



# *Guiding Light*

January 2021



Image by Vecteezy

## **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)

## Upcoming Services

The following is a list of the upcoming services. Please note that this could change as we must adhere to the municipal and provincial guidelines.

		In Person	Zoom
January 1, 2021	New Year's Day Service	No	Yes
3	Monthly Memorial	Yes	Yes
10	Regular Service	No	Yes
17	Ho Onko Service	Yes	Yes
24	Regular Service	No	Yes
31	Regular Service	No	Yes
February 7	Monthly Memorial	Yes	Yes
14	Regular Service	No	Yes
21	Nirvana Day	Yes	Yes
28	Regular Service	No	Yes

### New Year's Greeting

from Ohtani Kojun, Monshu

Happy New Year, everyone! At the beginning of this New Year, I would like to extend my best regards to you all.

Throughout the last year, the world suffered from the pandemic of COVID-19, which brought tremendous hardship to many people, and we still are not able to see when normalcy would return to our world. On this occasion, I would like to offer my deepest condolences to those who fell victim to COVID-19 and express my sympathies to those who are currently undergoing treatment.

When social activities have been largely restricted as measures for preventing the spread of infection and protecting people's lives, many temples have been struggling for continuing their propagation. It concerns me that many people have been left isolated in the midst of hardship.

'Dependent origination' is a universal truth that Buddha Sakyamuni presented. This fundamental Buddhist principle expresses that every thing, matter, and phenomenon arises from various causes and conditions. None of us lives by ourselves. We are living being interconnected and mutually supported by one another.

Here in Japan, a new type of lifestyle called the 'new normal' has been introduced to protect people, their loved ones, and communities from infection. Considering the reality that we cannot even fathom when the pandemic will decline, it is important that everyone deeply reflects on the principle of Dependent Origination that represents the true state of the world.

Even though having been introduced to the truth by Buddha Sakyamuni, ordinary people like us are still not able to accept it as it is. Therefore, to guide us to cope with the suffering caused by our own ignorance, Shinran Shonin clarifies Amida Buddha's compassion that always embraces all of us. When the world is facing this unimaginable crisis, it is

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## New Year's Greeting

**from Ohtani Kojun, Monshu, continued**

crucial that each of us experiences Amida Buddha's great compassion ourselves, and live each day to the utmost, having that joy and sensation in our hearts as the basis of our life.

It is my hope that your temples will continue serving as your spiritual home, and therefore, I sincerely ask for your understanding and cooperation to allow them to be so. With my heartfelt appreciation for each one of you, I would like to conclude my new year's greeting.

January 1, 2021

OHTANI Kojun

Monshu

Jodo Shinshu Hongwanji-ha

## Message from Tatsuya Aoki, Bishop

**on Behalf of the Jodo Shinshu Buddhist Temples of Canada**



On behalf of the Jodo Shinshu Buddhist Temples of Canada, I wish to thank all of you for your support and understanding throughout 2020. As December brings the year to a close, we naturally find ourselves reflecting on the events of this year. Due to COVID-19, there have been so many changes and challenges. 2020 has certainly been full of many meaningful meetings and many difficult partings — new friendships, marriages, and births, and also the loss of people we love.

I recently read an article in a Japanese newspaper, which reported on a survey taken on people's perception of happiness. In response to the question, "What gives you the greatest sense of happiness?", the number one answer was "to be healthy" and the number two answer was "to be able to do what one wishes." Certainly, it is the wish for all people to be healthy. However, in reality, no matter how much we wish for a healthy life, there are no guarantees in maintaining good health, and we do not know if we will ever be free from suffering ill health.

The famous Japanese poet and Buddhist monk, Kenko Yoshida (1283-1352) states in "Tsurezuregusa (*Essays in Idleness*, also known as *the Harvest of Leisure*)" that, "there are seven undesirable things seen in friends", and lists one as, "a strong person who has never been ill". He says that people who are healthy and who have not been sick are not well-suited to be friends. Why did he make such a statement?

In general, we learn to understand things through experience. To know the suffering of illness, we first learn the pain and hardship of illness when we fall ill ourselves. Similarly, it could be said that people having personally struggled with hardship and pain are better able to understand suffering and pain in others, and therefore, are kind and understanding. Those who lack that kindness and understanding are said to be not appropriate as friends.

