



# *Guiding Light*

SEPTEMBER 2017

JUST DANCE



Camp Lumbini T-shirt design by Mika Tamaki

**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)

# SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Please Note:</b> Events marked with an asterisk * are private and are not open to the general public					1	2
				Rev. Ouchi attending EBL Convention in Chicago		
<b>3 SUMMER SERVICE</b> 11:00 am Service	<b>4 OFFICE CLOSED</b> <b>HAPPY LABOUR DAY</b>	5	<b>6</b> 7:00 pm Isshin	7	<b>8</b> 8:00 pm Buyo	<b>9 11:00 am</b> *Private Event
<b>10 RALLY SUNDAY &amp; Monthly Memorial Service</b> 10:30 am Kid's Sangha 11:00 am Service 12:30 pm Dana Mtg 12:30 pm Sangha Mtg * Higan Service in Hamilton (O)	<b>11 10:00 am</b> Sr. Karaoke	12	<b>13</b> 7:00 pm Isshin	<b>14 10:00 am Tai Chi</b> 1:00 pm Buyo 2:00 pm *Momiji 3:00 pm Ikenobo 4:00 *Yee Hong 7:00 pm Meditation	<b>15</b> 8:00 pm Buyo	<b>16 10:00 am</b> * Private Event
<b>17 HIGAN SERVICE</b> 9:15 am Management Committee Mtg 10:30 am Kid's Sangha 11:00 am Service 12:30 pm Board Mtng	<b>18 10:00 am</b> Sr. Karaoke	19	<b>20</b> 7:00 pm Isshin	<b>21 10:00 am Tai Chi</b> 1:00 pm Buyo 2:00 pm *Castlevie 3:00 pm Ikebana 7:00 pm Meditation	<b>22</b> 8:00 pm Buyo	23
<b>24 REGULAR SERVICE</b> <b>TBC Dana Scholarship 50th Anniversary</b> 11:00 Service 1:00 pm Blue Jays Rally (Mezz) Higan Service in Montreal (Y)	<b>25 10:00 am</b> Sr. Karaoke	26	<b>27</b> 7:00 pm Isshin	<b>28 10:00 am Tai Chi</b> 1:00 pm Buyo 3:00 pm Ikebana 7:00 pm Meditation	<b>29</b> 8:00 pm Buyo	<b>30 11:00 am *</b> Private Family Memorial Service
			Rev. Ouchi will be away in Berkeley			

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

Thank you

# OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUR-
<b>Please Note:</b> Events marked with an asterisk * are private and are not open to the general public Thank						
<b>1 Monthly Memorial Service</b> 9:00 am Bazaar Food Mtg (Eko) 10:30 am Kid's Sangha 11:00 am Service 12:30 pm *Dana Mtg 12:30 pm * Sangha Mtg Shin Fujinkai Mtg	<b>2</b> 10:00 am Sr. Karaoke	<b>3</b>	<b>4</b>    7:00 Isshin	<b>5</b> 10:00 am Tai Chi 1:00 pm Buyo 3:00 pm Ikenobo 7:00 pm Meditation	<b>6</b>    8:00 pm Buyo	<b>7</b>
Rev. Ouchi will be away in JAPAN September 30th— October 11, 2017						
<b>8 Regular Sunday</b> 11:00 am Service Service in Hamilton	<b>9</b> <div>OFFICE CLOSED</div> <b>Happy</b> <b>Thanksgiving</b> NO Karaoke	<b>10</b>	<b>11</b>   7:00 Isshin	<b>12</b> 10:00 am Tai Chi 1:00 pm Buyo 2:00 pm *Momiji 3:00 pm Ikenobo 4:00 pm * Yee Hong 7:00 pm Meditation	<b>13</b>   8:00 pm Buyo	<b>14</b>
<b>15 PET APPRECIATION SERVICE</b> 9:15 am *Management Committee Mtg 10:30 am Kid's Sangha 11:00 am Service 12:30 pm * BOD Mtg	<b>16</b> 10:00 am Sr. Karaoke	<b>17</b>	<b>18</b>   7:00 Isshin	<b>19</b> 2:00 pm * Castleview 3:00 pm Ikenobo 7:00 pm Meditation	<b>20</b> <div>Rev. Ouchi Guest Speaker Winnipeg Oct 21-22</div>	<b>21</b>
JSBTC FALL MEETINGS—Board of Directors and Ministerial Assoc						
<b>22 Regular Service</b> <b>OVSA Presentations</b> 11:00 am Service 3:00 pm *Private Family Service / Reception	<b>23</b> 10:00 am Sr. Karaoke	<b>24</b>	<b>25</b> 10:30 am *Momiji Comm Mtg 3:00 pm Public Lecture Rev Izui 7:00 Isshin	<b>26</b> 10:00 am Tai Chi 1:00 pm Buyo 3:00 pm Ikenobo 7:00 pm Meditation	<b>27</b>   8:00 pm Buyo	<b>28</b> 11:00 am * Private Family Service Ottawa Workshop
<b>29 Regular Service</b> 11:00 am Service	<b>30</b> 10:00 am Sr. Karaoke	<b>31</b>				
Morning Services are held on the week days Mondays, Wednesdays, Thursdays and Fridays from 10:00 am – 10:30 am when a minister is available. As emergencies do come up, last minute cancellations may occur. Thank you						

