



# *Guiding Light*

April 2021



*Cherry blossoms in High Park, Toronto.com*

## **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)

## Temple Update

With the loosening of restrictions in the City of Toronto, on April 4, 2021, we will once again offer in-temple services; twice per month (on the first and third Sundays). With the capacity limits restricted to 15%, you are asked to register on the website (tbc.on.ca), by email or by calling the office.

Please read the General Requirements/Protocols and fill out the health questionnaire prior to attending. Thank you.

### Eshinni Day Service

On Sunday April 11<sup>th</sup>, Joanne Yuasa Sensei will be leading our **Eshinni Day** Service via Zoom where we will celebrate, honour and thank Eshinni, the independent wife of Shinran Shonin who has played a very important part in supporting her husband in his efforts to bring Jodo Shinshu to the masses in 12<sup>th</sup> century Japan.

### Hanamatsuri

Please join us as we celebrate the birth of Shakyamuni Buddha during our Hanamatsuri Service on April 18, 2021 at 11:00 am. Register for in-person services or join us on Zoom.

## Service Schedule

		English 11:00 am		Japanese 1:00 pm
		In person	Zoom	Zoom
04-Apr	Monthly Memorial	Yes	Yes	Yes
11-Apr	Eshinni Day	No	Yes	X
18-Apr	Hanamatsuri	Yes	Yes	Yes
25-Apr	Regular Service	No	Yes	X
02-May	Monthly Memorial	Yes	Yes	Yes
09-May	Regular Service	No	Yes	X
16-May	Gotan-e Service	Yes	Yes	Yes
23-May	Regular Service	No	Yes	X
30-May	Regular Service	No	Yes	X

**SEE PAGES 21 AND 22 FOR PROTOCOLS AND QUESTIONNAIRE. PLEASE READ THE PROTOCOLS AND BRING COMPLETED QUESTIONNAIRE WITH YOU TO SERVICE**

## Control our stress through breathing

本願力にあいぬれば (Hongwanriki ni Ainureba)

むなしすぐるひとぞなき (Munashikusuguru Hitozonaki)

功德の宝海みちみちて (Kudoku no Hokai michimichite)

煩惱の濁水へだてなし (Bonno no Jokusui Hedatenashi)

Of those who encounter the power of the Primal Vow,

Not one passes by in vain,

They are filled with the treasure ocean of virtues;

The defiled waters of their blind passions not separated from it.

*(From Hymns of the Pure Land Masters)*



Today, people say we have so many kinds of stresses. But we can classify stress into 4 types. The first is physical stress. The second, psychological stress. The third, social and human relationship stress. The fourth is change.

I believe we all must be feeling the fourth stress of change a lot today, 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, last year 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 didn't work around the beaches. They just wanted to enjoy surfing or take 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-centred desire today.

In Buddhism, what do we think about "change"? The teachings of the Buddha tells us our life is impermanent and everything is changing all the time. So, we are also one of those impermanent things. It's very important to be aware of this in Buddhism. But, it's difficult to accept all changes.

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 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.

When I saw it, I remembered Dr. Kobayashi's report. He is a professor at 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.



## Control our stress through breathing, continued

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 5 am every Sunday.

When I practised, one monk told me to take a short breath in through my nose and to breathe out through my nose as long as possible. Though I practised this for 3 years, I could not understand what mindfulness was.

But, after that experience, I thought seated meditation is like chanting sutras. When we chant the sutra, we sit straight on the floor or 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. And we may be able to understand the meaning of Shinran Shonin’s wasan.

Of those who encounter the power of the Primal Vow,

Not one passes by in vain,

They are filled with the treasure ocean of virtues;

The defiled waters of their blind passions not separated from it.

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.

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 tells us our life is impermanent and Buddha’s wisdom tells us how deep our egos are.

So, let’s all remember the words from time to time, just “take a deep breath in, and breathe out slowly.” And when you harmonize your body, breath and mind, please place your palms together.

In Gassho

Reverend Yoshimichi Ouchi



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

**Date:** Sunday, May 16, 2021

**Time:** 1:00 pm

**Place:** The AGM will be a Virtual Meeting. Important information and instructions regarding access to, attendance at and participation in the Virtual Meeting are set out in Schedule A attached hereto

The Board of Directors of Toronto Buddhist Church wishes to notify all members of the Annual General Meeting of Members which will be held virtually at the time, date and in the manner described in Schedule A attached to this Notice, and cordially invites all members to attend and vote on the matters raised at the Meeting. The following matters will be raised at the Meeting:

1. Approval of the minutes of the Annual General Meeting held on Sunday January 19, 2020;
2. Approval as a Special Resolution of Amendments to the General By-laws of the Temple, which Amendments were approved as a Special Resolution by the Directors on March 28, 2021 and are attached to this Notice as Schedule B;
3. Presentation of Financial Statements of the Temple for the year ended October 31, 2020;
4. Consideration and approval of the Budget for the year ending October 31, 2021;
5. Election of President and Director;
6. Election of Directors;

Such other business as may properly come before the Meeting.

