



Guiding Light

March 2022



*Snow covered Shinran Shonin in front of NYC Buddhist Temple
Photograph taken by Myra Takasaki*

TORONTO BUDDHIST CHURCH *a Jodo Shinshu Temple*

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

Upcoming Services English and Japanese

We are excited to start in-person services again on March 6, 2022.

The following is a list of the upcoming services. Please register for either in-person or the Zoom services on the website or by emailing tbc@tbc.on.ca.

		Kids' Sangha 10:30 am	11:00 AM	1:00 PM
		Zoom	In Person & Zoom	In Person & Zoom
March 6, 2022	Monthly Memorial	English	English	Japanese
March 13, 2022	Regular Service	None	English	None
March 20, 2022	Ohigan Service	English	Bilingual	None
March 27, 2022	Regular Service	None	English	None
April 3, 2022	Monthly Memorial	*English	*English	*Japanese

We're Open!

We are pleased to announce that we will be open for regular in-person services starting March 6, 2022. The safety of all our temple members and guests continues to be our utmost concern; so, while we will relax some protocols, we have also chosen to maintain others, taking into consideration the needs of our congregation. Please remember that protocol changes may occur at any time depending on the provincial health situation. We thank you all for your patience and kindness and your consideration of others as we manage through this next phase of reopening.

We will be also open for Children's Services starting April.

Social groups, please contact your group leader for dates and guidance.

Please continue to register your attendance at the services through the website, by email or telephone as noted below.

Safety Protocols that will be continued:

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

We will continue to set the chairs in the Hondo with a 2-metre distance in between groups.

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

The temple will continue to clean and sanitize all high touch areas.

All social groups will be responsible for cleaning/sanitizing before/after each use.

There will be no refreshments or socializing inside the temple after services at this time.

All services are livestreamed via Zoom. Please email the temple to be sent the link.

Safety Protocols that have changed

Chanting by the congregation while wearing a mask, will be permitted.

One family member may sign in for the group/family.

Please continue to self-monitor for symptoms and stay home if you are not feeling well.

We hope you are well and we look forward to seeing you soon.

To Register for Services:

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

Email us at: tbc@tbc.on.ca

Call us at: 416-534-4302

Light of Wisdom, Mother's lap



無碍光如来の名号と かの光明智
相とは

無明長夜の闇を破し 衆生の志願
をみてたまふ

The Name of the Tathagata of
unhindered light

And the light that is the embodiment of wisdom
Dispel the darkness of the long night of ignorance
And fulfill the aspirations of sentient beings.

[Hymns of the Pure Land Masters –Master T’an-luan. CWS
page 373]

We live our lives hearing many different things and encountering various things in our daily lives. I think our lives are greatly changed by what we hear and what we encounter. When you go to a school, you meet people like teachers and friends; when you go to work, you meet your boss and co-workers. These people must have a great impact on your life. Or I could say that they must give us many opportunities to change our lives.

In my case, if I didn't talk with my friend who really enjoyed reciting Nembutsu, I might not have had an interest in Jodo Shinshu Buddhism. If I didn't hear Rev. Teramoto my mentor's words when I was a university student, I might not become a Kaikyoshi minister. If I didn't meet Bishop Aoki in Japan when I studied Buddhism, I might not have come to Canada.

I'm sure you also have similar experiences as mine that someone changed your life. As you can see, we are influenced by many people. Even so, I believe that the closest thing that changes our lives is our family members, such as parents and siblings. This is because the time we spent with them will remain in our minds much longer than any other memories.

I would like to share one of my family memories with you. When I was a child, my family chanted Shoshinge together every day before we went to sleep. The Shoshinge is a short Gatha with only 62 lines and 120 phrases. However, it seemed like forever to me because when I had to sit seiza style on the floor, which was a bit painful for me. Therefore, after about 15 minutes I stopped sitting seiza and stretched my legs. When my mother saw me, she took me on her lap and chanted Shoshinge.

When I was around 4 years old, I could not read any Japanese letters, so I just listened to my parents' and siblings' chanting voices. A few years later, my brother told me that I used to sleep during the chanting on my mother's

lap. When I heard that I thought that her chanting voice was a lullaby to me. But it was interesting because even though I took a nap during the chanting, I was able to chant along with them a few years later. Even now, when I chant Shoshinge, I suddenly remember the memories of that time.

The Shoshinge describes Amida-Buddha's wisdom and compassion. The Wisdom and Compassion of Amida are expressed as twelve kinds of light in Shoshinge. The Wasan that I wrote at the beginning of this Dharma talk also explains the part of the twelve kinds of light that is called unhindered light.