## Honen : “Just Say the Nembutsu”

“What did Honen Shonin mean when he said we are saved simply by reciting the Nembutsu.” To understand the depth of this phrase “saved simply” in this question as it applies to Master Honen, we must first trace his life until he uttered this phrase.

He was Seishimaru until the age of nine. The text describes the attack and mortal injury of his father by henchmen hired by a political rival. His father’s dying wish was that Seishimaru **not** take revenge **but** become a priest. This karmic event set Seishimaru on his spiritual journey **rather** than a path of revenge. From the age of nine until fifteen, he lived in a local Buddhist Temple. He then went to Mt. Hiei, a renowned centre of Buddhist studies. There he changed his name to Honen-bu-Genku. From the age of nine to twenty four, Honen studied with great ability but he did not find enlightenment. Honen left Mt. Hiei to study at various Temples in Nara and Kyoto. Again, he found nothing that satisfied his search. Thus another nine years of his life yielded little results.

Honen then focused on Master Genshin’s “Essentials for Attaining Birth “with little results. For ten more years, Honen read and re-read the entire contents of Mt. Hiei’s library five times through. Then, came the thunderbolt, that flash of awareness on reading Shan-tao’s concise paragraph in the ‘Commentary on the Contemplation Sutra’. We must recall that in total Honen had searched for enlightenment for almost twenty-five years, almost half a human’s total life span at that time.

We can feel the joy and wonder on Honen’s face on reading Shan-tao’s words:

“First, single-heartedly practicing the Name of Amida alone---whether walking, standing, sitting, or reclining---without regard to the length of time, and without abandoning from moment to moment: this is called “the act of true settlement, “for it is accord with the Buddha's Vow.” The text states that these words moved Honen greatly. Little wonder, for Honen had been searching for almost twenty-five years and suddenly these words meant to him “You will be saved by simply reciting the Nembutsu. That is Amida Buddha's desire, his absolute promise to us.” We too, like Honen, must diligently search until we are fortunate to encounter that one good Teacher who can point us in the right direction. Jodo Shinshu is a solitary journey; we must go alone until the right causes and conditions lead to our awakening. Until then we can recite the Nembutsu with our limited abilities **trying** for a sincere heart and mind. The so-called “Easy Path” is not so easy. For me, it is one step forward, two steps back. On a good day it is two steps forward and one step back.

To understand the “we” in the question” we are saved simply by reciting the Nembutsu”, that “we” is us. We are like Honen searching, searching for the path to enlightenment without success. All our questions and more questions never seem to yield any answers. If we just give up our struggles to gain enlightenment through our own efforts and if we simply recite the Nembutsu with a sincere heart and mind, then through Amida’s great compassion, we reach the stage of the truly settled and our birth in the Pure Land is assured. How fortunate we are at that moment. Until that moment, we struggle we struggle.

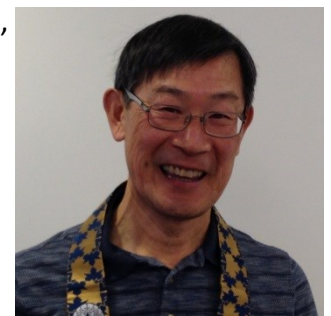
Recall Honen’s thunderbolt, that flash of awareness after twenty-five years of effort, his whole body responding joyfully and tearfully and the Nembutsu flowing without Honen’s effort from his mouth. Honen was embraced by Amida. Amida and Honen were one.