A second Notice of the Meeting with further details will be posted in the Guiding Light for May, 2021. Please note that while attendance at the Virtual Meeting is open to all friends of the Temple, only members\* of the Temple who notify the Temple in writing that they will attend the Virtual Meeting or otherwise make a request in writing will receive the Meeting materials and be entitled to speak and vote on any matters coming before the meeting. **Please review carefully the information contained in Schedule A regarding access to and participation in the Virtual Meeting.**

If you are unable to attend the Meeting, you may nominate a Proxy to vote at the Meeting on your behalf by completing the form of Proxy attached to this Notice as Schedule C. You may nominate Dianne Ishida or another member of the Temple of your choice as your Proxy. To be valid, properly completed Proxies may be mailed or sent electronically to the Temple and must be received by the Temple on or before May 12, 2021.

\*A member of the Temple is (a) one who has been designated by the Temple as an honorary member, or (b) an individual whose written application for membership has been accepted and who has paid his or her membership fee for 2020.

BY ORDER OF THE BOARD

**SCHEDULE A****INFORMATION AND INSTRUCTIONS REGARDING ACCESS TO, ATTENDANCE AT AND PARTICIPATION IN THE VIRTUAL AGM OF TORONTO BUDDHIST CHURCH AT 1:00 PM ON SUNDAY, MAY 16, 2021**

To ensure the health and safety of all, and to comply with provincial restrictions on social gathering, our AGM will be held virtually via a Zoom meeting. You will be able to participate in our AGM using your computer, smart phone or tablet (or by dialing in with a standard phone) and will be able to follow the discussion, ask questions and vote all from the comfort of your home.

It is important for members planning to attend the meeting to register for the meeting by notifying the Temple by email at [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca) or by phone at (416) 534-4302 no later than April 30, 2021. If your notification is received by April 30, a package of meeting materials will be mailed to you. If the Temple does not receive timely notification of your intention to attend the meeting, unfortunately it will not be able to send you the meeting materials. The meeting link together with more detailed information about the virtual meeting procedures and protocols will be sent closer to the date of the AGM.

## SCHEDULE B

### SPECIAL RESOLUTION

#### OF

### TORONTO BUDDHIST CHURCH

### AMENDING CERTAIN ARTICLES

#### OF

### THE GENERAL BY-LAW OF TORONTO BUDDHIST CHURCH DATED January 22, 2017

**Amendment No. 1: To amend Sections 4.1 to 4.3 of the by-laws to reduce the number of Directors from nine to six:**

The activities and affairs of the Temple will be managed and supervised by a Board of Directors, which subject to the passing of a special resolution, will be comprised of six Directors. Directors must be individuals, at least 18 years of age, not legally incapable, and not a bankrupt. A Director must be a Full Member or Honorary Member of the Temple or become a Full Member or Honorary Member within 10 days after being elected as a Director, failing which he or she will cease to be a Director.

While not mandatory, the Temple will endeavour to have each of the three principal organizations of the Temple, namely Sangha, Dana and Shin Fujinkai (collectively the "Organizations") represented on the Board of Directors.

▲ Directors will be eligible for re-election upon the expiry of their term.

**Amendment No. 2: To amend Section 6.1 of the By-laws to give the Chair of a meeting of Directors a second or casting vote:**

6.1 Meetings of Directors may be held at any time and place to be determined by the Directors provided that 48 hours written notice of such meeting will be given by facsimile, email or other means to each Director. Notice by mail will be sent at least five days prior to the meeting. The Directors may appoint a day or days in any month or months for a regular meeting at a designated hour, and of such regular meeting no notice need be sent. A meeting of Directors may also be held without notice immediately following the annual meeting of members. No error or omission in giving notice of any meeting of the Directors or any adjourned meeting of the Directors will invalidate such meeting or make void any proceedings taken at such meeting and any Director may at any time waive notice of any such meeting and may ratify, approve and confirm any or all proceedings taken or had at such meeting. Each Director may exercise one vote at a Directors' meeting. In case of an equality of votes, the Chair of the meeting of Directors may call for a second vote or may cast a second or deciding vote in his or her sole discretion.

**Amendment No. 3: To amend Section 6.2 of the By-laws to set the quorum for a meeting of Directors at three Directors:**

6.2 The greater of two-fifths of the Directors or three Directors will constitute a quorum for meetings of Directors.

**Amendment No. 4: To create an Section 9.4 of the By-laws to permit virtual meetings of members:**

9.4 With the approval by resolution of the Board of Directors, a meeting of members may be held by telephonic or electronic means and a member who, through those means, votes at a meeting or establishes a communications link to the meeting is deemed to be present at the meeting.

**Amendment No. 5: To delete the provisions relating to proxies already covered in Section 13.1 of the By-laws:**

12.1 Each member in good standing and present at a meeting will have the right to exercise one vote.

**Amendment No. 6: To amend Section 14.4 of the By-laws to permit the President to designate a Chair of members' meetings:**

14.4 The President will be the Chair of the Board and the chief executive officer of the Temple. The President will have the general and active management of the business of the Temple. The President will see that all orders and resolutions of the Board and meetings of the members are carried into effect. The President will make a report of the activities and progress of the Temple at all meetings of members. The President will be an *ex officio* member of all committees. The President will chair all meetings of the Directors and he or she or such person as he or she may appoint will act as Chair at all meetings of the members. He or she will represent the Temple to the community at large. In the event that the President is absent or unable to carry out the duties of his or her office, including the chairing of Directors' meetings, or is unable or unwilling to chair any meeting of members and fails to appoint a person therefor, a Vice-President in the order of his or her appointment as First Vice-President or Second Vice-President and so on, will assume the duties as President but only until the President returns to resume his or her duties or a new President is appointed or elected.