There is nothing in nature that hates the light. The trees and plants stretch out their branches and leaves toward the light. The birds open their wings and fly away as if enjoying the light. However, the light of Amida-Buddha is not physical or visible light such as the light of the sun, moon, or a flashlight, because physical light is limited by two conditions. First, the physical thing can break down. A second physical thing cannot pass through another object.

If the light of Amida-Buddha is broken or blocked by something, we cannot rely on the light. So, what is the light of the Buddha that we rely on and take refuge in? Shinran Shonin said the light of Amida Buddha is not a visible thing, but we could listen to the light of Amida. He also said that the light of Amida-Buddha is embodied Amida's Wisdom. The light of Amida's wisdom will help us reflect on our imperfect selves and guide us to the Pure Land.

In Jodo Shinshu Buddhism, we recite Nembutsu, because the Nembutsu represents Amida's Light of wisdom, and the wisdom lets us know what we need to listen to and what we need to meet or encounter in our lives. I think most of us are not celebrities or elites who are featured in the newspapers. Our lives may have been insignificant in the eyes of others. But even if it is such a life, for us it is an irreplaceable life that will never come again. My grandfather told me that he had heard what he needed to hear and had encountered what he needed to encounter in his life through the Nembutsu. When I heard that I was sure that he didn't see Amida's Light but he listened to the light through the Nembutsu.

In this way, I met many people and heard many things that changed my life so much without my realizing it. And I think chanting Shoshinge with my family when I was a child was also one of them that changed my life.

I believe some of you have had a similar experience to mine when you say Namu Amida Butsu because Amida's Light of Wisdom is embodied Nembutsu, and Nembutsu reaches us to guide to Amida's mindfulness.

Gassho

Rev. Yoshimichi Ouchi

****HAVE YOU REGISTERED FOR THE ANNUAL GENERAL MEETING?*****“Your attendance will decide the future of the Temple”****NOTICE OF ANNUAL GENERAL MEETING OF THE MEMBERS OF TORONTO BUDDHIST CHURCH****Date: Sunday, March 20, 2022****Time: 2:00 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 May 16, 2021;
2. Presentation of Financial Statements of the Temple for the year ended October 31, 2021;
3. Consideration and approval of the Budget for the year ending October 31, 2022;
4. Election of President and Director;
5. 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 March 2022. 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 B. You may nominate Donna Nakano 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 March 16, 2022.

*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 2021.

BY ORDER OF THE BOARD

SCHEDULE A

INFORMATION AND INSTRUCTIONS REGARDING ACCESS TO, ATTENDANCE AT AND PARTICIPATION IN THE VIRTUAL AGM OF TORONTO CHURCH AT 2:00 PM ON SUNDAY, MARCH 20, 2022

To ensure the health and safety of all, and to comply with current provincial restrictions on social gathering, our AGM will be held virtually via Zoom meetings. 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.

Members planning to attend, please register with the office by email at tbc@tbc.on.ca or by phone (416) 534-4302 and a package of meeting materials will be mailed to you if we receive your registration by March 4, 2022. 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

TORONTO BUDDHIST CHURCH

ANNUAL GENERAL MEETING

March 20, 2022, 2:00 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):

Paul Aoki

_____ **(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 March 20, 2022 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 _____, 2022.

(Signature)

(Print Name)

This Proxy must be returned to Toronto Buddhist Church by mail or electronically and received by the Temple on or before March 16, 2022.

Memorial (Shotsuki) Listing for the Month of April

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 April . All are invited and welcome to attend.

