



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

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please Note:						1
Events marked with an asterisk * are private and are not open to the						2:00 pm & 8:00 pm Isshin Daiko
general public						20th Anniversary Concerts, Al Green
Thank You						Theatre
2 Monthly Memorial & JSBTC Day Service	3 10:00 am	4 10:00 am	5	6 10:00 am Tai Chi	7	8
9:30 am Bazaar Mtg	Sr. Karaoke	Fujinotomo	1:00 pm	1:00 pm Buyo		
9:30 am *Sangha Mtg			Ohara	3:00 pm lkenobo		
10:30 am Kid's Sangha		7:00 pm	7:00 pm Isshin		8:00 pm Buyo	
11:00 am Service		Evening of		7:00 pm Meditation		
12:30 pm *Dana Mtg		Buddhism		,		
12:30 pm *Shin Fujinkai Mtg						
9 Regular Sunday	10	11 10:00 am	12	13 10:00 am Tai Chi	14	15
11:00 am Service	OFFICE	Fujinotomo		1:00 pm Buyo		
JSBTC Service in	CLOSED	7:00 pm		2:00 pm *Momiji		
Hamilton	Нарру	Mgmt Comm/	7:00 pm Isshin	3:00 pm lkenobo	8:00 pm Buyo	
4:00 pm * Family	Thanksgiving	B of Directors		4:00 pm * Yee Hong		
Memorial Service	NO Karaoke	Mtgs		7:00 pm Meditation		
16 PET APPRECIATION	17 10:00 am	18 10:00 am	19	20 10:00 am Tai Chi	21	22
DAY 9:30 am *Picnic Mtg	Sr. Karaoke	Fujinotomo	1:00 pm	1:00 pm Buyo		
10:30 am Kid's Sang-			Ohara	2:00 pm *		
ha		7:00 pm		Castleview	8:00 pm Buyo	
11:00 am Service		Evening of Buddhism	7:00 pm Isshin	3:00 pm lkenobo		
		Duduliisiii		7:00 pm Meditation		
23 Regular Service	24 10:00 am	25 10:00 am	26	27 10:00 am Tai Chi	28	29
OVSA Presentations	Sr. Karaoke	Fujinotomo		1:00 pm Buyo		
11:00 am Service				3:00 pm lkenobo		
12:30pm Welfare			7:00 pm Isshin		8:00 pm Buyo	
Visitations				7:00 pm Meditation		
30 Regular Service	31 10:00 am					
9:30 am Dharma Cafe	Sr. Karaoke					
11:00 am Service	Hallowe'en					

Morning Services are held on the week days Mondays, 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.

NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Events marked with an asterisk are private are NOT open to the		1 10:00 am Fujinotomo 7:00 pm	2 1:00 pm Ohara	3 10:00 am Tai Chi 1:00 pm Buyo 3:00 pm Ikebana	4	5
general public Thank You		Evening of Buddhism	School 7:00 pm Isshin	7:00 pm Meditation	8:00 pm Buyo	
6 MONTHLY	7	8	9	10	11	12
9:30 am Sangha Mtg	BAZAAR PREPARATION WEEK					ТВС
10:30 am Kid's Sangha 11:00 am English Service 12:30 pm Dana Mtg				2:00 pm *Momiji 4:00 pm *Yee Hong		BAZAAR 12:30– 4:30 pm
13 REGULAR	14 10:00 am	15	16	17 10:00 am Tai Chi	18	19
SERVICE 11:00 am Service Service in Hamilton	Sr. Karaoke	7:00 pm *Management Committee Mtg & BOD Mtg	1:00 pm Ohara School 7 pm Isshin	1:00 pm Buyo 2:00 pm *Castleview 3:00 pm Ikebana 7:00 pm Meditation	8:00 pm Buyo	
20 EITAIKYO SRVC (Perpetual Memorial) 10:30 am Kid's Sangha 11:00 am Service 12:30 pm *Sangha AGM (Eko)	21 10:00 am Sr. Karaoke	22	23 1:00 pm Ohara School 7 pm Isshin	24 10 am Tai Chi 1:00 pm Buyo 3:00 pm Ikebana 7:00 pm Meditation	25 8:00 pm Buyo	26 Service in Ottawa
27 REGULAR SERVICE 9:30 am Dharma Cafe 11:00 am Service 1:00 pm Dana AGM Service in Montreal	28 10:00 am Sr. Karaoke	29	30 7 pm Isshin			

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STORIES FROM THE PRESIDENT COLOURS

Recently, young Yoshi-sensei delivered an interesting discourse about colours. He said in effect that he wore a different "colour" depending on his social or professional circumstance at any particular time. When he hung around with his buddies at the pub, he wore a cool, laid

-back colour. When he went shopping at the supermarket, it was whatever colour he happened to be wearing, because there was little chance that he would be recognized. When he had an audience with the Bishop or attended an important meeting, he changed to a conservative, professional colour. His colour metaphor made this dubious but universal tendency very vivid and made me reflect why we act this way.