**Amendment No. 7: To add a new Section 15.2 of the By-laws to provide for the appointment of a Nominating Committee to nominate candidates for the Board in advance of an Annual General Meeting:**

15.2 The Board of Directors will appoint from time to time a Nominating Committee consisting of at least two individuals, one of whom will be the President and the other or each of the others of whom will be an individual who need not be a Director but who has sound knowledge of and experience with the Temple, the members and the Board. The mandate of the Nominating Committee will be to canvass the members and take such other actions as are necessary or desirable to nominate willing and qualified candidates for election as the President and the Directors of the Temple, as required, at an annual meeting or special meeting of members, as the case may be. Any member of the Nominating Committee will be eligible to be nominated for office. The election of the President and Director and the election of any other Directors of the Temple will be conducted by voting by the members on the nominations submitted by the Nominating Committee. No nominations from the floor will be allowed unless there are vacancies which cannot be filled by any nominations submitted by the Nominating Committee. In the event any vote is conducted by ballot, no write-in nominations will be allowed.

These amendments to the General By-law of Toronto Buddhist Church dated January 22, 2017 will become effective immediately after they are passed as a Special Resolution by the members.

PASSED by the Directors as a SPECIAL RESOLUTION on the 28th day of March, 2021.

CONFIRMED as a SPECIAL RESOLUTION by at least two-thirds (2/3) of the votes cast at a duly called meeting of the Members on the 16th day of May, 2021.

\_\_\_\_\_  
President

\_\_\_\_\_  
Secretary



**SCHEDULE C****TORONTO BUDDHIST CHURCH****ANNUAL GENERAL MEETING****May 16, 2021, 1:00 PM****PROXY****To: The Board of Directors of Toronto Buddhist Church**

I, the undersigned, am a member of Toronto Buddhist Church. By means of this Proxy, I hereby appoint (check one of the two boxes below):

☐ **Dianne Ishida**

☐ \_\_\_\_\_ (Print name of member you choose as Proxy),

as my nominee to attend at the Annual General Meeting of Toronto Buddhist Church to be held on May 16, 2021 with full power and authority to act and vote on my behalf on all matters coming before the Meeting to the same extent as I would be entitled to act and vote if I were personally present at such Meeting.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2021.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Print Name)

**This Proxy must be returned to Toronto Buddhist Church by mail or electronically and received by the Temple on or before May 12, 2021.**

**Memorial (Shotsuki) Listing for the Month of May**

Our monthly memorial services (shotsuki) are usually held on the first Sunday of each month 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 May. All are invited and welcome to come

