



# *Guiding Light*

DECEMBER 2016



*'In the land of the Maple Leaf,  
Japanese Canadians proudly celebrate their centennial.'*  
It was written by Takeo Nakano specifically for the bell in  
1977 (when the bell was placed at Ontario Place)  
It was donated by the JETO.

楓の国 日系史輝く 百年祭

**TORONTO BUDDHIST CHURCH**  
*a Jodo Shinshu Temple*

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

# DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PLEASE NOTE:</b> Events marked with an asterisk are private and <u>not</u> open to the general public Thank You !				<b>1</b> 10:00 am Tai Chi 1:00 pm Buyo 7:00 pm Meditation	<b>2</b> 8:00 pm Buyo	<b>3</b> Sr. Karaoke Club Year End Party
<b>4 SHOTSUKI MONTHLY MEMORIAL SERVICE</b> <b>SANGHA PANCAKE SUNDAY &amp; PIE SALE</b> 9:30 am Sangha Mtg 10:30 am Kid's Sangha 11:00 am Service 12:30 pm Dana Mtg (Eko) 3:00 pm* Private Family Memorial Srvc & Reception	<b>5</b> 10:00 am Sr. Karaoke	<b>6</b> 7:00 pm Evening of Buddhism	<b>7</b> 7:00 pm Taiko	<b>8</b> 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm *Momiji Service 4:00 pm *Yee Hong Service 7:00 pm Meditation	<b>9</b>	<b>10</b> 11:00 am * Private Family Memorial Service
<b>11 REGULAR SERVICE</b> 9:30 am Bazaar Wrap up Meeting 11:00 am Service	<b>12</b> 10:00 am Sr. Karaoke	<b>13</b> 7:00 pm *Mgmt Com & * BOD Meetings	<b>14</b> 7:00 pm Taiko	<b>15</b> 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm *Castleview 7:00 pm Meditation	<b>16</b>	<b>17</b> 10:0 am * Private Family Memorial Service 4:00 pm TBC *Buyo Group Year End Party
<b>18 JODOYE BODHI DAY SERVICE</b> 10:30 am Kid's Sangha 11:00 am Service	<b>19</b>	<b>20</b>	<b>21</b> 10:00 am *Momiji Community Mtg 7:00 pm Taiko	<b>22</b>	<b>23</b>	<b>24</b> <b>Office Open</b> <b>10:00 am until 12 noon</b>
<b>25 NO SERVICE</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 1:00 pm Mochi Tsuki Prep	<b>30</b> 9:00 am <b>MOCHI TSUKI</b>	<b>31</b> 10:00 am Joya E Service Office Open 10:00 am—12:00 noon 11:30 pm <b>Bell Ringing</b> <b>Ontario Place</b>
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <b>TEMPLE CLOSED</b>            If you have an emergency please contact:            Rev. Yanko 416-602-4849            Rev. Ouchi 647-704-8481         </div>						

**Morning Services** are held on the weekdays on 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

# JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 NEW YEAR'S DAY SERVICES</b> 11:00 am and 1:00 pm New Year's Day Services in English and Japanese	<b>2 OFFICE CLOSED</b>	3	4 7:00 pm Isshin	5 10:00 am Tai Chi 1:00 pm Buyo 7:00 pm Meditation	6	7
<b>8 MONTHLY MEMORIAL SERVICE</b> 10:30 am Kid's Sangha 11:00 am Service	9 10:00 am Sr. Karaoke	10 7:00 pm * TBC Mgmt Committee and BOD Mtgs	11 7:00 pm Isshin	12 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm * Momiji Service 4:00 pm * Yee Hong Service 7:00 pm Meditation	13 8:00 pm Buyo	14 5:00 pm Vegetarian Potluck Dinner 7:00 pm Hoonko Eve Service
<b>15 HOONKO SERVICE &amp; NEW YEAR'S SOCIAL</b> 10:30 am Kid's 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 2:00 pm Castlevue 7:00 pm Meditation	20 8:00 pm Buyo	21
<b>22 REGULAR SERVICE</b> 11:00 am Service <div><b>TBC AGM</b></div>	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 8:00 pm Buyo	28
<b>29 REGULAR SERVICE</b> 11:00 am Service 12:30 pm CCOV Mtg	30 10:00 am Sr. Karaoke	31				

**Morning Services** are held on the weekdays on 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

## WHEN WE CALL AMIDA'S NAME



We are almost at the end of 2016.

