here. I know there are many people looking

to become part of such a positive Buddhist community. Each person who comes through the doors say the same thing, "This is what I have been searching for". Please help spread the message. When they visit, they will soon realize this themselves. Our big event this summer is the NONA Retreat from Aug. 3rd - 9th. We want as many of our members to attend. If it is a problem with finances, please contact us and let us discuss and figure out how we can get you there. I know that we are truly learning and practicing the Dharma. I feel the power

and sincerity from all of you as I chant everyday.

"If the people are of one mind but many in body, they will accomplish their goals. However, if they are of one body but have different minds, they will be unable to accomplish anything remarkable." –  
*Itai Doshin*

*I hope we can continue to spread this spirit of "Itai Doshin" throughout our community and the world! This is the only way to true world peace.*  
*Namu Myoho Renge Kyo*  
*With Gassho,*  
*Kanjin Cederman Shonin*

## *Treasurer's Update*

I am pleased to have the opportunity to share a little about the finances of our great and growing temple. While we have made progress in improving our fundraising, our margins remain very tight. Our temple brings in roughly \$22,000 dollars per year, yet we spend over 90% to cover expenses (~70% temple lease, ~20% operations). We have never required loans from external organizations and have

been self-sufficient throughout our temple's existence.

Revenue for the temple comes from three primary sources: Donations (70%), Membership (15%), and Fundraising (15%).

This year, we will be filing for our 501(c)(3) status. This filing requires a fee of \$850. While we have received several donations toward this, and we have an anonymous donor matching all contributions, we are still

about \$200 short. Anything you can give to the cause will be greatly appreciated.

I would be remiss by not thanking each and every one of you. As you can see, your contributions and involvement are very important to the continuation of the temple.

If you have any questions, please don't hesitate to contact me or any board member.  
Phil Robbins

## May Activities



There was a lot going on at Choeizan Enkyoji during May. We had special services for Mother's Day, Memorial Day and Boys'/Children's Day. We gave out one Mandala Gohonzon and 2 Osajo Ofuda. We had a fundraising garage sale that brought in much needed revenue to the temple. And we held a haiku workshop with haiku master Michael Dylan Welch.



## Walk For Rice



On June 30, 2012, the temple participated in the Asian Counseling and Referral Service (ACRS) annual *Walk For Rice*. This year's event raised more than any other year for the ACRS' Food Bank which is the second most used food bank in King County, and is the only

provider in the state that acquires food that meets ethnic dietary needs such as rice, tofu, ramen, fish and fresh produce. We enjoyed the morning of beautiful weather in lovely Seward Park.



## Dharma Corner: "Daily Practice"

For this Dharma Corner I would like to talk about our daily practice. How many of you perform morning and evening service, celebrate special events (Birthdays, etc.) at your home Butsudan? Or do you even have a Butsudan (Home Buddhist Shrine)? Buddhism is not simply a philosophy, that makes sense in our heads, what the universe and our lives are all about. It is a practice. A practice to develop the wisdom of insight of returning to our original nature, that of a Buddha! The Mandala Gohonzon or Osajo Ofuda (Temporary Mandala) serve as a reflection of this truth to ourselves. Down the center is the sacred title of the Lotus Sutra, *Namu Myoho Renge*

*Kyo*, surrounded by countless beings of all of the ten realms (Hell-Buddha). In the center are the characters of "Myo" meaning wonderful and "Ho" the universal law. Contained in these two characters is the hidden power of the Lotus Sutra. This is the core of our practice. When we chant the Odaimoku, "Namu Myoho Renge Kyo", our infinite potential expands beyond our ego and illusions. This is why it is important that we perform a morning and evening service. We establish our minds and spirits in this universal power and we can manifest the wisdom and virtue of the Buddhas in our daily lives. The evening service is to reflect and meditate on our practice. Just as it is important to

eat together with our families, this is also an important time in our lives. I hope you will make this part of your family and personal practice. As Nichiren Shonin stated, "Without study and practice, there is no Buddhism".

