



Guiding Light

JULY/AUGUST 2017

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Lotus pond!

*Not-pick this as
Festival-of-Spirits*


- Matsuo Bassho



TORONTO BUDDHIST CHURCH
a Jodo Shinshu Temple

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

JULY 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Events marked with an * asterisk are PRIVATE and are not open to the general public | | | | | | 1 HAPPY CANADA DAY  |
| 2 Monthly Memorial Service 11:00 am Service 12:30 pm Sangha Exec Brd Mtg (Eko) | 3 CHURCH CLOSED | 4 8 pm Bon Odori | 5 7 pm Isshin | 6 3 pm Ikebana 8:00 pm Last Bon Odori | 7 Morning Cemetery Flower prep 8:00 pm Buyo | 8 Cemetery Visitations 7:00 pm Service Bon Odori at JCCC |
| 9 OBON SERVICES 9:00 am Hatsubon Families Service 11:00 am Obon Service (E) 2:00 pm Obon Service (J) Guest Speaker: Bishop Kodo Umezu Buddhist Churches of America | 10 10:00 am Sr. Karaoke | 11 | 12 7 pm Isshin | 13 2:00 * Momiji Service 4:00 * Yee Hong Service | 14 8:00 pm Buyo | 15 |
| 16 SUMMER SERVICE 11:00 am Service OBON SERVICE in Hamilton | 17 10:00 am Sr. Karaoke | 18 | 19 7 pm Isshin | 20 2:00 pm Castlevew | 21 8:00 pm Buyo | 22 Obon Service in Ottawa |
| 23 SUMMER SERVICE 11:00 am Service OBON Service in Montreal | 24 10:00 am Sr. Karaoke | 25 | 26 7 pm Isshin | 27 | 28 8:00 pm Buyo | 29 |
| 30 SUMMER SERVICE 11:00 am Service | 31 | <div>KIDS CAMP LUMBINI in WASAGA BEACH JULY 30 - AUG 5</div> <div>Rev. Ouchi (Mon –Wed) Rev. Yanko (Thurs – Sat)</div> | | | | |

Morning Services are held on the week days on Monday, Wednesday, Thursday and Friday from 10:00 am- 10:30 am when a Minister is available. As emergencies do come up, last minute cancellations may occur

Thank you !

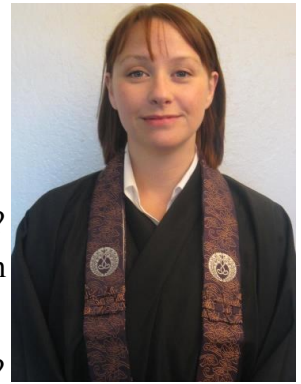
AUGUST 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------|----------------------------------------------|--------|--------------------------------------------------|
| Events marked with an asterisk are PRIVATE and <u>not</u> open to the general public | | 1 | 2 | 3 | 4 | 5 |
| | <div>KIDS CAMP LUMBINI in WASAGA BEACH JULY 30 - AUG 5</div> <div>Rev. Ouchi (Mon –Wed) Rev. Yanko (Thurs – Sat)</div> | | | | | |
| 6 MONTHLY MEMORIAL SERVICE 11:00 am English Service 12:30 pm Shin Fujinkai Mtg | 7 Civic Day <div>OFFICE CLOSED</div> | 8 | 9 SEPTEMBER GL DEADLINE NO TAIKO | 10 | 11 | 12 |
| 13 9:15 am MC meeting 11:00 am Summer Service 12:30 pm Board Mtg | 14 10:00 am Sr. Karaoke | 15 | 16 7:00 pm Isshin | 17 | 18 | 19 11:00 am * Private Family Memorial Service |
| | <div>Rev. Yanko away in for Minister's Meeting in Nevada and vacation August 14th until 25th</div> | | | | | |
| 20 11:00 am Summer Service | 21 10:00 am Sr. Karaoke | 22 | 23 7:00 pm Isshin | 24 1:00 am Kyoto Women's University visit | 25 | 26 |
| | <div>Rev. Yanko away in for Minister's Meeting in Nevada and vacation August 14th until 25th</div> | | | | | |
| 27 11:00 am Summer Service | 28 10:00 am Sr. Karaoke | 29 | 30 7:00 pm Isshin | 31 | | |

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Thank you !

“Resistance Is Futile”

By Reverend Christina



Who is in control of your life? Are you in control? Are you the one “behind the wheel”? Are you sitting in the passenger seat holding the map? Or maybe you just enter an address into your GPS and turn when it says “Left turn ahead”.