<b>AOKI, Matsuye</b>	<b>KITAMURA, Teruyo</b>	<b>NAKAMURA, Yoshiyo</b>	<b>TAKAHASHI, Akiko</b>
<b>BANDO, Yoshio</b>	<b>KITAMURA, Zenichi</b>	<b>NAKANISHI, Asako</b>	<b>TAKAHASHI, Chozo</b>
<b>DOI, Pauline</b>	<b>KITAZAKI, Frank Masaki</b>	<b>NEKODA, Tokuyo</b>	<b>TAKAHASHI,</b> Shigetoshi Michael
<b>EBATA, Miyoko Merle</b>	<b>KIYONAGA, Kihei</b>	<b>NISHI, Shizue</b>	<b>TAKAHASHI, Suga</b>
<b>ENDO, Aiko</b>	<b>KODAMA, Masa</b>	<b>NISHI, Shoichi</b>	<b>TAKEDA, Shun</b>
<b>FUJIMOTO, Seki</b>	<b>KOHARA, Akihei Joe</b>	<b>NISHIJIMA, Uhei</b>	<b>TAKENO, Masao</b>
<b>FUJIMOTO, Kay</b>	<b>KOJIMA (ISHII), Shigeno</b>	<b>NISHIKAWA, Tomio</b>	<b>TANIISHI, Tadayoshi Tad</b>
<b>FUJIMOTO, Gloria Hamako</b>	<b>KOMATSU, Nobuko Bessie</b>	<b>NISHIMURA, Chiyeko Janet</b>	<b>TANINO, Chiyo</b>
<b>FUJINO, Tsuta</b>	<b>KONDO, Torazo Bob</b>	<b>NISHIMURA, Genshichi</b>	<b>TERAKITA, Hiroshi Roy</b>
<b>FUJINO, Denzo</b>	<b>KONDO, Michie</b>	<b>NISHIMURA, Haru</b>	<b>TERAKITA, Imae</b>
<b>FUKUDA, Tsugiko</b>	<b>KONO, Nobu</b>	<b>NODA, Genzo</b>	<b>TOHANA, Tamotsu Tony</b>
<b>FUKUMA, Motoko</b>	<b>KOZAI, Tatsu</b>	<b>NOZUYE, Teo</b>	<b>TSUJI, George</b>
<b>FURUKAWA, Ichi</b>	<b>KOZAI, William Toyonobu</b>	<b>OHASHI, Kiyotaro</b>	<b>TSUJIMOTO, Chieko Clare</b>
<b>GOTO, Kay Kinue</b>	<b>KUMANO, Hatsue</b>	<b>OHASHI, Takeo</b>	<b>TSUJIUCHI, Hiroshi Frank</b>
<b>HASHIMOTO, Matasaku</b>	<b>LABERGE, Kyoko</b>	<b>OHASHI, Yosoya</b>	<b>TSUJIUCHI, Kay Kazue</b>
<b>HASHIMOTO, Miyoko</b>	<b>MARUYAMA, Fusako</b>	<b>OHASHI, Yosuke</b>	<b>TSUSHIMA, Iku</b>
<b>HAYASHI, Haruno</b>	<b>MATSUBARA, Chonosuke</b>	<b>OHATA, Eiji</b>	<b>UCHIDA, John Tsutomu</b>
<b>HAYASHI, Mitsuko</b>	<b>MATSUMOTO, Misao</b>	<b>OKUMA, Wai</b>	<b>USAMI, Mataichi</b>
<b>HAYASHI, Marge Yei</b>	<b>MITSUKI, Matsue Mary</b>	<b>OMORI, Toyokichi</b>	<b>UYEDA, Miye Marie</b>
<b>HAYASHI, Miye</b>	<b>MIZUYABU, Carl Kazumi</b>	<b>ONISHI, Hatsuno</b>	<b>UYEDA, Toyotaro</b>
<b>HIRAI, Tom Fukutaro</b>	<b>MORI, Diane Miyeko</b>	<b>OYAMA, Fukujiro</b>	<b>UYEYAMA, Kiyoshi</b>
<b>HISAKI, Kanekichi Jack</b>	<b>MORI, Sute</b>	<b>OYAMA, Shokichi</b>	<b>WAKABAYASHI,</b> Shoichi
<b>HOSAKI, Lena Teruko</b>	<b>MOTOMURA, Noboru</b>	<b>SAITO, Jennifer Naomi</b>	<b>WAKABAYASHI, Yaye</b>
<b>ICHII, Chiyomatsu</b>	<b>MUKAI, Fumiye</b>	<b>SAKURA, Fusako</b>	<b>WATANABE, Kana</b>
<b>ICHIYEN, Chiyoko</b>	<b>MURAKAMI, Hideo Bill</b>	<b>SANO, Senji</b>	<b>YABU, Jitsukazu Jimmy</b>
<b>IDENOUYE, Ichiro</b>	<b>MURAKAMI, Kikutaro</b>	<b>SATO, Tsui</b>	<b>YABU, Masako</b>
<b>IKEBATA, Hiroshi Roy</b>	<b>MURATA, Eiko</b>	<b>SATO, Take</b>	<b>YAJIMA, Mieko</b>
<b>IMAI, Tomi</b>	<b>MURATA, Tome</b>	<b>SAWADA, Yoshiko</b>	<b>YAMASHIRO, Nagisa</b>
<b>ISHIDA, Yuriko</b>	<b>NAKAGAWA, Masao</b>	<b>SHIMODA, Yasuko Helen</b>	<b>YAMASHITA,</b> Robert Ichiro
<b>ISOZAKI Michiko</b>	<b>NAKAGAWA, Sagen</b>	<b>SHIMODA, Yoshio Joe</b>	<b>YAMASHITA, Sadako</b>
<b>ITO, Cesar Massaro</b>	<b>NAKAGAWA, Tsugio</b>	<b>SHIRAISHI, Kiwano</b>	<b>YAMASHITA, Shintaro</b>
<b>IWAGASE, Eiko</b>	<b>NAKAHARA, Yosanjii</b>	<b>SHOJI, Tsunejiro</b>	<b>YOSHIDA, Kikumi</b>
<b>KAGETSU, Toyo</b>	<b>NAKAI, Hisako</b>	<b>SUMIOKA, Tsuyako</b>	
<b>KAWAI, Nobu</b>	<b>NAKAMOTO, Nisuke</b>	<b>SUZUKI, Setsu</b>	
<b>KISHITA, Gunso</b>	<b>NAKAMURA, Kayo</b>	<b>TABATA, Tao</b>	
<b>KITAMURA, Teruko</b>	<b>NAKAMURA, Mineko</b>	<b>TAKADA, Morio</b>	

## Keirokai 2020 and 2021



March is usually the time we observe Keirokai by presenting our temple members who would celebrate significant birthdays during the year with a certificate, a small gift and of course a delicious lunch followed by entertainment. While we were unable to celebrate in this manner in 2020 and again this year, we did recognize our celebrants during our March 21st Zoom service. After the service Scott Kusano flawlessly hosted, as several performers honoured the celebrants with singing, dancing and even card tricks! Thanks Scott for a job well done. Thanks to all the performers who contributed to the show and of course to Abigail Kataoka for putting the video together for all to enjoy. We hope that we will be able to see you all in person to celebrate Keirokai in 2022!