With Gassho,  
Rev. Kanjin  
Cederman



## *Funeral Workshop at NONA Retreat*

Gregg Tralle will be presenting a funeral workshop for those attending the NONA retreat, similar to the one conducted this spring.

The purpose of the funeral workshop is to cover what is involved in a Buddhist funeral and make sure that your wishes and desires are fulfilled. By preparing in advance for our death and discussing funeral and memorial arrangements with our temple, priests

and lawyers we make a compassionate move lessening the burden on family and friends tasked with tidying up our affairs.

A specially commissioned Pilgrim's Box made from old growth red cedar will also be ready by then in hopes of providing the other Nichiren Shu temples with them for purchase by their sangha members. We also hope to make these boxes available in several wood choices to our own sang-

ha members, again for purchase.

The sample box is of old growth red cedar that had been sunk off an island in Alaska for many decades and then salvaged and planked into boards.

This fall Gregg will be giving the condensed funeral workshop after Sunday services for those interested sangha members who had missed the earlier workshops.

## *Buddhist Sounds*

To get familiar with Buddhist sounds, smells, and other special items, we will highlight some of them in each newsletter.

Courtesy of Gregg Tralle & Rev. Sorenson



### **INKIN**

A smaller handheld bowl shaped bell called the inkin is used to signal different functions such as the singing of Shomyo. Tuned to C, this gets everyone in tune to sing. It was originally a funeral bell used to invite the gods, show gratitude to the gods and then dispense the gods to where they came from.

### **MOKUGYO**

A kissing wooden fish drum produces a subdued sound and is used for funeral services. It is from around the 7<sup>th</sup> century. The original type of wooden fish is literally in the shape of a fish. Along with a large temple bell and drum, it is found suspended in front of Buddhist monasteries.



## *Heiwa Mura: "Peace Village"*

Heiwa Mura is a future vision of a community that aims to provide mainly a day program for the developmentally disabled adults who have aged out of high school but are in need for a safe, inclusive community where they can continuously live a meaningful life with dignified interaction with other developmentally disabled adults. Located in the Pacific Northwest and surrounded by the fields and forests of Washington state, Heiwa Mura will provide a land-based, spiritual living in which farming, arts and other mind-body well-being activities will be practiced daily in a peaceful setting conducive to reflection, meditation and spiritual healing. Heiwa Mura will be unique in its ability to provide emotional and spiritual support to moderate to high functioning developmentally disabled adults (21 and older) by offering a meaningful, dignified, and non-denominated spiritual atmosphere in an exclusive and sustainable community. Many staff members will be affiliated with

the nearby Seattle Choeizan Enkyoji Temple, founded in 2010 by Kanjin Cederman Shonin. Heiwa Mura came as a result of the vision of a community and center where the teachings of humility, service, and compassion can be experienced by all both giving and receiving care.

Heiwa Mura will place special emphasis by offering within the boundary of a Buddhist temple ample outdoor space for farming and a purpose-built main quarter for the Villagers to work, live and celebrate together in life and a supportive environment to deepen their spiritual exploration. While some of the staff and volunteers of Heiwa Mura will be Buddhist practitioners, people of all religious and spiritual traditions are welcomed and supported. Our intention is to enable each individual to experience their potential and enjoyment of life, while enjoying with others a peaceful and positive life.

## Acknowledgements

### THANK YOU'S:

Gregg for painting the store and storage areas, organizing the store, shelves, table, kitchen items, cleaning and painting supplies.

Ryunin sensei for organizing Rice for Walk.

Tom Helm for donating the books.

Kazuko san & Errol for donating the microphone & letting us use their house for the Garage Sale.

Pam for donating the website and insurance.

Hobana & David for letting us use their house for Buddhist Wrestling.

Ryunin sensei & Kisha-Marie for painting and cleaning the Temple.

Kazuko san & Mike for donating flowers.

Hobana for donating Dharma school supplies and teaching the kids.

Mike for donating paint, shelves and the storage unit.