May each one of us in our spiritual quest have that moment of wonderment and joy, then tearfully having the Nembutsu flow from our mouth without our effort.

Namo Amida Butsu, Namu Amida Butsu, Namu Amida Butsu

Dennis Madokoro

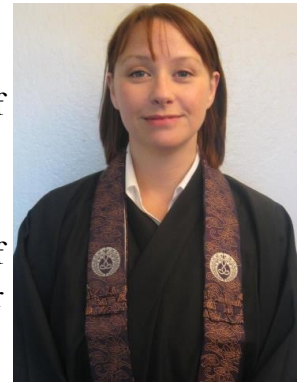
Minister Assistant



## IMPORTANT MESSAGE FROM REVEREND CHRISTINA

To the Members and Friends of Toronto Buddhist Church and the Eastern District of the Canadian Kyoudan

As Buddhism teaches, our lives are full of continual change. Life's journey is full of twists and turns that we come upon when we least expect it. Just when you think your path is heading one way, there is a twist that leads you in another direction.



It is with sadness that I must tell you about a sudden change in my life and the life of my family. As many of you know my husband David Ringle was an active duty member of the United States Coast Guard in California. To enable me to return to Canada as a minister in Toronto, David left his "active" duty status and became a "reserve". David has just recently received notice that he is being recalled to active duty and must report to the Coast Guard base in Virginia by August 15<sup>th</sup> of this year. I would never choose to have my family live apart. Therefore I have no option but to do everything necessary to move our son Atticus and me as soon as reasonably possible to join David in Virginia.

Being a Canadian, the process for my getting approval to emigrate to the United States is currently uncertain. Therefore I regretfully cannot announce an exact date at this time when we will leave Canada. Regardless of the outcome I have committed to stay on at Toronto Buddhist Church until at least the end of December. Frankly the transition period may be difficult because of the late notification of his recall. In addition to taking care of all the details of a major move, with severely limited childcare options I am committed to ensuring that Atticus experiences as little disruption or feelings of abandonment as possible. At the same time, I will do everything possible to continue to perform my duties in the normal course, to assist and mentor Rev. Ouchi and to serve the religious needs of the congregation. Despite my best efforts I may let you down on occasion and for this I sincerely apologize in advance.

I am aware that Toronto Buddhist Church and the Eastern District have encountered several serious difficulties over the years and I am truly sorry that I may be one more to add to the list. On the other hand the members of the Temple have been able to band together in every situation and displayed incredible resilience and courage in keeping the Temple intact and even growing. Everyone knows now that Rev. Yoshimichi Ouchi, while still young, is very intelligent, keen, personable and very capable. I empathize with any concerns he may have right now, having had the very same experience of being thrust into a heavy responsibility four years ago. I am convinced he will be a great leader of the Temple and the Eastern District in the very near future. I ask you all to please give him your patience, assistance and support at this time, as you gave to me. The Board of the Temple and the Bishop of JSBTC will immediately consider alternatives for help for Rev. Yoshi, but in the meantime, I know he will appreciate your kindness and understanding.

I will cherish the opportunity over the next while to thank each and every one of you personally for all you have done for me and my family. NAMO AMIDA BUTSU.

In Gassho,

Reverend Christina



## Outing for Shinfujinkai

The Shin Fujinkai went to a Summerlicious event on July 22<sup>nd</sup>, 2017. After looking at a very long list we decided to try Momofuku Noodle Bar which is a restaurant in the Shangri-la hotel at 180 University Ave. Their specialty is Ramen! What is not to love? Eight adventurous ladies met and sat at a long table which is called family serve. There was an appetizer, main course and dessert. A fixed price of \$18.00 for lunch during Summerlicious which is an attraction to customers to reserve during this event. It was a time to chat with others and relax with no cooking or cleaning up for us! Everyone had a good time and a full belly!