For me it was a very big year, leaving Japan to live in Canada. But right away I was able to meet many new people in Canada.

How about you? Maybe you were also able to meet new people this past year. But some people had to say good bye to someone they loved this year. This year has not only good memories but also some sad memories.

In my work, I have had a lot of opportunities to pay my last respects to someone at their funeral service. Whenever I performed a funeral service, I felt sad. It made me even sadder when I met a family at a consultation for a funeral service for a beloved person. At a consultation, I usually ask the family about a deceased's character or personality. On occasion a family has told me with a smiling face that the father was stubborn or the mother was strict. However the family will tell me with tears in their eyes that their parent, despite being strict, always gave them tender love.

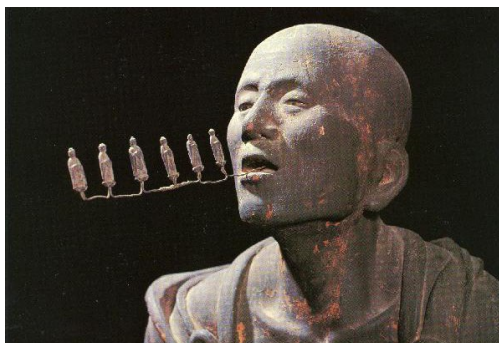
Whenever I heard their stories I felt that as a minister I was sharing an important time with the family.

On one occasion a son said to me that he could not meet his parents anymore. I told him that this was not true. A deceased person who has encountered Amida-Buddha's vows becomes a Buddha in the Pure Land.

Every time we say Namo-Amida-Butsu we are together with our loved ones. When we call Amida Buddha's name we are all universally embraced with Amida's deep wisdom and compassion.

In Gassho

Rev. Yoshimichi Ouchi



The monk Kuya repeating Amida Buddha's name six times.  
(by Kosho, 13th Century, Rokuharamitsuji temple, Kyoto)

## The Value of Failure

Jeff Wilson



Watching Canadian and American political contests over the past couple of years, I've been struck by how many candidates feel they must deflect any suggestion that they may have made wrong choices. I encounter similar people at work sometimes too: people who believe that any conflict is solely the other person's fault, and who can't admit to anything less than perfection. Such behaviors are rooted in a need to assert and protect the ego at all times and at all costs.

I do this sort of thing too—ego-defense is a mighty hard habit to kick. But the truth is, I've learned far more from my failures than my successes. From the point of view of Shin Buddhism, making mistakes and being imperfect are more than just disappointments to be avoided or covered up—they are the defining characteristics of unawakened, foolish beings like myself. In order to make any progress, a person like me needs to abandon the narcissistic pursuit of success and understand who and what I am. Reflecting inward, discovering the limits of my abilities and the many ways that I bring suffering to myself and others, is a humbling process. It provokes a deep sense of skepticism about the competency of the self, and a realization that the self-centered ego isn't really something worth defending so zealously.

When we truly see that imperfection is who we are, apologizing and accepting responsibility for mistakes becomes much easier (*easier*, I said—I can't say it becomes actually *easy*!). If you understand that you're an ignorant being, not a buddha, you can accept that your missteps are going to pile up the further you go. And once you've become skeptical of the self, room begins to open up for a broader perspective. What do we find? That thankfully, we don't have to do it all ourselves. In fact, we can't.

That's not bad news, it's a relief. When we fail on our own, we can discover how to turn to others for support as we walk together. In Pure Land Buddhism, we rely on *tariki* as we pursue the Dharma. We translate *tariki* as "other power," and remind ourselves that power-beyond-self, embodied by the infinitely compassionate Amida Buddha, is ceaselessly supporting us and drawing us toward liberation.

Back in the 1990s, Hillary Clinton introduced North America to the African saying that it takes a village to raise a child. I've long felt that in a similar way, it takes a village to produce a buddha. Awakening is not something we gain for ourselves simply through our own actions, it's something that we receive from the support and training of all those around us. Only in the coming together of all the necessary causes and conditions—from the presence of the sun and rain, to the help of Dharma-friends, to the many strangers and creatures who make our lives possible—can we make any progress at all, let alone complete the path to awakening.