For Shakyamuni Buddha, and other Masters, they taught the path to enlightenment, having the heart of sorrow through truly knowing the suffering and anxiety of people. It is important to understand Buddha's words, "Life is suffering", from this viewpoint, and not to confuse his teachings of old age, illness, and death as a pessimistic teaching based on a negative perspective. The underlying foundation of Buddha's teaching is based on a deep view of the reality of life. This view is born from the heart of deep sorrow, and transformed through enlightenment, to become the heart of compassion helping all people with comfort and courage. Buddha's serene pose illustrates this.

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## Message from Tatsuya Aoki, Bishop

### on Behalf for the Jodo Shinshu Buddhist Temples of Canada, continued

The poet Akio Murakami who passed away in his twenties wrote,

*“Through illness I learned of something that was faster than light*

*Through illness I learned of something that was wider than the ocean*

*Through illness I learned of something that was deeper than the ocean. . .”*

Written while suffering an illness in which he could not move his body even slightly due to paralysis, it shows us that there is an important view to looking at life. The literary critic Shouichiro Kamei, who hails from Hokkaido like myself, has stated, “Anguish is the labour pain of humans to become reborn.” There is no life without anguish, and people are able to understand themselves through their anguish. According to him, through anguish, people’s eyes are opened to view life truly, resulting in the birth of a new human.

Shakyamuni Buddha makes clear the reality of humans in which we are drowning in the ocean of endless desire and sinking in the abyss of ignorance. “Life is suffering” are words of the Buddha, as one who understood the reality of himself, as he was. Through these words, I am now able to touch Buddha’s deep wisdom and boundless compassion. How wondrous is the truth of enlightenment! The poet probably felt that ‘wonder’ and wrote those words. I think that to have “learned”, is an expression of joy at having awakened to the unattainable Truth. Please continue to take good care of yourself. Be safe, be kind, and be mindful.!

In gassho,

Tatsuya Aoki, Bishop

Joodo Shinshu Buddhist Temples of Canada

## Amida Buddha is Our Parent

**HAPPY NEW YEAR!!** We had very difficult and tough challenges in 2020 due to COVID-19. We still have to take care to keep social distancing and wear a facemask when we meet someone. However, I wish to meet you without a facemask and talk at the temple’s social hall again soon.

Many temple members worked and supported the Toronto Buddhist Church in order that we could continue holding our Buddhist services in 2020. I really appreciate all your efforts and help for the temple.

In Japan, they traditionally wish happiness for the New Year. I think that it’s not only a Japanese tradition but also many people all over the world wish to have the happiest time in 2021.

However what is ultimate happiness for us who follows Jodo Shinshu Buddhism? In general, some people may say it’s like winning a lottery. But as you know, sometimes money creates other problems with a friend or family member. Or if we receive a little bit of money from winning a lottery, we might not say it was ultimate happiness. Moreover we might complain about the amount of money, because human always want to get more. What I want to say is a human can always wish for happiness but how long does the happiness last?

When I hold a workshop for high school students, sometimes they ask me how does Buddhism makes people happy? When I hear this question, I always remember a story by the late John Lennon.

John Lennon said that when he was a young boy, growing up, his foster parents told him, “John, the most important thing in life, the most important thing, is to be happy.” So, when he was in grade school, the teacher assigned a task to the class and asked each child a question. The question was: “What do you want to be when you grow up?” John Lennon said, “I want to be happy!” And the teacher said, “No, John. You don’t understand the question.” John Lennon said, “No, you don’t understand life.”



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## *Amida Buddha is Our Parent, continued*

When I heard the story, I thought John Lennon must have received so much love from his foster parents. The parents wished him happiness and John understood their wishes.

By the way, in Shin-Buddhism, we believe to encounter Amida-Buddha's compassion or to say "Namo Amida Butsu" is true happiness. Amida Buddha wishes for us to know true happiness. In other words, he has been reaching out to us to have the ultimate happiness, before we wish it.

The Larger Sutra says, When Amida Buddha was Dharmakara Bodhisattva, Amida vowed that "If, when I attain Buddhahood, all sentient beings in the lands of the ten quarters who sincerely and joyfully entrust themselves to me, and desire to be born in my Pure Land, and call my Name even ten times, should not be born there, may I not attain perfect Enlightenment."