Dana Day



## Obon Odori 2017

Saturday, July 8 was a beautiful night for this year's Obon Odori. A large crowd had gathered at the JCCC to watch the dancers dressed in their colourful yukatas. Canada Ondo and Wonderful Canada were both performed to celebrate Canada 150. Canada Ondo was composed and recorded by Archie Nishihama for Canada's centennial in 1967. A plaque was presented to his children by MC Kunio Suyama. Wonderful Canada was first danced during the Japanese Canadian centennial in 1977. The other songs and dances ranged from traditional to modern with many old favourites. The intermission performances by Ayame-kai, Sakura-kai, the TBC Buyo Group and Isshin Daiko were enjoyed by all. The crowd was eager to participate and had great fun with Tanko Bushi, Tokyo Ondo, Home Run Ondo and a new dance - Dancing Hero.

Many thanks to the JCCC, TBC and all the organizers. Kunio Suyama did a fantastic job as MC, as always. Reverends Ouchi and Yanko officiated the Obon service and later, Rev. Ouchi was the guest MC. The TBC Minyo Taiko Group and of course, all of the dancers deserve an extra special thank you for making Obon Odori a great tradition.

## BON ODORI 2017



## OBON 2017

The Obon Committee deeply appreciates all the many volunteers who helped with the 2017 Obon weekend. To our two resident senseis, Christina Yanko Sensei and Yoshimichi Ouchi Sensei and our guest speaker, Bishop Kodo Umezu of the Buddhist Churches of America, all choshos and assistants, we offer our sincere gratitude.

This year we had wonderful weather for our cemetery visitations and added one additional cemetery, Pine Ridge Cemetery in Ajax. Also, we held a service at the Skeena River monument in Mount Pleasant Cemetery, in memory of those residents of that area from years ago. The location will be announced in the Guiding Light for 2018 for those interested in attending.

In gassho ,

The Obon Committee



## 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.*

Mrs. Mary Kashino    85 yrs.    July 2, 2017

Mr. Larry Suyama    55 yrs.    August 12, 2017



## DANA NEWS

On behalf of the Dana, we would like to thank all the volunteers who helped make the Obon flowers for the cemetery visits. We truly appreciate your kindness.





## TBC Booth at the JCCC Natsu Matsuri and Obon Odori

Thank you to the volunteers who set up and manned the TBC booth at the Saturday July 8<sup>th</sup> Natsu Matsuri (Summer Festival) at the Japanese Canadian Cultural Centre. This is a temple outreach activity where we can encourage people to come and explore the services and activities our temple can offer the greater community.



## **ATTENTION TEMPLE MEMBERS**

### **CABIN RENTALS AVAILABLE AT CAMP LUMBINI, WASAGA BEACH**

Were you wondering where you could go in September or October? Temple members are eligible to rent the cabins at Camp Lumbini, Wasaga Beach. There are 3 cabins available. The cabins will be available till October.

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)

## **Sunday Obon Services, July 9, 2017**

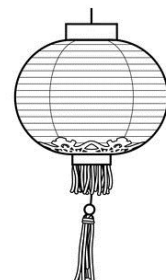
Bishop Kodo Umezu of the Buddhist Churches of America (BCA), our sister organization, was our special guest speaker on all three Obon Sunday services, July 8th.

Bishop Umezu gave us different Dharma talks for the Hatsubon (1<sup>st</sup> year of passing) and the English and Japanese language Obon services. Mrs. Janet Umezu accompanied the Bishop for this visit and also helped the Bishop out with one of his Dharma talks!

During the tea time in between the services (9am, 11am and 2pm), the Bishop and Mrs. Umezu were able to chat with some of our congregants and we all became new Dharma friends.

We greatly appreciated the Bishop of the BCA and his wife taking time out from their very busy schedule to visit us and take part in one of our busiest service days!

On behalf of the Religious Committee, many thanks go to the numerous volunteers who worked very hard over the entire weekend.





## Free Public Lecture at TBC by Hongwanji Specialist

### Save the Date!

On Friday October 20<sup>th</sup>, 2017 at 3:00pm there will be a free public lecture by a Rituals, Chanting and Liturgy specialist, Rev. Izui, from Hongwanji which is our Mother Temple! Rev. Izui was one of Rev. Yoshi Ouchi's principal teachers in Japan and he also specializes in some of the music played at Hongwanji. For those of you in attendance at the opening ceremonies of our new temple in 2005, you may remember Rev. Izui as he was part of the wonderful special Gagaku court musicians. If we get enough requests from our congregation and attendees at the free public lecture then perhaps we can look forward to a unique Japanese musical demonstration and experience from Rev. Izui and our own Rev. Yoshi!

