



Guiding Light

September 2019



Ikebana arrangement by Temple member Myra Takasaki

TORONTO BUDDHIST CHURCH *a Jodo Shinshu Temple*

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

SEPTEMBER 2019

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 SUMMER SVC 11:00 am Service	2 LABOUR DAY TEMPLE CLOSED	3	4	5 1:00 pm Buyo 7:00 pm Meditation	6 7:30pm Buyo	7
8 MONTHLY MEMORIAL SERVICE & RALLY SUNDAY 10:30 am Kids Sangha 11:00 am Service 12:00 pm SF Fundraiser 12:30 pm * Dana Mtg 1:00 pm Service (J)	9 10:00 am Sr. Karaoke	10	11 7:00 pm Isshin	12 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm * Momiji 4:00 pm *Yee Hong 7:00 pm Meditation	13 7:30pm Buyo	14
15 OHIGAN SERVICE 10:30 am Kids Sangha 11:00 am Service	16 10:00 am Sr. Karaoke	17	18 7:00 pm Isshin	19 10:00 am Tai Chi 1:00 pm Buyo 7:00 pm Meditation	20 7:30pm Buyo	21 *10:00 am Temple Event 3:00 pm Family Memorial*
22 REGULAR SVC Guest: Rev Orai Fujikawa 9:30 am MC Mtg 11:00 am Service 12:30 pm BoD Mtg	23 10:00 am Sr. Karaoke	24	25 7:00 pm Isshin	26 10:00 am Tai Chi 1:00 pm Buyo 7:00 pm Meditation	27 7:30pm Buyo	28 Service in Ottawa
29 REGULAR SERVICE 11:00 am Service Service in Montreal 12:30 CCOV Lunch	30 10:00 am Sr. Karaoke					

Morning Chanting: When available, Rev. Ouchi will lead chanting on Wednesdays, Thursdays and Fridays from 10:00 am. As last minute emergencies do come up, cancellations may occur. If you wish to join the chanting may we ask that you notify ahead of your visit by email or phone. Thank You !

OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNES-	THURSDAY	FRIDAY	SATURDAY
Please Note: Events marked with an asterisk * are private and are <u>not</u> open to the general public Thank You						
		1	2 7:00 pm Isshin	3 10:00 am Tai Chi 1:00 pm Buyo 3:00 pm Ikenobo 7:00 pm Meditation	4 7:30 pm Buyo	5
6 Monthly Memorial Service 10:30 am Kid's Sangha 11:00 am Service	7 10:00 am Sr. Karaoke	8	9 7:00 Isshin	10 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm *Momiji Service 3:00 pm Ikenobo 4:00 pm * Yee Hong Service 7:00 pm Meditation	11 7:30 pm Buyo	12
13 Regular Service 11:00 am Service	14 OFFICE CLOSED Happy Thanksgiving	15	16 Momiji Comm Mtg 7:00 Isshin	17 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm * Castlevue 3:00 pm Ikenobo 7:00 pm Meditation	18	19 9:00 am Sr. Karaoke Party
20 PET APPRECIATION SERVICE 9:30 am *Management Committee Mtg 11:00 am Service 12:30 pm * Board of Directors Mtg	21 10:00 am Sr. Karaoke	22	23 7:00 Isshin	24 10:00 am Tai Chi 1:00 pm Buyo 3:00 pm Ikenobo 7:00 pm Meditation	25 7:30 pm Buyo	26
27 Regular Service 11:00 am Service TBC Dana 60th Anniversary Celebration	28 10:00 am Sr. Karaoke	29	30	31		

Morning Chanting: When available, Rev. Ouchi will lead chanting on Wednesdays, Thursdays and Fridays from 10:00 am. As last minute emergencies do come up, cancellations may occur. If you wish to join the chanting may we ask that you notify ahead of your visit by email or phone.

Thank You !

There is no Atarimae – Obvious things

Toronto Buddhist Church will hold Higan-E service on Sep. 15th Sunday. “Higan” means the Pure Land. Amida Buddha vowed to us to make his Pure Land in the west. During the Higan day, the Sun sets in the west direction. People in old times identified the Sunset and Amida Buddha’s Pure Land and they put their hands together for Higan days.

