



Guiding Light

NOVEMBER 2016



Cover by Rev. Yoshi

TORONTO BUDDHIST CHURCH *a Jodo Shinshu Temple*

1011 Sheppard Ave West
Toronto, Ontario, Canada, M3H 2T7
(416) 534-4302 www.tbc.on.ca

NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE Events marked with an asterisk * are private and <u>not</u> open to the general public Thank You		1 10:00 am Fujinotomo 7:00 pm Evening of Buddhism	2 1:00 pm Ikebana Ohara 1:00pm Bazaar Prep 7:00 pm Taiko	3 9:00 am Bazaar Prep 10:00 am Tai Chi 1:00 pm Buyo 3:00 pm Ikenobo 7:00 pm Meditation	4 8:00 pm Buyo	5 9:30 am Bazaar Prep
6 MONTHLY MEMORIAL SERVICE 9:30 am Sangha Meeting 10:30 am Kid's Sangha 11:00 am Service 12:30 pm *Dana Mtg (Eko)	7	8	9	10	11	12 TBC BAZAAR 12:30 pm to 4:30 pm
<div style="border: 1px solid black; padding: 5px; text-align: center;"> B A Z A A R P R E P W E E K </div>						
13 REGULAR SERVICE 11:00 am Service Service in Hamilton	14 10:00 am Sr. Karaoke	15 7:00 pm *TBC Mgmt Comm Mtg 8:00 pm *BoD Mtg. 7:00pm Evening of Buddhism	16 1:00 pm Ohara School 7:00 pm Taiko	17 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm *Castlevieview Srvc 3:00 pm Ikenobo 7:00 pm Meditation	18 8:00 pm Buyo	19
<div style="border: 1px solid black; padding: 5px; text-align: center;"> Rev. Ouchi away in BC November 13th until 18th </div>						
20 EITAIKYO SERVICE (Perpetual Memorial) 10:30 am Kid's Sangha 11:00 am Service	21 10:00 am Sr. Karaoke	22 7:00 pm JSBTC AGM 2017 Mtg	23 1:00 pm Ohara School 7:00 pm Taiko	24 10:00 am Tai Chi 1:00 pm Buyo 3:00 pm Ikenobo 7:00 pm Meditation	25 8:00 pm Buyo	26 Service in Ottawa
27 REGULAR SERVICE 9:30 a.m. Dharma Café 11:00 am English Service 12:30 pm Shin Fujinkai AGM (LDC) 1:00 pm Dana AGM (Mezz) 1:00 pm Sangha AGM (Eko) Eitaikyo Service in Montreal	28 10:00 am Sr. Karaoke	29	30 7:00 pm Tai-ko			

Morning Services are held on the week days Mondays, Wednesdays, Thursdays and Fridays from 10:00 am –10:30 am when a minister is available. As emergencies do come up, last minute cancellations may occur. Thank you

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE: Events marked with an asterisk are private and <u>not</u> open to the general public Thank You !				1 10:00 am Tai Chi 1:00 pm Buyo 7:00 pm Meditation	2 8:00 pm Buyo	3 Sr. Karaoke Club Year End Party
4 SHOTSUKI MONTHLY MEMORIAL SERVICE SANGHA PANCAKE SUNDAY JSBTC AGM PIE SALE 9:30 am Sangha Mtg 10:30 am Kid's Sangha 11:00 am English Service 12:30 pm Dana Mtg (Eko) 4:00 pm* Private Family Memorial Svc & Reception	5 10:00 am Sr. Karaoke	6 7:00 pm Evening of Buddhism	7 7:00 pm Taiko	8 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm *Momiji Service 4:00 pm *Yee Hong Service 7:00 pm Meditation	9 8:00 pm Buyo	10
11 REGULAR SERVICE 11:00 am Service Bodhi Day Service in Hamilton	12 10:00 am Sr. Karaoke	13 7:00 pm Mgmnt Comm & BOD Mtg	14 7:00 pm Taiko	15 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm *Castlevie 7:00 pm Meditation	16 8:00 pm Buyo	17 4:00 pm *Buyo Group Year End Party
18 JODOYE BODHI DAY SERVICE 10:30 am Kid's Sangha 11:00 am English Service	19	20	21 10:00 am *Momiji Community Mtg 7:00 pm Taiko	22	23	24 <div>OFFICE CLOSED at Noon 事務所は</div>
25 NO SERVICE <div>TEMPLE CLOSED</div>	<div>OFFICE CLOSED 事務所は お休みです If you have an emergency please contact: Rev. Yanko 416-602-4849 Rev. Ouchi 647-704-8481</div>		28	29 1:00 pm Wash Rice for Mochi Tsuki	30 9:00 am Mochi Tsuki	31 10:00 am Joya E Service 11:30 pm Bell Ringing Ontario Place

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Building Bridges

This past month I was confronted with a very curious aspect of human development called “identity”. My four-year old son started Junior Kindergarten and right away developed a very interesting way of seeing difference. He does not identify with visual differences, in that he does not distinguish skin colour or what we would typically classify as race. Instead he sees difference in language. People either do or do not speak the same as we do. This is all the more interesting because he also believed he was part Japanese because he knows some Japanese words. According to my son if you can say “itadakimasu” you are Japanese.

