

September 2009

SHINGI

Newsletter of the Tendai Buddhist Institute



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Sanrai, the Three Fold Refuge is a verse found in many Tendai Services. We do a shortened version for the daily service in Japanese. A slightly longer version is as follows:

Sanrai

-Respecting all, I take refuge in the Buddha.

Now I wish, together with all sentient beings, to master the great path and arouse the unsurpassed will.

September Events Calendar



Weekly Meditation Services (WMS) are on Wednesday evenings. They begin at 6 PM with a discussion or talk (see below for this month's discussion topics). At about 7 PM there is a meditation service followed at 8 PM by a potluck dinner. All of Wednesday evenings' events are open to the public. There is no fee and reservations are not required.

September Wednesday Meditations and Discussions

2nd The Six Paramitas: the non-ego-centric Tao. The Eightfold Noble Path, The Six Paramitas or Perfections are identified as a practice for both Arhat as well as Bodhisattva. Find out why.

9th Buddhist Travels - Iron Age to Postindustrial. The discussion is a temporal- spatial inspection of the Buddhist Path. We will locate our tradition to better understand how we conceive and practice it in the 21st century.

16th Segaki - Feeding the Hungry Ghosts. We will discuss the origins, attributed to Maudgalyayana and Ānanda, its development in China, as well as a modern interpretation of this profound ceremony.

23rd Sangha Conversation - a discussion among Sangha members.

-I take refuge in the Dharma. Now I wish, together with all sentient beings, to enter into the profound teachings, containing wisdom as deep as the ocean.

-I take refuge in the Sangha. Now I wish, together with all sentient beings, to guide the multitude, to attain the non-attachment of all.

This statement evokes our longing for a life simple, productive, and meaningful. We walk in the footsteps of Shakyamuni Buddha when we recite a Sanrai. The verse shapes a worldview that humans are responsible for their own intentions and actions, and they will reap the excellent or dreadful results of those deeds.

The next time you recite Sanrai, take a moment of reflection, and consider the profound meaning in the simple words.

Gassho . . . Monshin



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30th *Upaya* - Skillful Means. We will discuss *Upaya*, not as a doctrine, but as an endeavor to find awareness and compassion.

Events

12th Morning Service and Sutra Class, 8:30 a.m. - 10:30 a.m. The class continues our monthly exploration of the Sutra of Perfect Enlightenment. This month we will be reading and discussing chapters 4 through 6. Go to http://zen.extra.hu/sutra_of_perfect_enlightenment.html for a copy of the sutra. A more complete version of this sutra, translation and commentary by A. Charles Muller and Kihwa is available. It is published by State University of New York Press, 1999.

18th - 20th O-Higan Retreat. The Autumn O-Higan retreat will be devoted to Mindfulness: Renewal of Cognition and Emotion. We begin at 7 PM on Friday evening the 18th and will end about 1 PM on Sunday the 20th. The teachings will come from a number of sources from the Pali and Mahayana Canon. The practices will include shi-kan meditation, devotion and chanting. On Sunday morning we will prepare a Segaki-e service to be conducted during Mahasangha Sunday Service.

20th Mahasangha Sunday. All Sangha members are encouraged to participate in a meditation service and Segaki ceremony. If you have had a death of someone close to you in the last year, and/or wish to remember someone who died years before, please send me their names so we can include them in the service. Also, please bring a food item for the deceased with you to the Segaki-e service.

Food Pantry at Jiunzan Tendai-ji : Bring non-perishable food items to the Tendai Buddhist Institute this month. We contribute these items to the Chatham Silent Food Pantry. The first of the Six Paramitas is Dana, this is a 'perfect' opportunity for practice.

Notes on Practice for September: Examine and consciously be aware of the Six Perfections - each day. The Six Perfections:

1. *Dana* (Generosity) Give of oneself, time, money and heart.
2. *Silla* (Ethics and morality)
3. *Ksanti* (Patience)
4. *Virya* (Energy)
5. *Dhyana* (Concentration and Contemplation)
6. *Prajna* (Wisdom)

Jiunzan Tendai-ji News



-This month, we had so many wonderful new people visit us! If you know of any visitors who would like to receive this newsletter, [forward it to them](#) and instruct them to click on "Join Our Mailing List" above. Please let them know that we are truly glad they stopped by and that we hope they consider joining us again. If we can be of service to anyone on the spiritual path, or if there simply are questions that want answers, don't hesitate to [contact us](#).

Beginner's Mind—"A Brief Offering of a Teacher at the Start of a New Year"



For some of us it is the start of a new school year and we are already beginning to get caught up in the cycle of the teaching and the being taught. But, even if you consider yourself finished with this phase of your life, perhaps the

small offering I am about to share will yet provide a worthwhile morsel for your contemplation.

Last semester, I sat on a sun spattered bench on the college campus where I teach preparing my last lectures for my Survey of Japanese Literature class. It is probable that the subject and the insight of the moment conspired to create this senryu*:

done with reading
even the campus green is a dream
within a dream

If you're interested in Japanese history, you may recognize the dominant pattern and theme in this poem as coming from Oda Nobunaga's death poem:

this world of dew
this world of dew
even Osaka Castle is a dream
within a dream

At first it may seem hyperbolic to project the lament of a major historical figure into a poem by a mere teacher, or even irreverent to include the words of one who did so much harm to Tendai and the temples of Mt. Hiei in the newsletter of a Tendai temple, but so much about this little poem seems right. Right for this time of year when so many new beginnings are happening, when dreams are so golden, when so much energy and devotion is about to be renewed in the conquest of classes and careers. And right for this time of year where the passing seasons seem to call us all to reflect upon what has past, what we hope for, and what is truly important.

Gassho . . .

[Koho](#)

*A senryu is a haiku focusing on the foibles of being human.

The Third Jewel--where sangha members share ideas, poetry, and art to enrich everyone's Buddhist practice.



*"Ahh, look what
arose from the
mud!"*

--Tomie Hahn

Call for material: Please [send the Shingi](#) photographs, artwork, poems, etc. that you have created that you consider an outgrowth of your Buddhist practice or that you think reflect Buddhist themes, ideas, questions, etc. If submitting an image, please include a short statement explaining some of your thoughts to accompany it.

Questions? Comments? Suggestions? Contact . . .

Shingi Editor

Koho J. Daniel Beaudry

beaudryjd@mac.com