



Guiding Light

September 2020

Welcome Back



TORONTO BUDDHIST CHURCH *a Jodo Shinshu Temple*

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

Temple Re-opening

Hello! We are pleased to announce our plan to cautiously reopen the Toronto Buddhist Church (TBC) *for services only* on Sunday, September 13, 2020 at 10:00 am with the service starting at 11:00 am. The safety of all our temple members and guests continues to be our utmost concern and we must remain vigilant in the continuing battle with COVID-19.

The onset of COVID-19 has highlighted the fact that our individual actions affect our collective health. Therefore, we have taken great care to create in-depth safety protocols in accordance with local and federal regulations and international recommendations. Please take the time to read all of the information and protocols and do your best to adhere to the new requirements.

SOME HIGHLIGHTS of the new Safety Protocols

Please read "[General Protocols for Service Attendees](#)" for details.

The Hondo will be limited to 50 people per service

You will be required to pre-reserve your spot in the Hondo.

Each attendee (including children) must complete a health questionnaire for every service

You will be required to wear a face covering at all times while on TBC property, sanitize your hands and observe physical distancing practices.

The temple will be fully cleaned after each service with all high touch areas sanitized/disinfected frequently.

Hand sanitizer and disinfectant wipes will be easily available.

If an attendee chooses not to abide by TBC's protocols they will be asked to leave for the safety of others, but they will be able to attend our live-streaming services.

SOME HIGHLIGHTS of Changes

Shotsuki Services will be held 3 times per month in order to accommodate everyone. Please check the schedule or website for dates.

There will be no group singing or chanting out loud. Minister/leader only

There will be no books, nenju, headsets, or montoshikisho to borrow

Please leave your offertory in the box as no baskets will be passed

There will be no refreshments or socializing inside the temple.

Our re-opening coincides with our September Shotsuki Memorial Service, which honors those who have passed away in September.

Even a carefully measured reopening carries the risk of contagion, so please carefully consider your own risk category (eg. over the age of 70; with compromised immune systems; living with or caring for someone with a compromised immune system) and your willingness and ability to abide by our carefully considered safety protocols.

Please let us know if you have any questions. We hope you are well and we look forward to seeing you soon.

In Gassho,

TBC Board of Directors



March 2020



September 2020

UPCOMING SERVICES

September 13, 2020

September Shotsuki Memorial

September 20, 2020

Ohigan Service

September 27, 2020

September Shotsuki Memorial

October 4, 2020

October Shotsuki Memorial

October 11, 2020

October Shotsuki Memorial

October 18, 2020

JSBTC DAY Service

October 25, 2020

October Shotsuki Memorial



Control our stress through breathing

In 2020, we have so many kinds of stress. But we can classify stress into 4 kinds. The first is physical stress; the second, psychological stress; the third, social and human relationship stress; the fourth is change. For example, when someone gets married, he has to change his lifestyle. We believe getting married is a good thing, but actually it is very stressful.

And today, we all must be feeling the fourth stress of change a lot, because of COVID-19. We used to be able to go hiking or camping without worry. And we didn't have to lineup outside when we went shopping. So we could do whatever we wanted. But now, some people feel there is no freedom. However, I think if we desire freedom too much, we might lose sight of what it is. What I mean is that freedom is possibly just our selfish ego.



For example, recently there was a demonstration in front of a governor's house. They were demonstrating to reopen the beaches, because they wanted to be able to use the beach freely. However, most of the people who joined the protest don't work around the beaches. They just wanted to enjoy surfing or taking pictures to satisfy their own desire. Today, we have to change many things in our lifestyle. But I think just because we cannot do everything we want due to COVID-19, we shouldn't confuse freedom with our self-centered desire today.

In Buddhism, what do we think about "change"? The teachings of the Buddha tell us our life is impermanent and everything is changing all the time. So, we are also one of those impermanent beings. It's very important to be aware of this in Buddhism. But, it's difficult to accept all changes. So Shakyamuni Buddha left many teachings and practices to his disciples. And these have been passed down to us for over 2500 years. One of them is the breathing control.

Before COVID-19, I visited a shopping mall with my friend and his son to eat lunch. We enjoyed it. But after lunch when we were walking around the mall, his son started to cry. He wanted to buy a new toy, but my friend decided not to buy anything, because he had bought him another toy one week before. However, his son wouldn't listen and wouldn't stop crying. I thought my friend would get angry with him to be quiet. But surprisingly, he just said, "Okay. Take a deep breath in, and then breathe out slowly". Then his son calmed down and stopped crying. I was so surprised when I saw it.

