



THE GEPPPO



A publication of the Buddhist Church of Ogden

155 North Street Ogden UT 84404

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July / August 2025 Issue

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Minister's Assistant: Rev. Geoffrey R.

Minister's Assistant: Rev. James A.

Minister's Assistant: Charles A.

Assistant to the Minister: Annette K.

Web Site: ogdenbuddhistchurch.org

Saturday, July 19, 2025



FOOD

5:00 - 8:00 pm

Food Trucks, Spam Musubi, Tofu Salad, Snow Cones



7:30 - 10:00 pm

Ogden Buddhist Taiko Group

Bon Odori Dancing

BUDDHIST CHURCH OF OGDEN - 155 North Street | Ogden, UT 84404

BUDDHISM AND YOGA

J.K. Hirano

Recently, the Center for Buddhist Education held a seminar on Yoga and Buddhism. I was one of the speakers, but I do not practice Yoga. However, over the past few months, I have studied the history of Yoga. I was surprised by the depth and breadth of Yoga. Just as most Americans don't know the depth and breadth of Buddhism and all the varieties in how to follow the Buddhist Path, the same can be said about Yoga.

I don't want to delve too deeply into Yoga and its philosophy, but I do want to highlight some of the similarities I found, especially between general Buddhism and Yoga. I will focus on the classical period of Yoga (500 BCE- 200 CE), as this was very close to the time of the Shakyamuni Buddha. Yoga dates back more than 5,000 years; however, the teachings of Yoga were organized during this classical period by a man named Patanjali. The subsequent surprising development was the introduction of Buddhism and Yoga into the West. Swami Vivekananda influenced this modern period. He was a major attraction for the 1893 World Parliament of Religions in Chicago. This was the beginning of Yoga and Buddhism in the West.

Patanjali's most significant contribution is the Yoga Sutras, which are divided into four chapters.

Samadhi Pada (chapter on contemplation)

This section introduces the concept of yoga for the cessation of mental fluctuations. It discusses states of consciousness, types of samadhi (deep meditation), and the importance of acquiring insights into the nature of reality.

Sadhana Pada (chapter on Practice)

This focuses on the practical aspects of yoga, outlining the eight limbs of yoga (Ashtanga)

Yama: Ethical disciplines (e.g., non-violence, truthfulness)

Niyama: Personal observances (e.g., cleanliness, contentment)

Asana: Physical postures

Pranayama: Withdrawal of the senses

Pratyahara: Withdrawal of the senses

Dharana: Concentration

Dhyana: Meditation

Samadhi: Absorption or union with the object of meditation

When I first heard about Patanjali and the eight limbs, I immediately thought, here is the connection between Buddhism and Yoga.

Yoga has four chapters of the Yoga Sutra

Buddhism has the four Noble Truths

Yoga has the eight limbs of Patanjali

Buddhism has the eightfold path

As you can see, however, the teachings of the Buddha focused on the path to enlightenment and the alleviation of suffering. At the same time, the Yoga Sutras of Patanjali provided a codified framework for the practice of yoga, emphasizing mental discipline and ethical living. Their works have influenced each other and the subsequent spiritual traditions, but are distinct in their origins and primary focus.

Buddhist Teachings**Four Noble Truths**

Dhukkha (The truth of Suffering)
 Samudaya (The truth of the cause)
 Nirodha (The truth of cessation)

Magga (The truth of the path)

Eightfold Path

Right Views
 Right Thoughts
 Right Speech
 Right Conduct
 Right Livelihood
 Right Effort
 Right Mindfulness
 Right Meditation

Yoga Sutras of Patanjali**Four Chapters of the Yoga Sutra**

Samadhi Pada (Chapter on contemplation)
 Sadhana Pada (Chapter on practice)
 Vibhuti Pada (Chapter of power and supernatural abilities through meditation)
 Kaivalya (Chapter on liberation)

Eight Limbs of Yoga (Ashtanga Yoga)

Yama (ethical disciplines)
 Niyama (personal observances)
 Asana (physical postures)
 Pranayama (breath control)
 Pratyahara (withdrawal of the senses)
 Dharana (concentration)
 Dhyana (meditation)
 Samadhi (union with objects of meditation)

In 1893, as part of the Chicago World's Fair, the Parliament of the World's Religions was America's introduction to Eastern Religions. The main speaker was the Indian Hindu teacher Swami Vivekananda. He spoke of the Hindu religion and Yoga.