Have you ever driven home from work and thought...I don't remember the entire drive? Or perhaps said “yes dear” without knowing what we are agreeing to. We get so programmed in our daily lives that occasionally we just go through the motions. We surrender our ability to be mindfully in control of our actions without even realizing it, but if I were to ask you to give up your control on purpose, that would likely make you feel nervous.

Our society, our culture, is all about control. We control our diets, and when we eat too many unhealthy things we feel like we lost control. I can think of an occasion or two where I looked down at the bottom of a pint of peanut butter and chocolate Haagen-Dazs ice cream and thought...did I just eat that whole thing?

When we get ready every morning we try to look a certain way. We try to have the right clothes for the right occasion. Have the right hair (I hope). Struggle to afford the finer things. Then we can look like we are in control of our lives.

If you are in a situation where you are not the person in control, but someone else is, it can be a little irritating: Your boss makes a decision you don't agree with; you think someone is not dressed appropriately; or, you see people whispering about how you are not dressed appropriately.

It is pretty difficult for us to give up control and when that happens we usually don't phrase it as give up control, but call it “losing” control. It is like we feel we are suffering a loss and are missing something we think we should have.

But do any of us actually have control? Some sort of mastery of what will or will not happen? We think we do, and it feels good doesn't it? Those rare occasions when the list of things you want to get done actually gets completed; when things go exactly the way we think they should. In my case I can say these times are very rare. I cannot tell you when the last time I had a day where every single thing went just as I wanted. At some point my desire to accomplish overtakes my ability to follow through because I can rarely factor in the unexpected.

The unexpected is often received with annoyance. Think about when you are trying to get something done or are deep in thought and the phone rings. What about that slow moving vehicle ruins your ability to make it somewhere on time?

The control we think we have, the control we strive to attain, is an illusion that we fabricate to comfort us and to make us feel stonger.

Something will almost always happen to throw a wrench into your plans. In this world there are far too many mitigating circumstances. Too many variables and countless external causes and conditions will always show up when we least expect it.

“Resistance Is Futile”

Our attempts to harness everything is a form of self-power. We think “I can handle it. I can make these things happen.” So what happens when it falls apart?

Have you ever suffered the loss of a loved one? Found out you had some kind of illness? Been in a car accident? Lost your job?

These are the kinds of things we usually think about when we think about losing control. But there are also other aspects such as unexpected kind words, surprise gifts, beautiful sunsets, rain washing your car.

What happens when we let go of control and give up our need to harness the world around us? Shinran said “concerning the Nembutsu, no working is true working.” *No working.* Letting go. We don’t have to struggle to get control over it. In fact, that makes the opposite happen. The harder we struggle, the further away we move from the Nembutsu.

In life we can always expect the unexpected. There is no way we can control everything because life happens. Amida Buddha teaches us to have a mind of entrusting. Trust in what is. Trust in compassion. Trust in your ability to learn from others and in return, to teach.

Surrendering yourself to the acceptance of what is, is not a form of failure. In fact it is quite the opposite. This is where we find the freedom of acceptance, the freedom of living in the now, living in this moment, and allowing yourself the freedom of just being you.

*Persons who enter Amida’s directing of virtue to beings
And realize the mind that seeks to attain Buddhahood
Completely abandon their self-power directing of merit
Thus benefiting sentient beings boundlessly.*

Shinran Shonin

The Struggle

John Skelton



A few years ago, I was told a story:

Once upon a time, in a small village near the woods, there lived a compassionate man. He was a man of simple ways. He loved nature, he loved life, and he was very kind. Each morning, he would take a walk through the woods to enjoy the wildflowers, the trees, and the songs of the birds. He even liked and respected the insects.

One day, he came upon a cocoon, that had been built by a caterpillar underneath a milkweed leaf. He had heard that caterpillars built cocoons in order to protect them while they grew into butterflies. He had never seen a butterfly emerge from a cocoon before, but he certainly loved the butterflies.

Continued on page 6

The Struggle, continued



So, the man watched and watched, day by day, for signs that the caterpillar might be changing into a butterfly. A week or so later, it started to happen. He sat and watched, hour after hour, as the small butterfly tried to break free of the cocoon, by squeezing through a small opening at the tip. The butterfly struggled and struggled, but it could not get free of the cocoon. It seemed to the man that the butterfly was about to give up the struggle, as it seemed to be exhausted.