ABE, Takeo Tom	ITO, Jukichi	MURATA, Yoshio	TAKAHASHI, Hideo
AIHOSHI, Yone	ITO, Fumiko	NAGANO, Kiyoko	TAKAHASHI, Takejiro
AKADA, Saki	ITO, Tsugio	NAKAGAWA, Ai	TAKATA, Kase
AMEMORI, Isaburo	IWASA, Hisa	NAKAGAWA, Kotaro	TAKAYAMA, Harold Shoichi
AOKI, Hiroshi	IWASAKI, Sosaku	Harold	TAKEDA, Tsuneyo
ATAGI, Yoshio	IZUKAWA, Kane	NAKAMURA, Masanobu	TAKENO, Heisaburo
AYUKAWA, Etsuko Marjorie	KADOHAMA, Kumiko	NAKANISHI, Yoshie	TANAKA, Kazuo
BABA, Kinu	KAMADA, Denjiro	NAKAO, Masaru Mas	TANAKA, Koryo
BANDO, Tomizo	KANDA, Masano	NAKATSU, Hatsu	TANAKA, Marion Miyo
DOI, Shizue	KASAI, Tsutomu	NIKAIDO, Barbara Hiroye	TANIISHI, Gonshiro
EBATA, Lillian Shizue	KAWAGUCHI, Sachiko	NISHI, Yasu	TERAKITA, Yoshio
EBATA, Tada Harumi	KAWAMOTO, Tokuko .	NISHIKAWA, Hidekazu Nick	TESHIMA, Rose Setsuko
EBISUZAKI, Tsunetaro	KITAMURA, Mina	NISHIKAWA, Shizue	TOWATA, Takiyo
EDAMURA, Masao	KIYONAGA, Shoji	NISHIKAWA, Tomio	TOWATA, Toichiro
FUJII, Yayeko	KOJIMA, Masao	NODA, Tameo	TSUBOUCHI, Lynne Reiko
FUJIMOTO, Kiju	KOMORI, Hiromu Ken	NODA, Yasuichiro	TSUCHIDA, Fusa
FUJIOKA, Seiichi	KONDO, Mitsuharu	OHASHI, Matsujiro	TSUKADA, Iso
FUJITA, Haruko	KONDO, Masao	OIKAWA, Yoshiye	TSUTSUI, Iwanosuke
FUKUNAGA, Sukeo	KOTANI, Akie	OKU, Takeji	TSUYUKI, Kakuzo Ken
HAMADE, Yoneichi	KOYANAGI, Koto	OMOTO, Mitsuye	URA, Ikukichi
HAMANISHI, Ikuko	KOYATA, Shoji	OMOTO, Chiyo	URABE, Timothy Kazuo
HAMAZAKI, Harvey Hiroyuki	KOZAI, Shinkuro	ONO, Fumiye	URAGAMI, Misao
HARA, Fusae	KUBOTA, Miyoko	OTSU, Mataharu	UYENO, Natsue
HARADA, Kumaichi	KUSANO, Henry	SAITO, Takako	YAMAMOTO, Frank Shunzo
HAYASHI, Genji	MAKIMOTO, Tomisaburo	SAKAMOTO, Asakichi	YAMAMOTO, Yaeko
HAYASHI, James Sumio	MASUDA, Haru	SEKO, Hatsu	YAMAMOTO, Yohko Joan
HAYASHI, Kaneo	MATSUOKA, Tsunehichi	SEKO, Mitsuyo	YAMASHITA, Toyono
HAYASHI, Toshiko	MATSUYAMA, Heishiro	SHIBATA, Sumi	YOSHIDA, Kikumi
HIGUCHI, Naoichi	Harry	SHIGEISHI, Kimiko	YOSHIDA, Tozo
HIGUCHI, Takashi	MIYAMOTO, Masako	SHINDE, Susumu	YOSHIZAKI, Taketoshi
HIRAMORI, Yukio	MIYAMA, Irene Chikayo	SHIKATANI, Tsuji	
HIROTA, Naoyuki	MIZUTANI, Tomie Mary	SHIOMI, Michiyo	
HISAKI, Yoneko	MORI, Masu	SHIOZAKI, Christina	
HORIBE, George	MORI, Sukeshiro	SHIOZAKI, Tsunejiro Tony	
INAMOTO, Hanako	MORIKAWA, Tokio	SUYAMA, Hisakichi	
	MOTOMURA, Yutaka	TAHARA, Tsune	

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

In Gassho , Toronto Buddhist Church

<i>Mrs. Bonnie Higashi</i>	<i>99 yrs</i>	<i>January 31, 2022</i>
<i>Mr. Hideo Matsumoto</i>	<i>96 yrs</i>	<i>February 1, 2022</i>
<i>Mrs. Emiko Toki</i>	<i>92 yrs</i>	<i>February 10, 2022</i>
<i>Mr. Kiichi (Ken) Ishii</i>	<i>91 yrs</i>	<i>February 18, 2022</i>
<i>Mr. Grant Padley</i>	<i>54 yrs</i>	<i>February 22, 2022</i>
<i>Mrs. Kazuko Takata</i>	<i>90 yrs</i>	<i>February 23, 2022</i>

**THANK YOU**

Many hands and many hours go into keeping the temple a place for encountering the Dharma. As well as the board of directors and members of the management committees, we are fortunate to have volunteers answer the call for help often in ways that are unseen. We would like to acknowledge the help received in the past month.

