



## Fall Changes Again and Again Reverend Tadao Koyama

Happy October everyone! I would first like to congratulate and thank all the members of the Tacoma Buddhist Temple for their hard work in hosting our annual Northwest Convention! This was my first, fully in-person convention and I had a blast. It was very nice to see my uncle, Rev. Dean Koyama, and my Auntie Linda. They wish to send their regards and thanks to you all as well. I know they enjoyed themselves immensely being back up in Washington.

I know everyone is beginning to notice that the days are becoming shorter and that the temperatures are starting to drop. We are now feeling the fall season upon us! This means falling leaves, Halloween, school being back in session for college, and the end of the year in sight!

The theme for this year's dharma school is the cycles of life. We notice that we cycle through the year with routines and rituals for every season. The clothes we wear, the activities we participate in, even the types of food we eat. In the winter we eat stews, soups, and heartier foods. In the summer we eat colder dishes, lighter food, and more liquids to keep ourselves hydrated.

We also have the daily routines and rituals that we do even without thinking. Maybe you always have breakfast at a certain time? Do you get out of bed by a certain time? Perhaps you go on an exercise regimen at certain times of the day or certain days of the week. My father, for example, has to get his morning run, or bicycle ride in every morning! Sometimes his sticking to this rigid routine drives my mother crazy. For most of you too, every Sunday you come to the temple.

I love that at temple we also have cycles we go through as well. Every year we plan for our big events like Hoonko, Ohigan, Hanamatsuri, Obon, Bazaar, etc. As we begin each new month we kind of predict or prepare for the events we know are in store for us. How wonderful it is to be part of a temple community who continues to move through the year and nurture the sangha all along the way.

Yes, it is possible to change routines and to alter our schedules, but the sun will still go down at night and rise in the morning. The days will continue to progress as well as the years. For us, the numbers and days will not cease. Yet at the same time, the same can be said for Amida's light. Amida

Buddha is the Buddha of infinite light and life. As the cycles never cease to end, neither will the working of the Dharma. The Dharma wheel will continue to turn and spread wisdom and compassion for all.

Namo Amida Butsu.



## President's Message Charles Reneau OBT President

A religious community is composed of a number of constituent elements. In our tradition, the Sangha comprises priest, lay leaders, volunteers, official Members, and anyone else who comes regularly and feels that they are part of the community.

The shape of our Temple has changed over the years, in terms of both demographics and size. In terms of demographics, we are more diverse, which is great! In terms of size, we are smaller, which is not great. In 2016, we had 103 members. In 2020 and 2021, the pandemic depressed our membership into the low 60's, though we have rebounded to about 75 members recently.

Declining membership is not a challenge we face alone: most churches and temples across the United States have fewer members than they had in decades before.

While there are good ideas as to how to make the Temple more relevant and attractive to more people, we are still going to be swimming upstream in a society that is, for better or worse, less committed to religious affiliation.

Consider, too, that all of our activities require volunteer labor (especially as we await the assignment of a Resident Minister). That means that any program we undertake to increase our membership will need to be accomplished with a declining number of available volunteers, in addition to the work our dedicated volunteers have already been taking on.

And yet...

The challenges facing our Temple today are disheartening, but then I am reminded of the struggles and efforts that have allowed our Temple to exist for 120 years. The earliest Japanese Americans who built our Temple from nothing 120 years ago faced terrible uncertainty in a new and often hostile country, and yet they had sufficient vision and energy to bring Rev. Wakabayashi over from Japan to lead their sangha. The US government broke up and incarcerated

*"OBT welcomes all people regardless of ethnicity, age, sexual orientation, gender identification, and political or religious affiliation."*

Oregon Buddhist Temple 3720 SE 34th Avenue Portland, OR 97202-3037 503-234-9456

E-mail: [info@oregonbuddhisttemple.com](mailto:info@oregonbuddhisttemple.com) website: <http://www.oregonbuddhisttemple.com>

Please contact the temple with any comments, questions or concerns, or if you wish to report a change of address.

Temple membership during World War II, and yet the members were able to rebuild their lives together and even build our new temple building on SE 34th a few decades later, in 1966.

We must take the same long-term view as our Temple founders, and work to maintain and grow our Sangha for the long haul. Who knows what the future will bring?