That sutra tells us that Amida Buddha had vowed that we should be born in his Pure Land. When we receive his compassion, we will know the awakening of faith has come to us. And all sentient beings attain one moment of joy because Amida Buddha has awakened and attained perfect Enlightenment, and **he has been wishing for us** to call "Namo Amida Butsu" and for us to desire to be born in his Pure Land.

I think that we always wish for our own happiness but we usually forget that someone wished for our happiness before we wished it.

When I was a child, I used to live with my siblings, parents and grandparents in the family temple. Both of my parents worked, so my grandparents always took care of me. They were always kind, and I felt their love so much. When I had trouble in school, they listened to my worries and they gave me advice. I really appreciated them because they were always by my side and they didn't say they were too tired to take care of me, even though I was such a Yancha-boy (difficult boy).

One day I asked my grandmother why she called Amida-Buddha "Oya-sama (親様)" ? "Oya" means a parent and "sama" represents our respectful mind. She said, because Amida Buddha was like a parent. Even if she had difficulty in her life, Amida Buddha was always beside her, and **Amida-Buddha wished for her happiness to be born into the Pure Land**. She placed her hands together and recited "Namo Amida Butsu" to feel Amida-Buddha's great compassion. When I visited Vancouver a couple years ago, I remembered this memory.

When I visited Vancouver, I met a Japanese senior Buddhist minister and an American Buddhist minister. The American minister brought his son who was around 4 years old. Before we had dinner, the boy begged

me to carry him. At first I enjoyed carrying him, but after 15 minutes, my arms started to get tired. And after 20 minutes, I didn't want to carry him anymore. I asked the Japanese senior minister if he wanted to carry the boy instead of me. He knew I was tired. Then he said "When you were a child, your parents probably never said they were too tired to do something for you. They always found the strength to help you."

I thought he didn't want to carry the boy at that time. However, I felt embarrassed saying I was too tired to carry the boy, because I remembered the memory of my grandparents.

The next day, he did a Dharma Talk in the Vancouver Buddhist Temple. He said that Amida-Buddha wishes us happiness, and never abandons us even if we are difficult. It's like our parents. For example, if a baby cries, his mother holds him gently and says, "You don't have to worry about anything, because mommy is always with you." His mother gives her son peace of mind because she wishes happiness for him and the baby relies on his mother for her love.

Then I understood the reason why my grandmother called Amida-Buddha "Oyasama (親様)", because Amida-Buddha kindly embraces us with his great compassion, and never says he is too tired to watch over us. When we place our hands together, we know we are relying on his compassion and we can feel **ultimate happiness**.

Amida-Buddha was her parent but Amida is also the senior minister's parent and my parent, too.

Amida-Buddha has attained perfect Enlightenment and his light of compassion and wisdom allows all sentient beings to become a Buddha in his Pure Land. **Amida-Buddha wishes for us to know the true happiness. And he has been reaching out to us to have the ultimate happiness, before we wish it.** When we say "Namo Amida Butsu" we encounter Amida-Buddha's compassion. This is our true happiness in Shin Buddhism.

Gassho

Rev. Yoshimichi Ouchi

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

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 **February**. All are invited and welcome to attend.