When we turn from asserting the self to sensing the ever-present role of others in our lives and liberation, the heart swells and gratitude rises up. In the Shin tradition we express this gratitude by saying "Namo Amida Butsu,"—"Thank you, Buddha of Limitless Wisdom and Compassion." Looking back then, we may see that failure is the first step to humility, to gratitude, to compassion and wisdom. But none of it's possible if we can't accept our shortcomings.



## 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

## TBC Coordinating Committee of Volunteers (CCOV)

The CCOV is our informal organization where you can become involved and help out at different events and functions at the temple.

We are always looking for new volunteers to join our 5 CCOV teams. If you know of anyone who would like to have their name placed on one of our teams, please contact Dawn Anzai by email : [canzai@sympatico.ca](mailto:canzai@sympatico.ca) or call the temple office and leave a message.

Upcoming Schedule of team events:

New Year's Day - January 1, 2017 Team 4

New Year's Social - January 15 Team 5

Keirokai - March 19 Team 1

JSBTC AGM - April 21-23 Many volunteers required throughout the 3 day weekend.

Thank you to all our volunteers who have assisted at past events. We look forward to seeing you all in the New Year. HAPPY HOLIDAYS everyone !!!!!



## NOTICE OF ANNUAL GENERAL MEETING OF THE MEMBERS OF TORONTO BUDDHIST CHURCH

**Date:** Sunday, January 22, 2017

**Time:** 1:00 pm following the morning service and a light lunch

**Place:** Temple Social Hall

The Board of Directors of Toronto Buddhist Church wishes to notify all members of the Annual General Meeting of Members which will be held at the time, date and place set out above, and cordially invites all members to attend and vote on the matters raised at the Meeting. The following matters will be raised at the Meeting:

1. Approval of the minutes of the Annual General Meeting held on Sunday January 24, 2016;
2. Approval of the minutes of the Special General Meeting held on Sunday April, 17, 2016;
3. Presentation of Financial Statements of the Temple for the year ended October 31, 2016;
4. Consideration and approval of the Budget for the year ending October 31, 2017
5. Approval of a Special Resolution changing the General By-law of the Temple, approved by the Board of Directors on October 11, 2016, to increase the number of Directors on the Board of Directors from eight to nine;
6. Election of President and Director;
7. Election of Directors;

Such other business as may properly come before the Meeting.

A second Notice of the Meeting with further details will be posted in the Guiding Light for January, 2017. Please note that while attendance at the Meeting is open to all friends of the Temple, only members of the Temple will be entitled to speak and vote on any matters coming before the meeting. A member of the Temple is (a) one who has been designated by the Temple as an honorary member, or (b) an individual whose written application for membership has been accepted and who has paid his or her membership fee for 2016.

BY ORDER OF THE BOARD

Thank you very much for all the Baked items for the Shin Fujinkai Bake Table at this year's Bazaar. We appreciate your time and effort to make this a success.

With gratitude, the SF.



### Hoonko 2017

#### Memorial for Shinran Shonin, Saturday, January 14th , and Sunday, January 15th

In Japan, Hoonko is marked by one week of ceremonies to commemorate the life of the founder of our Jodo Shinshu sect. Please join us for a Hoonko vegetarian pot luck starting at 5pm on Saturday January 14 in the social hall, followed by a service in the Hondo and ending with the serving of zenzai [ sweet red bean soup ] with mochi.