Today I would like to share more history with you. My Father who is a Buddhist minister in my family temple woke me up at 5am to do service with grandfather and my older brother.



I disliked my family habit, because even before eating supper I had to sit in front of the Buddha and do the service even though I was so hungry.

However, I decided to become a Buddhist minister around 9 years ago when I was a University student. When I became a Buddhist minister I had to shave my head. Then when I went back to the University, my friends were so surprised because I shaved my hair and became a minister suddenly.

They requested me to give them a **Special** Dharma talk. But I was 19 years old. I did not have enough experiences to do a good Dharma Talk, and I could not make up my mind which Dharma talk was a special one. Nevertheless, my friends asked me many times. Then I asked my father “What is a **Special** Dharma Talk and if you have that please let me know the answer.”

But he did not give me any answer. Instead he asked me one question. The question was “what is the opposite word of *Atarimae*?” *Atarimae* means obvious in Japanese.

When I was a student I could not find the answer to this question. He told me that the opposite word of *Atarimae* is *Arigatou*.

Arigatou means “Thank you” in English. But the *Arigatou* word also has different meaning. When I write *Arigatou* in Kanji “有り難う”. “有り Ari” it means to exist. And “難う Gatou” means difficult. So “有り難う Arigatou” means to exist is difficult.

For example, when I move my right foot and left foot forward, I can walk ahead. We think it is an obvious thing. But, if I have only one leg, I cannot walk around by myself. I need a wheelchair or crutch. Or when I get old, I may not be able to walk by myself. I will need someone’s support or help. But I usually think to walk is not a special thing, it’s *Atarimae* “obvious”.

Another example, if someone asks me how I survive. I might answer because I eat food everyday. Many people might think it’s common sense or obvious thing. However if no one grows the food, I may not be able to survive in this world. Or we should not forget that if there is no life in this world, we couldn’t survive in this world, because we are taking or depriving other lives to keep our life. In other words, animals or even plants have their own life. And we steal their life just for keeping our existence. I know we have to eat to live, but the meal also had a life. That is why, my family did the service before eating a meal, and that is why we put our hands together before eating for showing our feeling of appreciation and gratitude to the every life.

Continued on page 7

We the Sangha: Camp Lumbini 2019

I am not going to lie, I am not even sure what day of the week it is, because all sense of the “regular” flow of time was disturbed in the week I just spent at TBC’s Camp Lumbini at Wasaga Beach with campers, counsellors, and a handful of volunteer parents. This was my third time at camp, and the experience of being with the campers, counsellors, and the handful of volunteer parents is still astonishing! I know many of you reading this now, who grew up in the TBC sangha are ex-campers yourselves so have experienced the specialness of Camp Lumbini. For readers who have not experienced Lumbini, let me try to describe it.



We the Sangha: Camp Lumbini 2019. Cont'd

Every year, the camp focuses on a Buddhist theme. Inspired by the 2019 championship win of the Toronto Raptors the theme of this year's camp was "*We the Sangha*". From the opening service on Sunday afternoon to the closing service on the following Saturday, everyday is filled with activities like going to the beach just down the road; playing games in the sandy backyard; and singing at the top of our lungs while dancing around as we cleaned up after meals. This year, we had special activities like kayaking down the Nottawasaga River, mini golf, and watching a movie in the mess-hall-turned-movie theatre. Particularly special was Camp Lumbini's first ever wedding! Last year, camp director Koji Goto proposed to fellow camp director Rachel Kataoka, to which all of the campers were witness. This year, just over a month after their actual wedding, the campers created a wedding using paper (toilet paper wedding dress and coffee filter veil were stunning!), glitter and glue and they were (unofficially) wed by fellow camp director and (fake) officiant, Stephen Taguchi. Everyday, from morning service to bedtime service, everyone was "all in" (the sub-theme of the camp, also inspired by the Raptors), playing hard, working hard, asking questions, helping each other and creating memorable moments. Part of the camp programming always includes time where the ministers lead activities completely focused on the Dharma. This year, I organized the first session, "Buddhism 101", as an overview of the basics of *sangha* – a group of people who follow the teachings of the Buddha. We went over the life of the Buddha and I shared one of the first things I ever heard from one of my Senseis that resonated with me, "The 2 I's of Buddhism: Impermanence and Interdependence." I closed the first session asking them to spend the next couple of days challenging this teaching: *can you find anything that will never change? Can you think of anything that can exist all on its own?* A couple of days later for "Buddhism 102", we focused on Shinran Shonin. I explained that for thousands of years, people have been trying different ways to understand what the Buddha taught, and Shin Buddhism is the result of Shinran Shonin's ideas and experiences. He tried living in a traditional sangha of ordained monks, but found it too difficult. Luckily he encountered the Nembutsu teachings so was able to continue to study and engage in the Dharma without being a monk. His deep belief in the Nembutsu – Namo Amida Butsu – attracted many followers. Again, I shared something that I had heard from a sensei that made the Nembutsu powerful for me: Amida Buddha represents every place, time, person, and thing that ever existed, and they are the causes and conditions that allow us to live our lives. Because we cannot name, or even know all of the causes and conditions, we direct our acknowledgement to the representation – Amida Buddha. When we say Namo Amida Butsu, we are saying "thank you". This makes Shin Buddhism accessible by everyone, including every child at camp. Saying Namo Amida Butsu is what makes us a sangha.

