



Guiding Light

June 2020

SPECIAL EDITION

COMING TOGETHER DURING COVID-19



TORONTO BUDDHIST CHURCH
a Jodo Shinshu Temple

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

Extraordinary times...

It has been over 2 months since many of us were at the Temple. The Covid-19-19 pandemic has brought about many changes. Many of us have encountered the negative effects on our lives and we are unsure what changes will remain and if so, for how long.

We have had to learn to adapt, whether it is working from home, learning online or even how we do our shopping. We are fortunate that Bishop Aoki, Rev. Ikuta, Rev. Izumi, Rev. Gubenco and others have used different methods of communication to share the Dharma with us. Please check our website for more information and updates.



At the Temple, we hope to hold services and start programmes in September. In the meantime, it is extremely important that we receive your membership forms and fees.

Although the Temple is closed, there are still overhead expenses that need to be paid. We are in great need of your support and donations, a substantial amount of which has been lost due to the shutdown. We are able to have the mail redirected and looked after if it is addressed to "Toronto Buddhist Church, 1011 Sheppard Avenue West, Toronto M3H 2T7".

If there are any positive effects during the pandemic, it seems we have had to slow down our busy routines and this has resulted in some amazing things. "India: air pollution in the north has hit a 20 year low." "Dolphins return to Italy's coast amid corona virus lockdown." "Wild animals take over streets around the world." It gives us something to think about.

At the beginning of the pandemic, there was one thing I couldn't understand. Why was everyone frantic about buying toilet paper? Did they feel they would be staying home and need more toilet paper? We have learned not to take our barbers, hairstylists and pet groomers for granted. I was laughing so hard when I saw the Facebook posting where owners gave their little puppies haircuts (one poor puppy was even sporting a bandage on its ear). Probably not enjoyable for the owners and puppies, but the results were hilarious.

We are still working hard on resolving Rev. Ouchi's documentation issue. We need his guidance through these extreme times. We all hope that this gets resolved soon.

For many of us, this is not an easy time but please try to find positive things to think about and most of all...take care and keep well!

Dawn Anzai, President, Toronto Buddhist Church

Please Don't Forget About Us

As you know the church has been closed and all activities have ceased since March. However, we continue to have many ongoing expenses with little to no revenue. Please consider continuing your regular donations as we could really use your help at this time. We realize this is a difficult time for many, but any donation would be appreciated in order to help sustain our temple.

Canada Post has resumed delivering our mail so you can mail in your membership or donation to:



Toronto Buddhist Church,

1011 Sheppard Avenue West

Toronto, ON M3H 2T7

or please consider using PayPal for all membership fees and donations during the pandemic.

<http://tbc.on.ca/about-us/donate/> or <http://tbc.on.ca/jodo-shinshu-buddhism/membership/>

LET'S MAKE THE TOUGH TIMES BETTER

We hope that everyone is still coping with self isolation, following the instructions of the experts and keeping themselves busy. It is beginning to sound like there is a light at the end of the Covid-19 tunnel. Our governments are starting to announce plans for a cautious re-opening of the country. By the time you read this Canada will have started to open up. We are one step closer to being able seeing our families.

We are hoping that you will share your thoughts (submit as often as you like) so that we can continue to publish monthly until we are able to resume our 'normal' lives. The newsletter will also be posted on the Toronto Buddhist Church website **tbc.on.ca** under '**Guiding Light Newsletter**'. The website allows you to see the photos much clearer and in colour - check it out!

All suggestions are welcome. Please send your articles and suggestions to **darlene.rieger28@gmail.com**.

Articles should be in word format. Please send pictures for your article separately.

TBC RELIGIOUS UPDATE

Hello everyone!

Looks like things are starting to loosen up a little bit and some people have been able to get back to work outside of the home. What have *you* been doing to keep yourselves busy?

Well, I, like most people started cleaning up around my house; I started a puzzle; I started making masks *and* I got on the cinnamon bun-making band wagon. After eating too many cinnamon buns, I realized that I needed to get into a new routine for a new environment.