With some delicacy my husband and I tried to explain that we are not Japanese, but that many of the members of the Temple are Japanese and Japanese Canadian. We explained our temple members are not together because we are Japanese, but because we are Buddhist. As it so happens, shortly after this discussion we were driving by the Temple and someone was outside cutting the grass. “Is that one of our Buddhists?” he asked. “Yes he is a Buddhist like we are.” I replied happily.

Of course as all parents do, I worry about what being a Buddhist will mean for him when he is older, and I recently heard a talk that increased this concern. In short, this was a discussion about the difference between “Heritage Buddhists” and “Convert Buddhists”. Essentially, Heritage Buddhism is the Buddhism that was brought to North America by people who immigrated here, and Convert Buddhism was brought to North America by the Theosophical Society and westerners who travelled to Asia and brought back a desire to meditate. Two distinct streams. One is a cultural “heritage” while the other one seems more aligned with self-exploration and curiosity. Heritage implies a sort of ownership while the Convert appears to be a kind of interloper. I worry this kind of terminological distinction does not bring people together, but pushes people apart.

I worry that if people persist in using this kind of terminology will I be raising my son in a tradition where some people will think he does not fully belong anywhere? Or will our children see beyond race and labels and allow their common beliefs to shape our community and a common identity? When he gets older and ventures beyond our temple will people still see him only as ‘the white guy’ and ask him questions that I get asked today when I am outside the walls of our Temple? “Why aren’t you Christian?” “Did you become Buddhist because you are obsessed with Japan?” (My favorite was when a lady from Japan visiting Canada scolded me because I became a minister in a Japanese religion rather than a white one, but that is another story) Or will the strength of the Nembutsu teaching and its ability to transcend borders eventually prevail and become the norm for us all?

Our Temple is very fortunate. We are located in what is often referred to as the most culturally diverse city in the world. Toronto has over 200 ethnic groups. We are used to seeing diversity. It is our way of life. When someone from any given background walks through our doors they are welcomed with open arms. If someone wants to learn about Buddhism, we want to teach him or her. All people are different and those differences make us beautiful. We do not have different kinds of Buddhists. We have different kinds of people who come together proudly to practice Nembutsu as one.

It is easy for us to see difference and to focus on the differences alone. However, acknowledging difference but then finding common ground is how bridges are built and communities grow.



Seeking Enlightenment Quickly

From January to April each year on the last Sunday of each month we meet for “Let’s Talk Dharma”. It is an open ended discussion group with little formality. We have been lately starting with Reverend Ulrich’s “Loving Kindness Meditation”. It seems to generate lots of discussion.

Within this LTD group there are several who express frustration at not being able to attain enlightenment quickly. After all they say, that is the goal of being Buddhist, isn’t it?

Hmmm, let me pause here dear reader and let us contemplate that statement “ to attain enlightenment quickly”.

Enlightenment, that is what Prince Siddhartha who became the original Buddha, Shakyamuni, attained after many years of struggle, of trial and error. His story is well known to you so I shall not repeat it here. Let us just say he did not attain enlightenment quickly or easily. He endured years of ascetic practice before he found the ‘middle way’ which led him to enlightenment.

Shakyamuni Buddha also prophesized that the Dharma, as practiced by him, would go through three stages, as form (where those of his time could hear the Dharma directly from him), in it’s last stage and when it has become extinct. Dear reader, we are in that stage of dharma (as practiced by Shakyamuni Buddha) that has become extinct.

Shinran Shonin, the founder of Jodo Shinshu Buddhism like us was also born in the age of Dharma as extinct (as practiced by Shakyamuni Buddha). He also struggled mightily on Mt Hei, the seat of Tendai Buddhism. After twenty years he left Mt. Hei, totally disillusioned. Then he encountered Honen Shonin, his Teacher.

