

CONNECTION

TRI-STATE DENVER BUDDHIST TEMPLE

2026

Spring - Summer
Edition

01 Rev. Thompson's connection

Hello everyone, let's talk about sangha. At every service, we recite the Three Treasures, which is taking refuge in the Buddha, the Dharma and the Sangha. We take refuge in Buddha as our teacher, the Dharma as the teachings themselves and the Sangha because, without our community, the teachings of the Buddha would have no place to flourish. Buddhism is often viewed as a solitary practice yet, from its beginning, it has been a community practice. People gathered to hear the words of the Buddha, and as a result, communities were created wherein people could learn and practice together, guiding and supporting each other. These were known as 'good Dharma friends'.

Over the years, temples were built through the hard work and kind donations of the community so that the teachings could be shared. Initially "sangha" referred only to communities of monks and nuns, but the definition was expanded to include the lay people who were unable or unwilling to leave their lives behind to find perfect enlightenment, but who still wished to hear the Dharma. In Jodo Shinshu, we talk about "fellow travelers", the people who assist

The next time you recite the Three Treasures recall that you are not only finding refuge in the Buddha and his teachings, but you are also finding refuge amongst your fellow travelers. Our community is here to hold us up, to share our joys, and to walk with us through our difficulties. Let us with sincerity and true reverence take refuge in the Three Treasures of the Truth.

02 Keirokai 3/21/2026

Keirokai is an annual appreciation luncheon hosted by the YBA to express gratitude to the long-time members of our temple. This year, we had over 40 participants. Thank you to the YBA for their warm hospitality, and to our valuable members for their continued support of the temple.



03 Hatsumairi servcie 4/19/2026

Hatsumairi is a Buddhist ceremony where parents present their child to the Buddha and the Sangha for the first time. This year, Orson Eakins and Anju Hayashi were introduced to the Sangha.

Congratulations and welcome to Denver Buddhist Temple!



04 Amache Pilgrimige 5/16/2026

This year, the 2026 Amache Pilgrimage occurred on May 16 in Granada, Colorado, honoring the Japanese Americans who were unjustly confined at the Granada War Relocation Center during World War II.



05 Colfax Marathon Weekend 5/16 – 17/2026



06 Dharma School Connection

The Dharma School kicked off the 2026-2027 school year on Sunday, September 13th. We're looking forward to another year of learning the Dharma and building community. Each school year is a new opportunity to grow our understanding of Buddhism. Even if your children or grandchildren haven't been attending temple regularly, it's never too late to join us at Dharma School. Everyone is welcome! All new and returning families, please fill out the [Dharma School Registration Form](#). Dharma School classes meet in the basement following the 9:30 am Family Service.

This year, the grade levels will be: Preschool, Kindergarten-2nd, 3rd-4th, 5th-6th (Jr. YBA) 7th-12th (YBA)

Thank you to all of our incredible teacher volunteers: Sue Yoshimura, Alyssa deMars, Brandi Tsuchimoto, Jade Tsumura, Susan Inouye, Wyatt Spage, Craig Hirokawa and Sarah Pettis. We could always use additional help with the Dharma School. If you are interested in being a substitute teacher, assisting in the classrooms, or helping to plan special events, please reach out to co-superintendents, Stevie Lo or Shannon Umetani, at dbtdharmaschool@gmail.com.

In addition to weekly classroom activities, the Dharma School helps host several special events throughout the school year. Coming up, Akimatsuri, or fall festival, happens around Halloween and includes a pumpkin-themed baking contest, costumes, games, and a haunted house. Before Thanksgiving, there's Turkey Bingo, which includes a turkey lunch, raffle prizes, and, of course, playing Bingo for turkeys and cash prizes. In the Spring, we celebrate Hana Matsuri, which marks the birth of Siddhartha Gautama. The Dharma School students present special performances during our Hana Matsuri celebration.

07 Dharma School Picnic 5/31/2026



08 Memorial Day Service 5/25/2026

Every year a community memorial day service is held at the Nisei War Memorial at Fairmount Cemetery. This community memorial day service is hosted by the Nisei Veterans Heritage Foundation, Simpson United Methodist Church, Tri-State/Denver Buddhist Temple, as well as community volunteers.



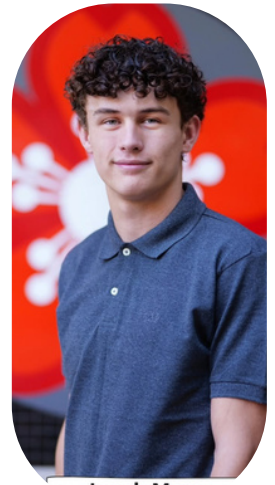
09 Japanese American Community Graduation Program 6/13/2026

The JACGP 2026 event took place at Social Capital in Arvada on June 13.

This year, eleven graduates received scholarships from supporting organizations, including Ian deMars and Roane Nitta from the Denver Buddhist Temple.