### OUR 2020 HONOREES

#### Kiju - 77 years

Jessie Ebata  
Miyuki Hamade  
Toivo Knude  
Yoshie Kuramoto  
Roy Kusano  
Akiko Nishimura  
Yoko Wakabayashi

#### Beiju - 88 years

Jerry Hikida  
Jean Hori  
George Horii  
Mamoru Kobayashi  
Roy Kobayashi  
Keiko Kuroyama  
Kazuko Betty Nagao  
Motoi Nishikawa  
Toshiko Nishimura  
Joe Wani

#### Hakuju 99

Late Fujiko Konishi  
Misao Tehara

#### 100+

Chuta Ebata  
Late Richard Nishino  
Teruko Otani  
Shigeo Seko  
Masako Yoshida

### OUR 2021 HONOREES

#### Kiju - 77 years

June Asano  
Marie Baba  
Mas Matsuyama  
Kay Uchida

#### Beiju - 88 years

Mary Aoki  
Aki Ikebata

#### Hakuju - 99 years

Late Kimie Tsuji

#### 100+

Chuta Ebata (101)  
Teruko Otani (102)  
Misao Tehara (100)  
Shigeo Seko (104)  
Masako Yoshida (101)

## Keirokei in our hearts and our home (screen)

Around mid-February, my mom was asking everyone in the family for a nice picture of just my grandpa. I was confused at first, mostly because I thought we had a million pictures of my grandpa, but then as to why she needed one. She told us that it was for Keirokei and that grandpa will be 88 this year! (米寿)

I was excited about this milestone for my grandpa, but quickly realized there wouldn't be an entertainment program due to the lock-down. That's when I decided to try to put together a video presentation in place of our regular program.

After receiving confirmation for the project I contacted as many of the youth as I could, asking them to help me out. I also received much help from Dawn, the TBC president, getting in contact with the Karaoke club. After a couple of weeks, I was overjoyed to see my inbox filled with much support for this video project, and that many people sent in videos to celebrate this momentous occasion.

With all of the videos, I thought that we needed someone to host. None other than Scott Kusano popped into mind! In a rush, he managed to put together perfect intros and outros to each of our acts!

The submitted performances and Scott's amazing hosting video was bursting with great material - the request was for a 30-minute entertainment program and I had almost an hour's worth of video! Cutting, trimming and assembling all the clips with fades in-between plus audio levelling put my video editing skills to the test, but after some hard work I was happy to have put together a single video file of about 40 minutes.

Congratulations to all of the honorees of this years and last years Keirokei! Wishing you continued health and happiness for years to come.

Thank you to all of the performers whose videos helped make for a Keirokei to remember! Jessica Nakamura, Kim Nakagawa, George Horii, Shizuko Yabu, and Keiko Omori from the Karaoke club. Ryan Mack, Mai, Mika, and Mizuki Shimozato, Ellie, and Shohei Hayakawa, Hana, and Maya Yoshida, Mika Tamaki, Abigail and Joaquin Kataoka from the TBC Youth group. The TBC Minyo group; Aja Shimizu, Joyce Moore, Eleanor McAnsh, Rachel and Abigail Kataoka, Crystal Anzai, Joanne Uyede, and Laura Kawaguchi-Cogill. And lastly, thank you to Scott Kusano for hosting!

Hopefully next year we can come together at the temple for Keirokei 2022!

In Gassho,

Abigail Kataoka



## MESSAGE FROM JOANNE YUASA SENSEI



As temperatures rise and we see buds appearing on plants, we sense Spring is upon us. Added to this, in just a couple of weeks, we will be observing the birth of Sakyamuni Buddha through the Kanbutsu-e or Hanamatsuri service. I would like nothing more than to write about the wonder of Spring as it brings with it the sense of renewal and growth; the Immeasurable Light and Life of Amida Buddha is not difficult to recognize this time of year. However, I also feel we should acknowledge the difficulties and pain in our society right now. Not only are we still in the midst of the ever-changing situation with COVID-19, but the shooting deaths on March 16 of eight people in Atlanta, six of them Asian women, has made the increase of anti-Asian violence in our society something we cannot ignore. Current anti-Asian racism may not have affected Toronto Buddhist Church directly or violently, but we must acknowledge how it affects our community, however distant it may seem. An event that did not make much news across the border was the vandalism of the Higashi Hongan-ji temple in Los Angeles at the end of February. The vandalism is being investigated by the LAPD as a hate crime. The Higashi Hongan-ji organization is part of the family of Shin Buddhism.

The Shin Buddhist community in Canada is well-aware of anti-Asian racism. The first Shin Buddhist sangha organized in Vancouver in 1905, only two years before the city erupted in the 1907 Asian Race Riots. White Vancouverites protested “For a White Canada”, vandalizing and terrorizing Japantown and Chinatown for three days. A generation later, the bombing of Pearl Harbour by Imperial Japan led to our ministers being among the first community leaders to be arrested (Buddhism was seen to be alien and therefore more threatening than Japanese Christians) before all other Japanese Canadians were incarcerated in concentration camps and POW camps. Japanese Canadians were dispossessed of private and community property, including temples and burial locations, which meant there was virtually nothing to return to after the war ended in 1945. Even if there was anything to return to, Japanese Canadians were not allowed to return to BC until (April 1) 1949 (Japanese *Americans* were allowed to return to the West Coast in 1944).

These events still affect us as a community. The reason why *Toronto Buddhist Church*, and (before its name-change to *Jodo Shinshu Buddhist Temples of Canada*) the *Buddhist Churches of Canada* used the word *church* to describe ourselves was to mitigate anti-Asian racism experienced in our early history. Toronto Buddhist Church was only established here in 1947 and established in a church building in 1955 because those who moved here were subject to racist laws that required them to choose between being deported to Japan or move “east of the Rockies”. There are members of our sangha who experienced and remember this.