Buddhist concepts can be so abstract and complex, even for adults, so I find it quite challenging to talk to kids about the Teachings. However, it's a challenge I love because I recognize that it helps me engage with the Teachings by forcing me to think very carefully, and in different ways so that it is in terms that are accessible for the children. Of course, the feedback and questions I get from them are so interesting as well! Engaging in the Teachings with children is truly a very special experience. I would like to thank the Camp Directors Rachel Kataoka, Koji Goto and Stephen Taguchi for their hard work in organizing the week; the Counsellors Mika Tamaki and Kazu Maeda for being great leaders to the campers; and the volunteer parents led by Joanne Kataoka, who kept up our energy by preparing our delicious meals everyday. Yoshi Sensei had a small window in his very busy schedule to come up for one night. The campers were very happy to see him after waiting most of the week, so they had a lot of fun in the short time he was there, and appreciated his help washing dishes and leading the evening service. It is inspiring to see people work so hard so that the campers are safe, having fun, and that they have the best conditions for engaging with the Dharma.

Camp Lumbini is a special place that is designed to have the Buddhist teachings at the centre of all of the activities. It is a truly special and important part of the Toronto Buddhist Church, and I am deeply grateful for the opportunity to participate in such a meaningful week. If you know of a child between 8 and 14, please consider sending them; we would love to see our Camp Lumbini sangha grow!

Namo Amida Butsu

Joanne Yuasa Sensei



Memorial (Shotsuki) Listing for the Month of October

Our monthly memorial services (shotsuki) are usually held on the first Sunday of each month (please check our temple calendars to confirm the day of the monthly memorial service) to remember and honour those who have passed away in that month regardless of year.

Usually, mail reminders are sent out to the next of kin but due to changing circumstances we have not always been able to reach families and hope that by publishing the names of those who have passed, we can still reach and remind families and dear friends of the month of their loved ones honouring.

Below is our listing of our members and supporters who have passed away during the month of October. All are invited and welcome to attend.

