



The Buddhist Temple of Chicago BULLETIN



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Bill Bohlman

Looking Back at the Future

In wishing everyone a happy new year, I also want to thank the hundreds of you who helped me and the temple this past year. Please continue your support and volunteer work because as many will attest, the temple plays a crucial role in changing people's lives and in fostering harmony in Chicago and perhaps throughout the world.

Looking back on 2015, we can see hopeful trends for the future despite the personal and worldwide events of devastation. I was fortunate to participate in two faraway gatherings about mutual understanding and collaboration. One was the WE-Hope conference in Berkeley, California in April. To those who know the sectarian Japanese mindset (such as in the martial and cultural arts, "Our group does it the right way, so we don't have to acknowledge that the other groups exist"), it was a historic event. The name WE-Hope stands for West ("Nishi"), East ("Higashi") Honganji Overseas Propagation Exchange – the recognition that both our denominations should work together in bringing Shinran's teachings to North and South Americans. I hope some of you watched the two nights of "Dharmathon" on YouTube to get some ideas of what your future minister will be like (younger and not likely Japanese American).

Happy New Past

The New Year is here bringing with it a flood of resolutions all designed to improve our lives. Whether it is to lose weight, exercise more, watch less television, or a host of others, the goal is to make ourselves happier. Along with all your other resolutions I would like to suggest one more. This year, resolve to change your past. "Oh no," you are probably thinking. "He has finally lost his mind. No one can change the past!"

The only time that is real is now. The past doesn't exist. It is simply our memory of previous events. The future has no single form. It only consists of our hopes, dreams, and expectations. As these change, so too does the future. Buddhism speaks of karma, the idea that what exists now is the result of all that has come before. Some people think this means our fate is predetermined, that we have no control over our lives. Actually, the opposite is true. What we do, think and say right now affects our future happiness. If we change our past, we shape our future.

Of course, we cannot change the events of the past. However, we can change how we view these events. The most common example is the parent/child relationship. When we were children, and even more so as teenagers, our parents stopped us from doing certain things. At the time, we were convinced they were wrong for



Rev. Patti Nakai
Resident Minister

For more writings by Rev. Nakai, visit her blog, *Taste of Chicago Buddhism*, at: tinyurl.com/chibud

This article continues on page 2 at top right.



Bill Bohlman
BTC President

Contact Bill at budtempchi@aol.com or find him most Sundays after service at the information desk & bookstore.

This article continues on page 6 at right.

Sangha Support: Reaching Out to the Sick and Injured

Rev. Patti Nakai has spoken of the importance of temple members looking out for each other. The Upaya Group would like to help temple members who are ill or suffered an injury or loss. If you know of such members, please let the Upaya Group know so that we can provide assistance or send best wishes their way. Reach out via e-mail to Karen Baier at moanin_myrtle@yahoo.com or Linda Triplett at linda.triplett11@gmail.com or let them know when you see them at the temple.



Community Support: Helping the Homeless in Uptown

Various volunteers, including Upaya Group and BTC Young Adults members are working outreach, making hot soup or and cocoa and bagged lunches for the residents of the Wilson Street viaduct and parks near the lake. If you would like to help, contribute ideas and dialogue, participate, or donate food and supplies, please contact Candy Minx at candyminx@hotmail.com for more details.

... Looking Back at the Future

(Continued from previous page)

In June, I was part of the Chicago delegation to the Buddhist-Catholic Dialogue in Rome, Italy. Pope Francis called us together, not just for a week-long conference, but to put into place an ongoing network in the U.S. for working on the social justice issues he and we are concerned with. Since that time, our Chicago group has been meeting regularly and I'm happy to announce that we will be organizing a workshop called "What Does It Have to do With Me?" where we call upon our religious convictions to address the apathy affluent people have towards the problems of our neighbors struggling with poverty, violence, and injustice. It will be hosted by our temple on Saturday, April 2.

Here at our temple on November 28, there was a Protestant Christian/Shin Buddhist dialogue with Rev. Brandyn Simmons and our friends from Christ Church of Chicago along with other interested folks (Jewish, Catholic, Risho Kosei-Kai). I hope we can schedule more such dialogues so our members can better understand other religions and discuss ways we can work together.