Making sure that I have some purpose is very important for my mental health. Keeping physically active, helping and giving to others as well as continuing to sing with my virtual chorus and attending a virtual service on Sunday are all activities that are keeping me grounded throughout this lock-down/pandemic. While it has been difficult to be separated from my children and grandchildren, we have been connecting virtually as well as having the occasional driveway visit. For that, I am grateful.

This situation has given me much time to reflect and have gratitude for the situation that I am in. I know that regardless of the things that I cannot have or do, I am one of the lucky ones. Many people are struggling right now and those of us who can, should be helping out in any way that we can. Just by following the guidelines of the health officials to wear a mask, keep your distance and wash your hands, helps to keep others safe by not spreading the virus – it is not a small act. A Big THANK YOU to all those who are continuing to work tirelessly during this time, to enable us to get back to our lives and to those who are doing many acts of kindness such as helping out neighbours or others who are unable to get out or who are in need. Please be sure to check on those you know.

Once we get the OK from the government, we will let you know how our services will look. We are anticipating some changes in some of our former routines, but our priority is to keep all our congregation safe.

In the meantime, if you have any questions or concerns please feel free to call the Temple and leave a message on the voice mail. (416) 534-4302. Our voice mail is checked several times a day, so someone will get back to you.

We are still hoping to restart our services on **Rally Sunday / September Shotsuki-Memorial Service** on September 13, 2020. Please continue to check our TBC website <http://tbc.on.ca/> and our Facebook page <http://www.facebook.com/groups/torontobuddhistTemple/> to find updated information.

Please let your family and friends know about the cancellations of all services and events including the **Obon** cemetery visitations, Obon Odori, and all Obon services.

In the meantime, feel free to watch or join other religious services conducted by our JSBTC ministers, online. Calgary, Southern Alberta, Steveston and Vancouver have all shared video links to their live or taped services. Please check the TBC website and/or facebook to find the links. Reverend Grant Ikuta is conducting regular live Sunday services at 1:00 pm (eastern time) via Zoom. Please email grant.ikuta@gmail.com to get the weekly link. You can connect with many people from across the country as you will have an opportunity to talk to each other after his Dharma message.

Reverend Ouchi is still waiting for permission to work from Immigration Canada, but Bishop Aoki and Rev. Grant Ikuta are available to provide makuragyos, funeral services and memorial services over the internet through Skype, Facetime, or Zoom. Please contact either the Temple (416)534-4302 or Paul Aoki (647)535-7890 directly or by email at p.aoki@yahoo.com

Wishing you good health and looking forward to seeing you again in September.

Donna Nakano for
Religious Department



The Joy of Cooking – Tuesday, June 23rd from 7:00-8:00 pm MST, 9:00-10:00 pm ET

With self-isolating due to COVID-19, it's interesting how our energies have shifted so much towards food, almost like going back to the basics, something we can control. There's a focus specifically on comfort food and the foods that connect us to our roots and to each other. And, where do we cook and eat many meals is in the kitchen!

The Calgary Buddhist Temple is honored to have architectural writer/designer/historian John Ota presenting for us a glimpse of his journey through time - and the homes of Julia Child, Georgia O'Keeffe, Elvis Presley and many others in search of the perfect design. John shares some fascinating stories, beautiful photos, and highlights from his new book, *The Kitchen*.

This workshop is open to everyone! Register by emailing calgarytemplesangha@gmail.com and the Zoom online meeting invite will be sent to you. You are also welcome to submit questions to this email address for John and if time permits, there will be a Q&A session at the end.



To purchase John Ota's book, *The Kitchen*, please go to:

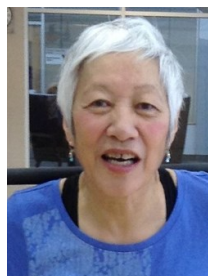
<http://www.penguinrandomhouse.ca/books/566674/the-kitchen-by-john-ota/9780525609896>

For those who have not seen the virtual tour of High Park's Cherry Blossoms; Copy and paste or type the below link into the address bar of your search engine and enjoy. Beautiful!

<https://www.sakurainhighpark.com/blog/2020/6/sakura-watch-may-6-2020-watch-the-city-of-torontos-2020-virtual-tour-of-the-cherry-blossoms>



One of my favourite books to read, especially when I'm feeling down, is *Everyday Suchness* by Gyomay M. Kubose.