The Sri Lankan Anagarika Dharmapala. A prominent figure in the Sri Lankan Buddhist revival movement.

The Zen Buddhist master Soyen Shaku

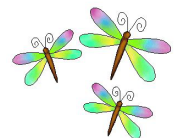
Hirai Kinzo

This was the beginning of Buddhism and Yoga in America.

If you are interested in Yoga, Bob Matsueda offers yoga classes via Zoom, open to all BCA members. If interested, please let me know.

Namo Amida Butsu

A PORTION FROM REV. HIRANO'S ARTICLE - HOLIDAYS



In Japan and in our Buddhist Temples, Obon is a time to remember the dead and express gratitude. It is a time of joy, but also of remembrance. Therefore, we have memorial services at the various cemeteries our temples serve.

I personally conduct Obon services at over 25 cemeteries and drive over 1200 miles to cover them. I travel through five states and stop at two Japanese concentration camps, Topaz in Delta, Utah and Minidoka in Jerome, Idaho. It's usually just me and Carmela. Miso liked to come with me, so I would let her Oshoko and hang out.

Obon Season is a great opportunity for me to realize how many people have lived and died, so I could be here.

At our temples we also have Obon/Hatsubon, meaning first Obon for members of our Sanghas who have died over the past year. In Japan, Obon is sometimes treated as we in the U.S. celebrate Halloween, with ghost stories and tales of haunted houses. It is also a time for people to go home, their hometowns. My daughters always come home for Obon.

The Jodo Shinshu name for Obon is Kangi E, gathering of Joy. A gathering of both living and dead, to celebrate in gratitude this life we live. Our BCA CBE has had a number of seminars that talk about Obon and the various activities that accompany it. I think Obon will be one of the contributions that we Buddhists make to American society. It is getting bigger and bigger and now we even have "BCA's virtual Obon." We are already having Obon in Cyber space. Who knows what the future of Obon will be. Maybe some galaxy far, far way. In Japan, they are already teaching robots to dance.

PRESIDENT'S MESSAGE

Hi everyone,

The summer is upon us and I hope everyone is surviving the early heat wave. Obon dance practice starts at the end of the month; I hope we get the attendance like we did last year. The BWA will be making fukashi and mochi manju in the coming weeks for Obon. Church cleanup is July 13th beginning at 8 am and we will set up for Obon at 8 am on the 19th. Sunday morning the 20th, we will do our pilgrimage to the cemeteries followed by service and lunch. Make sure you check the church calendar for date and times.

I was at church and noticed the rails on the handicap ramp are secured in place and the trim around the new doors to the multi-purpose room have been installed but are still waiting for the contractor to finish the interior trim around the doors and handicap push button on the outside.

In Gassho
Mike



LAWN SCHEDULE

Thank you to everybody who pitches in every summer to help keep our temple grounds looking fantastic!

WEEK OF	SCHEDULED PEOPLE
07/06/2025	Bart H., Kevin H.
07/13/2025	Ernie Kyed, Geoff Russell, Andrew Kyed
07/20/2025	Steve Kato, Blaine Yoshimura, Billy Zumbrun
07/27/2025	Kirk Yamashita, Betty Yamashita, Steve Yamada
08/03/2025	Mike Koga, Tom Fujikawa, Craig Summers
08/10/2025	James Aoki, Charles Aoki, Chris Hattori
08/17/2025	Bart Hirabayashi, Kevin Hirasuna
08/24/2025	Mike Koga, Kirk Yamashita, Geoff Russell
08/31/2025	Steve Kato, Blaine Yoshimura, Bruce Fong
09/07/2025	Kirk Yamashita, Betty Yamashita, Steve Yamada





BWA NEWS

By Brenda K.



Though nobody can go back and make a new beginning...anyone can start over and make a new ending.
– Chico Xavier

Hard to believe the year is already half over and Obon season is on our heels. The Buddhist Women's Association has had many events pass this year with the most recent being the sushi sale in May. Thanks so much to all who came to help prepare the sushi on May 17 and 18 for a sell-out event with rave reviews. Our appreciation to all who supported the sale.

On June 8 the BWA collaborated with the Dharma School students to package hygiene items which were donated to the clients of the rescue mission. Thank you to Ruth S. for coordinating the project and purchasing the items. Our appreciation also to Annette K. who managed the students and supervised along with some of the parents. The students completed the kits in record time, and we are grateful for their help.