Trying to help, the man took a small tool out of his pocket and cut into the tiny opening of the cocoon. It worked. The young butterfly was able to shed the cocoon and crawl into the outside world. But to the disappointment of the kind man, the butterfly could not fly. Its wings would not unfold properly.

Confused and sad, the man scooped up the butterfly and the empty cocoon, and took it quickly to a nearby school to ask the science teacher if she knew what might have gone wrong.

The teacher explained to the compassionate man that while the man's intentions were good, nature designed the butterfly such that it was meant to struggle. The fight to force its way through the small opening of the cocoon would work to force the liquid from the butterfly's body into its wings, and that in turn would allow the butterfly to fly. Sadly, without the pain of emerging from the cocoon, the butterfly would never be able to spread its wings.

Experiencing life's struggles, unease and pain help us to grow. In Buddha's time, this discomfort was called *dukkha*. He spoke about the reality of *dukkha* when he revealed the First Noble Truth.

When we are in the midst of our struggles, it is easy for us to lose sight of a central message of the Dharma: that nothing is forever. Not pain, not pleasure. We might weave a cocoon around us to protect ourselves from the outside world, but we know in our hearts that we must eventually break free. Our struggle for liberation will enable us to spread our wings and fly.

And so, we visit the temple regularly to listen to the Dharma, to connect with our Sangha, and to remember the beautiful, inspiring wisdom of the Buddha's words. It is the medicine that soothes us as we transition from caterpillar to butterfly.

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.



| | | |
|---------------------------|--------|---------------|
| Dr. Teruo (Ted) Izuwawa | 86 yrs | June 17, 2017 |
| Miss Denise Yae Nishimura | 88 yrs | June 23, 2017 |

TBC Annual Picnic

Camp Green Acres, Sunday June 11, 2017

Absolutely perfect weather greeted us this year - blue skies, temperatures in the high 80's and a gentle warm breeze. Attendance was up this year from last and I have a feeling that the weather was one factor that contributed to that.

For those of you who have yet to attend the picnic, Camp Green Acres have numerous amenities that you and your family would enjoy – baseball diamonds, volleyball areas, biking and hiking trails, basketball/tennis courts, soccer fields, mini-putt golf, a heated swimming pool, farm animals, large sheltered areas in case of inclement weather and numerous bathrooms spread throughout the property.

Along with the traditional activities such as an outdoor service, free hot dogs, Fukubiki draw, races for the children and adults, tractor rides we were treated for a second year to a yoga class led by Denise Crofton and the ever popular suika wari game was brought back. Many thanks go out to the youth volunteers for organizing the races.

The Toronto Buddhist Church gratefully acknowledges the following businesses and individuals who made a donation towards the picnic: Cooksville Auto; Dr. Sushi/Ikebata Nursery; Heisei Mart; Main Auto Body; Ocean Food Co.; Ogden Funeral Homes; Sanko Trading; Sandown Market; 247 Systems & Networks; Aki Ikebata & Joyce Matsumoto; Donna Nakano; Fred & Ann Kotani; Julie Suyama & David Saxby; Kataoka Family; Mits Ito; Myra & Glen Takasaki. If any names have been missed we regretfully apologize but are equally as grateful.

Once again, thank you to all our donors and volunteers and congratulations to all the winners of the day!

2017 TBC Picnic Committee



**TORONTO BUDDHIST TEMPLE'S
2017 PICNIC AT CAMP
GREEN ACRES**

2017 EASTERN BUDDHIST LEAGUE CONFERENCE



The 2017 Eastern Buddhist League Conference at the Midwest Buddhist Temple in Chicago, Illinois will soon be upon us. Our conference theme this year is "North American Buddhism: A Path Forward." We have planned a series of seminars that will generate ideas and actions that we can take back to our temples. We are honored to have Reverend Kurt Rye from Placer Buddhist Church as our Keynote Speaker. We will also welcome Reverend Kodo Umezū, Bishop of the Buddhist Churches of America. EBL conferences are a time for recreation and renewing acquaintances, and there will be time for fun and fellowship.

All information for this conference may be found at: <http://mbtchicago.org/eb1-2017>

Registration cost is \$100 per attendee if paid by July 31, 2017, after which an additional fee of \$25 will be charged. Children under 16 may be added at no charge. Sunday Only cost is \$40 per attendee. Optional activities (at an additional cost) include a casino trip and a brewery tour.

Hotel accommodations will need to be made individually as there is no centrally booked hotel.