During these isolating times, I often feel the need to read about freedom, which seems very remote right now. Like everyone else, I've been staying at home; I haven't gone out except for walks in the garden and the odd shopping trip during senior's hour at the local grocery store. I've done no socializing nor have I hugged loved ones for many weeks, and I haven't been able to hold my first grandchild, who is 2 months old now. During this pandemic, it feels like we have lost our freedom to enjoy life. However, as Kubose states, "It is up to us to make our life light or dark, to be free or be in bondage. Freedom exists in us." I feel more free just thinking about his words. There's freedom in all of us — it's a state of mind.

Everyday Suchness also touches on another relevant topic: fellowship. Though there has been much sadness and darkness that has arisen from the coronavirus, there has also been an enormous outpouring of kindness and compassion around the globe. People bringing groceries to their vulnerable neighbours, singers singing operas from their balconies, even the simple act of choosing to stay inside — all of these things are in the service of others. Then there are those who are at the frontlines of the pandemic. I was thinking how difficult it would be if we didn't have the healthcare professionals and other essential workers risking exposure to COVID-19 every single day so that we can all live in relative health and safety. We must continue to appreciate and support our many frontline workers, for without them, where would we be? As Kubose writes, "When we realize the reality of interdependence, we cannot help becoming harmonious, peaceful and appreciative of one another and of all things."

In gassho
Myra Takasaki

Peony Ikebana arrangement
by Myra



Jodo Shinshu Buddhist Statement on Covid-19-19 Pandemic

The Covid-19-19 pandemic has spread throughout the world and shows little sign of ending. Here in Japan, we have entered a new stage with the announcement of the state of emergency.



First, I wish to express our sincerest condolences to those in Japan and the rest of the world, who have passed on due to Covid-19-19 pandemic. And to those who have become ill, we send our best wishes for a speedy recovery. Moreover, we express our deepest admiration and gratitude to all the doctors, nurses and medical staff for their heroic effort to treat and save the patients, even at the high risk of danger to themselves.

During this crisis, people around the world are confronting the enormous set of challenges by working together through mutual cooperation and encouragement. However, it has been pointed out that one of the causes for the spread of the disease lies in the actions of asymptomatic people who are unaware that they have contracted the virus. We must, therefore, understand its dangers and the correct response to the virus and act accordingly. We are requesting everyone to show genuine concern for one another so as not to allow the spread of any kind of discrimination and prejudice. Let us act properly based on our careful consideration of the implications of our action.

The Buddha taught us that ignorance and afflictions are the cause of our suffering. And Shinran Shonin revealed to us of the truth of our self-centeredness that lurks at our core through the words, “we foolish ordinary beings possessed of afflictions.” Given these truths, isn’t it important that we share in the joys and pain precisely because we are in such a difficult time? In Buddhism, we value the teaching of “interdependence which points to the reality that all things exist by being connected through the workings of through the workings of causes and conditions and are, therefore without fixed substantial entity”. The spread of Covid-19-19 is due to the person-to-person contact. Consequently, we no longer feel relief but, instead, anxiety about our ‘human connectedness, which was originally something that was highly cherished. Therefore, we must not come to regard our human connectedness negatively as something of great danger. Precisely because we are now facing this worldwide pandemic, we must become even more cognizant of the original meaning and the importance of our ‘human connectedness.’

What is crucially important at this time is for us to be guided by the Buddha’s wisdom and to work cooperatively together within the workings of Buddha’s great compassion. In so doing, we can reaffirm the importance of being alive and to bring an end to the spread of this disease. It is not the governmental announcement of the state of emergency that will defeat this Coronavirus crisis. Instead, it is the thorough and appropriate actions of each one of us, in cooperation with many others, which will determine whether or not we can bring the current crisis to its end.

Precisely because my very existence is made possible within the connectedness with the people of the world, we shall be able to rejoice with them when we eventually overcome this difficulty together. Within our respective personal circumstances, we are encouraged to think about what we can do to combat this crisis without diminishing the Lamp of Dharma and our tradition. And we shall cooperate and pool our resources as we receive the mind of Nembutsu that reaches us from Amida Buddha, promising to “liberate us just as we are”. So, let us do our part to the best of our abilities in order to regain our society, in which everyone can live with a peace of mind.