My intention is not to dig-up and dwell on negative and difficult aspects of our society. Rather, it’s about seeing a wider picture - Buddhism is not limited to the temple on Sundays, but also about how we engage with and in the world every day. As Buddhists, we acknowledge that human suffering stems from the discriminatory

project1907 (<https://www.project1907.org/>)

Ichikawa, A. (1994). A test of religious tolerance: Canadian government and Jodo Shinshu Buddhism during the Pacific War, 1941-1945. *Canadian Ethnic Studies*, 26(2), 46-69.

Williams, D.R.. *American Sutra: a Story of Faith and Freedom in the Second World War*. Belknap Harvard, 2020.

*Toronto Buddhist Church*, 19 Mar. 2021, [tbc.on.ca/](http://tbc.on.ca/).

## MESSAGE FROM JOANNE YUASA SENSEI

nature of human perception. We see everything as dualistic and contrasting - humans and trees, me and you, near and far, us and them - racism is an extreme manifestation of this unenlightened worldview. We ALL have discriminatory worldviews. For example, many see Shin Buddhism as Japanese. But the teachings of the Buddha, the Immeasurable Wisdom and Compassion of Amida Buddha, and the Nembutsu are not *inherently* Asian. It was only that the way they first manifested in our world was in a place we identify as Asia, so we identify the forms in which it is expressed - language, aesthetics, practices - as Asian. The Wisdom and Compassion of Amida Buddha are universal, for all sentient beings.

There are no easy answers to solve the problem of racism or other hurtful discriminatory views. We must, however, acknowledge these issues. One thing we can do as Shin Buddhists is to live the Dharma in the world. It is expressed in the last two verses of the “Shin Buddhist Life Principles”:

*Following the Teachings of the Buddha, discerning the Right Path,*

*I will share the True Dharma with all.*

*Rejoicing in the Compassion of the Buddha, respecting and aiding all sentient beings,*

*I will work towards the welfare of society and the world.*

Right now, we might be focused on anti-Asian racism. But let's not forget we need to hear the voices of Indigenous people, Black Lives, and LGBTQ+ folk. We are all together in the Wisdom and Compassion of Amida Buddha, and all deserve respect, dignity, and safety in living our authentic lives. For more information and resources on allyship, please visit sites like *project 1907* (<https://www.project1907.org/>) and *Elimin8hate* (<https://www.elimin8hate.org/>)

These organizations also offer ways for you to report your story if you have experienced anti-Asian violence during this COVID-19 pandemic. Please reach out if you feel in need of support: [yuasa.makoto@gmail.com](mailto:yuasa.makoto@gmail.com)

Please take care of yourselves and each other.

Namo Amida Butsu.

In gassho,

Joanne Yuasa Sensei







## CALLING ALL SANGHA KIDS

Jessica and Yumi, have been busy creating a new Kids Sangha program.

The changes that have been made to the Kids Sangha program are as follows:

1. There is a new email address: **kids.sanghatbc@gmail.com** You can expect future communication from this email address. Please add it to your contact list, so that it does not end up in your Junk or Spam folder.
2. The Next Kids Sangha program will be on April 25th at 9:45 am. New zoom links will be sent out every month.
3. Don't forget to join our Seesaw Learning Platform.
4. Email the kids Sangha address (above) if you want to be on the mailing list for the zoom link and to join our seesaw app.

Please direct any concerns or comments to the new email address.

## Can you solve the secret code?

**Directions:**

Each letter has a symbol. To figure out the code, just print the letter on the line given, which goes with the symbol.

A B C D E F G H I J K L M N O P Q R S T U V W

~ ! @ # ^ \* ( ) + = > < :: “ ? / & ; \ , \$ ‘ %

	X	Y	Z
1	1	0	0
2	0	1	0
3	0	0	1
4	1	1	1

!! :: >>

**Message:**

§ “ , + < % ^ :: ^ ^ , ~ ( ~ + “

—	—	—	—	—	—	—	—
\	,	~	⋮	\	~	*	^

With gratitude,

Yumi, Jessica, Abigail, Rachel, Koji, Denise, Cynthia and Naomi

## 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 and take care



\* \* \* \* \*

Mrs. Kimie Tsuji	99 yrs	March 6, 2021	Miss Rosemary Taniishi	91 yrs	March 27, 2021
Mr. Yoshiro Kawamura	77 yrs	March 13, 2021			
Mrs. Yoneko Sameshima	92 yrs	March 20, 2021			
Mr. Kazuo Gerald Kumabe	70 yrs	March 20, 2021			

## Virtual Obon Odori 2021

Spring is here and it's been over a year since the first Covid-19 lockdown in Toronto. This is when we'd be starting Obon odori practices at the TBC but with the third wave picking up speed, indoor gatherings are still not a viable option. Instead, we will be hosting virtual practices in preparation for an Obon festival on Saturday July 10, 2021.

Practices will be held only on Friday nights starting on **April 23, 2021 at 8:00pm**. If you are interested in attending the virtual practices, please send an email request to [tbcminyo@gmail.com](mailto:tbcminyo@gmail.com) to be put on the invitation list. If you have provided your email in the past, you will be sent the invitation.

We hope that you will be able join us and to make Obon 2021 a success.



## TBC DANA SCHOLARSHIP INVITES APPLICATIONS

The Toronto Buddhist Church Dana Scholarship Committee invites all qualified, graduating students to apply for a scholarship.

### Eligibility:

Students who are first time applicants and who are members or who are children or grandchildren of members of a temple/church in the Eastern District of the Jodo Shinshu Buddhist Temples of Canada and who will be attending their first year of post-secondary education at a recognized institution such as a university, college, institute of technology, etc.