All conference activities will take place at the Midwest Buddhist Temple. Seminars (including one in Japanese), Obon and Taiko Workshops, Dharma School Activities and TED talks are on the agenda. The conference will end on a high note – a barbecue on Sunday which includes our famous Chicken Teriyaki served at the MBT Ginza Holiday Festival.

Please see our website for more detailed information on Registration, Accommodation Recommendations, Transportation, Registration, Summary and Schedule, and Things to Do while in Chicago. There are so many interesting and exciting places to see and things to do in Chicago (ranging from free on up) and we will be updating the list on our website. We hope to see you in Chicago!

Again, here is our website: <http://mbtchicago.org/eb1-2017>

(Thanks to Jerry Matsumoto for his expertise and expeditious handling of this website.)

Joy Zavala

2017 EBL Conference Publicity

DID YOU KNOW

Anytime is a good time to recognize the ongoing dedication of the Canadian Ministers who have taught the Nembutsu all these years. In respect and support of our Ministers, \$8,000 was donated to the Minister's Retirement Fund by the Toronto Buddhist Church at the recent JSBTC AGM Banquet.

THANK YOU

We would like to thank Roy Kobayashi, Gayle Nakagawa and Naomi Tsuji-Tamaki for generously donating sofas and chairs for Camp Lumbini's cabins.

Michael

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, photographs 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

OBON 2017

SATURDAY JULY 8 & SUNDAY JULY 9 , 2017

Please join us at the Japanese Canadian Cultural Centre in the evening at 7:00 p.m. for a short service followed by Obon dancing. On Sunday morning there will be a 9am service for the Hatsubon families, the regular English service at 11 am and the Japanese service at 2pm. Please bring your homyos and lanterns and remember to pick them up after the services. Homyos for the Hatsubon families will be picked up in the social hall.

On the following page is the cemetery schedule and please note there have been some time changes on the cemetery schedule this year.

With respect,

Obon and Religious Committees



OBON GUEST SPEAKER 2017

Obon services will be held on Sunday, July 9 and we are pleased to announce that Bishop Kodo Umezu of the Buddhist Churches of America will be our guest speaker.

Bishop Kodo Umezu was born in Fukuoka, Japan. He graduated from Ryukoku University in 1973 and immediately made his voyage to the United States to become a BCA minister. He was first assigned to the Fresno Betsuin and at that time continued his studies at the Institute of Buddhist Studies where he received his Master's Degree in 1976.



Later that year, he enlisted in the U.S. Navy and after serving for four years, he returned to the BCA ministry and was assigned to the Los Angeles Betsuin in 1980. In 1987 Rev. Umezu was assigned to the Buddhist Church of Oakland and in 1996 he was appointed as the Executive Assistant to the Bishop under Bishop Hakubun Watanabe. He was then appointed Director of the Center for Buddhist Education in 2006 by Ogui Socho and on April 1, 2012, he assumed the position as the 14th Bishop of the BCA sangha.

Bishop Umezu is married to the former Janet Teraoka, and together they have three daughters, Amy, Stacy and Michelle.

OBON 2017 JULY 8TH & 9TH

SATURDAY, JULY 8TH

CEMETERY VISITATION SCHEDULE

The Obon Committee and Religious Committee have worked together to prepare the 2017 Obon Programme, this year being held on the 8th and 9th of July. We try hard to bring a large measure of respect to this very important date in the Buddhist calendar.

Let us gather at our respective cemeteries to lay flowers and chant in memory of all our loved ones. Please join us at the Japanese Canadian Cultural Centre in the evening at 7:00 p.m. for a short service followed by Obon dancing. On Sunday morning there will be a 9:00 a.m. service for Hatsubon families, the regular English service at 11:00 a.m. and the Japanese service at 2:00 p.m. Please bring your homiyos and lanterns.

The following is a list of Central Services:

Rev. Tomofumi Fujii:

| | |
|--------------------|-----------------|
| Toronto Necropolis | 9 AM* |
| St. James | 9:30 AM* |
| Mount Pleasant | 10:30 AM |

Rev. Christina Yanko:

| | |
|----------|------------------|
| Prospect | 9:30 AM |
| Parklawn | 10:30 AM* |

Rev. Yoshimichi Ouchi:

| | |
|------------|-----------------|
| Pine Hills | 9:30 AM |
| Rest Haven | 10:30 AM |

Jeff Wilson Sensei:

| | |
|--------------|------------------|
| Glen Oaks | 9:15 AM* |
| Spring Creek | 10:00 AM* |