April 14, 2020

Chiko Iwagami

Governor General, Jodo Shinshu Hongwanjiha

MESSAGE FROM NAOKI HIRANO SENSEI STUDYING IN JAPAN

“The flow of the river is ceaseless and its water is never the same. The bubbles that float in the pools, now vanishing, now forming, are not of long duration, so in the world are man and his dwellings.”



At the end of March I landed in Japan for Shin Buddhism study at the Honganji's affiliate school in Kyoto. Now I am on the same soil which Shinran Shonin would have been on more than 800 years ago. He might have seen the same mountains, old Temples and shrines that I am seeing right now. This thought gives me a special feeling as I can relate more clearly to Shinran Shonin's long and difficult journey to seek the way to emancipate oneself from birth and death. And this brings me to realize the importance of my study and practice.

The quote at the beginning of this article is from *An Account of My Hut* (Jpn. Hojoki) by Kamono Chomei. He was born about 20 years earlier than Shinran Shonin and recorded what he saw and heard throughout his life in Kyoto. When I read his writing while sitting in front of Shoren'in Temple, I can visualize what young Shinran Shonin might have seen when he was initiated into the priesthood at the age of nine.

He came to Shoren'in Temple which is one of the special Tendai Temples in Kyoto with his uncle for the initiation late in the day. Because of the late hour, it was decided to put off this off until the next day. When Shinran learned of this decision, he composed the following poem on the spot:

Cherry blossoms that are felt
To last till the tomorrow
May well blow away
During the night

With these words Shinran expressed his deep understanding of the human condition. No one knows what might happen at any given moment. When Jien, the officiant of the initiation ceremony, heard this poem, he conducted the ceremony for Shinran immediately.

We are facing the reality of such human condition right now, too. The coronavirus pandemic is forcing us to change our daily life in many ways and we cannot get away from this no matter where we are. But this is not the first experience for us as human beings when you look back in history.

In *An Account of My Hut*, Chomei wrote that two strong earthquakes hit Kyoto when Shinran Shonin was 7 years old, destroying many houses including well constructed aristocratic residences. In the same year, a large fire occurred and burnt out almost one third of Kyoto. Two years later, there was a drought during the summer and floods from fall to winter that caused severe famine. Moreover, Chomei wrote “the first year passed and it was difficult enough to live but next year was even worse, as a pestilence followed and the prayers of the people had no effect.”

That fell on the year after Shinran Shonin entered into Mt. Hiei where he was practising Tendai Buddhism, but the devastating situation outside would be heard inside the Temple as well. Ryugyo Hoin, a priest of Nin'na Temple in Kyoto, could not leave the dead bodies abandoned almost everywhere in the city. The Temple belonged to the school of Shingon Buddhism which practices estoteric Buddhism. Ryugyo went out and put the first letter of Sanskrit characters on the foreheads of the bodies. The word was believed to have the power to connect the deceased person's soul to the universe so that it could return peacefully to Nirvana. Ryuogo continued to do this for two months ending with more than forty-two thousand bodies with this character. The area which he covered was just a part of Kyoto. If it was Toronto, the area would be the equivalent to the area surrounded by Harbourfront and St. Clair Avenue and Bathurst Street and Yonge Street. In this small area there were more than 42,000 deaths in two months. Chomei grieved at how many lives were actually lost due to the pandemic and famine.

People in Kyoto were suffering from not only being afraid of the invisible virus attack, but seeing real hell before their eyes—losing their loves ones, thousands of abandoned bodies everywhere along with the decomposing odours, frequent conflict between pro-government groups and the opposition, arson, robberies, etc.

Continued on page 4

MESSAGE FROM NAOKI HIRANO SENSEI STUDYING IN JAPAN, Continued from page 3

This might be the world young Shinran Shonin also saw and this might have been the motivation to seek the path of emancipation, not only for him but for everyone. He wanted to do so in order to help those who were so frightened about life that they did not even know if they would be alive the next day. But through his life of endeavour, he always would regret his weakness, powerlessness and uselessness of his efforts to help people. “What can I actually do for those who are in distress?”