ABE, Tomo	ADACHI, Ogen	AKADA, Asa
AKADA, Sadajiro	AMEMORI, Suye	ARIZA, Nancy Chiyo
ASA, Yasuko	AZUMA, Momoyo Jane	BRATUHIN, Tamiko
EDAMURA, Ken Edward	DOBSON, John Charles	FUJII, Mary
FUJINO, Dorothy Shizuko	FUJINO, Sude	FUJIOKA, Toshio
FUKAKUSA, Tamotsu	FUKAKUSA, Kameki	FUKAKUSA, Yasutaro
FUKUMOTO, Toyemon	FUKUSHIMA, Kazuo Charlie	HAMADE, Shingo
HAMAWAKI, Margaret Fujiye	HANAZAWA, Toku	HATANAKA, Kenichi Ken
HAYASHI, Hanyemon	HOBZA, Patricia Akemi	HORII, Kiyoshi
HORII, Teru	IBUKI, Kiku	ICHIYEN, Seiichi
IIZUKA, Kotsuru	INAMOTO, Dorothy Tomie	INAMOTO, Kenneth Kenji
ISHII, Mitsuye	ISHIKAWA, Hiroko	IWASAKI, Tokino
KAGAYAMA, Shizuyo	KAINO, Fumiyo	KAJI, Matsuyo
KAWAGUCHI, Kiyoko	KAWAI, Tetsutaro	KISHIBE, Masayuki
KITAGAWA, Tsuneya	KITAMURA, Frank Osamu	KITaura, Ryotaro
KOBAYASHI, Osamu	KOBAYASHI, Patrick Mitsuharu	KOBAYASHI, Shigezo
KODAMA, Suekichi	KUBOTA, Shigeo	KUMABE, Jinzo
MATSUI, Kane	MIYADA, Takashi	MORI, Charles Chuck Kazuhiko
MUKAI, Hikojiro	MUKAI, Hikojiro	MURAI, Kofuji
MURAKAMI, Katsuji	MURANAKA, Kaoru Kay	NAGANO, Kumao
NAGATA, Kaneichi	NAKAGAWA, Sasuke	NAKAMURA, Ted Teiji
NAKANO, Chiye Joan	NAKAO, Haru	NARUSE, Tadayoshi
NISHIKAWA, Misao	NISHIKAWA, Toshie	NISHIMOTO, Kenneth Kenji
NISHIMURA, Chiyoji	NISHIMURA, George Gengo	NISHIMURA, Jutaro
NISHIMURA, Shige	NISHINO, Terrie Tsuruye	NITTA, Jean Yuri
NOMA, Michiko	OHASHI, Hirokichi	NOSE, Seizo
OHARA, Noye	OHASHI, Take	OHATA, Masayuki
OMATSU, Kinu	ROWLATT, Julian Taro	
SAITO, Shiro	SAKAMOTO, Kimi	SATO, Teruko Terrie
SHIGEISHI, Sally Shizue	SHINMOTO, Saichi	SHINTANI, Sueno
SHITAMI, Yone	SUGAMORI, Seitaro	TAGUCHI, Moto
TAKAGI, Chiyoko	TAKAHASHI, Hideta	TAKAHASHI, Yoshi
TAKASAKI, Kaoru	TAKASAKI, Shizue	TAKATA, Moriyuki
TAKATA, Kensuke	TAKEMURA, Masa	TAKEUCHI, Terry Teruo
TAMAKI, Glen Atsushi	TANABE, Yoshiko Mary	TANAKA, Arataro

Continued on page 7

Memorial (Shotsuki) Listing for the Month of October, cont'd

TANAKA, Hisao**TANAKA, Yaye****TATEBE, Yoko Joyce****TOYONAGA, Matsuko****URA, Jim Iwao****WAKABAYASHI, Takeo****WAKISAKA, Tsugi****YAMAMOTO, Hatsue****YAMASHITA, Haruyo****TANAKA, Juhei****TANINO, Eikichi****TESHIMA, George Yukio****TSUBOUCHI, Kiyoshi Thomas****URABE, Emiko Gertrude****WAKABAYASHI, Tokuzo****WANI, Juichi****YAMAMOTO, Makino****YOSHIDA, Yasuyoshi****TANAKA, Thomas Sanya****TANINO, Kenneth Susumu****TOHANA, Sachiko Ruby****TSUJI, Shizue****WAKABAYASHI, Koto****WAKIDA, Ei****WATANABE, Molly Nobuko****YAMAMOTO, Nobby**

There is no Atarimae – Obvious things, cont'd from pg 4

The teachings of the Buddha says our life is interdependent. No one lives by himself. If I could survive forever by myself, I would not say "Arigatou", because I consider every thing was obvious.

But we usually say "Arigatou - Thanks" for each moment and each thing, because the teaching of Buddha tells us that these are not Atarimae things in this world. And you can find special Dharma teachings in your life even if you don't follow "my special" Dharma Talks with Namu Amida Butsu.

In Gassho, Rev. Yoshi

FOREIGN COINS and USED STAMP COLLECTION

Please bring in any foreign coins from your travels and place them in the box provided in the Temple lobby. The Women's Federation collects for Air Canada charity. Also we still collect unwanted pennies.