As I write this article, rain is pouring down in heavy sheets outside my office window, signaling the end of a long, warm summer. To keep the rain out, we will be replacing our Temple roof this fall. Though we have luckily avoided any water intrusion inside the finished parts of the building, the roof has shown numerous signs of failure for the last year, including failing shingles and rotting deck boards. The replacement will be costly. However, our gratitude to our Temple forebears provides ample justification for this important maintenance project, which will keep our Sangha dry for decades to come.

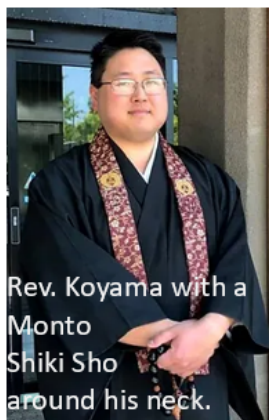
Gassho,  
Charley



### Dharma School Ann Shintani

**Thank you, Tacoma Buddhist Temple and Rev. Tadao Koyama** for a successful Northwest District Buddhist Convention on Sep. 15-17, 2023! “Chaos to

Compassion” workshops reminded me how important it is to chant, sing, gaze at the empathetic image of Amida Buddha, hear others connect with us, and to be heard together. One item that I was reminded about is about the “Monto Shiki Sho” (formerly known to me as “okesa”, which is what priests wear). For Jodo Shinshu Buddhists, a Monto Shiki Sho is an embroidered piece of fabric worn around the neck during services as a symbol of being a follower of the Buddha. These come in many different patterns (such as blue with orange California poppies for the 2019 World Buddhist Women’s Conference, or maroon/gold leaves for the 850<sup>th</sup> Shinran Shonin and 800<sup>th</sup> Anniversary of Jodo Shinshu) and cost about \$20-\$50. It is one way that we can show that we are part of not only our temple Sangha, but with our larger family of Buddhists.



Rev. Koyama with a Monto Shiki Sho around his neck.

October is a fun month in Dharma School: we will be learning about the Mexican observance of “El Dia de los Muertos” (Day of the Dead), and participating during our **Fall Bazaar**. For our annual **Senior Visitations** (October 29) we invite families and guests to

join us and/or dress in Halloween costumes as we visit with

homebound Sangha (to be announced later). Questions? Contact Ann Shintani. This past June, BCA’s Dharma School organization (FDSTL, Federation of DS Teachers’ League) chose **Elyse Fujii** (Buddhist Church of Stockton) for the 2023 Nitta Scholarship for high school graduates. It is awarded to recognize achievements in active temple youth. She responded to the question, “What is the understanding of LGBTQ+ in a Buddhist context?” Ms. Fujii’s response (which can be found on the [BCA website here](#)) ends with this: “While Buddhism does not cover every situation that may arise for a person regarding sexuality or sexual identity, Buddhist teachings relay that everyone deserves to exist and have the same rights as one another. Buddhism, at its core, welcomes all types of people from all walks of life, disregarding judgment based on looks, race, or sexual identity and orientation.”



### Oregon Buddhist Womens Association Jayne Ichikawa

We attended the NW Buddhist Convention on September 15-17 presented by Tacoma Buddhist Temple. The theme for this 76th convention was “from CHAOS to COMPASSION”. The speakers were incredible and very inspiring. The main guest speakers were Reverend Dean Koyama and Bishop Marvin Harada.

For my OBWA article, I am writing valuable quotes from many of these speakers/presenters that relate their thoughts and messages about the theme “from CHAOS to COMPASSION:

Bishop Marvin Harada: “Less ME, More WE”

Reverend Dean Koyama: “Flexibility is Life”

Reverend Katsuya Kusunoki: “You don’t have to be a strong person, instead, be a person who has a wide and open view and who has a soft and flexible heart.”

Reverend Tadao Koyama: “Remember we are all interdependent and that our actions and choices don’t affect just us.”

Reverend Yuki Sugahara: “We will miss meeting people of the NW during this convention this year, but I am sure the convention will be full of Nembutsu. Please enjoy the weekend and please enjoy what Shinran Shonin has enjoyed.”

Reverend Anne Spencer: “Buddhism, at its core, teaches that all life, all beings are interconnected.”