Of course, with today's advanced technology, the situation is different and we could do better. But we may be experiencing the same fears that people may have had centuries ago. All of us are struggling with the situation that we are unable to control or prevent our loved ones being infected with the virus. We have never had such a challenging time. At the same time, never before have we had such a strong longing for spiritual guidance to deal with our feeling of unease—we are doing very well with the state of emergency measures, but at the same time we are suffering mentally.

The only answer Shinran Shonin could find to come to terms with that was by following the teaching of Amida Buddha to recite the Nembutsu. With my feet standing on the same soil as Shinran Shonin eight hundred years ago and by seeing the scenery seen by him, I feel how small and helpless I am in this world, but at the same time I can feel the confidence that is growing from the bottom of my heart...that the path he was seeking is the right and only direction that guides me to answer “what could I do for me and for this world.” In a letter to his disciples Shinran Shonin set forth his hope that “May there be peace in the world and may Buddha's teaching spread” in his later years.

While holding on to Shinran Shonin's hope, I will dedicate myself to my studies this year. I would like to thank everyone for supporting me from the bottom of my heart since this could not have happened without your kindness.

In Gassho
Naoki Hirano Sensei

A LITTLE CHUCKLE



Buddhist teachings emphasize the “[four immeasurables](#)”: loving-kindness, compassion, joy and equanimity. Buddhist teachers believe these four attitudes can replace anxious and fearful states of mind.

When emotions around fear or anxiety become too strong, Buddhist teachers say one should [recall examples](#) of compassion, kindness and empathy. The pattern of fearful and despairing thoughts can be stopped by bringing oneself back to the feeling of caring for others.

Compassion is important even as we maintain distance



Excerpt from The Conversation. Article by Brooke Shedneck, Assistant Professor of Religious Studies, Rhodes College



TO THOSE WHO HAVE SUBMITTED ARTICLES, PICTURES, EXPERIENCES, ETC. TO THE COVID-19-19 SPECIAL EDITION NEWSLETTER. YOUR SUBMISSIONS HAVE BEEN READ BY MANY AND WE BELIEVE HAVE BROUGHT THEM HOPE AND INSPIRATION.

WE HOPE THAT YOU WILL CONTINUE TO CONTRIBUTE TILL WE ARE BACK TO 'NORMAL'. WE ALSO HOPE THAT THE NEWSLETTER HAS INSPIRED OTHERS TO THINK ABOUT SUBMITTING AND SHARING THEIR HAPPY MOMENTS AND INSPIRATIONS.

AGAIN THANK YOU

COVID-19-19 SPECIAL EDITION STAFF

New Videos on Youtube

I purposely didn't send you a notice of the new upload of my virtual service. I tested it to see how viewship would be affected without sending the notice. The result was about half normal viewship without sending you a notice. However, I am receiving viewers and subscribers from outside of Canada such as France, Italy, USA, etc.

I am also experimenting with the format. We normally chant sutra before Dharma Talk, but on YouTube, I give Dharma Talk first. I don't necessarily give Dharma talks in the Hondo.

YouTube has a tool to analyze how many people watch the program fully and how long they stay on the program. It is very interesting to see this data, but I am currently caught up uploading my weekly Dharma service.

Editing takes much longer time than recording Dharma talk.

"Row, Row, Row, Your Boat - a Metaphor for Life"