(From The Jodo Shinshu Seiten, BCA, page 161 to 162)

“Previously on Mt. Hei, Shinran had practiced the Nembutsu as one of the four Samadhis in Tendai (Buddhism)but Honen’s Nembutsu sounded quite different to him and, in fact, was. The Nembutsu Shinran practiced on Mt. Hei was entirely based on his (own) will and effort.....Honen reversed this mental attitude. He taught Shinran the Nembutsu based on Amida’s (48) original vows and supported by His (Amida’s) Will.

Shinran faced a new wall, this new wall was how to comply with Amida’s Will by giving up his self effort.”

So back to our LTD members and their frustration at not attaining enlightenment quickly. Prince Siddhartha struggled for years through many difficult practices before he became Shakyamuni Buddha. Shinran Shonin spent twenty years on Mt. Hei practicing Tendai Buddhism before he abandoned those practices to encounter his Teacher Honin Shonin’s Nembutsu practice.

So to my dear frustrated LTD members, do not despair; do not give up hope. Keep in mind the struggles of Prince Siddhartha and Shinran. Persevere (by letting go of your self effort) and let the compassion of Amida Buddha come to you through the Nembutsu and Amida’s 48 vows that it embodies.

Namo Amida Butsu, Namu Amida Butsu, Namu Amida Butsu



HOLIDAY SCHEDULE

****Please mark your calendar.****

This year December 25 and January 1, 2017 fall on a SUNDAY.

Here is the schedule for holiday hours at the temple.

Saturday, December 24, 2016	OPEN	10 am to Noon
Sunday, December 25, 2016	CLOSED	
Monday, December 26, 2016	CLOSED	
Tuesday, December 27, 2016	CLOSED	
Wednesday, December 28, 2016	OPEN	
Thursday and Friday Dec. 29-30	OPEN	
Saturday, December 31, 2016	OPEN	10am to Noon
Saturday, December 31, 2016	10:00 am	Joya E Service
Sunday, January 1, 2017	OPEN	2 Bilingual New Year's day services 11:00 am and 1:00 pm Closing at 3:00 pm
Sunday, January 8, 2017	11:00 am	Shotsuki Joint Bilingual Service

KIDS SANGHA BAGEL PIZZA AND YOGURT CUPS. OCTOBER 2



PET APPRECIATION, OCTOBER 16



Ontario Volunteer Service Awards

On Sunday, October 23, we honoured this year's OVSA recipients. Each year, the Ontario government presents Ontario Volunteer Service Awards to volunteers who have been nominated by Toronto Buddhist Church. All of the recipients have helped in many different areas at the Temple for a minimum of 5 continuous years (Youth recipients, a minimum of 2 years).

This year's recipients are: Mr. Teruji Goto (60 years), Mrs. Diane Mark (40 years), Ms. Gayle Hayashi (15 years), Mrs. Joanne Kataoka (5 years) and Ms. Mika Tamaki (Youth)

Congratulations and many thanks to our hard-working volunteers.



Eitaikyo Service (Perpetual Memorial)

November 20, 2016

Please join us at 11 am for the annual service in honour of those individuals whose names have been entered into our Temple Eitaikyo Book. This is a special book within our temple that the ministers perform a service at every day in memory of those people listed inside the book.

If you want to have your loved one's name added to our Temple Eitaikyo Book, please contact Rev. Christina Yanko at 416-534-4302 to make arrangements

2016 BAZAAR WORK SCHEDULE****schedule listed is tentative and subject to change****

Date	Time	Task
Sunday, October 30		Wash pots
Wednesday, November 2	1pm	Wash azuki beans
Thursday, November 3	9am	Prepare hakkusai for tsukemono
Saturday, November 5	9.30am	Make anko
		Wipe wooden boxes in cooler fridge
		Sanitize serving trays
Sunday, November 6	after service	Put up bazaar banners - main entrance and side fence
	after service	Take apart Social Hall stage
Wednesday, November 9	6.30pm	Move chairs from Hondo
		Bring tables up to Hondo
Thursday, November 10		Manju making
		Fold 500 Oribako boxes
		Wash 250 lbs. Of rice
	6.30pm	Close naijin
		Set up tables in Hondo, Lobby and Social Hall
Friday, November 11	7.00 am	Make sushi, ohagi, udon, udon dashi, toppings for udon
		Cut pork for chow mein
		Cut vegetables for chow mein and tempura
		Prepare broccoli and carrots
		Prepare shrimp for tempura
		Wash rice for inarizushi
	evening	make inarizushi
		Set up tables in Social Hall for food packaging
		Bring down brown trays for oribako
		Wash rice for Saturday's bazaar meals
		Rearrange tables in kitchen
		Set up kitchen for Saturday - cooking chow mein
		Ready kitchen for udon, tempura, teishoku dinner
Saturday, November 12	6.00 am	Make chow mein, udon, tempura
		Cut tsukemono
		Package sushi, chow mein, ohagi, inari, bento, chirashizushi
		Set up tables in dining room
		Move oribako goods up to Hondo
	4.30 pm	Clean up in Social Hall, Kitchen
		Clean up Hondo
		Clean up Mezzanine

This September, it was my honour and privilege to attend the fall Ministers' Assistance Program (MAP) session, representing the Toronto Buddhist Temple. Our host was Rev. Ron Miyamura, and his team of dedicated volunteers at the Mid-West Buddhist Temple in Chicago, USA.