<b>AMANO</b> , Tojiro	<b>IWASAKI</b> , Kiyoshi Henry	<b>MORI</b> , Sumi	<b>SUYAMA</b> , Tei
<b>AMANO-O'SHEA</b> , Karen Akemi	<b>KAMADA</b> , Denroku	<b>MURAKAMI</b> , Yukimi	<b>TABATA</b> , Fumie
<b>ARIZA</b> , Riku	<b>KAMINO</b> , Atsumu	<b>MURANAKA</b> , James Kinsuke	<b>TAKAOKA</b> , Hideo Donald
<b>ARIZA</b> , Takeru	<b>KASHINO</b> , Wai	<b>NAGAO</b> , Moyo	<b>TAMAKI</b> , Mitsuko
<b>DOI</b> , Terrie Teruya	<b>KATO</b> , Saju	<b>NAKAMURA</b> , Genroku	<b>TANAKA</b> , Itsuo
<b>DRYGAS</b> , Ronald Walter	<b>KAWABATA</b> , Sayono	<b>NAKAMURA</b> , Sumi	<b>TANIISHI</b> , Miyoko Joyce
<b>EBATA</b> , Nami	<b>KAWABATA</b> , Tobei	<b>NAKASHIMA</b> , Haruko	<b>TATEBE</b> , Saemon
<b>EDAMURA</b> , Kane	<b>KAWAGUCHI</b> , Kanetaro	<b>NAKATA</b> , Kimi	<b>TEHARA</b> , Chiyo
<b>FUJITA</b> , Kano	<b>KAWAGUCHI</b> , Hanaye	<b>NAKATSU</b> , Kimiko	<b>TEHARA</b> , Genya
<b>FUJITA</b> , Shigeo	<b>KINOSHITA</b> , Raisuke	<b>NISHI</b> , Hanae	<b>TEHARA</b> , Suye
<b>FUJIWARA</b> , Douglas Tetsumori	<b>KISHIBE</b> , Aki	<b>NISHIKAWA</b> , Shoji	<b>TERAKITA</b> , Mitsuo
<b>FUKUSHIMA</b> , Hanae	<b>KOBO</b> , Takayo	<b>NISHIMURA</b> , Harry Kanshiro	<b>TSUCHIDA</b> , Suejiro
<b>FURUKAWA</b> , George Goro	<b>KOMATSU</b> , Sakaye	<b>NISHIMURA</b> , Riyeko Frances	<b>TSUJI</b> , Edward Sadamu
<b>FURUYA</b> , Isamu	<b>KONDO</b> , Tohachiro	<b>NISHIMURA</b> , Seitaro	<b>TSUJI</b> , Etsuko
<b>HAMA</b> , Hirokichi	<b>KONDO</b> , Tomekichi	<b>NISHIZAKI</b> , Barry Jon Yoshio	<b>TSUJI</b> , Toshiro Roy
<b>HAMA</b> , Hugo	<b>KONDO</b> , Zenshiro	<b>OGATA</b> , Sakae	<b>TSUJI</b> , Donald Akira
<b>HAMAMOTO</b> , Tomoe	<b>KONO</b> , Itoyo	<b>OHASHI</b> , Mitsuo William	<b>TSUKAMOTO</b> , Masato
<b>HAO</b> , Yoshitada	<b>KOZAI</b> , Sute	<b>OMORI</b> , Isamu	<b>TSURUDA</b> , Misae
<b>HAYASHI</b> , Fumikazu Frank	<b>KUBOTA</b> , Hide	<b>OMOTO</b> , Tatsuya	<b>TSURUOKA</b> , Mas Masaaki
<b>HAYASHI</b> , Genichiro George	<b>KUSANO</b> , Tsurukichi	<b>RYUJIN</b> , Isamu	<b>URA</b> , Tsutomu
<b>HAYASHI</b> , Yoshio	<b>MAEMURA</b> , Ritsu	<b>SAITO</b> , Harry Hiromitsu	<b>UYEDA</b> , Toshihiro
<b>HIDAKA</b> , Kathy Ling Fai	<b>MASUDA</b> , Yasuo	<b>SAKAGUCHI</b> , Shizue	<b>WATANABE</b> , Haruno
<b>HIDAKA</b> , Tsuyoshi	<b>MATSUDA</b> , Yoshimi	<b>SARUYAMA</b> , Lucy Masako	<b>WATANABE</b> , Sumiye
<b>HIKIDA</b> , Toyoko	<b>MATSUSHITA</b> , Tatsumi	<b>SASAKI</b> , Tokubei	<b>YAHIRO</b> , Kin
<b>HIROSE</b> , Masayuki	<b>MENDE</b> , Masuno	<b>SHIMIZU</b> , Asato	<b>YAMAMOTO</b> , Yasue
<b>HONKAWA</b> , Kise	<b>MINEMOTO</b> , Hisako	<b>SHIMIZU</b> , Evan, Hiromitsu John	<b>YAMASHITA</b> , Yoshiko
<b>HORI</b> , Mrs.	<b>MIYAGAWA</b> , Yoshiko	<b>SHIMODA</b> , Clara Shizue	<b>YASUI</b> , Toshie
<b>HOSAKI</b> , Takeko Eileen	<b>MIYANISHI</b> , Toyozo	<b>SHIOZAKI</b> , Akira	<b>YOSHIDA</b> , Baby
<b>HYUGA</b> , Hisatoshi	<b>MIYASAKI</b> , Harry Juichi	<b>SHISHIDO</b> , George Tetsuo	<b>YOSHIDA</b> , Chika
<b>IGARASHI</b> , Shigeru	<b>MIZUNO</b> , Fumiyo	<b>SHOJI</b> , Gin	<b>YOSHIDA</b> , Kanjiro
<b>INATA</b> , Ei	<b>MIZUTANI</b> , Harold Tsuneichi	<b>SUGIMOTO</b> , Itsuno	<b>YOSHIDA</b> , Natsu
<b>IWAMOTO</b> , Yuri	<b>MIZUYABU</b> , Yonekichi	<b>SUMIYA</b> , Chikayoshi	