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Memorial (Shotsuki) Listing for the Month of October

Our monthly memorial services (shotsuki) are usually held on the first Sunday of each month (please check our temple calendars to confirm the day of the monthly memorial service) to remember and honour those who have passed away in that month regardless of year.

Usually, mail reminders are sent out to the next of kin but due to changing circumstances we have not always been able to reach families and hope that by publishing the names of those who have passed, we can still reach and remind families and dear friends of the month of their loved ones honouring.

Below is our listing of our members and supporters who have passed away during the month of October. All are invited and welcome to attend.

ABE, Tomo	KAGAYAMA, Shizuyo	NISHIMURA, Jutarō
ADACHI, Ogen	KAINO, Fumiyo	NISHIMURA, Shige
AKADA, Asa	KAJI, Matsuyo	NISHINO, Terrie Tsuruye
AKADA, Sadajiro	KAWAGUCHI, Kiyoko	NITTA, Jean Yuri
AMEMORI, Suye	KAWAI, Tetsutarō	NOMA, Michiko
ARIZA, Nancy Chiyo	KISHIBE, Masayuki	OHASHI, Hirokichi
ASA, Yasuko	KITAGAWA, Tsuneya	NOSE, Seizo
AZUMA, Momoyo Jane	KITAMURA, Frank Osamu	OHARA, Noye
BRATUHIN, Tamiko	KITaura, Ryotarō	OHASHI, Take
EDAMURA, Ken Edward	KIYONAGA, Teruo Kichi	OHATA, Masayuki
DOBSON, John Charles	KOBAYASHI, Osamu	OHASHI, Take
FUJII, Mary	KOBAYASHI, Patrick Mitsuharu	OKIHIRO, Hisa
FUJINO, Dorothy Shizuko	KOBAYASHI, Shigezo	OMATSU, Kinu
FUJINO, Sude	KODAMA, Suekichi	ROWLATT, Julian Taro
FUJIOKA, Toshio	KONDO, Roy Iwao	SAITO, Shiro
FUKAKUSA, Tamotsu	KUBOTA, Shigeo	SAKAMOTO, Kimi
FUKAKUSA, Kameki	KUMABE, Jinzo	SATO, Teruko Terrie
FUKAKUSA, Yasutarō	MATSUI, Kane	SHIGEISHI, Sally Shizue
FUKUMOTO, Toyemon	MIYADA, Takashi	SHINMOTO, Saichi
FUKUSHIMA, Kazuo Charlie	MORI, Charles Chuck Kazuhiko	SHINTANI, Sueno
HAMADE, Shingo	MUKAI, Hikojiro	SHITAMI, Yone
HAMAWAKI, Margaret Fujiye	MURAI, Kofuji	SUGAMORI, Seitarō
HANAZAWA, Toku	MURAKAMI, Katsuji	TAGUCHI, Moto
HATANAKA, Kenichi Ken	MURANAKA, Kaoru Kay	TAKAGI, Chiyoko
HAYASHI, Hanyemon	NAGANO, Kumao	TAKAHASHI, Hideta
HOBZA, Patricia Akemi	NAGATA, Kaneichi	TAKAHASHI, Yoshi
HORII, Kiyoshi	NAKAGAWA, Sasuke	TAKASAKI, Kaoru
HORII, Teru	NAKAMURA, Ted Teiji	TAKASAKI, Shizue
IBUKI, Kiku	NAKANO, Chiye Joan	TANABE, Yoshiko Mary
ICHIYEN, Seiichi	NAKAO, Haru	TANAKA, Yaye
IIZUKA, Kotsuru	NARUSE, Tadayoshi	TSUBOUCHI, Kiyoshi Thomas
INAMOTO, Dorothy Tomie	NISHIKAWA, Misao	TSUJI, Shizue
INAMOTO, Kenneth Kenji	NISHIKAWA, Toshie	
ISHII, Mitsuye	NISHIMOTO, Kenneth Kenji	
ISHIKAWA, Hiroko	NISHIMURA, Chiyoji	
IWASAKI, Tokino	NISHIMURA, George Gengo	Continued on page 7

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.

If we have missed any names, please notify the Temple office so that we may update our records.