For sure, we all wear a different colour for every different situation we find ourselves in each day. It may be instinctive, but in fact we are really conscious of it. So much so, that consultants charge hefty fees to tell us how to dress and behave for job interviews. Love life coaches teach us how to wow a first date – what to say, what to wear, even what to eat. The uniform for Bay Street power brokers today has changed from the three-piece suit with a pocket watch and chain and Gucci loafers of 40 years ago to a painfully tight dark suit by Alfalfa paired with Size 18, pointed, lace-ups. (Obviously men's feet have grown since 40 years ago.) I'm now too old and feeble in every way to care much about how today's woman dresses to impress, although I have noticed that the majority of Bloor/Bay shoppers dress as if they are about to walk the red carpet at TIFF.

Awareness of "colours" is sadly essential to survive today. To be un-colour-savvy can be disastrous as we all know. I will never ever forget the abuse and ridicule I suffered on my first work trip to Tokyo (very Japanese then) in 1972. I was one of them, I thought. I had no idea that a light brown, wide-lapel suit with brown ankle boots and shoulder-length hair would single me out, especially in black suit, shiny black oxford Marunouchi. And then, my Canadian-Kagoshima-ben really upset them. There is a reason why my daughters do not have Japanese middle names and why despite many return trips I did not introduce my wife to Japan until more than 30 years later.

And then there was THE INCIDENT. There was a time whenever I was a little down that I went shopping. So it was that day. I went to a famous menswear shop and tried on a pair of ridiculously expensive pants. But as I turned this way and that way in front of the mirror, the pants just didn't feel right. The mature-ish sales lady with an intimidating accent (why do mature-ish ladies with intimidating accents sell ridiculously expensive men's pants anyway?) pondered my posing for a little while, chin resting in hand. Finally, she reached a verdict. The problem, she decreed without a hint of pity, was that no pants would ever look good on me because I had no butt. NO WHAT? NO BUTT? I never ever think about my nether region. How can I ever see back there? Why should I care? But, I started to sweat and fret when it hit me that even though I never bothered to check out my posterior, maybe others did. Over all these years, how many thousands, maybe millions, have walked behind me on a crowded street and snickered to one another: "The poor guy's got no butt." Shamed, deflated, the defeat lingered. I recalled the early 80's, when Jesse Barfield, one of the most revered Blue Jays of all time patrolled right field at Exhibition Stadium. According to many women in the know (there are so many in the know), he was the most exciting batter ever to step into the batter's box. They would swoon shamelessly every time he leaned into the plate to ready himself for a mighty swing, or even the most timid of bunts. If there was a statistic

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STORIES FROM THE PRESIDENT

COLOURS, Continued

for best batter's butt in baseball (there are so many new stats now) he would easily own the Best Batter's Butt (BBB) in Major League history. Today he remains the gold standard. So after decades of sad and sagging neglect I discovered in one terribly rude moment that the one area that women and many men coveted so much was the one area where I had a very visible vacancy. Oh, how could I face anyone. I thought briefly about walking backwards on bustling downtown streets (think moon walk) so people behind me couldn't see my glaring deficiency. But I decided people would notice me even more if I walked backwards in front of them for more than 30 seconds, and worse, they might turn mean and not bother to warn me that I was moon walking through a red light.

So why are we so neurotic about the way we present ourselves? Surely it's not because it's wired into our DNA. In each case, we dress, behave and talk, I think, in a certain way in each different circumstance because we feel that we want, maybe even need, to be accepted by someone or to impress someone. Are we convinced that others around us have a certain expectation of us? After all, a hermit who lives all alone in a cave has no need for a change of clothes, never mind a can of Old Spice. The way we think others see us dictates how we see and feel about ourselves.

One of the great Buddhist mantras is: "Come as you are." Do we really believe that to the extent that we follow it? Bishop Kodo Umezu, Bishop of Buddhist Churches of America, recently reminded us of Shinran Shonin's thoughts about how each of us is seen by the Buddha:

'In reflecting on the ocean of great shinjin (the Buddha's mind and heart), I realize that there is no discrimination between noble and humble or black-robed monks and white-clothed laity, no differentiation between man and woman, old and young." (Collected works of Shinran, p. 107)

Even though it comes straight from the pen of the great Shinran Shonin do we really subscribe to it? When we see others, so many of us ignorantly and instinctively colour everyone else as black or brown or yellow or white, or woman or man, or Muslim or Christian or Jewish or Buddhist, or liberal or conservative, or rich or poor, or successful or failed, or smart or stupid. Or we colour someone either as a foreigner or as one of us depending whether he or she speaks a language which is familiar enough to us. Having experienced this ourselves we try so hard to conform to what we believe to be the accepted "colour". If we are unable to wear the right colour, there is a good chance that we will suffer some rejection, whether subtle or overt. Terribly sad.