# HAPPY NEW YEAR 2021



Dawn, Toshi & Crystal Anzai

Wishing You Health And Happiness In 2021

George & Amy Nakano

Be Safe



Sally Miyasaki

Happy New Year!



Donna Nakano

Best Wishes For 2021

Dianne & Mochi Ishida

With All Good Wishes For 2021!



George & Yasuko Horii

Happy New Year!

Pamela Yoshida

Hoping Your New Year To Be A  
Healthy and Happy One

Rev. Yoshimichi Ouchi

Helen & Harry Tetaka

Diane Mark

Naomi Tamaki

Darlene Rieger



## NEW YEAR MESSAGE FROM THE PRESIDENT

For all of us, the year 2020 quietly exited making way for the year 2021. Most likely, your holiday season was very different from other years. Words such as pandemic, new norm, PPE, lockdown, etc. are all used frequently in our daily conversations. Understandably, restrictions have been placed in order to protect us. It has been difficult for everyone to adapt. The TBC Board is no exception. It is difficult to gauge any decisions more than a week in advance. We would like to thank everyone for their understanding and cooperation.

On a more optimistic note, vaccinations will soon be available to everyone and we will again be able to meet and socialize at the Temple. In the meantime, we have been fortunate to be able to access many interesting Dharma talks from different Jodo Shinshu temples in Canada and the United States as well as from TBC.

As the new year begins, I would like to thank the staff and the many volunteers that have worked in front and behind the scenes at Toronto Buddhist Church - too many to mention individually. Most of all, I would like to thank TBC members and supporters for their continuing financial support and encouragement. Without you, we could not survive.

Stay safe and we look forward to seeing you soon.

With best wishes for a healthy and happy 2021.

Dawn Anzai, President



## Ikebana Vases

Toronto Buddhist Church has been fortunate to receive a donation of 30 exquisite Ikebana vases from Mrs. Miki Matsuda on behalf of her late mother Hisae Kanzaki. Mrs. Kanzaki held a Master Certificate from the Sogetsu School of Ikebana in Japan and regularly displayed her works in New York City where she lived.

All the vases were imported from Japan and many were unopened. Toronto Buddhist Church sponsors an active Ikebana Club for members and friends and Mrs. Matsuda believed that her mother would have wanted her vases to be used by students who appreciate the art of ikebana.

We look forward to seeing the artistic floral arrangements in these beautiful vases.

TBC



A few of the donated vases



## Flower Toban 2021 Volunteers Needed!

Are you interested in flower arranging? No experience needed. We will teach you everything you need to know. Volunteers needed for approximately an hour on any given Friday to arrange flowers for the Naijin. If you are interested, please contact Grace Taguchi by email: [grace.tamaki@gmail.com](mailto:grace.tamaki@gmail.com) or contact Pam Yoshida at the temple office, 416-534-4302.





# Stay Safe and Healthy in 2021



Our usual traditions for the New Year is to leave behind the challenges of the past year, begin new journeys and hope for a brighter future.

As with many things, this new year will be different. While there is hope for a brighter future – or at least a return to normalcy in 2021, on behalf of the **TBC Sangha Group**, I would like to share with you three mantras that have helped me through 2020:

gaman shitte kudasai

ganbatte kudasai

shikkari shitte kudasai

In Gassho,

Cary Kataoka, President

TBC Sangha Group

## CALLING ALL SANGHA KIDS



### Jodo Shinshu Alphabet Challenge

Can you come up with a Buddhist theme word for each letter of the alphabet?