Reverend Cyndi Yasaki: “It is easy to feel angry or frustrated in the moment, but please reflect on those emotions and always apologize to those who you have hurt.”

Reverend Irene Goto: “Listen and do what you say: Be a role model.”

Minister Assistant Prof Erik Hammerstrom: “It may not always feel like it, but there is love out there in the world for you. You are enough just as you are.”

Minister Assistant Leonora Clark: “Try to enjoy the time that we have in this lifetime!”

I hope these quotations are meaningful to you.

Next month’s OBWA reporter is Amy Peterson.



### October Shotsuki Hoyo

This is a monthly memorial service to honor and remember those loved ones who passed away during the month of October. The Shotsuki-Hoyo service will be held October 15th at the Sunday service at 10 am. Please join us and offer incense in memory of your relative(s) or friends.

Listed below are the names of those who passed away starting from 1950. Oregon Buddhist Temple has records from 1904. Names of deceased prior to 1950 are added if requested. If a name is missing or incorrect, please notify Jean Matsumoto, Etsu Osaki, or the temple.

Albert Abe, 10/5/2022	Joichi Kiso, 10/11/1958	Masaye Ono, 10/15/2000
Alfred Ando, 10/19/1989	Komojo Kiso, 10/30/1956	Torao Ozaki, 10/23/1970
Masaki Ando, 10/6/1950*	Hatsujiro Kitagawa, 10/02/1962	Helen H Sadamoto, 10/20/1994*
Kanekichi Aoki, 10/18/1959	Satoru Kodama, 10/19/2009	Tamon Saito, 10/06/2001
Mary Hisako Asakawa, 10/23/2009*	Mitsuru Koji, 10/22/1963	Tomoko Saito, 10/11/1950
William T Cheng, 10/31/1978	Hitoshi Kono, 10/22/2016	Kazue Shiraishi, 10/9/1995*
Saroku Doochin, 10/23/1950	Keiki Lawrence, 10/06/1963	Yoshihei Shiraishi, 10/08/1976
Seijiro Fujita, 10/19/1982	Makoto Maeda, 10/18/2009	Mitsuru Shoji, 10/21/1963*
Haru Furukawa, 10/12/2015*	Alfred Mar, 10/17/1992	Suetaro Sotomura, 10/17/1958
Ryokichi Furukawa, 10/03/1950	Masajiro Masuda, 10/24/1965	Shizue Sugihara, 10/26/2012*
Yoshiomi Hashiguchi, 10/11/1958	Kanechi Masuhara, 10/16/1950	Yoneko Sugimura, 10/6/1992*
Misao Hasuike, 10/22/1977	Masajiro Matsuda, 10/24/1965	Yojo Sunamoto, 10/03/1975
Betty Heath, 10/08/1963	Gary Matsuoka, 10/31/2009	Gohei Takabatake, 10/25/1969
Frank Hrubant, 10/01/2019	Yashiyo Matsuoka, 10/01/2001	Shiro Takasugi, 10/22/1982
Natsuko Iguchi, 10/02/2007	Richard Mishima, 10/17/2021	Kiichiro Takayama, 10/25/1952
Katsuzo Ikata, 10/21/1963	Ryonosuke Miura, 10/29/1962	Masumi Takeuchi, 10/3/1999*
Tomi Inuzuka, 10/06/1960	Mae Nakano, 10/9/2013	Masao Tamiyasu, 10/19/1998
Sam Ishida, 10/23/1992	Nobuo Tom Nakano 10/25/1993	Lenora Tanaka, 10/21/2013*
Tomiko Iwasaki, 10/16/2010*	Miyuki Neishi, 10/1/1987*	Masako Urushitani, 10/15/1983
Yasukichi Iwasaki, 10/26/1968	Mitsunari Nishino, 10/06/1969	Hiro Wakabayashi, 10/30/2017
Kinu Kagawa, 10/31/1999*	Asayo, Noji, 10/21/1994	Tsuta Wakita, 10/21/1963*
Lily R Kajiwara, 10/13/2015	Kichizo Noji, 10/02/1968	George Watanabe, 10/17/2017
Fumiko Kida, 10/22/2006*	Reiko Oda, 10/11/1990	Tokuji Yamaguchi, 10/01/2009
Joichi Kido, 10/30/1956	Mary Okita, 10/22/2013*	Daigoro Yoshida, 10/27/1971
Yashiyo Kinoshita, 10/19/1979*	Jujiro Omura, 10/31/1961	Fumiye Yuzuriha, 10/1/1978*
Yoshio Kinoshita, 10/18/2005	Patricia Becky Onchi, 10/30/1953	