**TORONTO BUDDHIST CHURCH**  
**HAMILTON BUDDHIST TEMPLE, MONTREAL BUDDHIST CHURCH, OTTAWA**  
**FELLOWSHIP**  
**2017 SCHEDULE**

**JANUARY**

- |    |  |
|----|--|
| 1  | New Year's Day Service   |
| 8  | Monthly Memorial Service (Shotsuki)<br><i>Hamilton Buddhist Temple: Hoonko Service</i> |
| 14 | Vegetarian Pot Luck Dinner & Hoonko Eve Service  |
| 15 | Hoonko Founder's Memorial Service<br>New Year's Social (Shinnen kai)                   |
| 22 | Regular Service<br>TBC Annual General Meeting  |
| 28 | <i>Ottawa Buddhist Temple</i>  |
| 29 | Regular Service<br><i>Montreal Buddhist Church: Hoonko Service</i>                     |

**FEBRUARY**

- |    |  |
|----|--|
| 5  | Monthly Memorial Service (Shotsuki)                  |
| 12 | Regular Service                                      |
| 13 | <i>Hamilton Buddhist Temple: Nirvana Day Service</i> |
| 19 | Nirvana Day Service (Nehan-e) & Sangha Day           |
| 26 | Regular Service                                      |

**MARCH**

- |    |  |
|----|--|
| 5  | Monthly Memorial Service (Shotsuki)                                      |
| 12 | Regular Service<br><i>Hamilton Buddhist Temple: Spring Higan Service</i> |
| 19 | Spring Equinox Service (Higan-e) & Keirokai                              |
| 26 | Regular Service<br><i>Montreal Buddhist Church: Spring Higan Service</i> |

**APRIL**

- |    |   |
|----|---|
| 2  | Monthly Memorial Service (Shotsuki)   |
| 9  | Eshinni Day; Wife of Shinran Shonin Service<br><i>Hamilton Buddhist Temple: Hanamatsuri Service</i> |
| 15 | Hanamatsuri Family Banquet  |
| 16 | Celebration of Sakyamuni's birth Service (Hanamatsuri)  |
| 23 | <b><i>JSBTC AGM (hosted by TBC)</i></b>   |
| 29 | <i>Ottawa Hanamatsuri and Workshop</i>  |
| 30 | Regular Service<br><i>Montreal Buddhist Church: Hanamatsuri</i>                                     |



**TORONTO BUDDHIST CHURCH**  
**HAMILTON BUDDHIST TEMPLE, MONTREAL BUDDHIST CHURCH, OTTAWA**  
**FELLOWSHIP**  
**2017 SCHEDULE**

<b><u>MAY</u></b>	7	Monthly Memorial Service (Shotsuki)
	14	Parents' Day Service <i>Hamilton Buddhist Temple: Gotan-e Service</i>
	21	Celebration of Shinran's birth Service (Gotan-e) & Infant Presentation (Shosan shiki)
	28	Regular Service <i>Montreal Buddhist Church: Gotan-e Service</i>
<b><u>JUNE</u></b>	4	Monthly Memorial Service (Shotsuki)
	11	Picnic Open Air Service (No Service at the Temple)
	18	Regular Service <i>Hamilton Buddhist Temple: Shotsuki</i>
	25	Regular Service
<b><u>JULY</u></b>	2	Monthly Memorial Service (Shotsuki)
	8	Obon Cemetery Visit; Haka mairi Obon Service & Bon Odori Dance at JCCC
	9	Obon Service (Bishop Umezu)
	16	Summer Services begin <i>Hamilton Buddhist Temple: Obon Service</i>
	22	<i>Ottawa Obon Service</i>
	23	Summer Service <i>Montreal Buddhist Church: Obon Service</i>
	30	Summer Service
<b><u>AUGUST</u></b>	6	Monthly Memorial Service (Shotsuki)
	13	Summer Service
	20	Summer Service
	27	Summer Service
		Summer Service