All applications must be submitted in writing and accompanied by a Letter of Reference. The amount of the scholarship is dependent on monies available each year end and is at the discretion of the Committee.

The selection criteria will be as follows:

Academic results	50%
Church activities	30%
School and Community Involvement	10%
Essay (min 300 words)	10%
Total	100%



If you wish to apply for a scholarship, please contact the office at [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca) or 416-534-4302 and an application form will be forwarded to you as soon as possible.

**\*\* DEADLINE for the scholarship application is Sunday, May 2, 2021 \*\***

***Join or Renew  
Online***

**MEMBERSHIP  
Join/Renew**



## **IT'S 2021, TIME TO RENEW OR APPLY FOR MEMBERSHIP AND TO SHOW YOUR SUPPORT FOR THE TEMPLE**

It is that time again to approach you and remind you to renew or apply for your membership for 2021. We are hoping to continue to have a strong membership. We know there are still some who have not applied for membership or have forgotten to submit the membership application with your membership fee. We hope that 2020 members will renew their memberships for 2020 and continue to support the Temple.

The future of the Temple depends on our members so we need you to take the time or remember to submit your application and membership fee.

We continue trying to improve the benefits of being a member of the Temple, here are a few reasons why a membership is valuable:

1. Most importantly, as a member you will have the right to vote on all important matters affecting the Temple such as the election of the President and the Directors, the approval of budgets and all significant matters affecting the future of the Temple.
2. As a member you are subscribing to the Jodo Shinshu values of the Temple.
3. As a member you are entitled to free notarial services offered by one of our Temple members.
4. As a member you are entitled to a discount on premium-level CAA memberships.
5. As a member you will be entitled to attend special Temple activities free of charge or at rates not available to non-members.

### **Regular Membership**

Regular Membership is annual and expires on December 31. If you wish to be a Temple member for 2021 please complete the application form as early as possible at the start of the year. Once your signed application and membership fee (minimum of \$135.00) or your promise to pay the total fee by May 31 have been received, the Temple will send you your Membership Card.

### **Honorary Membership**

An Honorary Membership Card will be issued to any member 77 years of age or over who signs up for the year 2021. If already an Honorary Member, he or she must confirm annually the renewal of his or her Honorary Membership. Honorary Members do not need to pay any membership fees, although all donations are welcome. **A Membership Card will be issued once only.**





## TORONTO BUDDHIST CHURCH

*A Jodo Shinshu Temple***2021 MEMBERSHIP APPLICATION**

<b>Applicant</b>	<b>Renewal ( ) New ( )</b>	<b>Mr. ( ) Mrs. ( ) Ms. ( )</b>
Last Name: _____		Birthdate: dd/mm/yy: _____
First Name: _____		Email: _____
Address: _____		Phone: _____
City: _____		Signature: _____
Prov: _____ Postal Code: _____		

I promise to pay \$\_\_\_\_\_ as my Membership Fee for 2021 and am enclosing the amount of \$\_\_\_\_\_ on account of such fee. I will pay the balance of my Membership Fee, if any, by **May 31, 2021**. By signing this Membership Application I hereby adopt the vow below.

Signature \_\_\_\_\_ Date \_\_\_\_\_

I would like a Guiding Light mailed to me - English Only \_\_\_\_\_ English/Japanese \_\_\_\_\_

**I authorize Toronto Buddhist Church and Jodo Shinshu Buddhist Temples of Canada(JSBTC) to send future mailings and e-mails. I understand I am able to opt out at any time by notifying the Temple. YES \_\_\_\_\_ NO \_\_\_\_\_**

**VOW:****As a member of Toronto Buddhist Church, I:**

1. Recognize and accept that our Temple is based on the Jodo Shinshu Pure Land Teachings;
2. Vow to strive to live a life of gratitude and to do my best to care for the welfare of society; and
3. Vow to observe and uphold the Charter and By-laws of the Temple.

トロント仏教会の護持会員として、次の通り誓約いたします。

- 1、お寺を浄土真宗のみ教えに従う人々が集うところとします。
- 2、報恩感謝の生活を送り、自他ともに心豊かに生きることのできる社会の実現に貢献します。
- 3、会則を厳守します。

**Please note that this application is for membership from January 1, 2021 to December 31, 2021. The Individual Membership Fee for 2021 is a minimum of \$135. However, the Temple welcomes and will be grateful for any amount over and above this minimum fee.**

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



## **“JODO SHINSHU GONSHIKI” – “JODO SHINSHU RITUALS”**

**REVEREND YOSHIMICHI OUCHI**

**THE HOW, WHY, WHEN & WHERE OF  
TRADITIONAL NAIJIN (ALTAR) ARRANGEMENT  
DEMYSTIFYING CHANTING SUTRAS AND GATHAS**

### **Part 2: TRADITIONAL NAIJIN (ALTAR) ARRANGEMENT**

**Sunday May 16, 2021**

**7pm ET, 6pm CT, 5pm MT, 4pm PT**



### **Part 3: DEMYSTIFYING CHANTING SUTRAS AND GATHAS**

**Sunday June 13, 2021**

**7pm ET, 6pm CT, 5pm MT, 4pm PT**

**Pre-registration is required.**

A graduate of Gonshiki Shidosho in Kyoto, Rev. Ouchi received his licence of Tokubetsu Homuin in 2016 and is Canada's only Ritual Specialist. Rev. Ouchi is currently head minister of the Toronto Buddhist Church.