\* OBWA member

Year Of Passing	Memorial	Year Of Passing	Memorial
2022	1 Year	2007	17 Year
2021	3 Year	1999	25 Year
2017	7 Year	1991	33 Year
2011	13 Year	1974	50 Year

If you would like to schedule a memorial service for loved ones or ancestors, please make arrangements with Reverend Tadao Koyama at 253 627-1417 or [info@tacomabt.org](mailto:info@tacomabt.org)

### Condolences



To the family of Mrs. Takako Maeda who passed away August 13, 2023. She is survived by her daughter Laura. A memorial service was held at OBT on August 18 with Reverend Koyama officiating.



**Oregon Buddhist Temple  
August 2023 Donations**

***In memory of Takako Maeda***

Laura Maeda  
Amy Peterson  
Susan Endecott  
Frank & Janet Fujitani

***Shoshana Newman 3rd year  
memorial***

Naomi Masuoka, Ruthie Newman,  
Rivka Newman

***In memory of Fred Takashima***

April Takashima

**SHOTSUKI HOYO**

***In memory of Denny & Kikue Ando***

Allen M. Ando

***In memory of Suematsu Ando,  
Sumiko Ando, Yoshimi Fujii***

Diane Ando Harder  
Roberta Ando

***In memory of Hisako Kakishita***

Chieko Kakishita, Minnie Young,  
Dana Kakishita

***In memory of Carmen McNicholas***

Harry McNicholas

***Obonfest Sponsor / Shopping List***

Mark & Marilyn Achterman  
Jenna Yokoyama  
Carol Saiget  
Connie Masuoka  
Ann Shintani & Scott Winner  
Kim Kono & Randy Choy  
Amanda Griffith  
Richard & Edna Koyama  
Yoshi & Tomoko Ono  
Gayle Tokumoto & Sean Brennan  
Derrick & Alison Yoshinaga  
Shoun & Grace Ishikawa  
Cecilia Eng  
Michelle Lostra  
Lisa Anderson & Thomas Shirota  
Jerry Koike  
Anonymous

***Special donations***

Etsuko Osaki  
Rose City Retro  
Christina Sayama (vehicle donation)

***Special donations (continued)***

Amanda Griffith  
Richard & Jackie Sunamoto  
Megan Braine  
Atsuko Richards  
Anonymous

***Fall Ohigan***

Pat Hokama  
Elaine & Todd Yuzuriha

***Monthly pledge donations***

Diane Ando Harder  
Susan Lilly & Erik Ackerson  
Glenda Watson-Coly  
Susan Endecott

***Donation acknowledgements  
are mailed for donations of  
\$250 or more, and to any  
donor upon request.  
Please inform us of any  
significant errors or  
omissions. Thank you.  
sjendecott@gmail.com***

***Thank you for your continued support***

A reminder to encourage readers to continue donations for the below events and any other time.

January	Hoonko
February	Nirvana Day
March	Spring Ohigan
April	Hanamatsuri
May	Gotan-E Shinran Shonin Birthday Celebration
July	Kangi-e "A Celebration of Joy" Obon Service
August	Obonfest
September	Fall Ohigan
November	Eitaikyo - Perpetual Memorial Service
December	Bodhi Day
	Year End Gift for the Temple



*The below article by OBT board member Kristen Wong is intended to help make the board more accessible to temple members.*



## **Anxious Thoughts and the Dharma** **Kristen Wong**

As an individual and a parent, the modern-day stressors seem to be greater than they were a decade ago. Based on a 2022 survey by the American Psychological Association (APA), seventy-six percent (76%) of adults say that "...the future of our nation is a significant source of stress in their lives". In this same survey a significant percent of people have considered moving to another country. I am one of these who have thought such things, albeit not an easy thing to do. There are so many things that I worry about for the future, especially for my kids. If unchecked, my thoughts wander to catastrophic ideas of dystopian looking landscapes, filled with fire ravaged forests and robot overlords. The creators of the Matrix and Terminator may be fortune tellers after all. Is this our future? My dread for the safety of everyone's children is just beneath the surface of the smiling disposition I usually carry in public. However, I refuse to accept this is the way of our world and of human beings. The dharma offers us some respite from this bleakness through meditation, living in harmony with nature, being compassionate and empathetic to the challenges of others and collectively gathering as a sangha.