Any collection of stamps will be sent to Save The Children. The stamps will be given to Women's Federation group at the end of April. If you have any stamps, a box is provided in the lobby of the Temple



NEWS FROM THE OFFICE

For the past five years, since changing over to our current donation receipting programme, we have issued receipts on a quarterly basis. However, due to the ever-increasing cost of paper, envelopes and postage; we will, in 2019 begin issuing receipts semi-annually or twice a year. Therefore, you will receive a receipt for any donations made January to June, in early July 2019 and in early January, 2020 for donations made July to December, 2019.

We would also like to take this opportunity to remind everyone that cheques must be made out to TORONTO BUDDHIST CHURCH. Please note that TBC or T.B.C is not acceptable. If you would like your donation to be directed to one of the church groups or funds, please indicate this information in the memo line of your cheque...ie: Dana, Sangha, Altar Flower Fund, etc.

We would like to thank everyone for their co-operation and understanding in these matters.

Toronto Buddhist Church Office.

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 (month) .

Mrs. Hideko Hedy Fujii

July 13, 2019

Mrs. Chiyoko Sogo

July 24, 2019



In Gassho , Toronto Buddhist Church

Professor Susie Andrews, June 23, 2019

In June, Professor Susie Andrews of Mount Allison University was invited as a guest speaker to our Sunday Service and gave a talk about three tales connected with Mount Wutai and Manjusri Bodhisattva. For each tale, Manjusri Bodhisattva provided a "Pearl of Wisdom" such as, "Do not be fooled about a person's true ability based only on observing outward appearances." Manjusri is considered a Bodhisattva of Wisdom and is often portrayed as a sword-wielding figure in Mahayana art and literature. You did not have to be an expert in Chinese Buddhism to enjoy her lecture. Prof. Andrews brought the stories to life and explained her lessons passionately. Let us hope she will be available to visit our temple in the future. Thank you to Mr. Honjo and Mr. Kusano of Bukkyo Dendo Kyokai Canada for introducing Prof. Andrews to our temple and allowing TBC to forge new relations with her.



JOIN US IN CELEBRATING THE DANA 60th ANNIVERSARY OCTOBER 27, 2019

It is hard to believe that sixty years has passed since a group of devoted Toronto Buddhist Church lady members established the Dana in 1959 under the guidance of Mrs. Mary Ishiura. Since its inception the group has been very active in all aspects of the Church, including the annual bazaar, Dana scholarship fund, fashion shows, Camp Lumbini, fund raising, publishing of the original "Itadakimasu" recipe book and "Way of Life" book and especially assisting in any events requiring their culinary expertise. The Dana also co-hosted an extremely successful World Buddhist Women's Convention in Vancouver in 1990 and continues to participate in Conventions held in the USA, Japan, Brazil, Hawaii and Canada.

We will be commemorating these sixty very eventful years on Sunday, October 27, 2019.

Everyone is welcome to attend the special service at 11:00 a.m. and to join us after the service in celebrating with a delicious bento lunch provided by Ginko Restaurant and a program recognizing the many accomplishments of the Dana in the last sixty years.

Current and honorary Dana members will receive a complimentary lunch.

The cost for guests is \$20 per person. Tickets will be sold at the Shotsuki and Ohigane services in September or you may purchase them from members of the Dana executive.

We look forward to your sharing in this milestone occasion.

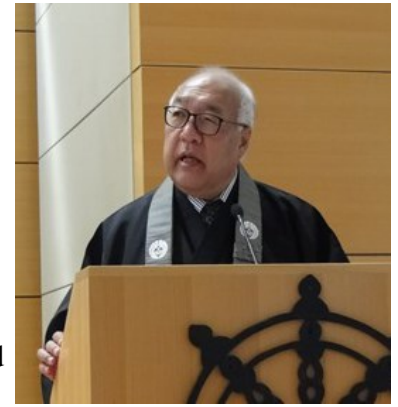


Obon Weekend

July 13 – 14th

A huge THANK YOU to the many volunteers who donated their time to a very successful Obon Weekend when we celebrate and appreciate those who have come before us. So many hands were needed and were gratefully received. From the cemetery visitation coordination, to all those who conducted graveside and cemetery services, the drivers, the parking lot attendants, the people who hung lanterns and took pictures, those who helped out at Natsumaturi and Obon Odori and prepared for, cleaned up, and ensured that we had refreshments after the three Obon services; there were so many people who gave of their time to make sure that the weekend was a good experience for all – we are truly thankful.