Dennis Madokoro:

| | |
|-------------------------|---------|
| Highland Memory Gardens | 9:30 AM |
| Elgin Mills | 11 AM |

*****PLEASE NOTE TIME CHANGES*****

The following is a list of Individual Graveside Services:

Martin Cartledge:

| | |
|------|---------|
| York | 9:30 AM |
|------|---------|

Jessie Ebata:

| | |
|---------------------------|---------|
| Sanctuary, North | 9:00 AM |
| Riverside and St. Philips | 9:30 AM |

George Nakano:

| | |
|------------------|--------|
| Sanctuary, South | 9:00AM |
| Meadowvale | 1 PM |

(or time to be arranged)

John Nishikawa:

| | |
|----------|---------|
| Glendale | 9:30 AM |
|----------|---------|

Pauline Knude:

Salem ... Time to be arranged

The Obon committee is grateful for the continuing dedication of all volunteers to ensure the success of the Obon tradition. We ask families for their patience while waiting for the arrival of the Senseis and choshos. *Namo Amida Butsu*

Observations: Canada 150: “Small Coffee with Two Sugars on the Side”

**Submitted With Gratitude and in Gassho,
Larry Wakisaka**

I was recently at a local Tim Hortons to buy a beverage when I overheard a conversation right beside me between a woman who wanted to buy “one small coffee with two sugars on the side”. I was interested in this conversation because the woman who was serving asked very politely for the customer to repeat the order. The customer replied “one small coffee with two sugars on the side”.

I noticed that the server seemed a bit perplexed with the request. She started to look around the counter from which she was serving and she quietly asked a couple of her fellow workers something. One of her co-workers disappeared into the back and came out with a dispenser of scotch tape. The server then quickly proceeded to tape two packets of sugar to the side of the coffee cup and handed the coffee to the customer. It was obvious that she tried to interpret the request of “two sugars on the side” literally.

The customer immediately recognized what had just transpired and she quickly assumed responsibility for the situation by graciously saying that she did not make her request clearly enough. She went on to calmly and politely explain that due to reasons of health she is trying to cut down on her sugar consumption and that two packets of sugar was too much but one was not enough for her at the moment ... thus two packets were requested so that she could put in 1-1/2 packets herself. She also kindly went on to explain what she meant by “on the side”.

The server, most likely a new immigrant to Canada and also new on the job, beamed a huge smile and said “Thank you for explaining this to me. I am new to Canada and Canadian people are so helpful to me. I love my new country Canada!”

I was impressed in how the customer handled the situation, heartened that the new Canadian was loving her status as a Canadian and warmed by the thought that we live in and enjoy such a wonderful and diverse community.

Happy Canada 150!

DANA NEWS

USED STAMPS

A reminder that we are continuing to collect used stamps for “Save the Children Fund”. Please leave 1/4”-1/2” of envelope around the stamp. This charity sells the stamps to dealers. Money raised helps provide a better future and brighter future for children from impoverished countries. If you have used stamps, please drop them in the box on the table in the temple lobby.

FOREIGN COINS

Please bring in any foreign currencies from your travels and place them in the box provided in the temple lobby. JSBTC Women’s Federation also collects foreign coins for UNICEF who have raised millions of dollars through this program.



2017 SUNDAY SUMMER SERVICE SCHEDULE

The Temple will be holding the summer services from Sunday **July 16th** to Sunday **September 3rd**. These services will be held at 11:00 am.

The **August Monthly Memorial Service** will be held on Sunday, **August 6th**.

The **September Monthly Memorial Service and Rally Sunday Service** will be held on Sunday **September 10th**. The regular service schedule resumes after September 10th.

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

Thank You For Your Support

At the recent JSBTC Annual General Meeting hosted in Toronto, the Women's Federation made a very sizable donation of \$120,000 to the Ministers' Retirement Fund. The funds were proceeds raised through the very successful World Buddhist Women's Convention held in Calgary in 2015. Also at the AGM, the Toronto Buddhist Church made a generous donation towards the Ministers' Retirement Fund. Both of these donations were due in part of the ongoing efforts of the JSBTC to promote the importance of providing long term security for our dedicated ministers who have spent a lifetime spreading the Nembutsu teachings at temples across Canada.

On behalf of the Ministerial Association as well as those ministers who are already beginning to receive the benefits from the Ministers' Retirement Fund, I would like to express our deepest gratitude to the Women's Federation, to the Toronto Buddhist Church, to the JSBTC and to all the individuals who have contributed to this fund. Your contribution and ongoing effort is truly appreciated by all of the ministers, both those who are currently serving our national organization and those who have already retired.