Thank You

Mrs. Joyce Miyoko Taniishi	88 yrs	February 28, 2020
Mrs. Katie Shishido	99 yrs	March 23, 2020
Mrs. Yoko Yonemitsu	93 yrs	March 25, 2020
Mrs. Kimiye Hayashi	102 yrs.	April 12, 2020
Mr. Henry Koichi Kusano		April 12, 2020
Mrs. Fumiko Ito	92 yrs	April 20, 2020
Mr. Tsugio Ito	97 yrs	April 29, 2020
Mrs. Tomiko Marie "Ginger" Terakita	95 yrs	May 11, 2020
Mrs. Eiko Iwagase	89 yrs	May 12, 2020
Mr. Toshio Ryoji	97 yrs.	May 24, 2020
Mrs. Gloria Hamako Fujimoto	84 yrs	May 30, 2020
Mr. Tetsuo Kumahara	76 yrs	July 17, 2020
Mr. Norman Masaji Ibuki	89 yrs	July 23, 2020
Mrs. Kazuko Mitsuki	91 yrs	July 24, 2020
Mrs. Misako Mori	91 yrs	August 11, 2020

For the past 6 months, I have been wondering like many of you, if the temple will ever reopen. Will we survive this pandemic closure? What will the temple look like if and when Toronto Buddhist Church reopens? How will the TBC change under the pressure and restrictions of COVID-19? Well, the time has come and in less than a month, TBC will reopen.

Thanks to the efforts of TBC's Temple Reopening Committee under the leadership of Donna Nakano; they have come up with a plan to cover as many scenarios and problems as possible. I believe they have done a marvelous job in following the guidance set forth by Toronto Public Health, Public Health Ontario and the Public Health Agency of Canada. Please read the temple's new protocols and guidance notes in this month's Guiding Light, on the website (tbc.on.ca) and on the temple's Facebook page. And please follow them. They have been created to protect you, your family, your friends, our volunteers, our ministerial assistants, our minister –everyone, who wants to attend services at TBC.



Please help your parents, senior relatives or friends, who can't come to the temple, set up the live-streaming service on Facebook Live. This will be their new link to TBC's religious services. As the Golden Chain points out, "I will try to be kind and gentle to every living being and protect all who are weaker than myself."

As Roy Kusano wrote in a previous article, we are grateful to our parents, grandparents, great grandparents, relatives and friends, who have sacrificed much to allow our temple to grow and survive. The time has come. It is your turn to take the lead and contribute to the life and well-being of Toronto Buddhist Church. How would you feel if TBC was not there to help you when your loved one passed away? How would you feel if there were no more services or activities at TBC? Now, more than ever, TBC needs your help. Please give generously both financially and with your time. TBC still needs to "pay the bills". Please donate! Our aging volunteers will no longer be able to help due to COVID-19—Volunteer! TBC Needs You! We Want You!

Please give your name to the temple office or to Darlene Rieger (darlene.rieger28@gmail.com).

Our behavior, attitudes and activities have changed dramatically because of COVID-19. The Compassion of Amida Buddha has always been and will always be with us but sometimes we forget and wallow in our own suffering. We need to be reminded that Amida Buddha's Compassion is forever present with us. We are never alone. Together, we are each "a link in Amida Buddha's golden chain of love." And together, we will keep "Amida Buddha's golden chain of love... bright and strong."

In Gassho,

Paul Aoki, 1st Vice President, Toronto Buddhist Church

A Big Thank You..

to Jeff Wilson Sensei, who drove many kilometres to conduct Ohaka Mairi at more than 20 cemeteries throughout the GTHA over several hot and humid days in July. On his own initiative, Jeff Sensei took on this task with some assistance from the Obon Cemetery Visitation Committee. We are truly grateful for his efforts and appreciate his compassion and dedication to ensure our loved ones were not forgotten. THANK YOU JEFF SENSEI!!

From The Board and Members of the Temple

A QUIET OBON 2020

Normally July is a time for ohaka mairi, the visitation of temple members to their family's grave site in observance of Obon. This tradition stretches back many centuries in Japan, and has persisted through times of war, famine, and all manner of disasters. Every year in the GTA the ministers and helpers fan out to conduct services at the many cemeteries where members' loved ones are interred. But it was one of the cruel characteristics of the COVID-19 pandemic that it confined us to our homes and made it unsafe to gather in groups, just at the moment when we needed each others' support. Many people were unable to go out to their family sites, and no ministers were allowed to gather with laypeople in the cemeteries for memorial services. Particularly for those observing a hatsubon year (first Obon since a loved one passed away), this was a truly unfortunate situation.



Since so much of our everyday and religious lives was disrupted with the closure of businesses, schools, and the temple, I wanted to try and offer a bit of remotely-delivered comfort. Therefore, I undertook to visit the GTA temples and conduct solo services. Over the course of July I traveled from my home in Waterloo to conduct services for each of the nineteen cemeteries in Toronto, Mississauga, Etobicoke, Oakville, Scarborough, North York, and Richmond Hill. The temple was able to provide me with the names of all the members interred in each cemetery, including recently deceased persons. Please be assured that your loved ones were included in my services.