We were grateful to have Rev. Brian Nagata, director of Bukkyo Dendo Kyokai America and Canada, who conducted services on Saturday and gave very interesting Dharma talks at both the Hatsubon and Obon Service on Sunday.





CALLING ALL SANGHA KIDS WE HOPE YOU HAD AN AWESOME SUMMER

We want all of our Sangha Kids new and old to join us for another exciting year.



We will begin on Sunday September 8, 2019 on “Rally Sunday”.

On this day, Rev. Yoshi will begin the kids service at 10:30 am in the Hondo. Following this at 11:00 we will head downstairs to the classroom where everyone will have a chance to catch up new and old friends. At this time we will share with you our plans for the coming year, finishing up with an activity and a tasty treat.



Parents can fill in registration forms for Kids Sangha on this day. The Kids Sangha program is held every 1st and 3rd Sunday of the month.

We look forward to seeing everyone at Rally Sunday.

With gratitude,

Yumi, Jessica, Abigail, Rachel, Koji, Denise, Les and Naomi

A BIG THANK YOU TO MASA AND MICHELLE SHIMOZATO

Thank you Masa and Michelle Shimozato for donating a fridge for Camp Lumbini. It is greatly appreciated and will be well used..



UPGRADING YOUR APPLIANCES

Are you upgrading your appliances? Camp Lumbini is in need of a stove. This is a vital requirement for the campers who rent the cottage, the Sangha Kids Day at Lumbini and the week at Lumbini which happens every summer for the Temple members' children.

If you have a stove you'd like to donate please contact Michael Tamaki at michael.m.tamaki@gmail.com to make arrangements.



FEELING GRATEFUL

A big "thank you" to Rachel, Koji and Stephen for planning and implementing another successful week of camp this summer. Camp Lumbini was home to eleven enthusiastic campers. Their week was filled with activities such as bowling, canoeing, mini golfing, a movie night, a sand sculpture contest among other group activities that took place at the cottage.

The week at camp wouldn't be complete without all the delicious meals and snacks. "Thank you" Joanne for cooking three delicious and nutritious meals every day. And Grace, your vegetable chopping skills were also appreciated.

"Thank you" Rev. Yoshi for taking the time out of your busy schedule to come up to Camp Lumbini. Although your stay was short, the kids really appreciate spending time with you and making that connection.

Joanne Sensei, "thank you". How fortunate we are to have you join the kids at camp. All of your dharma talks were keenly listened to and each child, on their own level, had a clearer understanding of the phrase Namu Amida Butsu.

Three cheers for our camp counsellors. "Thank you" Mika and Kazu for your assistance with the kids. It takes many hands to make camp successful.

And speaking of the many hands that help make camp great, "thank you" to the parents Takako, Joanne, Elaine and Chris.

With Gratitude,
Everyone from Kids Sangha



NEW, USED OR VINTAGE JAPANESE ITEMS

Do you have your parents', grandparents' or gifts of Japanese wares, Ikebana supplies, kimonos, yukatas, accessories, dolls etc. in storage that you don't know what to do with. The Temple will be holding a Japanese Wares Sale in the spring to raise funds for the Temple's 75th Anniversary and we are looking for donations of items to sell.

If you should have any items you'd like to donate please bring them to the Temple and clearly mark on the boxes or items that they are for the 'Japanese Wares Sale'

Thank you in advance for your generosity,

Shin Fujinkai



JEWELRY and ACCESSORIES BOUTIQUE TBC FALL BAZAAR

A call for vintage and gently used jewelry and accessories (purses, scarves, belts, hats)

Leave donations with the office.

Questions: asanojune@gmail.com



THE TEMPLE'S BUILDING & MAINTENANCE FUND NEEDS YOUR HELP

ONIGIRI, MUSUBI AND INARI SALE!

Bring your appetite and enjoy the Shin Fujinkai fundraiser for the TBC Building and Maintenance Fund. We will be selling all things RICE on Rally Sunday, September 8th after service, when we all return after a relaxing summer.