To me, these are previews of the future that our temple is headed towards – to express the Jodo Shinshu teaching of all-embracing Oneness in concrete action by reaching out to others in collaboration. It is still important for our temple to be a place of contemplation – to quietly examine our selves and confront the conditions of our own sufferings. We follow Shinran's example of listening to the Buddha's teachings to guide us forward and to keep us from the traps of ego-centered delusions. But as most of you well know, we are not a collection of isolated navel-gazers, but a sangha, a community that encourages and supports its members. As a sangha, let us continue in the new year to demonstrate our awareness of the interconnectedness of life by reaching out to our neighbors and the world around us.

MISSION STATEMENT

Founded in 1944 as an administratively independent temple, The Buddhist Temple of Chicago aspires to the following:

- To present and explore the Three Treasures of Buddhism – the Buddha (teacher), the Dharma (teachings), and the Sangha (community).
- To be guided and inspired by the historical Buddha, Gautama Shakyamuni, and the teachers who have followed – Shinran Shonin, Manshi Kiyozawa, and Haya Akegarasu.
- To present the Buddha-Dharma in a language and manner relevant and understandable in contemporary America.
- To welcome all who seek the Dharma without any exceptions.
- To be a positive presence in our local community working to enhance the vitality of our neighborhood.
- To honor and continue the traditions of our founding members.
- To always live the Nembutsu – Namu Amida Butsu.

BTC BULLETIN

Team Ruth Abbinanti, Rev. Patti Nakai, Gary T. Nakai, Darryl Shishido, Linda Triplett, Ruby Tsuji, Ann Yi (Editor)

Feedback & Submissions Comments, corrections, questions, & suggestions welcome. Submissions of articles, essays, book reviews, photos, poetry, news items, announcements, drawings, etc., strongly encouraged. Submissions will be reviewed for suitability and space availability. Anonymous submissions will not be published, but author's names may be withheld from publication upon request.

Contact E-mail BTCbuledtr@hotmail.com or speak with anyone on the BTC Team

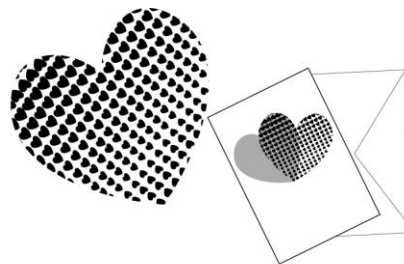
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Temple News November 2015

- 11/01 November memorial service. *** Japanese service was held. *** Rev. Nakai participated in the Catholic-Buddhist panel at the "Compassionate Heart" program at Our Lady of Pompeii.
- 11/07 Craft group met. *** Rev. Nakai and Rev. Ashikaga conducted memorial service for the late Mrs. Kie Kikuta. She is survived by daughters Sharon (Kevin) Okazaki and Betty Kikuta.
- 11/08 Dharma School service. *** Sutra study class met.
- 11/10 Rev. Nakai attended monthly Uptown Clergy lunch.
- 11/14 Temple volunteers prepared chirashi to sell at the Japanese American Service Committee's Holiday Delight. *** Rev. Ashikaga attended the Chicago Shimpō (newspaper) 70th anniversary luncheon.
- 11/15 Regular Sunday service.
- 11/18 BTC hosted Chicago Japanese American Council meeting. Rev. Nakai and Darryl Shishido attended as Japanese Buddhist Federation representatives.
- 11/19 Rev. Nakai spoke to World Religions class at North Park Seminary. *** BTC hosted Buddhist Council of the Midwest meeting. Rev. Nakai and Candy Minx attended.
- 11/21 Craft group met. *** Asoka Society met.
- 11/22 Ho-on-ko and Dharma School service, followed by luncheon provided by BTC Iaido Dojo and Japanese Language School.
- 11/24 Rev. Nakai presented "Buddhism in Chicago" lecture at the Niagara Foundation. *** Upaya group hosted Movie Night.
- 11/25 Rev. Nakai participated in the Interfaith Thanksgiving service at the First United Methodist Church's Chicago Temple.
- 11/28 BTC hosted "Japanese Spirituality" Christian-Buddhist dialogue with Rev. Brandyn Simmons of Christ Church of Chicago ("Tri-C").
- 11/29 Regular Sunday service. *** Board of Directors met.