A \_\_\_\_\_  
 B \_\_\_\_\_  
 C \_\_\_\_\_  
 D \_\_\_\_\_  
 E \_\_\_\_\_  
 F \_\_\_\_\_  
 G \_\_\_\_\_  
 H \_\_\_\_\_  
 I \_\_\_\_\_  
 J \_\_\_\_\_  
 K \_\_\_\_\_  
 L \_\_\_\_\_  
 M \_\_\_\_\_  
 N \_\_\_\_\_



南摩阿彌陀佛

O \_\_\_\_\_  
 P \_\_\_\_\_  
 Q \_\_\_\_\_  
 R \_\_\_\_\_  
 S \_\_\_\_\_  
 T \_\_\_\_\_  
 U \_\_\_\_\_  
 V \_\_\_\_\_  
 W \_\_\_\_\_  
 X \_\_\_\_\_  
 Y \_\_\_\_\_  
 Z \_\_\_\_\_

We look forward to the day when we can gather at the temple safely. Until then, stay healthy and safe.

With Gratitude,

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

## Hoonko Service

**Sunday, January 17, 2021 at 11:00AM**

Hoonko or Founder's Memorial is one of the most important occasions observed in the Jodo Shinshu Buddhist tradition. In Japanese, "Ho-On" means "return of gratitude" and "Ko" means "to clarify the meaning of." Shinran Shonin passed away on January 16, 1262. Shinran brought the Dharma (Amida Buddha's Teachings) out from the monastery to the common people during a time of great political turmoil, social unrest and violence. He introduced and interpreted Buddhism making it more accessible to everyone, regardless of class or intellect, as a way for everyone to equally attain peace and happiness.



Even though he was born into a privileged family, he, his wife and children lived a commoner's life and practiced the nembutsu daily. He taught and "clarified" the teachings of the Primal Vow, which is the cornerstone of our Jodo Shinshu sect today.

Please join us either in person (6 people by registration) or via Zoom (please sign up for an email invitation) in honouring the memory of our founder and to give sincere appreciation for his struggle to deliver Amida Buddha's teachings to us all.

## CALGARY BUDDHIST TEMPLE'S TEMPLE SANGHA ENGAGEMENT

### Alzheimer's: Prevention Instead of Life Sentence

*Sunday, January 24, 2021, from 1:00 – 2:30 pm MST*

The threat of developing Alzheimer's is often one of our greatest fears as we age. While traditional views of Alzheimer's see it as a disease that can afflict anyone at random, new research is showing us that there are numerous ways to prevent this devastating illness or minimize its impact. In this seminar, we will be exploring some of the major risk factors for Alzheimer's and the key health practices that can counteract these risks. The focus will be on effective, inexpensive steps that we can take immediately to start creating better health for our future.

The presenter, Trudy Gahlinger, a long-time member of the Calgary Buddhist Temple, is a Functional Medicine Certified Health Coach. Unlike conventional medicine which tends to treat symptoms, functional medicine seeks the root cause of symptoms so that better health can be

restored. A key feature of functional medicine is its basis in evidence-based research which provides a scientific foundation for health practices and strategies.

Register in advance for this workshop:

<https://us02web.zoom.us/meeting/register/tZAvC-Curj8vHtZu5obrovlCS9oxEkYrkGVE> - direct link is also

available on our Facebook and Temple website.



### Resolving Life's Problems through Buddhism

*Sunday, February 7<sup>th</sup>, 2021*

*from 2-3:30pm MST*

The Calgary Buddhist Temple Sangha Engagement is truly honored to have Rev.

Marvin Harada, the Bishop of the Buddhist

Churches of America, share the Dharma with us.

Buddhism enables us to resolve any of life's problems that we might face. In this seminar, Rev. Harada will touch on four major issues in life:

1. The matter of life and death
2. Relationship Issues
3. Work Issues

#### 4. Self Esteem issues

We all face such issues in life, but we may not see how Buddhism enables us to truly resolve any of them."

Register in advance by going to:

[https://us02web.zoom.us/meeting/register/tZlodO2qqj8pHtRnbm7K\\_oC2BEq4KIAfhzmN](https://us02web.zoom.us/meeting/register/tZlodO2qqj8pHtRnbm7K_oC2BEq4KIAfhzmN) - direct

link is also available on our Facebook and Temple website.

