

## President's Message

If someone did you a favor - something you couldn't do on your own - instead of paying it back, you could pay it forward with acts of kindness to other people. This concept was popularized by a novel and movie of the same title and is now a worldwide social movement.

Long before *Pay It Forward* was the premise of a novel, it was a Buddhist teaching of pragmatism. As Rev. Ikuta explained in his Obon dharma talk, Moggallana was able to liberate his mother from her suffering through acts of gratitude toward others.

People often think a great deal of time is required to make a difference in the world or at temple. You can help everyday with small yet important acts of encouragement and generosity.

- Say hello – Introduce yourself and get acquainted with one new person at temple each week.
- Share a smile – When meeting a new person or even chatting with a good friend, show you're happy to be at temple together.
- Offer a helping hand – Think of all the people Rev. Matsumoto mentioned in his BBT history sermon. Each helped the Temple in some way; socially, professionally, artistically, instructively, spiritually. Continue paying it forward in appreciation of them.

Gassho,  
Scott Takeda

All our humble thanks we will here convey

Special Thanks to  
Mme. Hanayagi Japanese Dance Studio  
Rev. David Matsumoto  
Rev. Grant Ikuta  
Rev. Ken Yamada  
Berkeley Higashi Temple  
Diane Matsumoto  
Norm Hirose

for organizing our Obon services and festival

Thank you to all the dancers and volunteers who helped us celebrate the Obon season

## It's Festival Day



O. the streets are lined with our lanterns gay



We will gather friends all along the way



Sway to and fro

Secrets Of Longevity  
*Hara hachi bu* – Only eat until you're 80% full  
Find a cause or purpose in life  
Always have an inquisitive mind  
Be open to things in life