The session was simply awesome.

The purpose of the MAP sessions are to prepare committed lay individuals to provide a greater level of service to Jodo Shinshu Buddhism, in the capacity of Ministers' Assistants. Many such lay individuals pursue higher levels of training by pursuing Tokudo ministerial ordination. During the sessions, we learn about Buddhist philosophy and practice generally, and approaches and rituals used to spread the Dharma in the Jodo Shinshu tradition specifically. A broad mix of individuals attended the session, from across the United States, and from various backgrounds.

The spirit of generosity and selfless giving, so important to Buddhists everywhere and from all traditions, was evident from the very start. I was greeted at the airport in Chicago by one of the key members of the MBT Sangha, who escorted me to my hotel near the temple itself. Carl had given up his Wednesday evening and waited patiently for my late flight to arrive. He was so very sincere in his desire to help, and to make me feel welcome in his city. That spirit of friendship to a stranger from Canada was a thread that was woven throughout the weekend.

This was not an easy session. Our days started at 8:00 AM, and finished after 9:00 PM. We listened intently to the team of generous teachers who conveyed some of the essentials of Jodo Shinshu Buddhism with enthusiasm and skill. We were introduced to many rituals, and we were given the opportunity to practice our skills during morning, afternoon, and evening services in the MBT Hondo. Each of the Ministers' Assistants were tasked with preparing a 7-minute Dharma Talk, and we held two separate Dharmathons. We worked very hard, but the sessions were extremely rewarding.

The entire experience was wonderful. The following were particular highlights for me:

- 1) The chanting: we chanted frequently. I was able to experience the joy of chanting with a group who were fully committed to the chanting moment, and it invoked powerful emotions.
- 2) The Dharma Talks: Everyone who delivered a Dharma Talk spoke from the heart, and spoke with absolute sincerity. Each message was unique, and very special.
- 3) Making new Dharma friends. We are so different, yet we share so much. The karma that brought us all together is truly amazing.

I would like to thank Rev. Ron Miyamura of the Mid-West Buddhist Temple for making this encounter so very positive. I am also grateful for the hard work and wisdom of Rev. Henry Adams, Rev. Marvin Harada, and Rev. Sekiya Sala for their lessons and encouragement. And I would especially like to thank my new friend, Rev. Earl Ikeda, for sharing a table with me during the lessons, and for listening to my views on the Dharma.

Of course, none of this experience would have been possible without the support of my friends in Toronto Buddhist Temple. I promise that I will do my best to put the concepts and ideas that I learned to good use.

In Gassho
John Skelton



SHIN FUJINKAI AGM

The annual meeting and luncheon for our members will be held on Sunday, November 27, 2016 at 12:30pm in the LDC room.

Please rsvp to Myra by November 20 in order to help us order lunch and have a bento box for you.

DANA NEWS

2016 Toronto Buddhist Church Bazaar

This year the annual bazaar will be held on Saturday, November 12th. We hope that we can count on everyone for your contributions and support. Please mark this date on your calendar.

Dana Annual General Meeting

The Dana ladies will be holding their AGM following the service on Sunday, November 27th in the mezzanine on the second floor of the temple. All members are invited to a lunch which will be served at 12:15 pm followed by our meeting at 1 pm.

THANKSGIVING FOOD DRIVE

All the food donations were delivered to the Daily Bread Food Bank in Etobicoke on Oct. 24, 2016.

THANK YOU to everyone who made generous contributions of food items or monetary donations for the temple Food Drive to help out hungry people. This year we collected 190 pounds of food which is less than our previous year's records but appreciated and greatly welcomed.

Thank you all for your support and generosity.



WE THANK YOU FROM THE BOTTOM OF OUR HEARTS

On October 1st, Isshin Daiko held their 20th Anniversary Concert, Saikai, at the Al Green Theater. It was over a year of planning, sweating, creating and having fun. As the concert neared we were concerned if we would have anyone in the audience so we were so surprised and overjoyed the day of the concert to see both shows exceeded our projections. It was a day of drumming by Isshin, Isshin Alumni with Jyakurai, Nagata Shachu and Muhtadi and the World Drummers. A day we won't forget.