## MEMBERSHIP: WHAT'S IN IT FOR ME?

Years ago, American Express went to great effort to promote the slogan “Membership has its privileges”. With those expensive and carefully chosen words, AmEx instilled a feeling in its cardholders that they were indeed privileged. Many memberships promoted an air of exclusivity, the promise of benefits or special treatment. Well, since last March, a lot of memberships lost their lustre. Air travel cards? Lots of travel points but travel vanished. Social, sports, fitness, all kinds of other clubs and organizations? Sorry, socializing and gatherings became very verboten.

Neither was the Temple spared. It too had to turn off the lights much of the time in 2020, and whatever access was permitted was strictly documented and limited and regulated. It was to be expected that Temple membership would decline for the year, considering Temple members received virtually no tangible benefits and were also deprived of all manner of essential Buddhist services - regular services, funeral services, memorial services, visitations, consultations. But surprisingly the count dropped only slightly.

Was this really a surprise? In fact Temple membership never ever really promised much in the way of material benefits. Yes, it offered free meals (always wonderful) and participation in many activities and functions, and preferred member rates for many other attractions. It offered free notarial services which several members have taken advantage of. It mailed free copies of its monthly bulletin *The Guiding Light*. It also gave members the very important right to vote on fundamental Temple matters. But the point of membership never was to add up the privileges, benefits and rewards and calculate the “return on investment”. The purpose of membership was simply to affirm the member’s commitment to the Jodo Shinshu faith and way of life and to the Temple as a Buddhist sanctuary. This vow is proudly inscribed on every membership card.

To all members and non-members, please renew or make that commitment for 2021. The Temple suffered in 2020, but it survived. It now wants and needs to thrive. It will thrive with your support, financially and spiritually. Please sign up for 2021 membership and beyond. Toronto Buddhist Church needs you and we surely need the Temple now more than ever.

### **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 ( )</b>	<b>New ( )</b>	<b>Mr. ( ) Mrs. ( ) Ms. ( )</b>
Last Name: _____		Birthdate: dd/mm/yy: _____	
First Name: _____		Email: _____	
Address: _____		Phone: _____	
City: _____		Signature: _____	
Prov: _____		Postal Code: _____	
<p>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 <b>May 31, 2021</b>. By signing this Membership Application I hereby adopt the vow below.</p>			
Signature _____		Date _____	
<p>I would like a Guiding Light mailed to me - English Only _____ English/Japanese _____</p>			

**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.

Please do not use Offering envelopes to pay membership fees. Instead, please insert them in separate plain envelopes clearly marked "For Membership". Please make any cheques payable to *Toronto Buddhist Church*.

A SEPARATE MEMBERSHIP APPLICATION MUST BE COMPLETED FOR EACH INDIVIDUAL APPLYING. PLEASE SUBMIT A SEPARATE PAYMENT FOR 'MEMBERSHIP ONLY'. PLEASE DO NOT COMBINE WITH DONATIONS.



## 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. Gloria Sayoko Sumiya      95 years      December 6, 2020



Image by Dreamstime

## *GUIDING LIGHT*

Toronto Buddhist Church continues to work towards having a balance between English and Japanese. This includes not only translating English into Japanese but also translating news from Japanese Temples into English.

Toronto Buddhist Church Guiding Light is looking for volunteers who can understand and write in both English and Japanese. The main activities would be the translation of articles and announcements from English to Japanese once a month and occasionally from Japanese to English.

Please contact the Temple or Darlene Rieger if you are interested and are able to spare some time.

E-mail: [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca)

darlene.rieger28@gmail.com

## 2021 Toronto Buddhist Church

### Annual General Meeting

For the past several years, the Annual General Meeting was held on the third Sunday in January. Due to the COVID-19 restrictions that are in place, the AGM will need to be postponed with the hope that it can be held in April 2021. During this time, the current Board of Directors will continue to serve.

Notice of the 2021 AGM will be placed in the Guiding Light in the new year.

Toronto Buddhist Church Board of Directors



### **NEED A MASK FOR THE OCCASION?**

**\$10.00 EA. OR 3 FOR \$25.00**

*We have a variety of Japanese Print Cotton Masks for sale at the Temple.*



### **Keeping Our Distance**

We have been open since September and the safety of all our Temple members and guests continues to be a top priority in order to keep the Temple open. As such we would like to remind everyone to “**Keep Your Distance**” at all times while in the Temple. It is so great to see everyone after a very long time, but we want to ensure that we are not hosting a “**Super Spreader Event**” in light of the increasing numbers of people infected with COVID -19 in our service area.