Our deepest sympathy
to the family
and friends of:
Kie Kikuta

The Crafts Group Invites You:



BTC Valentine Card Workshop January, 23rd @ 10 am

Some materials and snacks provided.
Share your own stash:
papers, stamps, scissors, shape punches etc....

THANK YOU, THANK YOU, THANK YOU! Understanding the Nembutsu through recognizing the Paramitas in others. Send in your recognitions!

- Sunday Service Participants: Karen Baier, Tom Corbett, Wendy Fawcett, Anna Idol, Lynnell Long, Lynn Maruyama, Carlos Meza, Debbie Miyashiro, Robert Miller, Helene Rom, Darryl Shishido, Linda Tripplett, Ann Yi, Karl Zawadzki
 - Music/Accompanists: Mrs. Ashikaga, Drea Gallaga, Joe Phillips
 - Audio Controls: Wendy and Jacob Fawcett, Gary T. Nakai
 - Sunday Service Refreshments: Noreen Enkoji, Anna Idol, Haru Ito, Gwen Kato, Alice Murata, Arlene Nozawa, Kiyo Omachi, Carl Scoggins, Elaine Siegel, Ruby Tsuji, BTC Iaido Dojo, Japanese Language School, Upaya Group
 - Bulletin Mailing: Dennis Chan, Noreen Enkoji, Haru Ito, Candy Minx, Helene Rom, Mary Shimomura, Anthony Stagg, Ruby Tsuji
 - Cleaning Temple washrooms: Anonymous
 - Taking care of the Temple inside and out: Tomio Tademoto
 - Maintaining and updating the Temple computer: John Kelly, Gary T. Nakai
 - Maintaining and updating the Temple website: Ann Yi
 - Emptying the trash bins, filling them with new bags and putting them out for disposal: Adam Kellman, Candy Minx, Ruby Tsuji
 - Cleaning Hondo and Nokotsudo: Michael Yasukawa
 - Administrative Office Volunteers: Ruth Abbinanti, Helene Rom, Darryl Shishido, Linda Tripplett, Ruby Tsuji
- Our apologies to anyone we have failed to include on this list.

The Physiology of Service: George Harrison's *Living In The Material World*

By Candy Minx

I remember thinking I just want more. This isn't it. Fame is not the goal. Money is not the goal. To be able to know how to get peace of mind, how to be happy, is something you don't just stumble across. You've got to search for it.

– George Harrison

The fact that volunteers are in better health and ultimately live longer than non-volunteers demonstrates the potential relevance of physiological correlates of volunteering. If proven to be causal, the link between health and volunteering bears the promise of huge welfare advantage of volunteering. Programs that encourage volunteering, specifically among the elderly and among those at risk for health problems, could improve health and promote longevity.

– René Beckers, Sara Konrath, David Horton Smith

One of the greatest music documentaries ever is *The Last Waltz*, and its director Martin Scorsese has a powerful relationship with music, making several music-based documentaries as well as creating fascinating soundtracks for his fictional narratives. Comparing the technical form of Scorsese's *No Direction Home* and *Living In The Material World* is useful. In the former, we learn very little about who Bob Dylan is but we see how he has maintained his mystery as a persona, somehow by appearing grim with controlled stilted singing style and staying private since his well-documented motorcycle accident in 1966. In the latter, we find out a lot about who George Harrison is, by the testimonies of his close friends and by Harrison's repeated description of his search for meaning, love, and compassion. In the documentary about George Harrison we can learn how almost every detail, event and relationship is infused with compassion and service. It's really quite stunning while listening to account after account in interviews, how the work he did with film production, comedy, music, landscaping, charity, and friendships all seem to have at their base, compassion and service.

Scorsese uses so much footage it's amazing there isn't very much concert film in this movie, where, with Dylan's documentary I remember it being a lot of performance. I think Scorsese has done something marvelous by omitting many of the performances and spending time on the relationships and interviews with

George Harrison, his wife, his son, and his very famous, yet funny earthly-seeming friends. From a young age, Harrison seems to be kind and thoughtful. His friends and family say that he had an angry side, but most of the time he seems to have been a very social compassionate person. Anger appears more controversial in nice people than in not-so nice people.