If you have any questions about any of the chants or any rituals, you are welcome to observe, learn, hear and ask about them. Please come and welcome our special guest who is coming all the way from Hongwanji!

This visit from Rev. Izui is co sponsored by Hongwanji, Jodo Shinshu Buddhist Temples of Canada (JSBTC) and Living Dharma Centre (LDC).

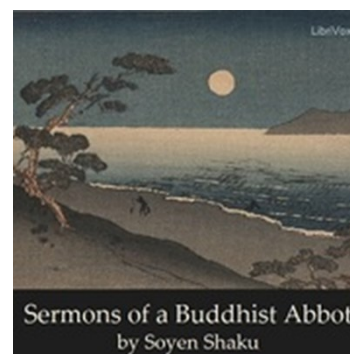
## The Living Dharma Centre Virtual Book Club

After a wonderful summer of easy reading of "Birds Art Life" by Kyo Maclear and "Sermons of a Buddhist Abbot" by Soyen Shaku, the Virtual Book Club will study in further detail the "Sermons of a Buddhist Abbot" from September. This book is available free on-line in PDF format: <https://terebeess.hu/zen/mesterek/Sermons-of-A-Buddhist-Abbot.pdf> and also free as an audio version: <https://librivox.org/sermons-of-a-buddhist-abbot-by-soyen-shaku/>

We have been using Google Groups to facilitate our discussion and would like to review this format with all our current participants. Kindly respond to the email previously sent out by our facilitator Barb MacCarl on August 7 so we can determine if this method has been serving our group well.

If you have not joined in, please email Barb at [bm.livingdharmacentre@gmail.com](mailto:bm.livingdharmacentre@gmail.com) to sign up and participate in this Virtual Sangha.

Gassho,  
The Living Dharma Centre



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

# THANK YOU

Ron Shimizu for your generous donation of a refrigerator and projection screen for Camp Lumbini. The kids at camp really appreciated it

Michael  
Tamaki



## Observations: The Grand Dames of Toronto Buddhist Church



I was recently watching a replay on television of the 2017 running of the Queen's Plate which is one of the most important thoroughbred horse races of the year in Ontario. It features the best Canadian bred thoroughbred horses. This horse race reminded me of a treasure which I have largely kept to myself and have only shared with a very few close friends.

As a background to this story, in the mid 1970's, I was working hard during the summer at various jobs in order to earn enough money to return to university the next semester. There never seemed to be quite enough funds so I "invested" part of this hard earned money from part-time summer jobs and tried to parlay this into larger amounts to pay for my university education by attending races at Woodbine Racetrack on my days off. I attribute this calculated gambling habit to my maternal grandfather who I understand was quite proficient at this practice.

I would attend the racetrack right after Sunday services. After having made the trek to Woodbine one beautiful day after attending church, I had placed my bet for the first race and had taken my seat in the grandstand waiting for the race to start. Darryl Wells would sound the familiar "And they're off!" as the race started. I would intently watch as the positions of the horses would change as the race progressed and this only added to the building excitement.

As the horses charged down the back stretch towards the finish line, people would spring to their feet and start cheering loudly to urge their favourite horses on. Some people would slap their paper race programs on the chairs in front of them while others shouted until they were blue in the face. During this backstretch run for the finish line, I heard something quite unusual. There was a distinct low drone of "Namandabu, Namandabu, Namandabu". Obviously, this was in stark contrast to the yelling and sometimes swearing going on. I had to turn around to look at where this "Namandabu, Namandabu, Namandabu" was coming from. Well, lo and behold, in the row of seats directly behind me were Issei (first generation Japanese Canadian) ladies from our church! I recognized many of them and there were perhaps at least a dozen of them all demurely smiling at me!

Most Sundays thereafter, I would often see these same Issei women at our temple during services. The interesting thing I noticed was that these women were strangely attending the morning services in English rather than the Japanese services later in the day. The reason, I quickly surmised, was that they wanted to make it to the racetrack in time for the first race at Woodbine!