Yoshi-sensei's lesson too was that before Amida Buddha we are always just what we are. We don't need to try so hard to change or disguise what we are. And everyone is perfectly acceptable just as he or she is. So let's everyone, when we are at the Temple or away from the Temple, accept others in the same way that Amida Buddha accepts us. I think he is saying that sometimes it's ok to be colour-blind.



Alfred, Lord Tennyson, Buddha, and a Dog

By: John Skelton

"I hold it true, whate'ere befall
I feel it, when I sorrow most
'Tis better to have loved and lost
Than never to have loved at all."

These famous lines, crafted by the English poet, Alfred, Lord Tennyson, appear in a work that carried a rather ordinary title: "In Memorium, A.H.H." The poem's original title, a somewhat more inspiring "The Way of the Soul," was perhaps more reflective of the enduring nature of Tennyson's words.

Some might be surprised to know that Tennyson wrote these powerful thoughts not in reference to romantic love, but rather upon reflection of the sudden death of a dear friend from Cambridge, Arthur Henry Hallam. Sadly, Hallam died unexpectedly in 1833 from a cerebral hemorrhage. Tennyson finally completed the work in 1849, over 16 years later. Hallam's demise affected Tennyson and his family very deeply, for many years.

In July, my family and I were faced with a difficult choice. Our little dog, Winnie (short for Winnifred) became ill.

Winnie had been with us for over 11 years, and was truly part of our family. She was a tough little miniature wire-haired dachshund. A great watchdog with a bark that was 100 times larger than what one might expect out of her diminutive 14 pound body.

Dachshunds were originally bred to hunt badgers underground. To succeed, they needed a strong disposition and a loud bark so their owners could locate them under the ground. She carried that karma with her, but to me she was quick to reveal her softer side. For most of her life she slept in my bed with me, and was there to warm my feet on cool winter evenings. She feared nothing except a thunder storm, and when one drifted by she would hide her face between my neck and the pillow. She loved a belly scratch, and I obliged frequently. Whatever my mood, when I arrived home she was overjoyed to see me, wagging her tail feverishly. We trusted each other.

When Winnie became ill, she was diagnosed with a condition called Diabetic Ketoacidosis (DKA). The veterinarians advised us that it would be fatal if not treated immediately, and even after treatment began there was little chance of recovery. She was very sick, and very frail.

To make a long story short, we decided that the best action to take, in the name of compassion for her, was euthanasia.

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Alfred, Lord Tennyson, Buddha, and a Dog, Continued

In the course of life, each of us will lose someone or something that we love deeply. It is when we lose that person or thing that the strength of our attachments is revealed most profoundly.

Buddha taught us to respect all sentient beings, and to recognize the interconnectedness of all life. Dog lovers and animal lovers in general, feel very real pain and sorrow when they lose a pet. Our pets give us unconditional love, teach us to respect life and care for those less fortunate or able than us, and they teach us that there is a world out there that is larger than our own egos and our limited human perceptions. I have often thought of pets as little bodhisattvas, here to help us on our journeys. To experience the loss of such an angel is difficult for anyone who feels.

The fateful day came, and you might understand how difficult it was to take her to the vet's office. We gave her an ice cream cone on the way, and we held her up to the open car window so that she could enjoy the breeze. The vet and his assistant were very kind and understanding. She was not alone, and she passed peacefully.

Immediately afterward, I could feel my heart breaking. I was overwhelmed with emotions. Here I was, a person who practices mindfulness meditation, who is supposed to be able to calm himself in difficult circumstances, losing composure. Reduced to tears, I remembered something.

I took the bracelet that I wear around my wrist, wrapped it around my hands *in gassho*, and recited the Nembutsu. Namu Amida Butsu. Slowly, and deliberately over and over again.

It worked

First, it helped me to calm down, and stop the thoughts that were racing through my head from feeding off each other. My breathing slowed, and the sick feeling began to dissipate. Then, very gradually, my thoughts turned to feelings of gratitude for having encountered this little being, and for the love that we shared.

It's easy to be grateful when we are happy. When our parents and our children and our spouses and friend and pets are healthy, it's easy to be grateful.

Being grateful in hard times and times of sorrow and loss is difficult. But it is exactly in such times, it seems to me, that gratitude pays its greatest dividends. For me, it is the key.

We are taught that Amida Buddha extends compassion and light most powerfully to those who are in greatest need. Tannisho I says, "...the Vow is directed to the person burdened with the weight of karmic evil and burning with the flames of blind passion..." Amida's Primal Vow is there when we are floundering most dramatically in a stormy ocean of suffering and dis-ease.

Buddha taught us Four Noble Truths:

The first is that life can be uncomfortable. To be human, is to feel a range of emotions - sorrow, happiness, anxiety, fear, ecstasy - everything. If we are fully human, we will know discomfort.

The second speaks to the origin of suffering. It is a hopeful message. The cause of our suffering is attachment to our emotions, identifying with our emotions, and yet it is those very emotions that cause our pain.