Roane Nitta



Ian deMars

10 Buddhist Dana Association Connection

We have had a busy 2026 so far. We sold bentos for Uta Gassen and prepared over 800 onigiri for the Nikkeijin Kai picnic. In addition, we supported the Cherry Blossom Festival in many ways, making manju, preparing food for the festival and of course volunteering on that busy weekend. In 2025 we assisted with 8 Otoki (funeral receptions) and last Thanksgiving we helped with the wonderful Interfaith Thanksgiving Service and collected donations for our Dana Project supporting Metro Caring; we raised over \$3,750 in cash donations.

As our members and our leaders age, we welcome as many new members as possible to continue to provide support for the temple. We are always in need of additional members to add to our tobans. Thank you to RuiZavier Estrada for stepping up to be our new BDA Secretary. Please feel free to reach out to any of our board members Wendy Thompson, President; Joyce Nakata-Kim, Treasurer; RuiZavier Estrada, Secretary or Kay Takahashi, Otoki chair.

Also, as a reminder the 18th World Buddhist Women's Convention will be held at the Hilton Hawaiian Village in Waikiki, September 11-12, 2027. We have a year to plan, and time flies quickly. Please reach out to any of us if you are interested in attending.

Thank you to all our members for all your support.

11 Cherry Blossom Festival 6/27 – 28/2026



12 Shinran Group Connection

The Shinran group meets on the first Thursday of each month at 11 am for a service conducted in both Japanese and English. Currently, the group has twenty-two members. We welcome anyone interested in attending and learning about the Buddha's teaching in both languages.



13 Admin's Connection

One of the joys of my role with TSDBT is getting to see how everything works together, and being able to connect with so many of you. Thank you for continually brightening my days and demonstrating how people can come together to create meaningful experiences and supportive learning environments.

We have had a lot of events over the past several months, and we have much more coming up! I encourage you all to check our weekly email, website (<https://tsdbt.org>), and calendar regularly for updates and the most current information about news and events.

Here are some of the results for our spring and summer events and fundraisers:

- Springo Bingo (April 12, 2026): Bingo, Pickles, Prize Raffle, and Food Sales raised over \$5,000. We had 33 raffle prizes donated and lots of volunteer help to make this a fun and successful day. Keep an eye out for our spring date, which will be determined soon!
- Colfax Marathon Weekend (May 16-17, 2026): TSDBT had over 50 race participants in races on Saturday and Sunday. We raised over \$2,600, and we had great interaction with the crowd at our booth in the Charity Partners Village in City Park. Registration is already open for the next year's races (add Denver Buddhist Temple as your Charity Partner!), and we look forward to walking, running, and connecting with you during race weekend 2027!
- Cherry Blossom Festival (June 27-28, 2026): Through food and drink sales, calligraphy donations, and bookstore sales, we raised over \$100,000 for the Temple. This is our biggest fundraiser of the year, and we couldn't do it without countless volunteer hours, creativity, and determination. Thank you!
- Obon (August 8, 2026): Through paper and online Obon lantern donations and food sales, we raised almost \$2,500. Thank you to everyone who came out for a wonderful day to connect with our past, present, and future!

As autumn begins, we look to our annual membership drive. Letters and emails will go out in mid-November, so please keep an eye on your email or mailbox! The letter will include important membership information and a link to our annual Sangha Survey.

TSDBT is participating in the Colorado Gives Day campaign again this year. If you start a monthly donation (great for memberships!) through the Colorado Gives website (<https://www.coloradogives.org/organization/Tri-State-Denver-Buddhist-Temple>) during that drive (November 2 – December 8, 2026), the Colorado Gives Foundation will match up to \$100. Colorado Gives facilitates employer donation matches, and that is also a great way to increase the impact of your donation.

- Alison Nishi, Administrative Assistant | Contact us at: info@tsdbt.org or 303-295-1844

14 Obon 8/8/2026



15 108 Meditation on Health

In every age, people have seen health as a condition for happiness. When someone becomes sick, we feel sorry for them because we tend to think of illness as unhappiness.

But if youth means happiness and old age means unhappiness, if health means happiness and sickness means unhappiness, and if being alive means happiness while dying means unhappiness, then every human being is moving toward unhappiness. From the moment we are born, none of us can escape aging, sickness, and death.

Being young, healthy, and alive can certainly bring happiness. But these things can also bring their own kind of unhappiness. Youth brings many possibilities, and with those possibilities come hopes, desires, and expectations. Sometimes the distance between what we expect from life and what we actually experience becomes a source of suffering.

And yet, aging, sickness, and even the approach of death can open another way of living. They can teach us to experience life more deeply—to notice and savor things that we might have overlooked when we were young and healthy.

There are moments when, because we are facing death, we suddenly see how precious life is. We may come to wonder at the simple fact that we are here, alive, in this moment.

Perhaps happiness does not mean escaping aging, sickness, or death. It perhaps means learning how to fully live even as these things are part of our lives. When we stop seeing old age, illness, and death only as enemies of happiness, they can sometimes reveal something that youth and health cannot: the preciousness of the life that is here, now. - Rev. Hayashi

16 Fuken 8/18 – 19, 20/2026

Fuken, a continuing education program for ministers of the Buddhist Churches of America (BCA), was held this year at the Denver Buddhist Temple. This annual event takes place among the eight districts of BCA temples and provides ministers with further education to better serve their congregations. We invited our Sangha member, Dr. Cody Walizer, also known as Tatsuo, as a guest speaker to discuss the topic of public speaking. Special thanks to Gail Ida, Joni Sakaguchi, Lorraine Hisamoto, Keiko Yoshida, Shelly and Rob Tanaka, Charles Ozaki, Gary Yamashita and Wayne Berve for providing hospitality for the ministers.



