



The Buddhist Temple of Chicago

February 2021



“All bundled up, Ruby rings in the new year”



Month of Remembrances By Rev. Patti Nakai

The month of February has many kinds of remembrances. One major Buddhist observance is Nirvana Day commemorating the passing of the historical Buddha. And at our temple the Sunday following the Nirvana Day service is our Pet Memorial where we invite members and friends to honor their furry, feathered, scaled and shelled loved ones with pictures and anecdotes. Nationally, February is Black History Month when we hear stories of great Americans who contributed much but were denied recognition for so long. And for Japanese Americans, February 19 is the Day of Remembrance marking the Executive Order 9066 in 1942 that took families out of their West Coast homes and placed them in inland prison camps. See ChicagoDor.wordpress.com for more info.

In Buddhist meditation, we instruct people to focus on the here and now, but in reality there is no “here and now” separate from the past. All our activities, including meditation, are things we are enabled to do because of past causes and conditions. We wouldn’t have our temple in Chicago if it wasn’t for EO 9066 – Rev. Gyomay Kubose and other Japanese Americans in the camps were able to leave in 1944 only if they went eastward, and for over 20,000 people “eastward” meant Chicago.

It is important to look at the past and appreciate the people and non-humans who brought richness and challenges to our present lives. From Shakyamuni Buddha to the tiny turtle cherished by a child, all these lives live on in our lives.

Calendar Thanks Normally the huge task of preparing to mail out the temple calendar is done on two or more days with a large crew gathering at the temple. For the 2021 calendar, we had several occasions of the Qigong class working on tasks and we had those who volunteered to work at home. Thank you all for your help:

Ruth Abbinanti, Susan Balsam, Dennis Chan, Sadie Kasamoto, Alice Murata, Arlene Nozawa, Mary Ozaki, Gene Skala, Ruby Tsuji

It’s not too early to help with the 2022 calendar – we need photos, editors etc.

IN THIS ISSUE

- Minister’s message**
By Rev. Patti Nakai.....1
- President’s message**
By Bill Bohlman.....3
- Acknowledgments.....4**
- Monthly Memorial.....5**
- Calendar.....6**



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Interfaith Sunday – February 28 – Guest Speaker, Ben Tompkins

The annual event which was known as “Brotherhood Sunday” began as a pulpit exchange between our founding minister Rev. Gyomay Kubose and the Peoples Church pastor, Dr. Preston Bradley. For this year’s Interfaith Sunday, we’ll learn about Dr. Bradley, a nationally known Unitarian minister, from Ben Tompkins, host of the Uptown Community Podcast and member of the Peoples Church. Ben has been featuring recordings of Dr. Bradley’s radio talks on his podcast and has done research into Dr. Bradley’s life. It was Dr. Bradley on the radio who publicly welcomed Rev. Kubose and our temple to Chicago.



Scheduled activities – subject to change (TBD = to be determined later)

Note that in-person activities are subject to COVID-19 restrictions (mask required)

Weekly services – Sundays 11am - in-person, online Facebook Live.

Second Sunday is Children’s Dharma School service (no in-person classes Sept. 2020-June 2021)

Mindful midday (meditation and stretching) – Mondays 11am - in-person (10 limit), online Zoom

Qigong (Chinese exercise) – Tuesdays 11am, online Zoom, in-person (10 limit)

Iaido (martial art) – Mondays 6:30pm – in-person restricted to current members

Thursday Meditation - 7:15pm online Facebook Live

Sunday Meditation 9:30am – In-person only

Aikido – Sundays 5-7pm – in-person restricted to current members

Taiko TBD

For Zoom sign-in information see Event announcements on Facebook or contact Rev. Patti.