How can one imagine that to see audiences screaming, and melting down, and obsessed with the music and humanly aspects of a band might be one of the catalysts for Harrison to seek meaning in life. It's as if The Beatles, faced with insane fame and adoring fans, were forced to ask "what's it all mean?" and the times they lived had many choices of answers. For the Beatles it became Indian and Asian mysticism, religions, and customs. For George Harrison, it seems that Transcendental Meditation and Hinduism assimilated his already kind personality so deeply that his spiritual inner life permeated everything he did after 1968. But it couldn't have been fame, could it? But then, look how different the persona of The Rolling Stones is, we don't think of The Stones as having donned yogi garb and meditation, do we? I think one of the big differences between The Stones and The Beatles is The Beatles seemed to ask questions, while The Stones didn't seem to worry about the answers.

If George Harrison is correct in saying that peace of mind is not something we just stumble upon—we need to search for it, then what does searching for it look like when we look at Harrison's life story? Part 1 of this two part documentary introduces us to the crazy life of the young Beatles and their search for meaning. Harrison's story shows us that somehow his sense of caring for others gave him purpose, influenced his work, and influenced so much of the world and its relationship to service. My own job partly exists because of George Harrison. I work about two concerts a month at a dance party built on the format of teaching a musical dance of a specific tradition in international music, and after the dance instruction, participants then practice their new dance moves to a band in the same tradition. Harrison and his colleagues called it "minority music" but it is mostly considered folk music or traditional music. Harrison immersed himself in the traditions of other people's music and stories from around the world, and that practice seems to have informed his compassion. The idea of mixing minority music and pop music became known as

(Continued on page 6, left side)

BTC Nokotsudo

The BTC Nokotsudo still has space to accept cremains. It is configured to hold urns of various sizes and presentations for storage periods to suit each family's needs. The Nokotsudo is open for visits each Sunday immediately after service and by appointment with either Rev. Patti Nakai, Gary Nakai, or Kiyo Omachi.

Whether you have a definite length of time in mind for interment in the Nokotsudo or whether the period of time is indeterminate while ultimate plans are being worked out, the beautiful design of the BTC Nokotsudo offers each applicant a flexible, dignified storage accommodation. As a further service, the BTC Nokotsudo policy permits the holding of burial certificates when accompanying the admitted cremains.

To inter cremains in the Nokotsudo, fill out the application form attached to the Nokotsudo Policy. These documents are available from the temple office or they can be mailed to you by contacting any of the above persons.

Reminder: The Buddhist Temple of Chicago Online

Temple Website: <http://buddhisttemplechicago.org/>

Our website moved this last year to an easier-to-remember domain (the old link still works too). It contains updated information on temple events and general information on Buddhism. There is also an archive of downloadable issues of the BTC Bulletin, with the October 2011 issues and on, most in color.

Facebook: <http://www.facebook.com/budtempchi>

Stay current on breaking temple news and to view photographs of recent events. Click the "Like" button to see the temple's updates on your Facebook news feed.

Taste of Chicago Buddhism blog:
<http://www.tasteofchicagobuddhism.blogspot.com>

"Blog" is an abbreviation of "web log" – a journal kept on the Internet instead of in a bound volume. Read Rev. Patti's blog "Taste of Chicago Buddhism," started in October of 2011. She discusses her activities, summarizes classes, and writes about issues related to Buddhism.

Wikipedia:
http://en.wikipedia.org/wiki/Buddhist_Temple_of_Chicago

Wikipedia is an online encyclopedia that is continually written and revised by the public. To expand the Wikipedia entry for The Buddhist Temple of Chicago, please let Rev. Patti know of any published materials mentioning events in our temple's history.



BTC Nokotsudo designed by Scott Nobuyama Associates, Chicago, and dedicated October 4, 2009.
Photos by Rev. Patti Nakai and Ann Yi.

... The Physiology Of Service

(Continued from page 4)

“world beat music.” This open-mindedness and inquisitiveness about other people has influenced music history. In some ways Harrison performed a service by exploring and sharing music, making his art not just for his ego or for entertainment. Harrison changed the world when he created the concept of a music benefit to raise money and awareness to people in specific regions or traumatic situations, and it became a record and movie called *Concert For Bangladesh* (the royalties from that album – including the single “Give Me Love” – were donated by Harrison, in perpetuity, to the Material World Foundation). Live Aid, Band Aid, Tribute to Heroes 9/11, and Pathway To Paris all came out of Harrison’s formula.