Isshin would like to extend their heart felt gratitude to the Toronto Buddhist Church, its congregation and all those who took the time to attend the concert and for their many years of support which helped to make our concert a success. Thank you so much!



Living Dharma Centre (LDC) Virtual Book Club

We are now answering some questions on the second chapter of Sensei John Paraskevopoulos' book, Call of the Infinite: The Way of Shin Buddhism. From Amazon, "...This thoughtful short outline of its (Shin Buddhism) spirituality, while disclaiming academic originality is distinguished by its clarity, enthusiasm, and indeed its high level of accuracy. Written by a Shin priest, it shows very well why this form of Buddhism-real Buddhism, a form of Buddhism very different from the many popular images of it current in the West-might appeal to modern seekers depressed and frustrated with the decadent and sterile world around them....."

Call of the Infinite is a short, very approachable book and easy to read. We welcome everyone to get a copy of the book and join in the discussion or read the open discussion.

Here are the questions we are pondering for the second chapter:

CHAPTER TWO

- Why does our awareness of impermanence trouble us so much?
- Is Nirvana just a remote and abstract notion or does it mean something more in your life?
- What kind of relationship do you envisage between everyday existence and ultimate reality?

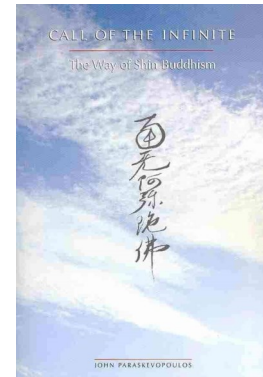
Our discussion dates are:

Chapter One - October 14

Chapter Two - October 28

Chapter Three - Nov. 18 (slightly longer due to Nov. long weekend)

Chapter Four - Dec. 2



To join in, please email Barb at: bm.livingdharmacentre@gmail.com

Call of the Infinite: The Way of Shin Buddhism is available in eBook form as well as hard copy through Chapters and Amazon.

Together in the Dharma,

Amy Wakisaka

LDC Program Director

OBITUARIES

The Toronto Buddhist Church wishes to extend its deepest condolences to the families, relatives and friends of the following individuals who have passed away during the past month.

Mr. Shasaku Jim Tanaka, Ottawa	86 yrs	September 3, 2016
Mr. James Soichiro Takemura	96 yrs	September 27, 2016
Mr. Rinzo Jon Amemori	94 yrs	September 27, 2016
Mrs. Gertrude Emiko Urabe	92 yrs	October 2, 2016
Mrs. Michiko Noma, Hamilton	88 yrs	October 13, 2016
Mr. Tamotsu Fukakusa	90 yrs	October 20, 2016
Mr. Moriyuki Takata	94 yrs	October 24, 2016



TBC Coordinating Committee of Volunteers (CCOV)

The Team Captains held their most recent meeting on October 30, 2016.

Happy to report that on September 24, the entire group of selected participants from various temple groups took the food handler's certification course at the temple and successfully passed. Some of these participants were CCOV leaders and team members who were applying for or renewing their certification. Bravo!!

Thank you to members of teams 2 and 3 for your help in September on Rally Sunday and for our Welcome Neighbour service. The startup of activities and welcoming everyone back to the temple in September is always a very busy time. We really appreciate your assistance.

Our lineup for some future CCOV events include: New Year's Social - Jan. 15, TBC AGM meeting and lunch Jan. 22, JSBTC AGM weekend April 21-23, 2017.

We'll keep you posted with more information and your captain will be contacting you when its your team's rotation.

WANTED - PIE MAKERS

We are unable to hold a Pie Bee this time because the temple kitchen is not available. To have a successful fundraiser we have to depend on donations of pies from the congregation. We hope that you will help by being part of this fundraiser.

We are asking for donations of homemade pies to sell on Sunday December 4.

If you can help by donating pies please contact

June Asano asanojune@gmail.com

Susan Ebisuzaki susanhebisuzaki@gmail.com



Joya No Kane

[New Year's Eve Bell Ringing]

Dec. 31st at 11:30pm

It is said that we rid ourselves of the 108 destructive desires and begin anew by ringing in the New Year with 108 strikes of the temple bell. Renew yourself by meeting at the Japanese Canadian Centennial Bell at Ontario Place to strike the bell. Please consult the Toronto Buddhist Church Website www.tbc.on.ca or phone the temple at 416 534 4302 for more information closer to the Dec. 31st for any changes



Knitting and Crocheting

The cold weather will soon be here and we are asking the talented ladies (and men) if they would help make items for the Japanese Social Services and the homeless. We have a lot of yarn that can be turned into scarves, mittens or hats to ward off the chill.