Upcoming will be the preparation of our manju to sell at the temple's annual Obon festival on July 19. The BWA will be making fukashi manju on **June 29 starting at 9:00 a.m.**, followed by preparation of the mochi manju on **July 18 at 9:00 a.m.** We would appreciate your help on either or both of those days. If you have any questions, please contact Tami H. or a BWA member.

There will be no BWA meeting in July, but your attendance would be welcome for our next meeting on **August 24 at 10:00 a.m.** with the following meeting on **September 21 at 11:00 a.m.** Our gratitude is extended to our members for all their dedication and commitment with the BWA endeavors.



BWA DONATIONS

2025 MEMBERSHIP

OMITTED FOR ONLINE VERSION



OBON DONATIONS NEEDED



Any help with food items needed for Obon this year would be greatly appreciated. Please let Ruth S. if you are able to donate. Phone: <OMITTED>- THANK YOU!

8 - 14-oz cans Sweetened Condensed Milk
5 - 20 lb. bags Botan Rice
1 - 17 oz. bag furikake

Cases - Cans of Sprite, Coke, Diet Coke
Cases - Bottles of water - (16 oz)



DHARMA SCHOOL NEWS



Now that it is summer, our Dharma School is on summer break for the next few months. We hope our Dharma School students are having a fun and safe summer. The Dharma School finished the school year in May and June with several activities as follows:

In conjunction with Gotan-E service on May 18th, we welcomed our newest Dharma School students during our annual Hatsumairi (infant presentation). The following infants and parents were recognized during our presentation:

Infant

Wesley Patrick H.

Parents

Lian C. and
Patrick Daniel H.



Infant

Elora Rose N.

Parents

Ally and Cody N.

We welcome the new infants to the Dharma School and appreciate their families' participation in this event. Thank you to **Annette K.** for organizing the presentation of the infant onenju and monto shikisho and to **Kris Y.** for coordinating the infant information and certificate for the presentation.

On Sunday, June 15th, we honored our 2025 graduates. The 2025 graduates are as follows:

High School Graduates:

- Kimi H., Bonneville High School
- Maia Y., Viewmont High School

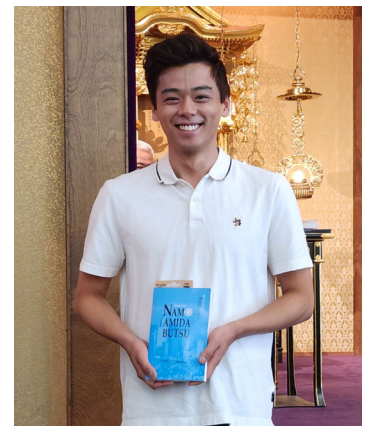
Undergraduate Degree:

- Christopher H., BS, Graphic Design, Rocky Mountain School of Design
- Taison Y., BS, Structural Engineering, Milwaukee School of Engineering

Post Graduate Degrees:

- Madison Y., MS, Professional Accounting, University of Washington
- Kristin Y., MBA, University of Utah

The graduates were recognized during our service. Following the special service, our Sangha enjoyed a piece of graduation cake.



Congratulations to our Dharma School graduates, and we look forward to seeing how you change the world!

Our annual Dharma School Lagoon Day was held on June 22nd. The event was well-attended by both the Ogden and Salt Lake Dharma Schools. We appreciate the help of our temple members who contributed and purchased items at our Hanamatsuri bake sale to help finance our Lagoon lunch. Our thanks to **Kris and Steve Y.**, **Betty and Kirk Y.** and **Stan and Tami H.** for organizing the lunch and providing liquids during the day to ensure everyone stayed hydrated. We hope everyone enjoyed the rides and other park features. Of course, it is always a treat to get together with the Sangha from both temples.

I want to express my personal appreciation to the Sangha for their support and for their help during the school year for the benefit of our Dharma School students. My special thanks to **Charles A., Brenda K., Maya C., Christy F. and Annette K.** for volunteering to teach our Dharma School classes this past year. We appreciate our parents, grandparents and other adult temple members for stepping in to assist with both planned and unplanned events for the benefit of our Dharma School students.