On one occasion, when several of these ladies did quite well at the races, I half jokingly suggested to them that they should not forget about our temple the next Sunday when it came to offertory. Fast track to the next Sunday service: as I enter the Hondo at 918 Bathurst Street, I spot many of these ladies in the congregation, silently smiling at me and ever so slightly waving their offertory envelopes at me as if to say that they hadn't forgotten my suggestion. At that moment, I knew that I had formed a very secret and strong bond with many of the wonderful Issei ladies at our temple. This secret club of ours continued meeting on many Sundays during the summers at Woodbine Racetrack and for this bond and special friendship I shared I am forever grateful. I now look upon and remember these Issei pioneers as the "Grand Dames of Toronto Buddhist Church".

As a footnote, in a weak moment, I recently confided my secret relationship to a couple of wonderful Members of our temple congregation. Well, we laughed and laughed and laughed even more as we started to identify, remember and admire many of the 14 or so Grand Dames of Toronto Buddhist Church. My wife Amy and I swore these two temple Members to secrecy but I quickly discerned that they were not likely going to keep this

Continued on page 10

### **Observations: The Grand Dames of Toronto Buddhist Church**

this secret because they loved hearing about my secret relationship and bond with these Issei ladies. In fact, one of these Members, probably suspecting that she could not keep the secret for very long, urged me to share this story with others at our temple as “all of these Issei ladies are in the Pure Land now.” Well, I’m not quite sure that this is enough reason to break the secret but I do know that these two Temple Members are biting their tongues wishing to talk about this quirky bit of TBC history so I will break the secret by revealing my very special and treasured relationship with “The Grand Dames of Toronto Buddhist Church”.

With Gratitude and in Gassho,

Larry Wakisaka

### **RALLY SUNDAY and SEPTEMBER SHOTSUKI**

**Sunday September 10, 2017**

After the glorious summer break, we invite everyone back to mark “RALLY SUNDAY”, on **Sunday September 10<sup>th</sup>**, 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.

We look forward to seeing you upon your return to the temple on September 10<sup>th</sup>

# *Guiding Light*

### **REMINDER: ONLY MEMBERS ARE RECEIVING GUIDING LIGHT**

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 applies 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 is \$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 form and fee to the Toronto Buddhist Church (indicating it's for the Guiding Light).

The Guiding Light is also posted on the Toronto Buddhist Church website [tbc.on.ca](http://tbc.on.ca)

Subscription form on page 11

**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**

**Meditation and Mindfulness with Ray Nakano****Starting Thursday September 14, 2017**

Have you tried meditation on your own but it hasn't worked? Would you like to be more mindful in what you say and do every day?

Then, you may want to attend our meditation and mindfulness sessions.

Ray Nakano has facilitated meditation sessions for over 5 years and is leading 2 hour meditation sessions at the Toronto Buddhist Church. You can sit on a chair or a cushion.

Come out and join us!

**When: Every Thursday evening from 7 to 9 pm.**

**Where: Toronto Buddhist Church**

A typical 2 hour session includes: Guided sitting meditation (30 minutes): Silent walking meditation (10 minutes): Silent sitting meditation (20 minutes) : Dharma talk : Sangha sharing

Dharma talks are basic Buddhist teachings. Some talks that we have had: the 4 Noble Truths, the Noble Eightfold Path, the 5 Awarenesses. Sangha sharing is an opportunity for the group to share regarding their mindfulness practice and talk about their experience and any problems or concerns they are having.

If you would like to attend:

Please arrive at least 10 minutes early in order to allow time to "settle in", so the session can begin promptly at 7 pm.

Please turn off your smartphone upon entering the meditation room (the Hondo).

**If you have any questions, please contact Reverend Christina Yanko at 416-534-4302 or you can email Ray Nakano at [mindfulnesspracticesangha@hotmail.com](mailto:mindfulnesspracticesangha@hotmail.com).**



### **Ohigan Fall Equinox Service**

**Sunday, September 17<sup>th</sup> at 11:00am**

Ohigan (Higan) is also known as the Equinox Service, held both in the fall and in the spring.

Traditionally, Jodo Shinshu Buddhists mark this time of equal day and equal night as a day of perfect balance between night and day. It is an analogy of balance in our life which we all strive for as Jodo Shinshu Buddhists as we “walk the middle path”. Come and listen to the Dharma talk to help us center and bring ourselves back to the middle in harmony and balance.