17 President's Connection

Wow, we have had both hot and wet weather, and both of them make us a bit uncomfortable. We learn to take what we get, as the weather is out of our control.

It also reminds me of what is called the "Oz Principle". In a quick explanation, that concept relates to the L Frank Baum story of Dorothy and her visit to Oz. Each of the main characters is longing for what they want to add to their lives: the Scarecrow wants a brain, the Tin Man wants a heart, the Lion wants courage, and Dorothy wants to return home. Jumping forward to the end, they all discover that what they wanted was really within their grasp, they just needed to discover that they had the power within themselves. They didn't need anything except to escape the "victim mentality" of accepting what they thought was impossible.

When it comes to thinking I have reached my limits, the fact is really that opportunity lies ahead. I try to move forward every time I start to feel sorry for myself. Being human—that is very difficult. Will you join me on the journey along the Yellow Brick Road?

"Whether you think you can or can't, you are correct." - Henry Ford
Namu Amida Butsu - Randy Matsushima

18 Rev. Hayashi's Connection

お釈迦様は二千六百年前に、「人生は私たちの心次第である」と示されました。

私たちは不安や苛立ち、ストレスを感じると、自分を守るために問題を自分の外に見ようとし、誰かのせいにして、言い訳をしたり、諦めたりすることで、一時的に心を楽しもうとします。しかし、それでは問題そのものがなくなるわけではありません。

不安や苛立ちを感じる原因は、必ずしも自分の外にあるのではなく、自分の心や物事の捉え方にもあります。同じように、安心や満足、幸せを感じるのも、自分の心によるものです。

私自身、僧侶になる前に会社で働いていた頃、友達が多く、休日をいつも楽しそうに過ごしている同僚を羨ましく思っていました。自分には友達がそれほど多くなく、休日に予定がないことを気にするうちに、自分を孤独な人間のように感じていました。しかし今振り返ると、私は「自分にないもの」ばかりを見ていたのだと思います。

仏教では、他人が持っているものを羨んだり、自分も欲しいと願ったりする心を煩惱の働きと考えます。嫉妬や妬み、怒り、競争心なども煩惱から生まれます。ただし、煩惱そのものが完全に悪いわけではありません。競争心が努力につながることもありますし、嫉妬心をきっかけに自分を成長させることもあります。大切なのは、煩惱をなくすることではなく、それとどう付き合うかということです。

私の場合も、友達は多くありませんでしたが、一緒にいて落ち着く友達はいました。いつも話しかけてくれる同僚もいました。そして、たくさんの友達がいなくても、楽しい時間を過ごせる人が数人いれば、それで十分なのだと思えました。

お釈迦様は、
「今あるものに感謝できない者に幸せが訪れることは決してない」と言われたとされています。

視点を変え、考え方を考えることで、私たちは「すでに自分にあるもの」に気づくことができます。そうすれば、嫉妬心を完全になくせなくても、自分の中にある安心感や幸福感を見つけることができるのであります。

19 Future Connection

! Dates and times are subject to change !

- September 26 – 27 - 9:00 AM : Mountain States District Conference
at Longmont Buddhist Temple
- October 18 - 9:30 AM Family Tamai Memorial Service (Commemorating Rev. Tamai)
- 10:15 AM Regular Tamai Memorial Service
- October 25 - After Regular Service: Akimatsuri (Fall Festival)
- November 15 - 9:00 AM : Family Eitaikyo Service (Perpetual Sutras Service)
- 10:15 AM : Regular Eitaikyo Service
- November 22 - After Regular Service: Turkey Bingo
- December 19 - Traditional Mochi Pounding Event with JACL (Time TBD)
- December 20 - 9:30 AM : Family Bodhi Day Service (Celebrating Buddha's Enlightenment)
- 10:15 AM : Regular Bodhi Day Service
- December 26 - Annual Mochi Making (Time TBD)
- December 31 - 7:00 PM : Joya-E Service (New Years Eve Service)
- January 1 - 11:00 AM : Shu Sho-E (New Years Service)
- January 17 - 10:15 AM : Joint Hoonko Service
(Commemorating Shinran Shonin's death, founder of Shin Buddhism)

A Buddhist phones the monastery and asks the monk, "Can you come to do a blessing for my new house?" The monk replies "Sorry, I'm busy." "What are you doing? Can I help?"

"I'm doing nothing," replied the monk. "Doing nothing is a monk's core business and you can't help me with that."

So the next day the Buddhist phones again, "Can you please come to my house for a blessing?"

"Sorry," said the monk, "I'm busy."

"What are you doing?"

"I'm doing nothing," replied the monk.

"But that was what you were doing yesterday!" said the Buddhist.

"Correct", replied the monk, "I'm not finished yet!"