While these actions might just be a distraction from my negative thoughts about the future, I know that I will leave this earth one day, reflecting on my impact on family and friends. Did I waste my time and energy by being anxious, depressed and pessimistic towards society? What will others remember me by as a practicing Buddhist?

While I know that I am unable to control the outcome of the war between Russia and Ukraine, the floods washing through Libya or the fires in Hawaii (the result of climate change and greedy attitudes), I feel anxious. But then again, the dharma says, "Why worry?" What is the point of letting such feelings impact our relationships and everything thing we have been given or earned? There is none.

And so I meditate. I grow as many gardens as I can at the school and in the backyard. I teach my kids to empathize with those that live in suffering conditions. I volunteer. I hang with my sangha at OBT. I walk my dog and breathe the clean air. I call my best friend and cry. And I try not to worry.

Reference: <https://www.apa.org/news/press/releases/2022/10/multiple-stressors-no-function>

Kristen Wong is a parent to Davis (14) and Olivia (10) and lives with a golden doodle named Nille and a husband named Steve. They have been attending OBT since 2018. Kristen is an HR professional and a part time volunteer at Olivia's school. Kristen and Steve are from northern California and moved to the NW over twenty years ago.



## **76th NW District Buddhist Convention** **Katie Tamiyasu**

This year the convention was hosted by the Tacoma Buddhist Temple in the Doubletree Suites at Seattle Southcenter Parkway on September 15<sup>th</sup> through the 17<sup>th</sup>. The theme of the convention was "From Chaos to Compassion", which was the first completely in person convention since 2020.

The keynote speaker was Reverend Dean Koyama, who is currently the Resident Minister of Palo Alto Buddhist Temple; and Reverend Tadao Koyama's uncle.

In 1989 Rev. Dean entered the ministry.

In 1989 - 1996 Associate Minister at the Seattle Betsuin Buddhist Temple.

In 1996 - 2002 Resident Minister at the Tacoma Buddhist Temple.

In 2003 - 2013 Resident Minister at the Mountain View Buddhist Temple.

In 2013 - present Palo Alto Buddhist Temple.

It seemed like a reunion for Rev. Dean and his wife Linda, who were warmly welcomed by many members from the northwest district.

Many of the Portland attendees were very impressed with Reverend Dean's Dharma Talk at the Saturday morning service on the theme from "Chaos to Compassion" and continued to follow his workshop presentation later in the afternoon.

Reverend Cyndi Yasaki, Resident Minister of the White River Buddhist Temple, and wife of our Supervising Minister Reverend Tadao Koyama, spoke on "Women in a Buddhist World". She gave a powerful talk bringing awareness to discrimination of women ministers in Buddhism.

Kemi Nakabayashi (Seattle) & Donna Sasaki (Tacoma) workshop on "Gathas in the Northwest District: Past, Present, Future" was very enjoyable. These two ladies from our district have composed and written lyrics to so many gathas that are in our Shin Buddhist Service Book.

For those that don't know, Donna Sasaki is Bishop Harada's sister, originally from Ontario, OR. Donna composed the gatha "With Gassho from the Heart", which was inspired by Lady Takeko Kujo's poem "Gassho from the Heart" and was sung at the 17<sup>th</sup> World Buddhist Women's Convention in Kyoto this past May. Donna's latest gatha she composed is "Hear the Ringing Temple Bell" (Temple Life After Covid-19), which we sang at the end of the workshop.

The variety of workshops were all so interesting, but unfortunately one could not attend them all.



## The 76th NW District Buddhist Convention

Amy Petersen

The Convention has concluded but not without reuniting friends and families while making new friendships. Every workshop was thoroughly enjoyed, but the fun continued at the banquet and after.