We thank everyone for adhering to the new protocols that we have put in place, however at this time we are still not open for other activities or Children’s Services at the Temple.

Please ensure that you read the many signs and posters meant to keep everyone safe.

Please read “General Protocols for Service Attendees” in the September Guiding Light or the TBC website for details.

### **SOME HIGHLIGHTS of the new Safety Protocols**

Please register your attendance in advance

**All** attendees (including children) must complete and submit 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 frequently.

The office will not be accessible on Sunday. Please speak with a volunteer for your requests.

The upper and lower levels are closed. Lower level washrooms are reserved for emergencies only.

**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**

In-person services will be held twice per month on the first and third Sundays at 11:00 am

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.

**Virtual services** are held weekly on Zoom.

Please register with the office or by email: [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca) to get your Zoom invitation.

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.

### **TO REGISTER FOR SERVICE**

**PLEASE CONTACT BY:**

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

**EMAIL:** [tbc@tbc.on.ca](mailto:tbc@tbc.on.ca)

**PHONE:** 416-534-4302

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

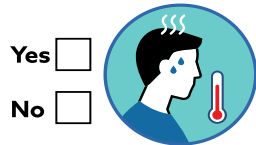


# COVID-19

Please complete the following questions

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Date: \_\_\_\_\_ Time: \_\_\_\_\_  
 Email: \_\_\_\_\_

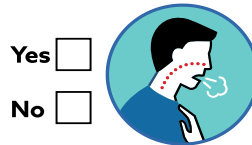
## Do you have any of the following:



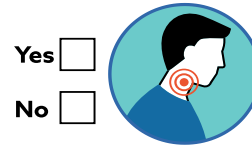
**Fever**



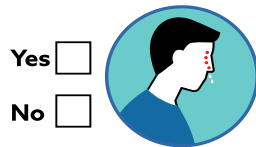
**Cough**



**Difficulty breathing**



**Sore throat,  
trouble swallowing**



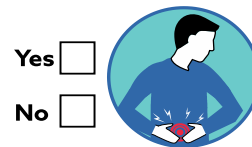
**Runny nose**



**Loss of taste or  
smell**



**Not feeling well**



**Nausea, vomiting,  
diarrhea**

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

# SHOES MUSE

## HAVE YOU HEARD THESE SAYINGS?

- PUT YOURSELF IN SOMEONE ELSE'S SHOES.
- IF THE SHOE FITS, WEAR IT.

## CAN YOU THINK OF OTHERS?

**SHOES**  
CAN HELP US EXPLORE  
BUDDHIST CONCEPTS SUCH  
AS COMPASSION,  
INTERDEPENDENCE, GRATITUDE,  
IMPERMANENCE AND  
ECOSANGHA.

WE ARE WORKING ON  
LESSONS AND ACTIVITIES  
YOU CAN ACCESS  
ONLINE.

## WHAT WOULD WE DO WITHOUT SHOES?

- shoes prevent disease and injury.
- shoes help improve chronic foot problems.
- shoes allow us to move in hazardous environments.
- shoes allow us to travel further and faster.
- shoes reflect our hobbies, jobs or social standing.
- shoes allow us to express our individuality.

## PROJECT #1: HELP US MAKE A "THANK YOU SHOES" VIDEO

- Tell us your name
- Show us your favourite shoe (footwear)
- Why are they so great?
- Do you look after them in a special way?
- Make sure to thank your shoes at the end of the video

Record the video with a computer, smartphone or tablet. Send it to Andrew via google drive: [adichikawa6@gmail.com](mailto:adichikawa6@gmail.com)  
Or ask about sending it another way. We will compile these videos and you can view it on YouTube.

## Instructions

<https://youtu.be/LoGyYY30Dg4>

## Examples

<https://youtu.be/nhKgXfaDzrk>

## Inspiration

<https://youtu.be/QPi8cFSvmA8>

With your submission of videos, photos and/or audio recordings of you/your child, you consent to their use in educational resources, publications, print and electronic media related to the Buddhist Temple of Southern Alberta, the Calgary Buddhist Temple and the Jodo Shinshu Buddhist Temples of Canada, Living Dharma Centre. You can withdraw your consent at any time.