A friend of mine getting therapy many years ago said her counselor told her that some people are not generous because they don’t feel they have very much themselves. That has always stayed with me as a way to understand people who do not practice service or seem to be not very giving or socially generous. One of the things I experience when I meditate or do volunteer work is a dizzying sense of infiniteness. It’s a feeling I don’t know where it comes from somewhere way inside. This sensation of infiniteness seems to give me more energy and more ways of making “more time” in the day. I can’t really explain it, but I think opening a dialogue on service would be an interesting conversation. Even conversation can be an opportunity for service. Have you ever noticed that many of the best conversationalists are great listeners? Listening is generous and giving. I think George Harrison offers some great examples of the power of giving, listening to others, and incorporating service into daily life and work.

And on top of producing controversial movies like *Life Of Brian* and introducing people to new forms of music, Harrison is responsible for introducing other cultures’ ways of thinking and was responsible for introducing other religions and meditation to new people. There are many people who can say that George Harrison inspired them to investigate Asian religions.

We will watch *George Harrison: Living in the Material World* for our next Movie Night, tentatively set for January 26 at 7 p.m. for Part 1. Check Facebook to confirm final dates. Feel free to bring treats. Part 2 will be on February 23, at 7 p.m., also tentative. Related Links or Articles:

- The Activism Cure, http://greatergood.berkeley.edu/article/item/the_activism_cure
- Physiological correlates of volunteering, http://www.ipearlab.org/media/publications/bekkers_konrath_smith_2014_physiology_volunteering.pdf
- The Giver’s Glow, http://www.huffingtonpost.com/2011/07/28/health-benefits-of-volunteering-helping-others_n_909713.html
- The Top 50 Music Documentaries, <http://www.vulture.com/2015/10/50-best-music-documentaries-of-all-time.html>
- 9 Ways Generous People See the World Differently, <http://www.becomingminimalist.com/more-generosity/>

... Happy New Past

(Continued from page 1)

stopping us and we resented their actions. We were angry, vowing we would never be like them. Yet, years later, we realized the wisdom of their actions. The events had not changed, only our perception of the events.

Throughout our ego driven lives we often find ourselves in conflict with others. As a result, many times we suffer or cause others to suffer. This suffering may linger for years, gnawing at us, destroying friendships, tearing apart families. The stories of friends or family members who have not spoken in years because of some long ago insult are all too common. The only way to overcome the suffering these conflicts cause is to change our view of them.

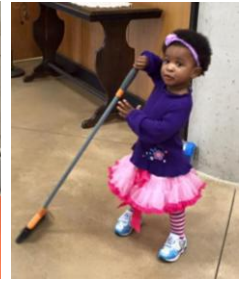
The Buddha taught that we should live a life of no regret. Our lives should be dynamic, forward looking and determined. Whenever we reflect upon the past our goal should be to gain wisdom. To feel pity for ourselves is self defeating. To constantly relive perceived injustice only prolongs our suffering. The *Dhammapada* has the following in its first passage: “He abused me, he cheated me, he robbed me. Live with such thoughts and you live in hate.” How can we ever overcome our suffering if we continue to live in hate?

As we look forward to a brighter future, we should also look back with new eyes. Eyes that truly see, free from our self centered, tunnel vision. Change the past to enhance the future.

On behalf of myself and the Board of Directors I want to wish you all a happy and healthy 2016.



**Yes!
Kids
are
welcome!**
(Sweeping
up optional)



January 2016 Temple Events & Activities Guide

- See Calendar on page 8 for specific dates.
- Up-to-date details and last-minute changes are available on Facebook at: www.facebook.com/budtempchi
- All events are free, held at the Temple (unless otherwise noted), and open to the public.

►►► Special Services & Events ◀◀◀

- January 1, Friday, 11 am – New Year's Day service followed by multi-cultural potluck luncheon
- January 3, Sunday, 11 am – Shotsuki Hoyo Monthly Memorial Service (English).
- January 31, Sunday, 11 am – Eitaikyo Service
- January 31, Sunday, 12:15 pm – Annual general meeting. All are encouraged to attend.

Regular Sunday Services

- Religious Service (in English) – Sundays, 11 am.
- Lay Speaker Sunday – Generally the third Sunday of the month, 11 am. This month: January 10 (tentative).