If you would be willing to work on this project and need the yarn delivered to you, please leave a message at the TBC office.

Thank you for your help!



SAY NO! TO BREAKFAST – SUNDAY, DECEMBER 4, 2016



If someone offers you a big breakfast on Sunday December 4th – **Just Say No!**

Save your appetite for the TBC Sangha's Annual Pancake Lunch after Shotsuki Service in the Temple Social Hall. Sangha Members and friends will be preparing a delicious meal just for you!

Lunch is just \$6.00; no charge for Kids Sangha members.

Available items include:

Regular pancakes	Vegan sausage
Buckwheat pancakes (gluten free & vegan)	Fresh Fruit
Pea meal bacon	Juice and Coffee

Tickets will be sold in the Lobby prior to the 11:00 am Service as well as in the Social Hall after the service.

Look forward to seeing you and your appetite!

Silent Auction

This year we are very fortunate to have this beautiful piece of original artwork donated by the artist Akira Yoshikawa. It will be available for you to bid on during our Temple Bazaar (November 12th) and is valued at \$1,200.00. Join us on Bazaar day to enter your bids!

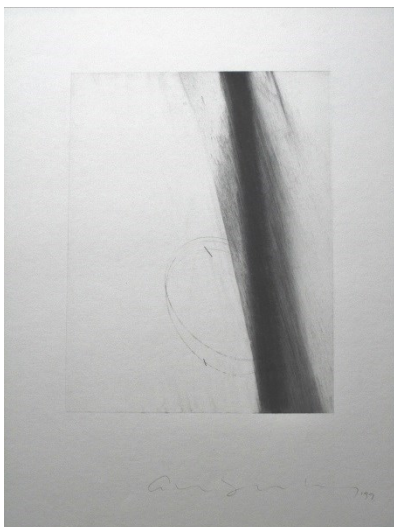
Title: Atago #10. 1997.

Size: 19 3/4 inches x 16 inches

Medium: Graphite powder and pencil on paper

Represented by
Katzman
Contemporary,
Toronto.

Website:
www.akirayoshikawa.com



Evenings of Buddhism

Would you like to learn more about the Buddhist Teachings? Then this is a perfect opportunity to come in to our temple and find out more!!

There are only two sessions left this year, so let's end this year talking about something practical...what are we chanting? Every service we chant together various chants, but rarely have the opportunity to discuss what we are chanting and why. We can't discuss every chant in a two hour period, so let's just focus on two of our beloved chants.

November 15, 2016 at 7pm—What are we Chanting: Juseige

December 6, 2016 at 7pm—What are we chanting: Junirai

It will be a good opportunity to read over the translation and deepen our knowledge of the teachings.

2017 Membership Fee Increase

I wish to inform all of our Regular Members of an increase in the membership fees to be introduced starting January 1, 2017. At that time, the annual fee for Regular Members will increase from \$100 to \$125. As always, Honorary Members (individuals 77 years and over) will not have to pay any membership fees.

Our membership fee has remained static for many years now while the cost of providing virtually every service at the Temple, from administrative to operating to maintenance costs, has increased substantially from year to year. In fact, Jodo Shinshu Temples of Canada (JSBTC) has also raised its annual assessment for each Temple in 2016 from \$70 to \$80. It is true that the Temple will always depend primarily on the generosity of its donors, and will always be grateful for this source of financial support, but it cannot just rely on a steady flow of donations.

I recognize that an increase of \$25 may be significant to you. I sincerely hope that it will not be an intolerable burden, and that you will believe that it will be a small price to pay for the joy and peace you feel in being part of the Buddha, Dharma and Sangha.

Roy Kusano

On behalf of the Board of Directors

Bazaar 2016 Silent Auction or Lucky Draw Prize

VTech Kid Connect

Set of NCIS VHS tapes seasons 1 to 11

Bulova Watch

HP Scan Jet Model 4370

Japanese Dolls

Painting from artist Akira Yoshikawa

Pictured are 24 Collectable Spoons mounted on wooden display cases



SHARE YOUR CREATIVITY.

The Guiding Light is seeking artists, whether hobbyist or professional, who are willing to show their work on the cover of our monthly newsletter. We have in the past received contributions from many of our Temple members, and most recently Rev. Yoshi. We would love to see pieces of sumie, calligraphy, drawings etc. which would be suitable for our Buddhist publication.

If you have artwork you'd like to share with the readers of the Guiding Light please send a digital reproduction to: darlene.rieger28@gmail.com

HOMEMADE PIE SALE

Back by popular demand, fresh pies for sale.