Enjoy the summer, and we will see you all at our Obon festival on July 19th and service on July 20th. Our Dharma School classes will resume on Sunday, September 14th. Stay safe and cool until we get back together

In Gassho,

LaVerne K.
Dharma School Superintendent



June, July, August Birthdays



Tia Bardago, Aleigha Boyer, Adriana Yoshida, Royce Erskine



The last Geppo issue had errors regarding our graduates. Taison Y.'s name was misspelled and his degree was in structural engineering. Sorry, Taison! A couple of graduates we missed last issue:



Kristin Y.

Kristin graduated from the University of Utah's Masters of Business Administration program in May 2025. The program is two years, part-time, which allowed her to continue working full-time and have family time (husband and a three-year-old). Kristin is currently the section chief for a software development team at Hill Air Force Base. She is also on the Ogden Buddhist Church Board of Directors. Kristin's parents are Blaine and Suzan Y.



Christopher H.

Christopher received his bachelor's degree in Graphic Design from Rocky Mountain College of Art and Design in Denver, Colorado. Chris is a graduate of Viewmont High school. He is currently looking for a job in Denver to be near his fiancé. Chris is engaged to Catherine A., who dances for the Denver Ballet. Christopher's parents are David and Vicki H.

In Memory

The Buddhist Church of Ogden Sangha extends its deepest sympathies to the families of the following members who recently passed away.

*May the family members find solace and comfort in the Nembutsu.
Namo Amida Butsu*

Haru Hamada Toimoto - June 17, 2025

MEDITATION AND DISCUSSION SCHEDULE IS CHANGING FOR SUMMER

There are no regular services at the Ogden Buddhist Church in the summer, beginning on June 15th. The meditation and discussion group will continue to meet, but we are moving the time to 10:00 AM for meditation and 10:30 AM for discussion. We look forward to seeing you at the new times.



OBON DANCE PRACTICE

All practices begin at 7:00 p.m.

Monday, June 30
Wednesday, July 2
Monday, July 7
Wednesday, July 9
Friday, July 11
Monday, July 14
Wednesday, July 16

OBON PREP SCHEDULE

BWA Fukashi Manju June 29, 2025 at 9:00 a.m.
Outdoor Clean-up July 13, 2025 at 8:00 a.m.
BWA Mochi Manju July 18, 2025 at 9:00 a.m.
Obon Set-up July 19, 2025 at 8:00 a.m.

Includes: Yagura set-up, lights, chairs, parking set-up



July Shotsuki Hoyo
July 20, 2025 at 11:15 a.m.

July 16 2016 Minoru Aoki
 July 2 2023 Marjorie Imaizumi Fletcher
 July 16 2016 Manabu Fujimoto
 July 25 2023 Martha Misao Harada
 July 21 2012 Ryuji Dick Hirasuna
 July 7 1990 Bessie Toki Hokoda
 July 22 1995 Mito Imaizumi
 July 17 1961 Kantaro Inouye
 July 10 1977 Kinshiro Itakura
 July 5 1984 Yuki Kawashima
 July 3 1982 Reiko Koga
 July 24 2016 Kay Kazue Kuroiwa
 July 3 1982 Shigeru Sam Matsumura
 July 28 1986 Taki Mayeda
 July 12 1977 Manji Miya
 July 6 1977 Kichiro Morimoto
 July 20 1965 Monkichi Murakami
 July 1 1995 Sam Sunao Nagata
 July 1 1977 Bukatsu Nakahara
 July 30 2010 Jack Nisogi
 July 14 1991 Tome Sakiyama
 July 25 2015 Roy Hideo Shiki
 July 22 2022 Jane Fumiko Shioji
 July 25 2004 Emma Yayoi Stewart
 July 7 1971 Heibei Sugimoto
 July 24 2013 James R. Summers
 July 3 1984 John N. Takabayashi
 July 8 1982 Tome Taura
 July 30 1999 Minoru Watanabe
 July 23 2005 Lily Watari
 July 10 2007 Tomio Yamada
 July 22 1986 Hiroshi Yamasaki
 July 17 2004 Seiichi Yei

Obon and Hatsubon Memorial Service
July 20, 2025 at 11:15 a.m.