While several people were at the ping pong tournament, then called the remaining adults to the corner of the banquet room where did several versions of Name That Tune. Play money was given out for correct answers, dancing, and enthusiasm. Another Portland team was doing really well, but our team which included Reverend Dean and Linda Koyama showed they knew their music: The Beatles, Stevie Wonder, 1960s, 1970s, but a little shaky on the 1980's.

That followed with the Electric Slide including Etsu Osaki and Reverend Harada's mother Ruth Harada all joining in. Fun was had by all. Then we proceeded to the hospitality room.

Everyone showed up for the following Sunday morning service.



## Musubi for Maui

Cathy Yarne

OBT sponsored a spam musubi sale at the Portland Taiko's Farm Concert on Sept 9th. An enthusiastic group of volunteers worked together to raise funds for the Honpa Hongwanji Mission of Hawaii's, Maui Wildfire Disaster Fund. All proceeds from this sale will go to support the immediate needs of Lahaina temple members who were displaced and to support relief efforts on Maui. Although the actual sales were disappointing, we did raise \$1113. THANK YOU to all the volunteers who participated in this event. Your generous efforts made this important donation possible. OBT Teamwork is awesome!



## OBT Fall Bazaar

Robbi Ando

Chow mein, did someone say chow mein???? Yes, not only everyone's favorite chow mein, but also mar far chicken and chirashi sushi, served a la carte or in a tasty bento; all by pre-order. You'll find the Fall Bazaar flyer and the order form elsewhere in the newsletter, and both will be available at [www.oregonbuddhisttemple.com/fallbazaar](http://www.oregonbuddhisttemple.com/fallbazaar) along with online ordering.

In addition, to these OBT food favorites, shop for omiyage and hand crafts, as you pick-up your order on Sunday, October 22 between noon - 3:00 pm. There will be limited seating for dine-in.

Spread news of the event to family, friends and strangers.

Volunteers are still needed to prepare for the bazaar. The website SignUpGenius is the principal way volunteers are solicited and organized. You can access SUG through the event website at [www.oregonbuddhisttemple.com/fallbazaar](http://www.oregonbuddhisttemple.com/fallbazaar) and click on 'Volunteer'. If SUG doesn't work for you, just email or text message Robbi with your choice of dates and tasks for which you are available. If you have any questions, please contact Robbi Ando (rchando@comcast.net, 503.329.6682) or Diane Harder (diane.harder.pdx@gmail.com, 503.708.0500).



## 8th Annual OBT Holiday Craft Fair

Angie Hughes

Oregon Buddhist Temple will be hosting its 8th Annual Holiday Craft Fair on Saturday, December 2, 2023, from 10:00am—4:00pm. There is still plenty of vendor space available and we are looking for enthusiastic individuals who would like to participate in this fun community-building opportunity. Each booth will be offered to vendors at the reasonable rate of \$25.00 per space (6' table and two chairs included), with set up hours of 8:00—10:00am on the day of the Fair. We are hoping for all types of quality handmade items and pieces of art; we have met our quota for jewelry, greeting cards, ceramics, plants, and laser cut metal and wood. Temple affiliation is not required, and all applications will be considered. Please contact Angie Hughes at 503-367-2650 / [angie\\_hughes@kw.com](mailto:angie_hughes@kw.com) for more information and to request an application.

We hope everyone else will join us for some fun holiday shopping as well. A full lunch menu will be offered at reasonable prices and Ryan Davis' Chocolate Guinness Cake, by the slice, will be back by popular demand. Hope to see you at the 2023 OBT Holiday Craft Fair!

## Isogashii

Rev. Ron Kobata



"I liked how Reverend Ron Kobata helped us understand the true meaning of "isogashii" by breaking down the characters. I thought it was particularly relevant to all of us who are so busy ....."

Carol Saiget

{A successful sangha ... Rennyō Shonin}

忙しい (isogashii) : busy

心(kokoro: heart/mind) 亡(bo: perish, lose)

The below article was discovered by Reverend Ron Kobata. Thank you Reverend Ron.

**How to Practice Chanting**  
**BY MARK UNNO, FROM THE MAGAZINE**  
**APRIL 4, 2023**



It's an expression of oneness – with the Buddha, with the Sangha, with the cosmos itself. Mark Unno teaches you how to let go into the flow of chanting.