<https://youtu.be/z1aIO5Ch2bE>

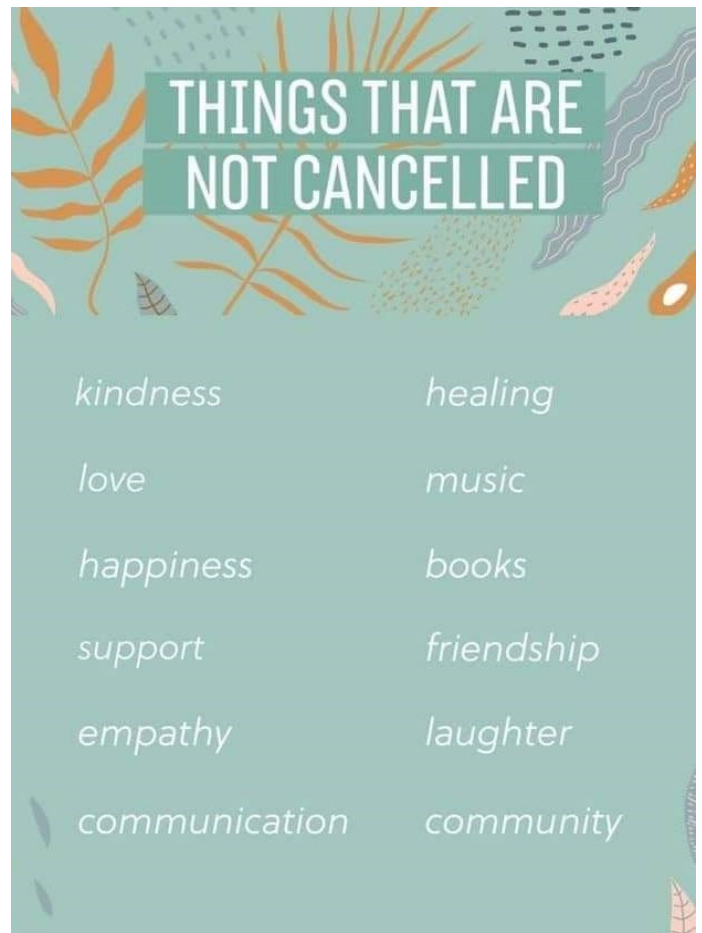
"Cleaning as a Buddhist Way for Well-being!"

<https://youtu.be/c01kjW5-K1A>

Bishop Tatsuya Aoki

Type above https into address bar of browser

When we realize we're all in this together. Our differences are less important.



How to cope during COVID-19



As I write this notice there are over 2.2 Million people who have been infected by COVID-19 and over 150,000 deaths worldwide. It is truly an unprecedented event in our lifetime. As we try to physically isolate and flatten the curve many of us are feeling isolated, worried and scared. This drastic change in our life style is not easy to cope with. What can we do in our daily lives to make it easier to get by? While I am not an expert in mental health I have some suggestions that might help. These are just some ideas that I am practicing and have heard other people trying.

If you are feeling particularly anxious to the point where you cannot sleep or eat, or feel you are at the end of your rope then you should seek more professional help. There are many resources available on the Alberta Health Services website. There is also the mental health hot line 1-877-303-2642 and the Children's' mental health hotline 1-800-688-6868 . You should also contact your family doctor. They can talk to you over the phone, make referrals to counselling services or other resources.

These are the top 5 things on my list

Include humour in your daily life. Rather than ending your day with news about COVID-19 watch something funny. Watch your favourite sitcom, a funny movie, or the Pluto Living YouTube videos are just some examples. For a funny Article there is a great article in the latest Tricycle Magazine by Matthew Abrahams (April 1st, 2020) "Newly found Scripture reveals Buddha gave a remote sermon, and struggled with A/V issues – or thus have I (mostly) heard."

Go outside for a walk everyday. Being outside is very important at this time. Go out even for a short walk. If you have children you can arrange a scavenger hunt in your back yard. You can take up Geocaching (down load the free Geocaching app) but be careful to use gloves and wash your hands if you find an item. If you can't go for a walk even sit outside for 20-30 minutes. As a Buddhist you could incorporate walking meditation in to your walks. For 20 minutes focus on your walking and recite Namu Amida Butsu. With each step.

Journal daily. This is a time that all of us will remember. Try to write down what is happening. How are you feeling? What good thing has happened and don't just focus on the negatives. There are many who are Naikan journaling. This involves reflections on three main questions. What have I received from others? What have I given to others? What troubles and difficulties have I caused others? I add a forth question to my journaling. What can I do to help others tomorrow?

Meditation – There are great resources on-line to help with various forms of meditation. Rachel Crowder has a web site – Present Moment Human Development – that has many guided Mindfulness meditation practices. A Buddhist version that I like is Metta or Loving Kindness meditation. This involves reciting:

May all beings be happy and well.

May no harm or difficulties come to them.

May they live in peace and harmony.

May I be happy and well.

May no harm or difficulties come to me.

May I live in peace and harmony.