*This memorial service is held in dedication and gratitude
 for all the members of our Sangha who have died over the
 previous year.*

Hatsubon observance will be held for the following
 members:

Kyoko Kawasaki Miya
Tom Hiroshi Kishimoto
Tsutomu “Stom” Yamamoto
Haru Hamada Toimoto

**2025 Memorial Service Schedule for those who
 passed away in:**

2024 - 1 year	2013 - 13 year	1991 - 33 year
2023 - 3 year	2009 - 17 year	1976 - 50 year
2019 - 7 year	2001 - 25 year	1926 - 100 year

AUGUST Shotsuki Hoyo will be posted in the September Geppo

For those years not having a specific memorial service such as 2nd, 4th, 5th, etc. the temple is holding these monthly Shotsuki Hoyo. During these services, the temple will list the names of those member who have died during the month in the preceding years. The families then attend that monthly service in memory of their loved one. These services are not meant to replace the specific memorial services. Please contact Rev. Hirano to make arrangements for those services. Rev. Hirano contact information - Office: 801-363-4742, Emergency: 801-819-2648. For any corrections or updates, please contact Ruth S. at <omitted>



OBON

Sunday, July 20, 2025

Cemetery Service Schedule:

9:30 a.m. Syracuse

10:15 a.m. Washington Heights

10:45 a.m. Ogden

Obon / Hatsubon Service

July Shotsuki Hoyo

11:15 a.m.

Otoki Lunch following service

This special service is held on the Sunday following the Obon Festival. This memorial service is held in dedication and gratitude for all the members of our Sangha who have died over the previous year. Its basis is the same as our Obon Festival. Kangi-E is the name used traditionally in our Jodo Shinshu tradition. This name represents the joy we feel for Amida Buddha's vow to save all sentient beings and the joy in knowing our deceased Sangha members are likewise embraced in that compassion.

"Hatsubon" literally means the first obon. Hatsubon is a Buddhist ceremony commemorating the first anniversary of a loved one's passing.





LAS VEGAS OBON August 15-18, 2025



Leave Salt Lake Buddhist Temple 9:00 AM on 8/15/25 and will return 8/18/25 around 4:30 PM.
Stay at the Main Street Station Hotel and Casino.

Cost will include the following:

- Bus ride to and from Las Vegas
- Hotel room at the Main Street Station
- Bus ride to and from the Obon Festival 8/16/25
- Bus ride to dinner and possibly other activities. Will be determined by requests and coordination with Doug Y.

Cost:

- Double occupancy \$635 per couple or \$317.50 per person
- Single occupancy \$506

All rooms are newly remodeled. Each room includes a refrigerator and safe.

Please send checks payable to:

Tena M.

<omitted>

Deadline for reservation will be July 10

It would be greatly appreciated if you could please text me with your name so I could put you on the list.

If you have any questions, please feel free to call or text me at <omitted>.

Please fill out and return the information sheet with payment.

Thank you,

Tena M.

Las Vegas Obon August 15-18 2025

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____

ADA accessible room yes no

Adjoining rooms (limited) yes no

Double \$635 or \$317.50 per person

Single \$506

Total amount enclosed: _____

Please provide emergency contact.

Name: _____

Phone Number: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 2025						
		1	2 7:00 pm - Obon Dance Practice	3	4 	5
6 10:00 am - Meditation 10:30 - Discussion	7 7:00 pm - Obon Dance Practice	8 7:00 pm - Board Meeting	9 7:00 pm - Obon Dance Practice	10	11 7:00 pm - Obon Dance Practice	12 Salt Lake Temple Obon Festival
13 8:00 am - Outdoor Cleanup 10:00 am - Meditation 10:30 am - Discussion	14 7:00 pm - Obon Dance Practice	15	16 7:00 pm - Obon Dance Practice	17	18 9:00 am - BWA Mochi Making	19 8:00 am Obon set- up 5:00 - 10:00 - Obon Festival
20 Cemetery Services: 9:30 am - Syracuse 10:15 am - Washington Heights 10:45 am - Ogden City 11:15 am - Obon / Hatsubon Service /Shotsuki Hoyo Otoki Lunch	21	22	23	24 	25	26
27 10:00 am - Meditation 10:30 am - Discussion	28	29	30	31		

Toban Cleaning Group:
Obon Clean-up



Sun	Mon	Tue	Wed	Thu	Fri	Sat
August 2025 					1	2
3 10:00 am - Meditation 10:30 am - Discussion	4	5	6	7	8	9
10 10:00 am - Meditation 10:30 am - Discussion	11	12 7:00 pm - Board Meeting	13	14	15	16
17 10:00 am - Meditation 10:30 am - Discussion	18	19	20	21	22	23
24 10:00 am - BWA Meeting 10:00 am - Meditation 10:30 am - Discussion 11:00 am - Dharma School Meeting	25	26	27	28	29	30
31 No Services						

Toban Cleaning Group:

Tom & Marcie F. (Toban Cleaning Leader)

Steve & Ellen K.