The third speaks to cessation: by knowing what causes our pain, we can work to detach from that cause. We can free ourselves from attachment, and relieve the pain.

The fourth prescribes a way - the Eightfold Path - that will help us to deal with these realities. We learn that it is within our control to cultivate happiness and contentment.

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Alfred, Lord Tennyson, Buddha, and a Dog, Continued

So, in the days and weeks after my Winnie passed away, I took refuge in the Dharma.

There are times, when I open the front door and expect to hear her bark and see her wagging tail, and there is only silence ... my heart sinks. I literally feel a pain in my chest and a sickness in my abdomen. I realize that this pain that is being created by my brain and that my thoughts are manifesting in physical suffering. I wish that things are other than what they are. I wish I could turn back the clock. Of course, that is foolish thinking.

I try to meet these reactions, as Buddha taught, with acceptance, mindfulness and gratitude.

I still miss my dog. I hope I will always miss my dog. I always want to remember the lessons that she taught me in life and in death.

And for encountering her, I will forever remain grateful.

Tennyson grappled with the sorrow of losing his best friend for over 16 years. But ultimately he concluded that 'tis better to have loved and lost, than never to have loved at all."

I think if we cultivate a nature of gratitude, and if we accept that difficult times are a normal part of life, and if we trust that the Three Jewels - the Buddha, the Dharma, and the Sangha - are there to guide us, our path will be a happy one.

Namu Amida Butsu.



MESSAGE FROM REV. SHIBATA FROM BERKELEY BUDDHIST TEMPLE

I would like to share a topic that has been on my mind for quite some time now, and especially since I have moved back to Berkeley.

These days, so many people are faced with financial hardships and homelessness. Based on a January 2015 report from The National Law Center on Homelessness and Poverty, it

is estimated "that each year at least 2.5 to 3.5 million Americans sleep in shelters, transitional housing, and public places not meant for human habitation." Homelessness affects all people. For example, "about 2.5 million children, or one in every 30, were homeless in 2013. During a 12 month period from October 2011 to September 2012, homeless veterans accounted for one in 156 veterans." In addition, "in a 2014 survey of 25 US cities, 15% of all homeless adults were identified as survivors of domestic violence." "According to the most recent annual survey by the U.S. Conference of Mayors, major cities across the country report that top causes of homelessness among families were: (1) lack of affordable housing, (2) unemployment, (3) poverty, and (4) low wages, in that order."

You might be asking the question, "How does this information affect me?" I am quite sure that each of us has seen or had some interaction with someone affected by homelessness. As Buddhists, we are also taught about

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MESSAGE FROM REV. SHIBATA FROM BERKELEY BUDDHIST TEMPLE,

Continued

the boundless wisdom and compassion of Amida Buddha and how we too are encouraged to live a life of compassion. How does this compassion translate to the current conditions of homeless individuals?

I came across an article written by Sara Whitestone on the Internet titled, "3 Ways to Responsibly and Compassionately Respond to Panhandling." Ms. Whitestone wrote, "We know they deserve compassion, but we may not know how best to give it?" She gave suggestions to responsibly and compassionately to those who are panhandling.

Say 'Hello' – "Most people don't even recognize that the person panhandling is a human...You can help those who are panhandling by just recognizing that person's humanity." Ms. Whitestone encourages us to "look them in the eye. Give them a nod. Give a friendly smile. Wish them a good day. Do whatever you can to acknowledge your fellow human beings."

Give (If You Can) – "Some individuals who have survived from panhandling have admitted that it is a very degrading experience, and doing so is often a last resort." If you are able to help financially, but still don't want to give your money to them directly, you could ask what they specifically need and see if you could help provide that. Consider purchasing gift cards to restaurants nearby or keeping a few Ziploc bags full of things like toiletries and snacks in your car for these occasions."

Get Involved – Volunteer - Volunteering with local organizations working to prevent and end homelessness is a great way to support your local community and those who are panhandling; Get Educated About the Causes; Advocate

These articles and statistics made me wonder, what can I do in my own community? And the answer to my question came from Rev. Harada's book, Discovering Buddhism in Everyday Life in the chapter entitled, "Finding Peace in a Chaotic World." Rev. Harada shared a story from a Buddhist sutra about a little bird.

This little bird among so many different animals lived in a great forest, which they dearly loved. One day, the forest caught on fire and all of the animals worked very hard to try to put it out, however the fire kept growing and growing. The great lion finally cried out, "Run for safety! We cannot put out the fire!" All of the animals ran for safety and watched as their beloved home continued to be destroyed from the fire.

They soon noticed a little bird who continued to fight this dangerous fire. This little bird would fly to a nearby pond, wet his body and then fly back to the fire to flap his wings as the tiny droplets would fall onto the fire. He continued to go back and forth, back and forth.

The animals called out to the bird, "What are you doing? Are you crazy? You can't put out the fire that way!" The little bird took a short rest by the animals and said, 'The question for me is not, can I put out the fire. The question for me is, what can I do? This is all that I can do. I am only doing what I can do.' After his short rest, the little bird went back to fighting the fire.