In Gassho,

Rev. Grant Ikuta, Chairperson

JSBTC Ministerial Association

SHIN FUJINKAI AND DANA

A short note to the SF and Dana Ladies that we are having a retreat in Waterloo on July 15, 2017 at 10:30 am. Rev Ouchi will chair the workshop. The topic for discussion is "What does Buddhism and Jodo Shinshu Buddhism mean to me?"

A light lunch will be served. Car pooling is available, Please RSVP to Myra Takasaki by July 6th to takasaki@rogers.com.

The Living Dharma Centre Virtual Book Club

Thank you to those who have signed up to join us in the LDC's Virtual Book Club. This is a gateway to a Virtual Sangha that not only encompasses our country but has reached across the U.S., Hawaii, Europe and Central and South America! We are thrilled to embrace all in our efforts to spread the Dharma.

The summer weather and thoughts of vacation are now upon us and we thought that this is an excellent time for us to offer two books to read along with everyone!

Our next Virtual Book Club Offerings will be two books to choose from.

Firstly, for those serious students of the teachings, we will be looking at "**Sermons of a Buddhist Abbot**" by Soyen Shaku, translated by D.T. Suzuki. This was originally published about 100 years ago from a series of lectures this Zen Abbot gave while touring and speaking across the United States. This book contains an illuminating series of talks from this Zen Abbot who explained Buddhism to the Western world by utilizing Western philosophy, religion and psychology to clarify some of the core Buddhist principles. These explanations the Abbot outlined still help us to this day to understand the Buddhist teachings. Unless you are extremely lucky enough to find a copy of this old book, it is available for free as a PDF file. There may also be available free downloadable sound files of this book.

Secondly, we have a book that has been suggested by one of our original book club members as a beautiful read: "**Birds Art Life**" by Kyo Maclear, a Canadian author of Japanese and British descent. Here is a quote about the book by Barbara Gowdy "Every now and then you read a book that changes the way you see the world. For me, *Birds Art Life* is one such book. The writing is marvelously pure and honest and light. At the same time, magically, it is erudite, generous and brimming with meaning and event. *Birds Art Life* is a book I know I will return to again and again for inspiration and solace". Kyo Maclear wrote this insightful book as a result of dealing with the failing health of her father and how she dealt with this tough time in her life. This book is available at Chapters both in-store and on-line for less than \$30.

There is no better time for a great read than summertime!! If you are interested in joining our discussions at any time, please email Barb MacCarl at: bm.livingdharmacentre@gmail.com

Gassho,

The Living Dharma Centre

Let's Ondo Again!

Join us at the JCCC on Saturday, July 8 at 7pm for Obon Odori. There will be dancers from different Japanese dance groups as well as our own Isshin Daiko performing. The dances are a mixture of traditional, popular and new. As this year is Canada's 150th birthday, "Wonderful Canada" and "Canada Ondo" are featured dances. ("Canada Ondo" was performed all across Canada in 1967 for Canada's 100th birth-

day!)

Come early and enjoy the JCCC's Natsu Matsuri!



REMINDER TO GUIDING LIGHT SUBSCRIBERS

As mentioned in our membership articles the rising cost of postage has forced us to implement a subscription fee for all those who are not members of the Temple. The subscription fee charged will apply to those receiving the Guiding Light by mail. If you were not a member in 2016 or have not applied for or renewed your membership for 2017 you will no longer receive your Guiding Light after the July/August issue (this has been extended from June as mentioned in the article). The subscription fee will be \$25.00.

If you do not wish to apply for membership but wish to continue to receive a copy of the Guiding Light by mail please submit your subscription fee to the Toronto Buddhist Church (indicating it's for the Guiding Light).

SUBSCRIPTION REQUEST FOR THE GUIDING LIGHT FOR NON MEMBERS

NAME (MR./MRS/MISS/MS) _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

_____ **ENGLISH ONLY**

_____ **ENGLISH/JAPANESE**

Send your request to Toronto Buddhist Church, 1011 Sheppard Ave. W. Toronto, ON M3H 2T7, accompanied with your subscription fee of \$25.00. Cheques should be made payable to Toronto Buddhist Church indicating it is for subscription for the Guiding Light. You can also drop the form off at the Temple office.