Deepest Sympathy

To the family and friends of

Ruth Kumata	December 14, 2020
Mutsu Shishida	December 26, 2020
Henry “Hank” Ito	January 6, 2021
Donald Kato	January 7, 2021
Mary Jane Duffy	January 8, 2021
Takanaga Urayama	January 23, 2021

Acknowledgements (donations received Dec. 2020) – continued from Page 4 – Membership:

Centennial	Yamanaka, Wayne & Keiko			
Supporting	Sasamoto, Peggy			
Couple / Family	Fujiura, Glenn & Katherine			
Individual	Balsam, Susan	Kato, Mitchell	Kellman, April	
Friends	Coyle, Jane	Hardy, Sandra	Ishii, Marion	Kamo, Richard
	Nakamura, Carolyn		Sugimoto, Midori	

SERENITY



By Bill Bohlman, BTC President

Contact Bill at budtempchi@aol.com



“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” These are the opening lines of the Serenity Prayer attributed to Reinhold Niebuhr in 1943. The sentiment expressed, however, has existed in various forms for centuries. The 8th century Buddhist scholar Shantideva is said to have expressed it thusly, “If there’s a remedy when trouble strikes, what reason is there for dejection? And if there is no help for it, what use is there in being glum?”

The Buddhadharma teaches that a cause of our suffering is our inability to see life as it truly is. Rather, we see life thru the filter of our ego; our greed, anger and desire. A common misconception about Buddhism is that it is fatalistic, that everything is predetermined. This misunderstanding comes about because of the Buddhist idea of karma: that all that is now is the result of all that has come before. To the contrary, Buddhism is dynamic: our thoughts, words and deeds now shape what is to come. The question is what do we do now?

Sometimes the only action is no action; this is the acceptance of things we cannot change. Our ego makes us feel that we are always in control of the situation. We have difficulty accepting that we may not be able to change things we don’t like. When we fight against the rising tide, we are finally overwhelmed. The sooner we accept the situation, and move on, the sooner we will end our suffering. Of course, there are times when we can affect change.

Often, we find ourselves repeating the same mistake. A comfortable pattern emerges and, although it causes us distress, we are afraid to make a change. This is when we need to break out of our comfort, or discomfort, zone and move ahead. Maintaining the status quo is easy, it requires no effort; change requires courage. Both taking no action when needed and acting decisively when appropriate are examples of the idea of non-attachment. We free ourselves from preconceived views and do what is necessary. How do we decide which path to take? The wisdom referred to in Niebuhr’s prayer is much like Buddhist mindfulness. To understand what is needed, we must clear our mind of thoughts of the past and the future. Our only focus must be on this moment. As we do this, we begin to attain a clarity that allows us to determine a course of action. Shakyamuni Buddha attained his awakening after seven days of meditating under the Bodhi tree. He realized that the cause of his suffering lie within his mind, not in the world around him. With this realization, he was able to overcome suffering. The true beauty of Shakyamuni’s awakening is that he was neither a god nor a prophet; he was simply a human being like you or I. We too can overcome suffering thru acceptance, courage and wisdom.



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ADDRESS SERVICE REQUESTED



February 2021 Calendar		Events may be canceled or moved:				
Check www.facebook.com/budtempchi for the most up-to-date changes.						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11am Mindful Midday 6:30pm laido	2 11am Qi-Gong	3	4 7:15pm Facebook Live meditation	5	6
7 9:30am Meditation 11am Monthly Memorial 5pm Aikido	8 11am Mindful Midday 6:30pm laido	9 11am Qi-Gong	10	11 7:15pm Facebook Live meditation	12	13
14 9:30am Meditation 11am Nirvana Day Children's Service 5pm Aikido	15 11am Mindful Midday 6:30pm laido	16 11am Qi-Gong	17	18 7:15pm Facebook Live meditation	19	20
21 9:30am Meditation 11am Pet Memorial Service 5pm Aikido	22 11am Mindful Midday 6:30pm laido	23 11am Qi-Gong	24	25 7:15pm Facebook Live meditation	26	27
28 9:30am Meditation 11am Interfaith Sunday 5pm Aikido						