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MESSAGE FROM REV. SHIBATA FROM BERKELEY BUDDHIST TEMPLE,

Today I ask each of us to consider the social issues of each of our communities and to encourage each of us to live a life of compassion. May we always be guided by the wisdom and compassion of Amida Buddha and the teachings of Shinran Shonin in our everyday lives. And let me leave you with this question, what can you do to live a life of compassion, little birds?

Please join me in Gassho.

Namo Amida Butsu.

Message from Joanne Yuasa Sensei

Have you ever noticed the distance between Vancouver and Toronto? I mean, truly and deeply felt the distance between these two points on the globe? I never did, until Tuesday, August 23, when I stood in front of the large Rand McNally map of the world I have hanging next to my desk at home. It was the first full day I was home in Vancouver after being away for a month in the care of the Toronto Buddhist Church and its members.

It started with a week at Toronto Buddhist Church's Camp Lumbini, I am sure you all recall from having read Stephen Taguchi's article from last month's "Guiding Light". I have the great pleasure of regularly working with and attending gatherings of temple youth from the JSBTC and the Buddhist Churches of America, but I can honestly say Camp Lumbini stands out as a very unique one and TBC should be proud to have it as an extension of the temple. I was told the Camp has a long history of TBC members and ministers working hard to maintain it as a place for Toronto youth to be together in the Dharma; this tradition is continued by the current generation. The organizers of the week - senior counselors Rachel Kataoka, Koji Goto, Stephen Taguchi (and the team of parents who are there to help; I'm just grateful to have been able to go to Camp Lumbini to eat Joanne Kataoka's Teriyaki chicken!) - were so impressive in their efforts to execute all of the aspects of the Camp; from meals to outings and even doing the chores, every day was fun and memorable. The youth counselors - Abagail Kataoka, Mika Tamaki, and Adam Taguchi - were full of care as they led their groups of campers from one activity to the next. These counselors also took turns conducting all of the daily morning services; leading the chanting and gathas, and allowing each of us to contemplate the Teachings through their thoughtful Dharma talks. The campers themselves were also so joyful and enthusiastic; it was clear that they loved each other, the counselors, and the experience of being at the Camp. I believe this is the most important aspect of the Camp - it's a place and time of pure joy. It is a week of being with people whom you care about and who care about you, full of experiences that makes you grateful just to be there. It feels like a place and time that is extraordinary and removed from the "everyday". It lasts only seven days, after all; I believe we all made it a point to *make* it special.

I was also given the opportunity to be the guest speaker for TBC's August Shotsuki monthly memorial service. It was an honour to speak in front of a full Hondo dotted with the familiar smiling faces of friends - it was particularly heartening to spot the faces of the friends I'd just spent a week at camp with.

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Initially, I was to leave for home only a couple of days after the August Shotsuki service, but, without going into details, I was given the amazing opportunity to extend my stay by two weeks. This allowed me to get to experience so much more of TBC's activities (from a Buyo concert, to the special service to recognize TBC's Ministers assistants, and the TBC's big summer clean-up), and to get to meet so many more of TBC's members. Your temple and members are so active!

All in all, I spent four weeks away from home, having so much fun that I was mostly in "vacation-mode". Just as Camp Lumbini feels removed from the "everyday", my time in Toronto felt special and very much removed from the banality of my life in Vancouver. The specialness of that month came from the acute awareness that, from the moment I was picked up at the airport, to the moment I was dropped off there four weeks later, I was constantly in the care of a group of unbelievably kind and generous people - my friends. They opened their homes, shared their meals, and so freely shared their time with me. Without them, how would I have been able stay so long in Toronto, to say nothing of the tremendous fun I had!? Quite simply, it would have been impossible. Knowing that my time in Toronto would eventually come to an end, I also made it a point to savour moments - particularly the precious time my friends shared with me. In the end, the hugs good-bye were longer, tighter, and accompanied by many words of gratitude because I didn't, and still don't know when I will be able to hug and thank them again.

When I landed at the Vancouver Airport, I was picked up by family, and in the few weeks I've been home, many friends have offered to share their time with me so we could catch up on the things that have happened while I was in Toronto. I was missed! Being away and then returning home made me realise that as unremarkable as I may *think* my life in Vancouver may be, it too is special because it is sustained by the love, care, and generosity of friends and family. Unfortunately and ironically, it's just easy to take for granted because it's the norm. It took a month away from home to be reminded of how special home is.

This doesn't diminish my amazing time in Toronto. I will never forget the four weeks of heat and thunderstorms; high-volume highways and tiny TTC tokens; perfectly crisp bacon in the morning and perfectly chilled glasses of white in the evening; chanting on the TBC naijin and the ubiquitous Pokemon Go. All of these (and so many more) memories and the friends I associate with them are what makes me *feel* the distance between here and there.