The services consisted of opening nembutsu, Sanbujo, Juseige, incense offering, recitation of the names of those interred in each particular cemetery, eko, and closing nembutsu. At the first service on each day, I also recited the Gobunsho chapter on White Ashes in Japanese and English. The temple had furnished me with a small portable altar set years ago when I first started leading annual Obon services for Spring Creek and Glen Oaks cemeteries, so I was able to haul that back and forth across the GTA to accomplish these services.

When we have a chance to once again gather at the temple for Sunday Dharma sharing, I'll provide some more details about my experiences as I visited the many cemeteries this summer. For now, I wanted you all to be aware that even though the temple was not able to hold public services, your loved ones were not forgotten and the traditions are being maintained even during difficult circumstances.

In Gassho

Jeff Wilson Sensei

Fall Equinox Service – Higan-e

Higan means “the other shore” or the Pure Land (Nirvana). At this time of the year the nights are no longer too long and the days too short. Both daytime and nighttime are equal. Light and Darkness are equal, making travelling to “the other shore” (Light) shorter at this time of year. The Japanese believed that this time of year should be used to celebrate that Amida Buddha helps us cross over or travel from “this shore” – the physical world (dark) —to “the other shore” or Pure Land (Light). We celebrate Higan twice a year; once in the Spring and again in the Fall.



Control our stress through breathing,

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When I saw it, I remembered Dr. Kobayashi’s report. He is a professor in Juutendo University, and he is researching the autonomic nervous system. This system helps our organs and heart to function smoothly. And it operates 24 hours without our Consciousness. So we cannot control it. But, Dr. Kobayashi said that a few top athletes can control their autonomic nervous system through breathing. He also said breathing out is more important than breathing in. If you want to calm down, you should breathe in for 2 seconds and breathe out for 4 seconds. If you take a breath for 3 seconds, you have to breathe out for 6 seconds. Always breathe out twice as long as you breathe in.

In Buddhism, we are also very aware of our breath. In the Zen Buddhism sect, they say to harmonize body, breath and mind. First, they sit straight on the floor to harmonize their body. Then they breathe very deeply to be in harmony with their breath. If they can harmonize their body and breathing, finally they can harmonize with their mind.

When I was a university student, I visited Tofuku-ji temple in Kyoto to do Zen meditation “Zazen” at 6 am every Sunday. When I practiced, one monk told me to take a short breath in through my nose and to breathe out through my mouth as long as possible. Though I practiced

this for 3 years, I could not understand what mindfulness was.

But, after that experience, I thought seated meditation is like chanting Buddhism sutras. When we chant the sutra, we sit straight on a chair to harmonize our body. And we take a quick breath in, in order to chant as long as possible. Then our mind, body and breath become harmonized automatically. If we can harmonize our mind, I believe we can acknowledge the Buddha’s benevolence from the bottom of our heart.

I think a harmonized mind helps us not only to acknowledge the Buddha’s benevolence, but also to consider the situation more deeply to understand what we have to do. And it may help us not to confuse our self-ego with freedom, so we may be able to accept the stress of change. Because as you know, the teachings of the Buddha tell us our life is impermanent and Buddha’s wisdom tells us how deep our egos are. So, let’s all remember my friend’s words from time to time, just “take a deep breath in, and breathe out slowly.”

Please join me in Gassho

Rev. Yoshimichi Ouchi

Memorial (Shotsuki) Listing for the Month of October, continued from page 3

URA, Jim Iwao	WAKIDA, Ei	YAMAMOTO, Makino
URABE, Emiko Gertrude	WAKISAKA, Tsugi	YAMAMOTO, Nobby
WAKABAYASHI, Koto	WANI, Juichi	YAMASHITA, Haruyo
WAKABAYASHI, Takeo	WATANABE, Molly Nobuko	YOSHIDA, Yasuyoshi
WAKABAYASHI, Tokuzo	YAMAMOTO, Hatsue	

VOLUNTEERS NEEDED!

The Temple has been closed since March due to COVID-19, but with Stage 3 now in place we hope to reopen in September. The Temple will be re-opening in a very limited way so in order to do this we will need volunteers to help us enforce the many regulations required to re-open. We do not think that all volunteers can participate in the re-opening. For the safety of our members we have to limit volunteers to those under the age of 70 as those 70 and over are the most vulnerable to the disease.