### **Pet Appreciation**

**Sunday October 15<sup>th</sup> at 11:00am**

Our pets are our best friends and are members of our families. They often teach us many valuable lessons in unconditional love and unquestioning faith. We will be honouring and remembering our dear animal friends with a Pet Appreciation service on Sunday, October 15<sup>th</sup> at 11:00am. You are welcome to bring a photo of your beloved pet and participate in this service of gratitude.



### **A MESSAGE FROM KIDS SANGHA, DENISE CROFTON**

Hello Everyone

I hope you all had a great summer.

Just a quick note to let you know about a change within the Kids Sangha Program.

Effective September 2017 I will be taking a step back from the program in order to do some travelling with my husband as a result of his retirement, we look forward to the next phase of our life.

The program will be managed by Naomi Tamaki, Yumi Rootes-Starr and Jessica Peddle, along with the many other volunteers who help make this program a success. Many of you may know Naomi, Yumi and Jess as they have been an integral part of the Kids Program over the past 7 years and are also active members at the Temple. They are well positioned based on their experience to take the program to the next level.

I want to thank you so much for bringing the kids to the Temple and participating in our programs. I feel fortunate to have had the opportunity to watch some of the kids grow up over the past 7 years.

When I am around I still plan to assist with the program so I hope to see you throughout the year.

There are no other changes in regards to the program...we still meet every first and third Sunday of the month -10:30 am for service and 11:00 am for activity.

Gassho,

Denise

## Rally Sunday is September 10, 2017 (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,

Yumi, Jessica, Abigail, Rachel, Koji and Naomi



## TBC Dana Scholarship

50<sup>th</sup>  
Anniversary

The Toronto Buddhist Church and the TBC Dana Scholarship Committee are excited to celebrate the 50<sup>th</sup> anniversary of the Scholarship. To commemorate this special occasion, we will be observing a special service at 11 am with a reception to follow on Sunday, September 24<sup>th</sup>, 2017.

We are welcoming all to attend this celebration but remind the TBC Dana Scholarship recipients to RSVP through the TBC website ([tbc.on.ca](http://tbc.on.ca)) and to kindly complete the short questionnaire.

## TBC Annual Bazaar

**Saturday, November 11, 2017**

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

We need your help!

Donations are needed for sale at the various venues:

Baked goods and Food items  
Gently used items for the White Elephant Sale  
Plants  
New items for the Silent Auction and Lucky Draw

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

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

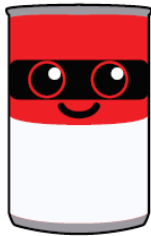
We will be able to begin accepting donations from Sunday, November 5, 2017.

***Please contact the TBC office if other arrangements are needed.***

Your support is much appreciated!

TBC Bazaar Committee

# WANTED



SOUP



MAC &amp; CHEESE



CANNED FISH



BABY FORMULA



PEANUT BUTTER



RICE



DRY PASTA



TOMATO SAUCE



CANNED VEGGIES

## Food Drive runs from Sept 24 - Oct 15

Bring in non-perishable food donations. For example, suggestions are dry pasta, canned goods like soup, fruits and veggies, fish, tomato sauce. Also baby formula, rice, peanut butter, mac and cheese.

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

*Thank you*

# Special Luncheon

Sat.  
Nov. 25th., 2017



at Momiji Place - noon to 4pm 3555 Kingston Road

## "Honouring Japanese Canadians on the **75<sup>th</sup> Anniversary** of their Internment & Displacement in Canada"

Reception, BentoBox, Photo & Film Exhibits  
Stories by Internees & Entertainment

**Ticket \$10 until Oct. 15th., \$15 from Oct. 16th.**

at Momiji Office and Toronto Buddhist Church at regular office hours  
or send a cheque made out to the Greater Toronto Chapter NAJC  
to TorontoNAJC, 6 Garamond Court, Toronto, ON, M3C 1Z5.

Hosted & Sponsored by Toronto NAJC



Contributing Partners: Momiji Health Care Society



Nat'l Ass'n of Japanese Canadian



Toronto Buddhist Church



JCCC Heritage Committee