As long as Buddhism has existed, chanting has been one of its core practices. Originally, both recitation and chanting were used as ways to help memorize teachings, as well as expressions of commitment. Many schools of Buddhism today still chant in Pali, the language of the historical Buddha.

In some schools, such as Zen and Theravada, silent, seated meditation is regarded as the most central practice, with chanting seen as preparation for meditation. In other schools, such as Pure Land, chanting is the central practice. In many schools of Mahayana Buddhism, chanting is viewed as coming from the deepest level of reality, the true nature of the self, which is emptiness, oneness, or the formless source of the buddha body, the *dharmakaya*. Chanting therefore doesn't come from us deluded sentient beings with dualistic intentions of ego-consciousness, but instead from cosmic buddhas and bodhisattvas such as Mahavairocana or Avalokitesvara, who are subtle manifestations of cosmic oneness and buddhanature.

*When we're fully embodied and mindful in chanting, then many minds become as one mind, and one mind releases into no mind, emptiness, and the great flow of the oneness of reality.*

Chanting is neither active nor passive—it's receptive. We chant so we can receive the spontaneous cosmic power of no-self, emptiness, and oneness. So rather than being the instigator, the chanting practitioner is the recipient of the power of awakening—they are the receptive vessel of the Buddha's wisdom and compassion. This notion is present in many chants, such as those about entrusting ourselves to the power of cosmic buddhas, like *Namo Sakyamuni Buddha*, *Namu Myoho Renge Kyo*, *Namu Amida Butsu*, which means, "I take refuge in the Buddha Shakyamuni, I take refuge in the *Lotus Sutra*, I entrust myself to Amida Buddha."

Chanting involves a great deal of conscious effort for the beginner who's trying to memorize a chant, learn the right tone and tempo, and—if chanting in a group—blend with the others. But as we deepen in our practice, there's gradually less conscious effort and a greater sense of letting go into the flow of chanting. This is often accompanied by a shift in the physical center of chanting, as we feel it move from the throat to the heart to deep in the abdomen and, ultimately, into buddhanature, the deep flow of the oneness of reality.

Although Buddhist chanting can have a melody, overall, it's more monotonic, as Buddhist contemplative practices are based in equanimity and repose. This is often in contrast with other religious traditions—in Christianity, for example, there's more singing than chanting, and even Gregorian chants are more melodic than much of Buddhist chanting. Christian melodies and



chants are meant to convey the feeling of transcendence into heaven or the spirit rising in devotion to the divine. In contrast, Buddhist chanting conveys a deepening awareness of nirvana or cosmic oneness. But even though in Buddhism the emphasis is on equanimity, repose, and the contemplative flow of chanting, there's also deep joy that arises from the feeling of release from the bonds of attachment and suffering and of the great compassion realized in interdependence with all beings.

If you chant as part of a sangha, in time you'll find that your voice more easily blends with the voices of others. Yet, in blending with others, we do not erase our individuality. Rather, our individuality enriches the sound of group chanting and, indeed, the chorus is greater than the sum of its parts. Each of our voices carries the imprint of our personality and experiences. No-self or emptiness is inseparable from the multifarious manifestations of form.

Because our existence is impermanent, and each moment is precious, we should devote our entire being to each opportunity to chant and to each and every syllable. When we're fully embodied and mindful in chanting, then many minds become as one mind, and one mind releases into no mind, emptiness, and the great flow of the oneness of reality. Ultimately, whether we're physically in a group or alone, each time we chant, all beings—everywhere, past, present, and future—blend, dissolve, and become as one with us in the great journey of boundless compassion.

### **Prepare the Space**

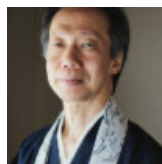
Select a chant such as the *Heart Sutra*, either in an Asian scriptural language or in English translation. You might find an online recording to see what it sounds like in any given tradition. Find or create a contemplative space with an altar containing a statue, image, or scroll. Light incense (optional), and if available, place a chanting bell next to your meditation cushion or seat, arranged to face the altar.