Christy F.



Buddhist Church of Ogden Donations

THANK YOU! THANK YOU!

On behalf of the Board, I would like to Thank everyone for their generous donations. It is only through your donations, that our temple can meet it's financial obligations.

If you have any questions or concerns about any donations made, please feel free to contact me at <omitted> or my email address is <omitted>.

Thank you Betty Y.





OBON MEMORIAL LANTERNS

The Buddhist Church of Ogden is selling “Memorial Lanterns” for our OBON Festival.
You can purchase a lantern in the name of family or friends that are no longer with us.
Your lantern will be personalized with their name and hung on the Yagura during the OBON Festival.

This is a GREAT way to pay tribute to your ancestors and
to watch them “DANCE” right alongside of you!

Obon Memorial Lanterns order Form

You can purchase a lantern to honor a friend or family member that has passed away.
The lantern will be personalized and hung from the Yagura during the OBON Festival.
You will be given the lantern at the completion of OBON.

YOUR NAME: _____ Total Amount Due: \$_____

In MEMORY of: (Please PRINT first and last names below)

**Lanterns are \$5.00
per name**

Please fill out this form and
return it to Ellen K. or any
board member.

You can also mail this form
with your payment to:

Buddhist Church of Ogden
P.O. Box 3248
Ogden, UT 84409

Or you can pay with Venmo
@BuddhistChurchOfOgden

Note lantern and names



2025 Mountain States Conference

The Mountain States Conference is an annual gathering that brings together members from the Colorado and Utah Temples. This year, it is being hosted by the Ogden Buddhist Church in beautiful Moab, Utah with its stunning red rock landscapes and serene environment! You can look forward to engaging in Buddhist teachings and practices amidst the natural beauty of the area! Our guest speaker will be Rev. Kiyonobu Kuwahara. You will also be given several choices for exploring the exquisiteness of Moab. Of course there will be business meetings to make the weekend exciting!

- Date: November 7 – 9, 2025
- Conference Location
Moab Valley Inn
711 S Main St
Moab, UT 84532
- Registration Cost
\$50.00 Adult
\$30.00 Kids under 12
*Please register each person individually by 10/31/2025
*Please pay in Moab at registration
- Contact Annette K.

Hotel Room Block

A room block has been reserved at the Moab Valley Inn. It is reserved under the group name "Ogden Buddhist Church" for our attendees. The rate is \$99.00 plus tax per night. The block is reserved from November 6th to November 10th.

Reservations must be made by 10/07/2025 to get group rate.

Please call (435) 259-4419 or (435) 259-4332 to make your reservations.



Please SCAN the QR code with your phone OR
CLICK the QR code on your computer to register!



Mountain States Activities

Utahraptor State Park

Utahraptor State Park, 14 miles north of Moab, opened May 23, 2025, along with a new visitor's center. The visitor's center not only has exhibits about dinosaurs but also has exhibits about the two historic camps that were located there: The Dalton Wells Civilian Conservation Corp Camp or CCC and the Moab Isolation Center for Japanese American internees during World War II. For those interested in dinosaurs, the Dalton Wells dinosaur quarry is open for exploration.

We have been offered a personal special tour of the cultural exhibits and historic site by Utah State Parks Heritage Interpretation and ADA Resources Manager, Justina Parsons-Bernstein, PhD. Justina spent four years on this project and is excited to share this important history with us.

Auto Tour

Take an automobile tour of Arches or Canyonlands National Park.

We will drive through the park, stopping at various points in the park, and take a short hike.

Geocaching Adventure

Get ready for some real-world treasure hunting! We will hit the streets of beautiful Moab for a fun and adventurous Geocaching experience. Before we head out, we'll create a small token to leave behind in the cache. Then, with our smartphones in hand and curiosity as our guide, we'll set out to discover a hidden Geocache (or two)! Let's explore, connect, and see what surprises Moab has in store for us.

If you would like to join us for one of these special activities, please make your selection in the registration process.