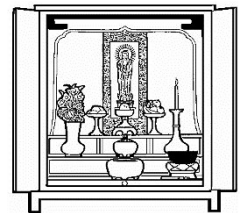
### **Part 2—TRADITIONAL NAIJIN (ALTAR) ARRANGEMENT—Sunday May 16, 2021**

**7pm ET, 6pm CT, 5pm MT, 4pm PT**

Do you know how to properly set up your home altar (Obusudan)? Do you know what types of offerings you should prepare? Rev. Ouchi will demonstrate how to set up the Obutsudan and will also explain what the Temple's offerings mean in the teaching of the Buddha.

Q & A will follow the lecture.

Advance registration required: <https://us02web.zoom.us/j/81844065993?pwd=TUJPV1gzWDFGa3BnUDlISm14VW5UQT09>



### **Part 3—DEMYSTIFYING CHANTING SUTRAS AND GATHAS—Sunday June 13, 2021**

**7pm ET, 6pm CT, 5pm MT, 4pm PT**

Chanting a sutra or verses during the Buddhist service is the most important ritual in the service. You will learn why it is important to chant. Rev Ouchi will explain the meaning of chanting and how to chant.

Q & A will follow the lecture.

Advance registration required: <https://us02web.zoom.us/j/84186539028?pwd=L0cxL3U1c1o2Wkw3WGhLQng0aFJzd09>

**Presented by Jodo Shinshu Buddhist Temples of Canada's Living Dharma Centre and the JSBTC Women's Federation.**

## Jodo Shinshu Basics with Sensei Robert



*Thursday, April 8th, 2021 at 7pm MST*

Our own Calgary resident minister, Sensei Robert Gubenco, will be leading this informative workshop and speaking about some of the basics of Jodo Shinshu Buddhism. This will be a great workshop for those who maybe new to the Jodo Shinshu sect of Buddhism or those who are always interested in learning more. Everyone is welcome to attend this free workshop as Sensei talks to us about the following:

Siddhartha's four sights that effected his life

Shakyamuni Buddha's teaching of the Four Noble Truths

Amida Buddha and the Sutra on the Buddha of Immeasurable Life

Register in advance by going to: <http://bit.ly/JSBasics-08Apr21>



Buddhist Churches of America (BCA)

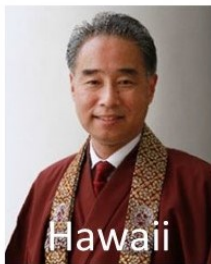
Center for Buddhist Education (CBE)

**"What is the Future of Jodo Shinshu Buddhism in the West?"**

Guest Speakers: Three Bishops

**Saturday, April 17, 2021**

11 am—1 pm (PST)



Hawaii

Rev. Eric

Matsumoto

Bishop, Honpa  
Hongwanji

Mission of Hawaii



BCA

Rev. Marin

Harada

Bishop, Buddhist Churches  
Of America

(North America District)



Canada

Rev. Tatsuya

Aoki

Bishop, Jodo Shinshu  
Buddhist Temples

of Canada



Registration

Link



Visit: [buddhistchurchesofamerica.org](http://buddhistchurchesofamerica.org) email: [cbe@bcahq.org](mailto:cbe@bcahq.org)

**Free & Open to the Public**



## **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, anyone who wishes to attend in-person services on Sunday, will be required to pre-register via email, our website or telephone, by Thursday at midnight. *The preferred method is through email or our website so as not to overwhelm the office.* **Registration** on the website is available for all services marked **OPEN**. **All** attendees (including children) must be registered. Please indicate if you wish to sit with others who are in your social circle. Registration after Thursday is by availability only – including seating arrangements.

There are no in-person CHILDREN'S SERVICES or KIDS' SANGHA at this time. Our virtual Kids' Sangha takes place on the fourth Sunday of the month. Please email [kids.sanghatbc@gmail.com](mailto:kids.sanghatbc@gmail.com) to be placed on the Zoom invitation list.

All individuals will be asked to 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.

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, as we are concerned about the safety of everyone attending our services.

Everyone will be immediately directed into the Hondo and assisted to find a seat. **PLEASE DO NOT MOVE THE CHAIRS.**

Everyone is asked to bring their own nenju, montoshikisho and service books, if you have them. There will be none to borrow. Headsets will not be available. You will be asked to hold your homyo cards in your lap.

There will be no group singing or chanting out loud. Only the Minister/leader will chant.

Offertory baskets will not be passed. Please leave your offertory in the box at the entrance to the hondo.

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

There will be no public access to the 2<sup>nd</sup> 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.

### **To Register for Services or to be put on our Zoom List:**

Visit our Website at <https://tbc.on.ca/>

Email us at: [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca)

Call us at: 416-534-4302

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



# COVID-19









Please complete the following questions

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Email: \_\_\_\_\_

## Do you have any of the following:

Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Fever</b></p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Cough</b></p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Difficulty breathing</b></p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Sore throat, trouble swallowing</b></p>
Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Runny nose</b></p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Loss of taste or smell</b></p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Not feeling well</b></p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p><b>Nausea, vomiting, diarrhea</b></p>

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

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

**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.**

TORONTO.CA/COVID19

 **TORONTO** Public Health