### **Prepare Body-Mind**

Briefly prepare body-mind with a moment of seated, silent meditation. Bow to conclude the meditation, and pick up the chant with both hands. It can help to have the chant on a stiff card if you don't have a book. Lift the chant above your head and bow lightly. Begin chanting by ringing the bell, relaxing into it.

### **Let the Chant Unfold**

The power of chanting arises from deep within, as you let go of the dualistic mind's desire to control reality. So, allow the chant to unfold. Focus more on the continuous sound of the chant rather than on the meaning of the words. Over time, as you deepen your chanting and enter into the flow of oneness beyond words, the meaning will become apparent naturally. To finish, lift the chant card, book, or paper above your head and bow lightly. Ring the bell and bow again.



#### **ABOUT MARK UNNO**

Mark Unno is an ordained priest in the Shin Buddhist tradition and an Associate Professor of Buddhism at the University of Oregon. He is the author of *Shingon Refractions: Myoe and the Mantra of Light*, and the editor of *Buddhism and Psychotherapy Across Cultures*.



**Fall Bazaar**  
**Sunday, October 22, 12:00-3:00**

Shop for Omiyage and Hand Crafts  
Pre-order Chow Mein, Mar Far Chicken,  
Chirashi Sushi or Bento  
Limited seating for dine-in



for more information see  
<https://www.oregonbuddhisttemple.com/fallbazaar>

**Oregon Buddhist Temple**  
**3720 SE 34th Ave, Portland, OR 97202**



**OREGON BUDDHIST TEMPLE**

3720 SE 34th Ave, Portland, OR 97202

For more information or to make an online order see

<https://www.oregonbuddhisttemple.com/fallbazaar>



		Number of Orders	\$ Amount	<p><b>Pre-orders must be received by Friday, October 13.</b></p> <p>Please return this order form with your <b>check</b> to the Oregon Buddhist Temple or place your order <b>online</b></p> <p>Order pick-up  <b>Sunday, October 22, 2023</b>  <b>noon to 3:00 pm</b>                      at the Oregon Buddhist Temple</p> <p><b>Thank you for your order</b></p>
Bento (Chow Mein, Mar Far Chicken, sushi, vegetables)	\$20			
Chow Mein	\$10			
Chow Mein, vegetarian	\$10			
Mar Far Chicken	\$10			
Chirashi Sushi	\$10			
Chirashi Sushi, vegan	\$10			
<b>TOTAL</b>				
NAME		PHONE		
EMAIL				



**Oregon Buddhist Women's Association  
Presents  
A free program on Reminiscence Therapy**

**Saturday November 18<sup>th</sup> at 11:00 am.  
Join us on zoom or in person with**



**PHOTO  
REMINISCENCE  
THERAPY**  
**NIDE CERTIFICATION COURSE**

National Institute for  
**Dementia  
Education**

**JOSHUA FREITAS**  
PH.D.(C), M.ED., BC-DED, ET AL.

**VIVID-PIX**  
Education

**Learn how photos can improve the life of a loved one  
experiencing Dementia.**

**Oregon Buddhist Temple  
3720 SE 34th Ave. Portland, OR**

[Click for Zoom Link](#)  
Meeting ID: 828 4320 0560  
Passcode: 195998



Come Join Our



# CULTURAL CELEBRATION

**Sunday, October 8, 2023  
11:00 – 3:00**



**FOOD CRAFTS  
SECOND-HAND TREASURES  
PLANTS PRODUCE  
GAMES**



- Rose City Retro—Pokémon collectibles and gifts
- KoroKoro Workshop—insulated lunch bags and wraps made from reclaimed Japanese fabrics
- Lunarcats Studios—origami-crafted ornaments, jewelry and gifts
- Diane Blossom—indigo and patchwork fabric accessories
- Portland Cà Phê—locally roasted coffee, beverages, and banh mi
- Jorinji Miso—a selection of traditionally made miso, crafted using traditional techniques
- Umi Organic—sauces and noodles for ramen and stir fries
- Epworth take-out—Spam musubi, barazushi, daikon tsukemono, and Furikake party mix

**Epworth United Methodist Church**

**1333 SE 28th Ave.**

**Portland, OR 97214**

(Parking available in bottom level of Safeway at 2800 SE Hawthorne Blvd.)