We will need the names and contact information for all those who are willing to help out on the days of services(one every Sunday). We will make up a schedule of duties for the different Sundays, Please email Darlene Rieger at darlene.rieger28@gmail.com if you are able to help. Your assistance will be greatly appreciated and will help the Temple to re-open and keep everyone safe.

On the next pages are what duties are required of the volunteers in the weeks to come.

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VOLUNTEERS NEEDED, continued from page 7**The following is what will be required of the Sunday volunteers (5) each week**

Greeters (at least 2):

- will greet all persons entering the temple.
- will receive and review health questionnaire the other will assist those who have not filled in a questionnaire
- will ask each person to sanitize their hands prior to entering the hondo
- will ensure that everyone is wearing a face covering
- will ask each person to read the info signs and posters.
- will answer any questions or find someone who can

Floater: (1)

- assist greeter as necessary
- promote and implement physical distancing
- assist with operation of the elevator

Usher (2)

- will assist people to find an appropriate seat, either as an individual or family

General Requirements/Protocols for Service Attendees

To help reduce and minimize exposure to and to control the spread of COVID-19, the following protocols will be implemented for those attending in-person services.

Due to the restricted numbers permitted in the hondo (50), anyone who wishes to attend a service on Sunday, will be required to pre-register via email, our website or telephone, by the previous Wednesday. *The preferred method is through email or our website so as not to overwhelm the office.* **Registration will open on Monday for the following Sunday.** **All** attendees (including children) **must be registered.** Please indicate if you wish to sit with others who are in your social circle.

All individuals (including volunteers and staff) will sanitize their hands and submit a completed health questionnaire to a greeter as they enter the temple through the front door only. This information will be used for contact tracing purposes and will be destroyed after 30 days. **Please arrive early** to allow for physical distancing and entry protocols.

Anyone who has travelled outside the country within the past 2 weeks, is not feeling well, is showing any of the signs listed in the health questionnaire, or suspects they have been exposed to COVID-19 should stay home. Services will be live-streamed on Facebook.

Everyone will be required to wear a face covering for the entire time they are on TBC property (including the parking lot) as required by the City of Toronto By-Law 541-2020.

TBC will have disposable non-surgical face masks or reusable cloth face masks available for purchase donation for those who do not bring their own.

Any individual who cannot or refuses to wear a face covering will be asked to leave. Please consider not only your own personal safety but the safety of those who are more vulnerable.

No incense offering (gassho only) or offertory baskets will be passed. Please leave your offering in the offertory box.

At the end of the service, everyone will be escorted (with appropriate separation) directly out of the building. Cleaning and disinfecting of the temple will take place.

There will be no public access to the 2nd floor and lower level areas. Lower level washrooms are reserved for emergencies only.

The elevator will be limited to one person unless you are in the same household

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TO REGISTER FOR SERVICE

PLEASE CONTACT BY:

EMAIL: tbc@tbc.on.ca

PHONE: 416-534-4302

VISIT THE WEBSITE AT: <https://tbc.on.ca/>

PLEASE FILL OUT AND BRING THIS QUESTIONNAIRE WITH YOU TO EACH SERVICE

STOP COVID-19

Please complete the following questions

Name: _____ Phone: _____
 Date: _____ Time: _____
 Email: _____

Do you have any of the following:

Yes
 No 
Fever

Yes
 No 
Cough

Yes
 No 
Difficulty breathing

Yes
 No 
Sore throat, trouble swallowing

Yes
 No 
Runny nose

Yes
 No 
Loss of taste or smell

Yes
 No 
Not feeling well

Yes
 No 
Nausea, vomiting, diarrhea

Yes Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?
 No

Yes Have you returned from travel outside Canada in the past 14 days?
 No

If you answered YES to any of these questions, go home & self-isolate right away. Call Telehealth or your health care provider, to find out if you need a test.



Tools for Spiritual Wellness



SPEAKERS:

Carmela Javellana Hirano, M.D.
Radical Humility: Jodo Shinshu Path to Joy

Bonnie Duran, Ph.D.
Dharma for Undoing Internalized Stereotypes

Sharon A. Suh, Ph.D.
Meditation & Yoga for Healing Trauma

Sheri Mizumori, Ph.D.
Brain Health & Everyday Well-Being

Tara Tamaribuchi, B.F.A.
Art as Healing



seattlebetsuin.com/2020wib
Seattle Betsuin Buddhist Temple & Women's Association
and BCA Center for Buddhist Education

Link for registration

<https://seattlebetsuin.com/2020wib/>