I am deeply grateful to Rev. Yanko, Ouchi Sensei, Darlene Rieger, the Camp Lumbini Crew, the TBC Board and the TBC sangha, for giving me the opportunities and experiences that turned out to be such a unforgettable month for me.

In gassho,
Joanne Yuasa
Minister's Assistant
Vancouver Buddhist Temple



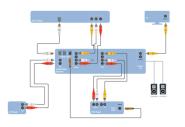
Thank you

Now with some additional audio equipment, donated by Brian Day and Dana Ishiura, you should be able to hear the Dharma clearly. Brian, a Sound Engineer used his expertise to fine tune the audio system and fix the problem with the social hall speaker system.

Like many of us, Brian has a busy life and I appreciate him taking the time to help us.

The selfless giving of members like Brian and Dana should remind us that Right Action in our daily lives helps us connect to our community.

Michael Tamaki



DANA NEWS

The Tsukemono Workshop was held in the social hall at the temple on Saturday, August 13th. The workshop and lunch went well and everyone who attended enjoyed it. 57 people including 6 instructors attended.

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.

WELCOME NEIGHBOUR SERVICE

We held a Fall Equinox and Welcome Neighbour Service together on September 18.

This was an opportunity to meet new faces from our surrounding temple neighbourhood and thank them for accepting us into the community. Our temple would not have been built without the consent of our neighbours.

Our guests had a chance to view the displays, take a tour of the building and enjoy refreshments in the social hall. Thank you to CCOV Team 2 volunteers for helping with the hot dogs, snacks and tidying up the social hall.!!





Eastern Buddhist League Conference 2016

During the Labour Day weekend 2016, four members of the TBC, one member of Hamilton Buddhist Temple, along with Shin Buddhist Temple members from, Twin Cities, Cleveland, Ekoji Washington, New York, Chicago, and San Diego, as well as delegates from the Buddhist Church's of America, attended the 2016 Eastern Buddhist League Conference at the Seabrook Buddhist temple located in Brighton, New Jersey.

The Eastern Buddhist League is an organization which encompasses most Shin Buddhist Temples on the Eastern side of both Canada and America.

This annual event is hosted by a different Temple every year and has been going strong for almost seventy years.

The conference involves special events such as speeches, workshops, tours events, special services and guest speakers. Additionally, it is a great opportunity to meet fellow Buddhists from other Temples and share experiences.

The theme of this years conference was 'Come As you Are'.

Rev. Ken Tanaka, the keynote speaker, explained that 'Come As You Are' does not mean that you do only come with all your weaknesses, inevitable difficulties, suffering and issues. But, you may, through the practise of the Six Paramitas, come to the awareness of your limitations and interdependence. He explained the 7 steps ending in the realization of the goal of Nirvana or Enlightenment and returning to benefit others. This is more clearly explained in Rev. Tanaka's book "Oceans".

In Addition, most of the Ministerial Assistants all had a chance to speak in the Dharmathon. This comprised of 5-10 minute in length, consecutive Dharma talks by each of the attending Ministerial Assistants.

Seabrook Buddhist Temple, this years host, does not have a resident minister. Under the guidance of Rev. Ikeda, this years conference was organized by the Ministerial Assistants from the Ekoji Washington, New York Buddhist Temple, as well as Lauren and Bill Puncher who are officials from Seabrook Buddhist Temple.

The conference included a very comprehensive, interesting and inspiring programme. There was a mindfulness workshop, Bon odori, singing / Gatha marathon, walking meditation, group workshops, and discussion groups.

A panel was also convened that included representatives from all participating cities. Susan Ebisuzaki represented the TBC. The panel discussed alternative paths to the ministry and Dharma centred thoughts into actions.

Also there was food, food food! The event was topped off after three days with an outdoor BBQ under event tents on the large Rural beautiful property surrounding the Seabrook Buddhist Temple.

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Eastern Buddhist League Conference 2016, cont'd

Being in the midst of a farming Community, the taste of freshly picked produce was indescribably delicious.

Thank you Seabrook Buddhist Temple, as well as all those who made this years conference possible.

The 2017 EBL conference will be hosted by the Mid West Buddhist Church of Chicago with Rev. Kurt Rye as the guest speaker. Hope to see you there

Namo Amida Butsu.



Martin Cartledge



CALL FOR JEWELLERY

Do you have any jewellery (costume or special pieces) that you have not worn in a long time? The plan is to have a table at the Bazaar selling jewellery and crafts to raise money for the up coming JSBTC AGM that will be held at our temple in April 2017

Your donations can be brought to the temple 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 the past month.

Ms. Michiko Takehisa 52 years August 23, 2016

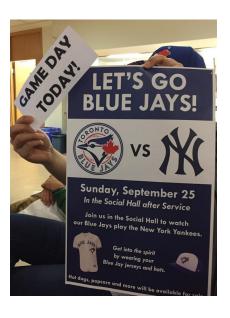
Mr. Kenji Yokota 99 years August 15. 2016

Mrs. Kazuko Tehara 88 years September 3, 2016

Let's Go Blue Jays!