****A tax receipt will not be issued for the subscription fee**

Camp Lumbini 2017 (July 30th – Aug 5th)

Camp Lumbini is once again fast approaching – join us for a whole week of fun and Buddhist related activities. Every year Camp Lumbini revolves around two themes: one associated with Buddhist teachings and another based on popular culture. This year the themes will be “Amida Buddha’s Acceptance of Oneself.” The Noble Eightfold Path is a principal teaching in Buddhism that is represented by the dharma wheel, whose eight spokes represent the eight paths. The Noble Eightfold Path is used to understand the nature of life and phenomena in order to achieve enlightenment. At Camp Lumbini the staff will strive to teach the attending youth about the Noble Eightfold Path and how it may apply to daily activities performed during the week.

Daily activities at Camp Lumbini include trips to the beach, various arts and crafts, fun team building activities and daily evening activities including, mini golf, campfires, movie night and bowling. Additionally, the day trip will either be a canoe/kayak trip with Free Spirit Tours or Tree Top Trekking at Horseshoe Valley Resort depending on age and size of participants. Every year it is our goal to provide a safe environment that fosters leadership and teamwork development, acceptance of individual differences and values and provide an opportunity for all individuals to participate in recreational activities regardless of individual skill in addition to imparting some understanding of Buddhist teachings.

For more information regarding Camp Lumbini please contact Stephen Taguchi or Rachel Kataoka at stephen.taguchi@utoronto.ca and rachelkataoka@hotmail.com respectively.

Hope to see you this summer.



ATTENTION TEMPLE MEMBERS

CABIN RENTALS AVAILABLE AT CAMP LUMBINI, WASAGA BEACH

Were you wondering where you could go this summer? Temple members are eligible to rent the cabins at Camp Lumbini, Wasaga Beach. There are 3 cabins available.

Contact the Temple office at 416 534 4302 for more information and availability of the cabins. (Your membership must be up to date to be eligible to rent the cabins)

Kids Sangha Day at Camp Lumbini



Kids Sangha Day will be held on **Friday August 4th**.

The Camp Counsellors have planned many fun activities for the kids, including time at the beach. The beach is walking distance from the cottages so will spend quite a bit of time by the water.

We will **start the day at 10:00 am** with a short service by one of the Ministers and then after the service the activities will begin. Please bring a bathing suit, beach towel, change of clothing and any other items you may need for outdoor activities (sun tan lotion, bug spray, running shoes etc...).

Our camp chefs will provide all meals, snacks and drinks. Please let me know of any dietary restrictions so I can inform our counsellors.

RSVP - If you plan to attend our Kids Sangha Day on August 4th please let me know by July 24th so I can let our counsellors and volunteers know how many people will be attending for the day. You can send me an email at dcrofton@rogers.com.

Gassho, Denise Crofton

Rally Sunday is September 10, 2016 (Registration for the Kids Program).

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

After the kids service (at 11:00 am) we will hold a mix and mingle for the kids, giving them time to catch up with their friends and meet new friends. We will also use this time to introduce the program, talk about upcoming events and finish with a fun activity and tasty treats.

Parents can fill in registration forms after the 11:00 am service.

The Kids Sangha Program will be held every first and third Sunday.

If you haven't been to the Temple in a while, please stop by, we would love to see you!

Gassho,

Denise, Yumi, Jess and Naomi



JOIN US FOR A DAY OF MINDFUL MEDITATION WITH RAY NAKANO

SATURDAY, JULY 22ND 2017

10:00 AM TO 3:00 PM

All are welcome to join us for a day of Mindful Meditation...no experience is necessary.

Here is an outline of what the day will look like:

Silent Sitting Meditation

Walking Meditation (if weather permits we may go outside to the park behind the temple)

Guided Sitting Meditation

Yin Yoga

Pot Luck Vegetarian Lunch

Deep Relaxation

Dharma Reading

Sangha Sharing

Pot Luck Lunch

We ask that everyone bring one vegetarian dish to share with the group (drinks provided). Please bring a dish that is fully prepared and ready to serve...although we have cooking facilities on site we do not have anyone available to make last minute preparations or to warm up the dish prior to lunch. Thank You.

The retreat will take place at the Toronto Buddhist Church (Sheppard and Allen Rd).

There is no set cost for the day, some people like to give the Temple a donation of their choice, it's completely up to you.