Then change it to family, teachers, friends, strangers, enemies and back to all beings.

Recite the Nembutsu – Sit quietly and recite Namu Amida Butsu. I take refuge in Amida Buddha. This helps mind me of the great compassionate vow of Amida. It also reminds me of all those people who have had such a profound influence on me. I often see envision my grandparents in front of the Butsudan reciting the Nembutsu and that brings me comfort.

MASKS

During this COVID-19-19 pandemic, we have heard a lot of “dos and don’ts”: DO wash your hands as often as possible and DO use hand sanitizer when you aren’t able to use soap and water; DON’T touch your mouth, eyes and nose; DO sneeze or cough into your sleeve, not your hand; and, DO keep at least 2 metres between yourself and others; DON’T gather in groups of more than five people...the list is endless!

At the beginning of the pandemic, we were told not to wear masks – “if you are not a health professional or “essential worker” and you are not sick or immuno-compromised, you should not wear a mask.” This became more crucial as masks, like toilet paper and Lysol ® wipes, were in short supply worldwide. N95 masks (which are able to filter out 95% of airborne particles) and surgical masks (not as effective as N95 masks at filtering out viral particles, but deemed adequate by the WHO and U.S. CDC) were only to be worn by health professionals and first responders as they are the ones coming in direct contact with many people infected with the COVID-19-19.

Now, we are being told that everyone should wear them: “some covering is better than no covering”. At the very least, it would help to limit the spread of germs when you cough or sneeze within your mask. But where can you get a mask when they are sold out everywhere?

As the stay-at-home orders and social/physical distancing began, some companies kept their employees working by changing their focus and started producing masks, gowns, gloves and face shields and hand sanitizer. However, these were being made mostly for the frontline essential workers.

People quarantined at home found themselves with time on their hands and “crafty” people started making masks to donate to hospitals and other organizations or for themselves. Social media is full of instructions on how to make your own masks. Some are sewn, some are not, some have pockets for filters.

These days, however, as everyone is jumping on the bandwagon and making masks, supplies for making them are hard to find, especially as places like fabric and craft stores have been closed. Local WalMarts are sold out of material or elastic for the ear loops!

If you have trouble finding supplies, check around your home. You can use bandanas, tenuguis (Japanese cotton towels), yukata material, hair elastics for ear loops - whatever you have on hand. There are even online instructions on how to make masks from T-shirts or socks (finally, there’s a use for those odd socks left over after doing the laundry)...!

Below you will find some links to YouTube videos on how to make masks. These range from very easy-to-make ones that don’t require any sewing, to more complicated ones with downloadable patterns.

One of the simplest masks to make, especially if you don’t sew, is to use a bandana or tenugui or any type of cotton material. These tend to be a little bit bulky, but they are very simple to make and don’t require a lot to make them - just a piece of cotton material, a couple of elastic bands or hair elastics, and a coffee filter.

1. Open up the bandana/tenugui and lay it flat. If using a tenugui, fold it in half so that it is half the length.
2. If you would like to add an extra layer of protection, lay a flattened coffee filter in the middle of the material.
3. Fold the top half down to the middle (over the filter). Fold the bottom up to meet in the middle.
4. Fold it in half again so it looks like a long, skinny rectangle.
5. Thread one end through an elastic band or hair elastic and bring it to between one quarter and one third of the length of the long rectangle. Do the same with the other side.
6. Fold the material in towards the middle and tuck one end inside the other. The elastics should now form your ear loops.



Illustrated on page 11

Article submitted by Joanne Uyede, Member, Toronto Buddhist Church

No-Sew Mask (Instructions on Page 10)

2.



4.



3.



5.



6.

Call for Volunteers:

Now, with the gradual reopening of businesses, we are beginning to return to a “new normal”. When the Temple is able to reopen, we will mostly likely have to continue wearing masks to protect ourselves and our loved ones, especially our vulnerable seniors.

TBC would like to ask for volunteers to make masks for those who do not have one, especially for the senior members of our congregation. If any there are any people with or without sewing experience who are willing and able to make some masks for the Temple, it would be greatly appreciated! Phone or email the Temple if you are able to help and bring your masks to Temple when we are able to gather again. Below you will find some links to YouTube videos on how to make masks. These range from very easy-to-make ones that don't require any sewing, to more complicated ones with downloadable patterns.