Errol for cutting the shelves.

Kazuko san, Penne, Gollihugh Family, Hobana, Pam, Annika, Kisha-Marie, Gabriel, Clair and Terrye for bringing snacks.

Errol, Kazuko san, David, Hobana, Kisha-

Maire, 2 Sensei's, Annika, Minna, Miku chan (Minna's Friend) & Mamiko for helping at the Garage Sale.

Errol&Kazuko, Gollihugh Family, Penne&Phil, Mito Family, David&Hobana, Pam, Kisha-Marie, Gregg&Lee, Miriam and Elizabeth, for donating the Garage Sale items. We made over \$600.

2 Sensei's, Phil, Penne, Kisha-Marie, Gabriel, Pam, Minna, Mamiko and Baxter(Penne & Phil's doggy) for attending Rice for Walk.

Thank you Gollihugh Family for the donation to Dharma School.

### DONATIONS:

Errol & Kazuko Scott—North American Post (x2)

Mito Family — Garage Sale

Nelson & Bethany Lee

Phil Robbins & Penne Lee

### MEMBERSHIP RENEWAL:

Michael Waite

Elizabeth Aurich

Gollihugh Family

### NEW MEMBERS:

Gabriel Rosman

Hester Family—Quawi, Nichole, Aaliyah, Amare & Ava

#### Member Articles Wanted!

Please send in your articles on Buddhism or of your personal experiences in which the practice and teachings have helped you that you would like to share. Articles due **September 1**.

Email: [choeizan.enkyoji.newsletter@gmail.com](mailto:choeizan.enkyoji.newsletter@gmail.com)

## Recipe Corner

### Eggplant Sautéed with Miso

1 lb. Japanese or Italian eggplant, cut into bite-size pieces

2 tbsp. mirin

2 tbsp. red miso

2 tsp. sugar

1 tsp. sake

1 cup canola oil

1 green pepper, cut into bite-size pieces

1 tsp. toasted and ground white sesame seeds

1/2 tsp. toasted sesame oil

*Have a recipe to share or looking for a recipe?*

*Email [choeizan.enkyoji.newsletter@gmail.com](mailto:choeizan.enkyoji.newsletter@gmail.com).*

1. Soak the cut eggplant in a bowl of water for a few minutes. Drain and thoroughly wipe and blot the eggplant with paper towels.
2. In a small bowl, blend the mirin, miso, sugar, and sake. Set aside.
3. Heat the oil in a wok or deep skillet over medium heat to 350F or until a piece of bread rises and immediately turns golden. Fry the eggplant pieces for 4-5 minutes, rotating to fry all sides. When the eggplant is cooked through, remove and drain on a paper towel.
4. Discard the excess oil in the wok and put it back on medium-high heat. Stir-fry the green pepper until it is bright green, about 2 minutes. Add the eggplant and the miso mixture into the wok and gently toss the vegetables to coat with the sauce.
5. Transfer to a serving dish and garnish with the sesame seeds and sesame oil.

## *Calendar of Events*

# July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30am Flag Day /Children's Day Service	2	3	4 Independence Day; No Shodaigyo	5	6 7:00pm Shodaigyo Meditation Ballard	7 10am—3pm Buddhist Workshop
8 10:30am Tanabata Service	9 Dharma Camp	10 Dharma Camp	11 Dharma Camp 7:30pm Shodaigyo Meditation	12 Dharma Camp	13 Dharma Camp Tanagyo	14 Tanagyo
15 10:30am Obon Service; 11:30am Potluck Luncheon Tanagyo	16 Tanagyo	17	18 7:30pm Shodaigyo Meditation	19	20 7:00pm Shodaigyo Meditation Ballard	21 Bonodori at the Betsuin
22 10:30am Jizo Feast Day Service Bonodori at the Betsuin	23	24	25 7:30pm Shodaigyo Meditation	26	27	28
29 10:30am Sunday Service; 11:30am Houroku	30	31				

# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am Peace Walk; 6pm Movie: Fukushima Never Again; 7:30pm Shodaigyo	2	3 NONA Retreat; No Shodaigyo	4 NONA Retreat
5 NONA Retreat; No Service in Seattle	6 NONA Retreat; Lantern Floating Ceremony at Green Lake	7 NONA Retreat	8 NONA Retreat; No Shodaigyo	9 NONA Retreat	10	11
12 10:30am Kato Kiyomisu Feast Day Service	13	14	15 7:30pm Shodaigyo Meditation	16	17 7:00pm Shodaigyo Meditation Ballard	18 10am—2pm Buddhist Workshop
19 10:30am Fudo Myo Feast Day Service; 11:30am Potluck; 1-4pm Reiki	20	21	22 7:30pm Shodaigyo Meditation	23	24	25
26 10:30am Matsubagayatsu Honan (Persecution) Service	27	28	29 7:30pm Shodaigyo Meditation	30	31	

**Every Wed.** 唱題行（お寺） 7:30pm

**1st & 3rd Fri.** 唱題行（バラード） 7pm

**July 2012:**

- 1（日）10:30AM 子供の法要 11:30AM 子供向け仏教学校  
 4（水）独立記念日 唱題行（お寺）お休み  
 6（金）7PM 唱題行（バラード）  
 7（土）10AM～3PM 仏教ワークショップ  
 8（日）10:30AM 七夕法要 11:30AM 子供向け仏教学校  
 11（水）7:30PM 唱題行（お寺）  
 13～16（金～月）棚経（僧侶がメンバーのお家でお経をあげる）要予約  
 15（日）10:30AM 盂蘭盆会 11:30AM ポットラックランチ  
 18（水）7:30PM 唱題行（お寺）  
 20（金）7PM 唱題行（バラード）  
 21（土）別院にて盆踊り  
 22（日）10:30AM お地蔵様法要 11:30AM  
 子供向け仏教学校 別院にて盆踊り  
 25（水）7:30PM 唱題行（お寺）  
 29（日）10:30AM 日曜法要 11:30AM  
 ほうろく灸&子供向け仏教学校

**August 2012:**

- 1（水）11AM 日本山妙法寺の僧侶たちとのピースウォーク  
 6PM 映画上映”Fukushima Never Again”（お寺） 7:30PM  
 日本山妙法寺の僧侶たちとの唱題行（お寺）  
 3（金）～9日（木）NONAリトリート  
 詳細はウェブサイトにて 要予約  
 6（月）灯籠流し Hiroshima For Hope グリーンレイク  
 細は後ほど \*\*\*お上人方がリトリートに参加する為、  
 3（金）唱題行（バラード）お休み  
 5（日）日曜法要お休み  
 8（水）唱題行（お寺）お休み  
 12（日）10:30AM 加藤清正法要 11:30AM 子供向け仏教学校  
 15（水）7:30PM 唱題行（お寺）  
 17（金）7PM 唱題行（バラード）  
 18（土）10AM～2PM 仏教ワークショップ  
 19（日）10:30AM 不動明王法要 11:30AM  
 ポットラックランチ 1PM～4PM 霊気ワークショップ  
 22（水）7: 30PM 唱題行（お寺）  
 26（日）10: 30AM 松葉谷法難法要 11: 30AM  
 子供向け仏教法要  
 29（水）7: 30PM 唱題行（お寺）

## Seattle Chōeizan Enkyōji Nichiren Buddhist Temple

Seattle Choeizan Enkyoji Nichiren Buddhist Temple  
 501 South Jackson St. #202  
 Seattle, WA  
 98104

Phone: 206-356-7405  
 E-mail: [seattlebuddhist@hotmail.com](mailto:seattlebuddhist@hotmail.com)  
 Newsletter Contact: [choeizen.enkyoji.newsletter@gmail.com](mailto:choeizen.enkyoji.newsletter@gmail.com)

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[seattlebuddhist.org](http://seattlebuddhist.org)

南無妙法蓮華經  
 Namu Myōhō Renge Kyō

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