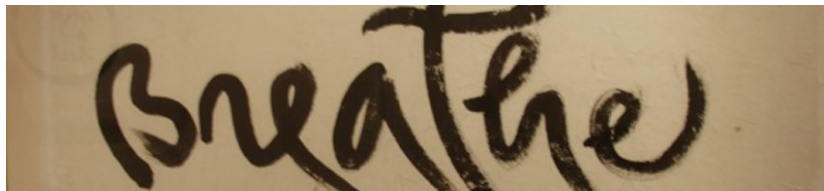
We have meditation cushions and chairs available, but are asking people to bring a mat (yoga mat) and blanket and or pillow for the Body Scanning Meditation as this is done lying on the floor for a period of time. The bell master will guide you through this meditation.

Wear comfortable clothing and shoes (if we walk outside) and bring a pair of socks as we ask everyone to remove their shoes at the door.

We ask that people come 10 minutes early to get settled and introduce your self.

If you have any questions please send an email to Denise Crofton at dcrofton@rogers.com.

Looking forward to seeing you!



Life is a journey, and the purpose of that journey is to become emotionally healed and spiritually fulfilled. If we do that, people around us are automatically helped. If we can heal ourselves, we are helping to heal the whole planet.

TBC

(excerpt from Dana's "Way of Life")





TORONTO BUDDHIST CHURCH

a Jodo Shinshu Temple

ARE YOU STILL NOT A MEMBER? 2017 IS QUICKLY COMING TO AN END. THERE IS STILL TIME TO SUBMIT YOUR MEMBERSHIP AND SUPPORT THE TEMPLE.

DON'T PUT IT OFF, DO IT NOW!

2017 MEMBERSHIP APPLICATION

In the case of couples, please complete information for each applicant individually.

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------|
| Applicant #1 Renewal () New () | | Mr. () Mrs. () Ms. () |
| Last Name: _____ | | Birthdate: dd/mm/year: _____ |
| First Name: _____ | | Email: _____ |
| Address: _____ | | Phone: _____ |
| City: _____ | | Signature: _____ |
| Prov: _____ Postal Code: _____ | | |
| I promise to pay \$_____ as my Membership Fee for 2017 and am enclosing the amount of \$_____ on account of such fee. I will pay the balance of my Membership Fee, if any, by May 31, 2017 . By signing this Membership Application I hereby adopt the vow printed on the reverse side of this Application. | | |
| ----- | | |
| Applicant #2 Renewal () New () | | Mr. () Mrs. () Ms. () |
| Last Name: _____ | | Birthdate: dd/mm/year: _____ |
| First Name: _____ | | Email: _____ |
| Address: _____ | | Phone: _____ |
| City: _____ | | Signature: _____ |
| Prov. _____ Postal Code: _____ | | |
| I promise to pay \$_____ as my Membership Fee for 2017 and am enclosing the amount of \$_____ on account of such fee. I will pay the balance of my Membership Fee, if any, by May 31, 2017 . By signing this Membership Application I hereby adopt the vow printed on the reverse side of this Application. | | |

Please note that this application is for membership from January 1, 2017 to December 31, 2017. The Individual Membership Fee for 2017 is a minimum of \$125. However, the Temple welcomes and will be grateful for any amount over and above this minimum fee.

A tax receipt will be issued for the total Membership amount paid.

Please note that \$80 of your Individual Membership Fee is paid to Jodo Shinshu Buddhist Temples of Canada (JSBTC) as an assessment for each member of our Temple.

Membership Fees may be paid in one lump sum or in monthly or installments. **Please do not use Offering envelopes to pay membership fees. Instead, please insert them in separate plain envelopes clearly marked "For Membership". Please make any cheques payable to Toronto Buddhist Church.**

SAVE THE DATE

Were you ever a DANA SCHOLARSHIP recipient?
If so, we want YOU!

When: Sunday, September 24th, 2017

Where: Toronto Buddhist Church
1011 Sheppard Avenue West
Toronto, ON

Why: To celebrate the 50th Anniversary of
the Dana Scholarship!

Please contact
TBC.scholarship.1967@gmail.com or **TBC@TBC.on.ca**
for further details!

RALLY SUNDAY

Sunday September 10, 2017



After the glorious summer break, we invite everyone back to mark “RALLY SUNDAY”, on **Sunday September 10th**, traditionally the start of our regular services and activities at our temple. After service, the many groups and activities offered at the temple are highlighted with boards, artwork and displays in the social hall. Please enjoy some tea after service downstairs and see what activities you can participate in.

This date is also the **Monthly Memorial (Shotsuki)** for the month of September, a chance to remember our family, friends and loved ones who have entered Nirvana in previous Septembers. Please remember to bring your homyos for your loved ones.

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

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

We look forward to seeing you upon your return to the temple on September 10th and wish all a safe and lovely summer.