## **TORONTO BUDDHIST CHURCH**

### **HAMILTON BUDDHIST TEMPLE, MONTREAL BUDDHIST CHURCH, OTTAWA FELLOWSHIP**

#### **2017 SCHEDULE**

<b><u>SEPTEMBER</u></b>	3	Summer Service
	10	Shotsuki Service and Rally Sunday <i>Hamilton Buddhist Temple: Fall Higan Service</i>
	17	Fall Equinox Service (Higan-e)
	23	<i>Ottawa Buddhist Temple</i>
	24	Regular Service & TBC Dana 50th Anniversary Presentation and Celebration <i>Montreal Buddhist Church: Fall Higan Service</i>
<b><u>OCTOBER</u></b>	1	Monthly Memorial Service (Shotsuki) & JSBTC Day
	8	Regular Service <i>Hamilton Buddhist Temple: JSBTC Day Service</i>
	15	Pet Memorial Service
	22	Regular Service
	28	<i>Ottawa Workshop</i>
	29	Regular Service
<b><u>NOVEMBER</u></b>	5	Monthly Memorial Service (Shotsuki)
	11	Temple Bazaar
	12	Regular Service <i>Hamilton Buddhist Temple: Regular Service</i>
	19	Perpetual Memorial Service (Eitaikyo)
	26	Regular Service <i>Montreal Buddhist Church: Eitaikyo</i>
		Regular Service
<b><u>DECEMBER</u></b>	3	Monthly Memorial Service (Shotsuki)
	10	Regular Service <i>Hamilton Buddhist Temple: Bodhi Day Service</i>
	17	Bodhi Day Service (Jodo-e)
	24	Closed
	31	Year-End Day Service (Joya-e)
		Year-End bell ringing at Ontario Place

### 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.*

<i>Mrs. Fusaye Ann Hori</i>	<i>96 yrs</i>	<i>November 2, 2016</i>
<i>Mr. Charles Shimizu</i>	<i>92 yrs</i>	<i>November 5, 2016</i>
<i>Mr. Kazuo Ishii</i>	<i>80 yrs</i>	<i>November 6, 2016</i>



### CHEMISTRY AND THE BAZAAR

“Chemistry” is not just the subject many of us struggled with in high school – Bunsen burners, test tubes, smelly gases, scary coloured bubbles. “Chemistry” is also associated with human activities. In sports it is the magic that transforms a collection of ordinary athletes into championship teams – the ’69 Amazin’ Mets and the 1980 U.S. Olympic hockey team are two unforgettable examples. As one of my favorite dictionaries says, “chemistry” is a very special “interaction of people together”. The chemistry may form (or may not form, as in the case of your local sad-sack hockey team) when a group of people join together to tackle a specific purpose. The purpose could be a World Series Championship, it could be an Olympic Gold Medal. Or it could be the Toronto Buddhist Church Bazaar.

Yes, indeed, if there is any one thing that an observer takes away from the success of our annual Bazaar, it is the chemistry that forms osmotically among all the volunteers throughout the weeks leading up to and finally exploding on the Big Day. How else to explain a volunteer struggling to ignore a badly-injured back so she could make it to the very end side-by-side with her exhausted friends. How else to explain a promising downtown sushi chef giving up his time to help our veterans in the kitchen, enthusiastically absorbing all their culinary secrets. How else to explain whole families pitching in with their parents and grandparents to perform a myriad of mundane tasks. These and a couple of hundred more wonderful stories all coming together to produce one most successful Bazaar.

Thanks so much to each and every one of our volunteers – you are a constant inspiration to me.

Gassho,

Roy Kusano



## 2016 TBC Bazaar

After all the preparations and hard work by our many volunteers, we were blessed with a beautiful, sunny fall day with zero precipitation forecasted.

As always the feeling of Sangha was rampant throughout the temple. Friends and multi-generations of family members were working towards putting the final touches on everything. It was also nice to see new faces among our volunteers helping out.

Kids Sangha stepped up this year and took over the Coffee Shop and did a wonderful job selling lemonade, coffee, water and pies. Their contribution added to the overall atmosphere throughout the day and hopefully they felt that they were an asset to this years' event.

The Youth bussed the tables and were instrumental in helping with the clean-up once the bazaar ended. Without their help it would have taken more time in putting the Hondo, Mezzanine and Social Hall back to normal for Sundays' service.

With the nice weather came customers and we were fortunate to have a steady stream throughout the afternoon.

**To all our volunteers and donors,** the TBC Bazaar Committee wish to extend our heartfelt **Thanks**. Without you, we wouldn't be able to hold our annual bazaar.

In gassho,  
TBC Bazaar Committee



**Toronto Buddhist Church**  
**Annual Benefit Raffle**  
**Saturday November 12, 2016**  
**WINNERS**

**1<sup>st</sup> Prize, \$2,500.00**

Fumi Tabata, Mississauga – Ticket #02945

**2<sup>nd</sup> Prize, \$1,500.00**

Judy Nakata, Toronto – Ticket #02112

**3<sup>rd</sup> Prize, \$1,000.00**

H. Motomura, Thornhill – Ticket #01960

**Congratulations to all our winners!**  
**Thank you to everyone for supporting the**  
**TBC Bazaar and the Annual Benefit Raffle**

**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](http://www.tbc.on.ca) or phone the temple at 416 534 4302 for more information closer to the Dec. 31<sup>st</sup> 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!