To baseball aficionados, the Fall means the playoffs and the World Series. Last year, the Toronto Blue Jays finally ended their playoff drought of 21 years.

After morning service, a group of baseball fans gathered in our Social Hall to watch the New York Yankees play against the Toronto Blue Jays. There was ballpark food, lucky ticket raffles and more. Thank you to all the hardworking volunteers and thank you to the Blue Jays for winning!







Rally Sunday September 11, 2016

After a hot, busy summer, it was good to see all our temple friends again. The different temple groups set out displays showing their activities over the past year. Thank you to CCOV Team 3 for looking after the set up.

April 2017, our temple will be hosting the Jodo Shinshu Buddhist Temples of Canada Annual General meeting. As an additional Rally Sunday treat, many of the ladies baked pies as a fundraising effort for the JSBTC AGM. The lemon meringue, blueberry and apple pies sold out quickly. Thank you to the AGM committee!



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!



THANKSGIVING FOOD DRIVE 2016

We are launching our annual Food Drive to help the Daily Bread Food Bank provide food and support to thousands of people in our city who go hungry as they can't afford to buy groceries. Many people find themselves requiring Food bank assistance when they experience unexpected job loss or illness. It's also those on social assistance, newcomers, seniors and single parents and families with children.

Beginning October 2, through to October 23, 2016 we will be collecting food donations. Please bring in your non-perishable food donations. There will be boxes and bins in the front hall for collection. Support the Food Drive by bringing in your food donations of suggested dry pasta, canned goods of soups, fruits/ vegetables and fish, mac and cheese, peanut butter and baby formula. (Please check expiry dates on the food you are donating)

THANK YOU! THANK YOU! THANK YOU!



Fall has just arrived, and plans for the annual TBC bazaar are in motion.

Do you have a hobby and interested in selling your items at the bazaar? Half and full tables are available.

We would also be interested in hearing new ideas for the bazaar. Please contact us at canzai@sympatico.ca

Thank you.
TBC Bazaar Committee

Successful Pie Bee and Pie Sale

Thank you to everyone who helped, baked, donated and supported our first fundraising effort for the JSBTC AGM.

The fresh homemade pies were so popular they sold out before the Service even started. So, we will be back with a bigger Pie Sale for you to enjoy. Watch here for details.



A time to say "Thank you"

Too infrequently do we say "thank you" to the many volunteers at our temple. One of the highest honours we can bestow on our hardworking volunteers is the Ontario Volunteer Service Award.

This year five names were submitted and they were honoured at a government ceremony in June

On Sunday, October 23, we will be honouring them and showing our appreciation at the Temple.

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

Ms. Mika Tamaki Youth

Following the service, there will be a light luncheon in the Social Hall.



Hello Everyone and Welcome to the Living Dharma Centre Virtual Book/Study Club!

The book that we have chosen for this first session, "Call of the Infinite", is a short little book so we will have lots of time to read slowly and to ponder our responses. Discussion is through subscribed email from Barb MacCarl (bm.livingdharmacentre@gmail.com). Please try to respond with your thoughts by the discussion dates given and we will all benefit by reading each other's responses. If there are specific questions to someone, about something that is written by someone, if you are comfortable about it, please "Reply to All" so (once again) we can all benefit.

Also, please remember that this is the first year of this program and if you see how it could be streamlined or improved, please let us know! It is not too late to join us by signing up with Barb at: bm.livingdharmacentre@gmail.com

It is with a great sense of gratitude (and privilege) to be able to have this opportunity to connect, share and learn with all of our Dharma Friends. We hope that you find this an enriching experience and one that strengthens your understanding of the Dharma....that wonderful Jewel of Light.

Gassho,

Barb MacCarl Living Dharma Centre bm.livingdharmacentre@gmail.com

Discussion Dates:

Chapter One - Oct. 14 Chapter Two - Oct. 28

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

Chapter Four - Dec. 2

Below are the questions to consider as you read the first chapter:

CHAPTER ONE

- What does the fact of suffering in our lives tell us about ourselves as human beings?
- Is there a spiritual dimension to our experience of suffering?
- What can we conclude about life in light of our deepest longings and aspirations?
- In "The Essence of Buddhism" by D.T. Suzuki Lecture One he states: "our daily experience acquires its true significance by being related to the spiritual order of existence, and that so long as we are not in touch with this order, what we conceive to be real is not at all real, as it cannot then have any more reality than a merely dreamy existence: it is only when the spiritual world impresses itself in a lively manner upon this world that the latter obtains a new value, making our life worth something....For the spiritual world is not other than the sense-world and the sense-world is no other than the spirit-world. There is one completely whole world". In light of these comments and what you have read, which to you seems more real, the spirit world or sense world? Are they separate from each other or one and the same?
- Is it possible to speak of different kinds of truth? What distinguishes the notion of spiritual truth from other insights we have about the everyday world? Why might spiritual truth be considered more reliable as a guide to living our lives compared to truths about secular life?