Cultural Activities

- Chinese Movement (Qigong) – Tuesdays, 11 am to noon. Call Dennis Chan 312-771-6087 for info.
- Crafts Group – Third Saturdays, 10 am to noon. This month: January 23, special Valentine's Day Card workshop.
- Japanese Fencing (Kendo) – Dojo sessions held every Tuesday from 8 to 10 pm at Bethany United Church. Call Bob Kumaki, 847-853-1187 for info.
- Japanese Language School (children or adults) – Every Saturday, 10 am. Call Temple to register. No class Jan. 2.
- Japanese Swordsmanship (Iaido) – Mondays, 7 to 9 pm. This month: No class January 4.
- Taiko (BTC Kokyo Taiko Drum Troupe) – Adults, Fridays, 7 to 9 pm. Email kokyotaiko@yahoo.com to confirm. No class January 1.
- Taiko (BTC Kokyo Taiko Drum Troupe) – Children, 1st, 3rd, and 5th Sundays at 11. Email sanghacomod@yahoo.com for appointments.
- Movie Night – Generally, one Tuesday night a month. See Facebook for date.
- Book Club – Generally, one night a month. See Facebook for date.

Meetings, Socials, Volunteering

- Asoka Society – Generally the third Saturday of the month, 1 pm. No meeting this month.
- Board Meeting – Once a month, Sunday, 12:30 pm. January 24.
- BTC Bulletin mailing – Generally 2nd-to-last Friday of the month, 10 am, as many volunteers as possible much appreciated. This month: January 22.
- BTC submissions – See page 3 for details on submissions. Generally due 8 days prior to the mailing on Thursday, 6 pm. This month: January 14.
- BTC Young Adults Group – Check the Bulletin for events scheduled throughout the year.

Education & Meditation

- Dharma Sunday School (for children) – Second and fourth Sundays, 11 am. January 10 and January 24.
- Introduction to Buddhism – This 4-week course is held periodically throughout the year. E-mail Rev. Nakai at: rev.eshin.patti23@gmail.com.
- Buddhism Study Class – Every Wednesday, 7 to 8:30 pm. No previous Buddhism study required. No class on Jan. 6 and 13.
- Meditation – Sundays at 9 am and Thursdays, 7:30 pm. No meditation December 31.
- Sutra Study Class – Generally 2nd or 3rd Sunday of the month, 12:30 to 2 pm. No previous Buddhism study required. This month: January 17.



The Buddhist Temple of Chicago

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Rev. Patti Nakai, Resident Minister
Rev. Yukei Ashikaga, Minister Emeritus
Rev. Gyomay M. Kubose (1905–2000), Founding Minister



BTC CALENDAR JANUARY 2016

日本語の 祥月法要
1月3日 午後1:00時

See Temple Events & Activities Guide on page 7 for details on events.
Events may be canceled or moved after press time due to unforeseen circumstances.
Check www.facebook.com/budtempchi for the most up-to-date changes.

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1 11 am New Year's Day service & multi-cultural potluck (No Adult Taiko)	2 (No Japanese Language School)
3 9 am Meditation 11 am Monthly Memorial 12:30 pm Children's Taiko	4 (No laido)	5 11 am Qigong	6 (No Study Class)	7 7:30 pm Meditation	8 7 pm Adult Taiko	9 10 am Japanese Language School
10 9 am Meditation 11 am Service 11 am Dharma School	11 7 pm laido	12 11 am Qigong	13 (No Study Class)	14 10 am Bulletin Submissions 7:30 pm Meditation	15 7 pm Adult Taiko	16 10 am Japanese Language School
17 9 am Meditation 11 am Service 12:30 pm Sutra Study 12:30 pm Children's Taiko	18 7 pm laido	19 11 am Qigong	20 7 pm Study Class	21 7:30 pm Meditation	22 10 am Bulletin Mailing 7 pm Adult Taiko	23 10 am Japanese Language School 10 am Crafts: Valentine's Day card workshop
24 9 am Meditation 11 am Service 11 am Dharma School 12:30 pm Board Meeting	25 7 pm laido	26 11 am Qigong	27 7 pm Study Class	28 7:30 pm Meditation	29 7 pm Adult Taiko	30 10 am Japanese Language School
31 9 am Meditation 11 am Eitaikyo Service 12:15 pm Temple General Meeting 12:30 pm Children's Taiko (tentative)						