## 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

## DANA NEWS

### BAZAAR THANK YOU

Thank you to everyone who helped all week prior to the bazaar and to those who worked hard on Bazaar day. Your contributions, especially to the 100 bentos sold at the bazaar and the hard work are very much appreciated by the Committee.



## 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](mailto:darlene.rieger28@gmail.com)

## KIDS SANGHA

**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.







Image courtesy of Fit for Sport

## JANUARY IS FITNESS MONTH!

**KIDS SERVICE: 10:30 AM – 11:00 AM IN THE HONDO**

**January 8, 2017 – 11:00 – 12:00 pm**

### **Sports Day Challenge!**

Kids 7 and younger – Finding the Dharma, Scavenger Hunt Race

Kids 8+ - Selection of sports & challenges – team based and individual

Please have the kids dress in active wear and running shoes.



**January 22, 2017 – 11:00 pm – 12:00 pm**

Image courtesy of Yogafrog14

### **Yoga for Kids – 11:00 – 12:00 (Mezzanine Level, 2)**

Join us for an hour of gratitude! This year Yoga's sequence will incorporate a way for the kids to express gratitude. We will do a mix of yoga poses and craft activity.

## **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 10th.

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](mailto:dcrofton@rogers.com)

## NEW YEARS GREETING 2017

In the next issue, January 8, 2017, the Guiding Light will be inserting a special “HAPPY NEW YEAR” page.

If you would like your name included in the special New Year’s greeting page, please complete the form below and submit it with your donation to the Temple office by **December 21, 2016**.

**Please print my/our name(s) under ‘New Year Greetings’ in the upcoming January 2016 issue of the GUIDING LIGHT.**

**NAME(S):** \_\_\_\_\_

\_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**GREETING:** \_\_\_\_\_

**(N.B. Phone requests will NOT be accepted.)**

## Mochi Tsuki 2015 – Call for Volunteers!

### --- Reminder ---

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!

Mochi Tsuki will start in earnest at 9am on Friday December 30<sup>th</sup>.

All volunteers are welcome – no experience is necessary!

For further information, please contact Cary Kataoka ([cary@247systems.ca](mailto:cary@247systems.ca)) or Aki Ikebata ([aikibata@hotmail.com](mailto:aikibata@hotmail.com)).



# TBC Sangha Mochi Tsuki

**Pick Up**

**Friday, December 30, 2015**

**Sale Hours 12:00 - 3:30 pm**

**To ensure availability, please place order with the Temple**

**No later than December 21 2015**

**Phone (416) 534-4302 Fax (416) 534-0575**

**E-Mail: [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca) or give to Sangha Executives**

**Osonae (Okagami) \$ 4.50 / SetKomochi \$ 4.00 / Doz.**

**Anko Mochi \$ 6.00 / Doz. (Quantities are Limited)**

**Cut and Send the Form Below to:**

**Toronto Buddhist Church**

**1011 Sheppard Ave. W., Toronto, ON M3H 2T7**

## 2016 Mochi Order

**Please send no later than December 21, 2016**

**Name:**

**Phone:**

**Address:**

( )	<b>Bag(s) Komochi</b>	<b>@\$4.00/ea</b>	<b>\$</b>	<b>.</b>	
( )	<b>Set(s) Osonae</b>	<b>@\$4.50/ea</b>	<b>\$</b>	<b>.</b>	
( )	<b>Anko Mochi</b>	<b>@\$6.00/ea</b>	<b>\$</b>	<b>.</b>	
			<b>Total:</b>	<b>\$</b>	<b>.</b>

**Signed:**

**Date:**

## 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

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](mailto:ray_nakano@hotmail.com).