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 and 30 lbs. Mochi gome for Ohagi.
	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
	7100 a	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

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

Watch for more valuable donated prizes as we near Nov. 12



Eitaikyo Service 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.

Pet Appreciation Service October 16, 2016

We refer to them as our pets, but in truth they're members of our family. Please join us for Sunday Service on October 16th at 11 am to honour our pets, past and present.

Please bring a photograph of your pets, and we will display their pictures and show our appreciation for sharing their lives with us.

Dr. Jeff Wilson Sensei will be delivering the Dharma Talk for this special service.

KIDS SANGHA

KIDS SANGHA - KNITTING FOR BEGINNERS

On **Sunday Oct 16th and Sunday Nov 6th** Cathy Tasevski (knitting guru) and her daughter Logan will be leading an introduction to knitting workshop.

This is for children 7+ years and older (youth are welcome to join in).

It will take place from 11:00 am - 12:30 pm downstairs in the social hall.

All materials will be provided by the Temple so please RSVP by Friday Oct 7th.

Over the course of the two workshop days the children will knit a one-piece pull over scarf...great for the winter months!



image courtesy of knit stitchsew.wordpress.com

Kids Service will begin at 10:30 am - 11:00 am in the Hondo

ACTIVITIES:

October 2, 2016 – 11:00 – 12:00 pm

Pizza and Yogurt Fruit Cups

Join us for an hour of fun in the kitchen making pizza bagels and Yogurt fruit cups.



image courtesy of www.uacch.edu

KIDS SANGHA

October 16, 2016 – 11:00 – 12:00

Moody Cow Meditates Reading & Activity



image courtesy of www.thenourishedseedling.com

Reading: Moody Cow Meditates is about Peter the cow. Peter is having a bad day and it gets worse as the day goes on. His grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise.

Activity: Making Moody Cow Mind Jars

Please note: we moved our Mindful Meditation workshop with Ray Nakano to Sunday Nov 6th from Oct 16th.

November 6, 2016 – 11:00 – 12:00

Mindful Meditation with Ray Nakano

Last year we started our first mindful sitting, walking and eating meditation for kids.

During this workshop Ray will teach both sitting and walking meditation and will end with a demonstration of mindful eating!

It will be a relaxing and calming experience so come out and find your inner peace.

Parents are welcome to join in.



image courtesy of www.amazingmindfulkids.com

KIDS SANGHA

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.



image courtesy of www.taiko-kids-de

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

Please note: Volunteers must pass a background check and agree to TBC's policies and procedures as it relates to childcare.



We will be resuming The Dharma Café in October!!

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!

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!!

October 4, 2016 at 7pm—Buddhist Basics This is not just for newcomers to our temple, but also is a wonderful refresher for people who like to be reminded of some of the foundational Buddhist Teachings (let's face it, not everyone remembers Dharma School).

October 18, 2016 at 7pm—Buddhism and Mindfulness We often hear the term "mindfulness," but how many of us "mindfully" consider what that means?

November 1, 2016 at 7pm—Emptiness The term emptiness has become synonymous to Mahayana Buddhism. In this session we will discuss the philosophy of emptiness and how it affects us, if at all.

JSBTC AGM FUNDRAISING PIE SALE

We're having another pie sale!

Many missed out on our last sale as it was a tremendous success, and we sold out before the service started.

On December 4, 2016, which is December Shotsuki/Sangha Pancake Sunday we will be selling homemade pies. You can buy a whole pie or a slice at the Sangha Pancake Luncheon after service.

Come out and enjoy a homemade pie and help support our Temple.

CALLING ON ALL BAKERS

To make our sale a success we depend on donations from our congregation and we hope that you will be part of this fundraiser. We are asking for donations of homemade pies to sell on December 1, 2016.

We are unable to hold a Pie Bee this time because the kitchen is not available. If you are interested in donating please contact June Asano asanojune@gmail.com or Susan Ebisuzaki sebisuzaki@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 <u>350.org</u>, 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 <u>416-534-4302</u> 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

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!



<u>Short biography</u> on Akira Yoshikawa

Born in Hiroshima Japan, Akira Yoshikawa came to Canada in 1961 when he was twelve years old. After graduating from the Ontario College of Art in 1974 with Special Commendation from the Department of Experimental Art, he has exhibited at the Art Gallery of Hamilton, Art Gallery of Peterborough, Tom Thomson Memorial Gallery, Mercer Union, Art Gallery of Algoma and the Koffler Gallery. His works are in the collections of Hart House U of T, Canadian Ministry of Foreign Affairs, Queen's University, Canada Council Art Bank, Glenbow Gallery, Royal Bank of Canada, Bank of Montreal, Wilfrid Laurier University and MacLean/Hunter.

He was employed by the Art Gallery of Ontario for nearly 40 years.

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

October, 2016.