NO-SEW MASKS

Made from Bandana, with coffee filter:

<https://youtu.be/oPYp-kjiqtW> ;

Made from tenugui, with coffee filter:

<https://youtu.be/06zBMMJfg6k>

SEWN MASKS

Hand-sewn from socks with filter pocket:

<https://youtu.be/YnmE9ziLqfk>

PLEATED MASKS

<https://youtu.be/m6xtddrAvlM>

Hand-sewn easy mask:

https://youtu.be/IITTiQnSq_4

3D MASKS:

<https://youtu.be/gttwJMjuf9M>

Machine-sewn 3D masks with cotton batting:

https://youtu.be/UaZBm_V8Flg

PATTERN

Machine-sewn Mask using vacuum (hepa filter) bags:

<https://youtu.be/W6d3twpHwis>

Copy the YouTube address into the address box of your browser to access the videos for instructions

Buddhist doctrines recognize an interconnection between everything. The pandemic is a moment to see this more clearly. With every action someone takes for self-care, such as washing one's hands, they are also helping to protect others.

The dualistic thinking of separateness between self and other, self and society, breaks down when viewed from the perspective of interconnection.

Our survival depends on one another, and when we feel a sense of responsibility toward everyone, we understand the concept of interconnection as a wise truth.

Excerpt from The Conversation. Article by Brooke Shedneck, Assistant Professor of Religious Studies, Rhodes College



佛心



新型コロナウイルス感染症に関する

「念仏者」としての声明

現在、新型コロナウイルス感染症は世界中に拡がり、収束する気配を見せていません。日本でも緊急事態宣言が 発令されるなど、状況は新たな段階に入っています。まず、このたびの新型コロナウイルス感染症によりお亡くなりになられた国内外の多くの方々に謹んで哀悼の意を表しますとともに、罹患されている皆さまに心よりお見舞い申しあげます。さらに、特に高い感染リスクにさらされながらも、懸命に治療・対策にあたられている医師、看護師をはじめとする医療従事者の方々に深く敬意と感謝を表します。

こうした危機的な状況において、世界中の

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浄土真宗 本願寺派

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指摘さ れています。感染症の危険性や対処法を正しく理解し、実行するとともに、差別や偏見が拡がらないよう、一人ひとりがお互いを思いやり、注意深く行動していきたいと願っております。

釈尊が明らかにされた苦しみの根源である無明煩惱、また親鸞聖人が「煩惱具足の凡夫」という言葉でお示しになった私たち人間の根本に潜む自己中心性に思いをいたし、このような時にこそ、人と喜びや悲しみを分かち合う生き方が大切ではないでしょうか。仏教には、「あらゆるものは因縁によりつながり合って存在しており、固定した実体はない」という「縁起」の思想があります。新型コロナウイルスの感染拡大の原因は人との接触であると考え、本来大切な人との「つながり」が、今は安心感ではなく、不安をもたらすものとなってしまっています。しかし、「つながり」を表面的に捉え、危険なものとする肯定的に考えてはなりません。世界的な感染拡大流行という危機に直面する今だからこそ、私たちは仏教が説く「つながり」の本来的な意味とその大切さに気づいていく必要があります。

今重要なことは、仏智に教え導かれ、仏さまの大

きな慈悲のはたらきの中、共に協力し合って生きる大切さをあらためて認識し、感染拡大をくい止めることです。緊急事態宣言がコロナ危機を克服してくれるものではありません。この困 難を打開できるかは、多くの関係者のご尽力とともに、私たち一人ひとりの徹底した適切な行動にかかっています。

私という存在は、世界の人びととの「つながり」の中で生きているからこそ、やがて、共にこの苦難を乗り越えた時、世界の人びとと喜びを分かち合えることでしょう。それぞれの立場において、この難局で法灯や伝統を絶やさないために何ができるかを考え、「そのまま救いとる」とはたらいてくださるお念仏の心をいよいよいただし、共に支え合い、力を合わせるのです。誰もが安心して生活できる社会を取りもどすことができるよう、精いっぱいのおつとめを果たしてまいりましょう。

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