**THERE WILL BE NO MEDITATION CLASS ON DECEMBER 22ND AND 29TH.**

**CLASSES WILL RESUME JANUARY 5TH, 2017**

## 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!



**DHARMA CAFÉ AND EVENINGS OF BUDDHISM WILL RESUME IN FEBRUARY.**

## Visit to Ottawa

On November 26th I had the opportunity to visit our friends out in Ottawa again! As always it was a lovely time. We enjoyed some delicious refreshments afterwards and were dazzled by the talents of the kids. Thank you to Ottawa for such an enjoyable time and many thanks to Richard Takahara for continuing to support the spread of Jodo Shinshu Buddhism in Ottawa!



*In 1257, on the night of the ninth day of the second month, during the hour of the tiger, I was told in a dream:*

*Entrust yourself to Amida's Primal Vow.*

*Through the benefit of being grasped, never to be abandoned,*

*All who entrust themselves to the Primal Vow*

*Attain the supreme enlightenment.*

Written by Shinran Shonin at 86 years of age.



## What Are We Chanting?

### Juseige: The Larger Sutra of Immeasurable Life (Dharmakara Reiterates the Vows)

This past month in our Evening of Buddhism series we examined Juseige line by line to deepen our understanding of what we were chanting. Although the translation is available for you in the book, we have it here for you line by line to give you an idea of what is being chanted in each section. We hope you find this interesting!



Ga gon cho se gan Hi shi mu jo do Shi gan fu man zoku Sei fu jo sho gaku	I have established the all-surpassing vows And will unfailingly attain supreme enlightenment. If these vows should not be fulfilled, May I not attain perfect enlightenment. [12 vow]
Go o mu ryo ko Fui dai se shu Fu sai sho bin gu Sei fu jo sho gaku	If, for countless kalpas to come, I should not become a great benefactor And save all the destitute and afflicted everywhere, May I not attain perfect enlightenment. [13 vow]
Ga shi jo butsu do Myo sho cho jip po Ku kyo mi sho mon Sei fu jo sho gaku	When I have fulfilled the Buddha-way, My name shall pervade the ten quarters; Should there be any place it is not heard, May I not attain perfect enlightenment. [17 vow]
Ri yoku jin sho nen Jo e shu bon gyo Shi gu mu jo do I sho ten nin shi	Freed from greed and with deep right-mindedness And pure wisdom, I will perform the sacred practices In pursuit of supreme enlightenment And become the teacher of devas and humans.
Jin riki en dai ko Fu sho mu sai do Sho jo san ku myo Ko sai shu yaku nan	Emitting a great light with my majestic power, I will completely illuminate the boundless worlds; Dispelling, thereby, the darkness of the three defilements, I will deliver all beings from suffering and affliction.
Kai hi chi e gen Mes shi kon mo an Hei soku sho aku do Tsu datsu zen shu mon	Having acquired the eye of wisdom, I will remove the darkness of blind passions; Blocking the path to the evil realms, I will open the gate to the good realms.
Ko so jo man zoku I yo ro jip po Niche gatsu shu ju ki Ten ko on fu gen	When my practice and merits are fulfilled, My majestic brilliance shall reach everywhere in the ten quarters, Outshining both the sun and the moon; Even the heavenly lights shall be hidden and obscured.
I shu kai ho zo Ko se ku doku ho Jo o dai shu chu Sep po shi shi ku	For the sake of all beings I will open forth the dharma-store And universally bestow its treasure of virtue upon them. Among the multitudes of beings I will always preach the dharma with a lion's roar.
Ku yo is sai butsu Gu soku shu toku hon Gan ne shitsu jo man Toku I san gai o	Making offerings to all the Buddhas, I will acquire all the roots of virtue; With my vows fulfilled and wisdom perfected, I will be the hero of the three worlds.
Nyo butsu mu ge chi Tsu datsu mi fu sho Gan ga ku e riki To shi sai sho son	Like your unimpeded wisdom, O Buddha Lokeshvararaja, My wisdom shall reach everywhere and illuminate all; May the power of my virtue and wisdom, Be equal to that of yours, O Most Honoured One.
Shi gan nyak kok ka Dai sen o kan do Ko ku sho ten nin To u chin myo ke	If these vows are to be fulfilled, The great thousand worlds will shake in accord, And from the sky all the devas Will rain down rare and wondrous flowers.