Thanks for your support

Shin Fujinkai



SHIN FUJINKAI SUMMERLICIOUS

JULY 20, 2019 AT SAMBUCA

Shin Fujinkai held their annual Summerlicious outing on July 20th. Eight ladies braved the extreme heat on one of the hottest days of the year to have a delicious 3-course lunch at Sambuca's on Church Street.



LOST and FOUND

For your information, a couple of items were left behind at the church picnic on June 9, 2019 at Camp Green Acres.

A purple ombre furoshiki and a child's sweater were unclaimed or left behind. Please contact the office to make arrangements for pickup if they belong to you.

GUIDING LIGHT

TRANSLATORS NEEDED

The Guiding Light is in urgent need for volunteers to translate articles from English to Japanese for the newsletter. The Guiding Light is printed once a month; English articles are usually due on the 3rd Wednesday of each month; Japanese translations would be required by the following Wednesday.

If you are interested in translating for the Guiding Light please contact Darlene at: darlene.rieger28@gmail.com

Thank you

RALLY SUNDAY

September 8, 2019

This year "RALLY SUNDAY", falls on Sunday September 8th. On this date we will resume regular services and activities at our temple after a brief summer break. After the service please make sure you go down to the social hall where there will be displays from the many service groups of all the activities offered at the temple. Enjoy some refreshments as you socialize peruse the photographs from past events.

September 8th is also the date of the September Monthly Memorial (Shotsuki) Service. The English service will be held at 11 am.

New Starting September 8th we will be conducting the monthly memorial services (Shotsuki) in Japanese at 1 pm.

The Kids Sangha services and programs also resume on Sunday September 8th at 10:30am.

Please check the Guiding Light calendar and the website for details.

See you at RALLY SUNDAY!



REACH OUT AND HELP THE LESS FORTUNATE

WANTED



SOUP



MAC & CHEESE



CANNED FISH



BABY FORMULA



PEANUT BUTTER



RICE



DRY PASTA



TOMATO SAUCE



CANNED VEGGIES

Food Drive runs from Sept 8 - Oct 27

Please bring in non-perishable food donations. For example, dry pasta, canned goods like soup, fruits and veggies, fish, tomato sauce as well as baby formula, rice, peanut butter, mac and cheese.

Please check expiry dates on your donations. We are helping the Daily Bread Food Bank by collecting food to support hungry families, children and individuals who have difficulty making ends meet and can't afford to buy groceries.

Thank you from Shin Fujinkai

A SHOUT OUT TO ALL TEMPLE MEMBERS!!

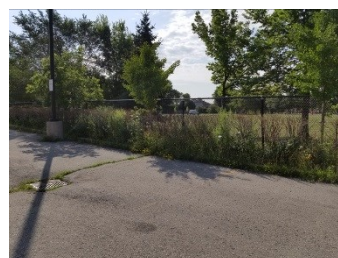
Our maintenance committee needs assistance with grooming our Temple. Over time the grounds have been overrun with weeds and dead bushes which has made the Temple appear a little tired.

We are hoping that some of you will have time to help remove the weeds and dead bushes around the Temple. There is no schedule or special time. We hope that if you find you have some spare time you will drop by the Temple and help out the maintenance committee. The Temple has some garden tools but it is limited. If you are able to help out, it is advised to bring your own tools.

Should you have any questions please contact Michael Tamaki at michael.m.tamaki@gmail.com

Thank you

Maintenance Committee



MINDFUL MEDITATION

Are you suffering from stress? Of course, you are. We are all suffering from different types of stress: stress from school, work, finances, family, health, etc. How we cope with and manage our stress can make the difference between a happy, successful life and an unhappy, unsuccessful one. Mindfulness and meditation have become mainstream in today's world. If you would like to learn more about these practices and how they can lead to a happier, more fulfilling life, come out to one of our meditation sessions. We practice in the main hall or Hondo of the Toronto Buddhist Church, an expansive and beautiful space.

I am Ray Nakano, a meditation facilitator. I was ordained as a member of the Order of Inter-Being in October, 2011, and practiced meditation, several years prior to that.

Our meditation sessions are every Thursday evening from 7 to 9 pm, starting on September 5th, 2019.

Please come out and join us! It could make a world of difference in your life!