Please support our JSBTC- AGM fundraising Fresh Pie Sale Sunday December 4





November 20, 2016 – 11:00 – 12:00

Taiko with the Isshin Daiko Group

Please join us for our annual workshop with Isshin Daiko!

At the workshop kids will learn how to play the taiko (drum), chappa (cymbals) and Kane (small gong)...come out for an hour of great music and fun.

December 4th, 2016 – 11:00 – 12:00

Homemade wrapping paper for the holidays

For this activity the kids will be able to use their creativity to make their own wrapping paper. We will provide paints, stickers and other decorations for them to use.

Please have them dress in appropriate clothing (old clothing) as we will do this activity on the floor and it may get a little messy with the paint.



December 18th, 2016 – 11:00 – 12:00

Annual Holiday Party & Decorating Ginger Bread Cookies

Join us for our annual holiday party! Always a fun time for the kids to enjoy some holiday cheer with friends, while decorating gingerbread cookies.



KIDS SANGHA'S VISION

Our vision is to bring together young children of all ethnic backgrounds and help them learn and experience the Buddha Dharma in a way that is relevant to their everyday lives.

Our Kids Sangha program is run in a safe and fun environment by a team of volunteers who are passionate about teaching children. Our hope is that children aged 4 to 13 yrs of age will build new friendships, have fun and feel good about time spent at the Temple as they participate in activity-based programs geared towards this age group.

Kids Sangha meets every 1st and 3rd Sundays of the month. No classes during the summer. Classes resume Rally Sunday September 11th.

The program is open to all families so please feel free to drop in anytime.

INTERESTED IN VOLUNTEERING?

We are always looking for volunteers who are passionate about teaching young children. We currently have opportunities open in our classroom or daycare.

If you are interested, please contact Denise Crofton at dcrofton@rogers.com

Saturday December 3rd, 2016
 Showtime: 12:00 noon
 at TBC Social Hall



イブニングカラオケクラブ
 年末コンサート
 十二月三日(土)
 正午開演
 開催日時:

TBC SENIOR KARAOKE CLUB YEAR END CONCERT 2016

Buyo
 Enka Songs
 Minyo Odori
 Oishii Obento
 Great Times
 GRAND FINALE 2016!!

Admission: \$15.00
 EVERYONE WELCOME!!

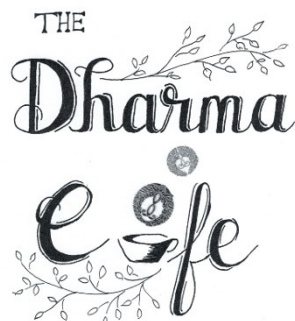
for tickets and information please call:
 Jessica Nakamura (416) 733-1894
 Setsuko Lambeau (416) 225-4747

TBC SENIOR KARAOKE CLUB

The Dharma Café

On the last Sunday of every month come a little bit early and join us upstairs on the mezzanine for coffee and discussions about the Buddhist Teachings.

This is a great opportunity to interact with others, share your experiences, and ask the minister any questions you might have about Buddhism.



Who? Everyone is welcome.

What? Buddhist Coffee Group

Where? Upstairs on the mezzanine

When? Last Sunday of every month at 9:30 am

Cost? Free! The coffee is on us!

TBC Annual Bazaar

Saturday, November 12, 2016

Fall is fast approaching and with it the Temple's biggest annual fundraising event.

We need your help!

Donations are needed for sale at the various venues:

Japanese items

Baked goods and Food items

Gently used items for the White Elephant Sale

Plants

New items for the Silent Auction and Lucky Draw

(Please note that we are unable to sell used clothing, children's toys and books.)

If you are able to help during the week before the bazaar, please check the posted work schedule or email canzai@sympatico.ca

We will be able to begin accepting donations from Sunday, November 6, 2016.

Please contact the TBC office if other arrangements are needed.

Your support is much appreciated!

TBC Bazaar Committee



Save the Date – Dec. 30th Mochi Tsuki 2016

The Mochi Commandments



- | | |
|----------------------------------------|--------------------------------------------------|
| ♦ Thou shall prepare! | ♦ Thou shall cook the Mochi rice! |
| ♦ Thou shall form the Mochi! | ♦ Thou shall cool the Mochi! |
| ♦ Thou shall package the Mochi! | ♦ Thou shall be fed! |
| ♦ Thou shall clean! | ♦ Thou shall be provided with free Mochi! |

With gratitude for all those who have assisted us over the past years, the TBC Sangha once again requests your assistance for Mochi Tsuki 2016.

Each year we are amazed and humbled with the support of so many volunteers who are willing to give their time over the holidays.

This year we are planning to set up in the Social Hall and wash rice at the Temple on Thursday December 29th starting at 1pm. Mochi Tsuki will start in earnest at 9am on Friday December 30th.

All volunteers are welcome – no experience is necessary!

For further information, please contact Cary Kataoka (cary@247systems.ca) or Aki Ikebata (aikabata@hotmail.com).

Meditation and Mindfulness With Ray Nakano

Are you suffering from stress? Are you considering if meditation and living your life more mindfully could make a difference? Then you may want to attend our meditation sessions.

Ray Nakano has been leading two hour meditation sessions at the Toronto Buddhist Church since October, 2015. Come out and join us!

When: Every Thursday evening from 7:00 pm to 9:00 pm

Where: Toronto Buddhist Church – Hondo

Ray Nakano has been an active member of the Hamilton Buddhist Temple *for several years*. Since retiring from the Ontario Government, he *has volunteered* for various organizations such as Habitat for Humanity, the Toronto Green Community and 350.org, an organization building a global climate *change* movement. *Ray is a meditation facilitator* with the Mindfulness Practice Community of Toronto. He is also currently working with the Earth Holder Sangha. *Ray enjoys spending time with his grandchildren, playing bridge, snowboarding and is an avid wall climber.*

The two hour session will include:

- Guided Sitting Meditation
- Silent Walking Meditation
- Silent Sitting Meditation
- Dharma Talk
- Sangha Sharing

Dharma talks may include the 4 Noble Truths, the 8 fold Noble Path, the 5 Skandhas, etc.

Practices may include recitation of the 5 Mindfulness Trainings, Beginning Anew, Touching the Earth, etc.

Please arrive at least 15 minutes early in order to allow time for “settling in” so the session can begin promptly at 7:00 pm.

If you have any questions please contact Rev. Christina Yanko at [416-534-4302](tel:416-534-4302) or you can email Ray at ray_nakano@hotmail.com.

What is sitting meditation?

Stillness. Sitting meditation is like returning home to give full attention to and care for ourselves. Like the Buddha, we too can radiate peace and stability. We sit upright with serenity, and return to our breathing. We are able to maintain a relaxed and upright position when our posture is stable. Using the right cushion or bench will enable us to be steady by allowing our weight to be balanced and supported on three points: our buttocks and our two knees. We bring our full attention to what is within and around us. We let our mind become spacious and our heart soft and kind.

Sitting meditation is healing. We realize we can just be with whatever is within us – our pain, anger, and irritation, or our joy, love, and peace. We are with whatever is there without being carried away by it. Let it come, let it stay, then let it go. No need to react, to run away from or to push, to oppress, or to ignore. We observe the thoughts and images of our mind with an accepting and loving mind. We are free to be still and calm despite the storms that might arise in us.

We will sit for periods of 20 or 30 minutes. If our legs or feet fall asleep or begin to hurt during the sitting, we are free to adjust our position quietly. We can maintain our concentration and support others in their practice by following our breathing, as we slowly and attentively change our posture.

For more information on the Mindfulness Practice Community of Toronto please visit their website at <http://mindfulnesspracticecommunity.org>

THE ESSENTIALS OF JODO SHINSHU—*KYOSHO*

Name: Jodo Shinshu Hongwanji-ha

Founder: Shinran Shonin (1173—1262)

Buddha: Amida Buddha (Buddha of Infinite Light and Life)

Sutra: The Principal Sutras of Jodo Shinshu are the Three Pure Land Sutras:

1. The Sutra of the Buddha of Immeasurable Life Delivered by Sakyamuni Buddha (*Bussetsu Muryoju kyo*), also known as the Larger Sutra (*Daikyo*).

2. The Sutra of Contemplation of the Buddha of Immeasurable Life Delivered by Sakyamuni Buddha (*Bussetsu Kammuryoju kyo*), also known as the Contemplation Sutra (*Kangyo*).

3. The Sutra of Amida Buddha Delivered by Sakyamuni Buddha (*Bussetsu Amida kyo*), also known as the Smaller Sutra (*Shokyo*).

Teaching: Having awakened to the compassion of Amida Buddha and rejoicing in the assurance of Buddhahood, we shall endeavor to live the life of gratitude and compassionate activity.

Tradition: The Hongwanji is a community of people joined together by the gladness of a common entrusting in Amida Buddha. As Jodo Shin Buddhists, we shall seek to be humble and sincere in words and in deeds, to be responsible citizens of our society and to share with others the teachings of Jodo Shinshu. Understanding fully the principle of causality, we shall not practice petitionary prayer and magic, and do not depend on astrology and superstitions.