A great big Thank You to:

Naomi Tsuji-Tamaki for arranging the najjin (altar) flowers

Darlene Rieger for the o-buppan (rice offering) for the Sunday services

Michael Tamaki and Steve Howard for fixing the buzzer at the back door (see picture)

**The Three Poisons**

*When the one-thought moment of joy
and gratitude awakens in us,*

*We shall experience liberation
without severing blind passions.*

*When ignorant and wise people,
including grave offenders and
slanderers of the Dharma, are
in the grasp of the Vow,*

*They are like waters that, on entering the ocean,
become one in taste with it.*

(This particular translation is from the service book used at TBC: *Shin Buddhist Service Book* published by the Buddhist Education Centre, OCBC. Pg 84)

This passage written by Shinran Shonin is the seventh verse of the *Shoshin-ge* ("The Verses of True Shinjin and Nembutsu"). It describes a unique aspect of Shin Buddhism, a form of Buddhism that is surprising to many. One in which nirvana is attained without eradication of the Three Poisons of greed, anger, and ignorance/delusion. Often, when we hear

the words greed, anger and ignorance in English, we think about them in their worst and extreme forms. For example, when we think of someone greedy, we think about a person who takes more than their fair share from someone else. For anger, we might think of someone who has gone red in the face and is yelling out their frustrations. For ignorance and delusion, we might think of someone whose worldview has no foundation in reality and whose behaviour causes great disruption in their environment. Certainly, these are expressions of the Three Poisons. The Shin Buddhist path helps us recognize that the Three Poisons are not always expressed in loud and even violent ways; they are simply part of being human and so they are part of each of us, in countless forms. Knowing this, however, and with introspection in the light of Amida Buddha's wisdom and compassion, we can be moved to transform - not erase completely - the Three Poisons in us and live with gratitude on a path towards nirvana. If we turn our attention towards it, we can identify the Three Poisons in the very quiet corners of our lives.

Continued on page 9

The Three Poisons, continued

In February, I received a card from a family who thanked me for sending them a small New Years' gift. The children made me a thank you card! It's so very nice to know people took the time not only to send something by actual post, but to *make* something unique. They could have simply texted me a note of thanks. Needless to say, this card is now displayed in a place where I can see it and be reminded of the kindness of my friends. Truth be told, I have a whole shoebox of cards and drawings and notes from people. I wouldn't be surprised many of you have something similar. My "keepsake" box contains handmade birthday cards (many from my niece and nephew and Dharma School kids), letters from relatives in Japan, notes from friends (from BEFORE we used to text!) and thank you cards from special occasions like when I've been invited by temples and other groups as a guest speaker. Would you like to guess what is NOT in there? The answer is: Old love letters (from BEFORE we used to text!). I mention the last example partly in jest, but it also helps me understand the ubiquitousness of the Three Poisons - particularly ignorance/delusion - within me and how they manifest in my life.

This old shoebox that holds old letters, cards and other little bits of scrap paper is just a box full of paper. We can go even further by saying objectively, the paper has no value because the paper has already been used. It has writing and drawing and glue and whatnot all over it. Yet, I not only keep these things, I treasure and value them because they were made or chosen and given to me by people I respect, care about, and love. What about the letters that are *not* in there - those old love letters. They once meant a great deal; enough that they were in that box. But at some point, surely *after* the breakups, they turned into garbage for me! The pieces of paper hadn't changed, the words on the pages hadn't changed; the only thing that changed was my own relationship to and perception of them. Attachment to those pieces of paper and treating them as something much more than just pieces of paper is my ignorance. It shows that I project my feelings of attachment I have for people onto these neutral and inanimate objects. There is nothing violent about my having this box; it doesn't hurt anyone if I keep it (except it is something that has to be dealt with by the

person who has to throw it out when I die!) but the Buddha was right. My attachment to the contents of this box will cause suffering and distress for me if I had to sever my attachment to them and throw them out.

There are Buddhists who live in monasteries and sever all ties with things that can make the Three Poisons bubble up. They leave their homes, families, friends, and possessions and devote all their attention to attaining nirvana. I want to attain nirvana too! But I can't even throw away bits of paper given to me on my birthday from my young niece and nephew. Does this mean I am not *capable* of or *deserving* of enlightenment?

If Amida's wisdom and compassion did not include me because I couldn't eradicate the Three Poisons it would be conditional, not immeasurable. Shin Buddhism teaches that Amida Buddha's limitless wisdom and compassion is a path to enlightenment for those like me. The nembutsu - voicing *Namo Amida Butsu* - is Amida Buddha's call to the Pure Land and assured eventual Buddhahood, not *despite* my Three Poisons, but *because* of my Three Poisons. Knowing that *I* could even go to the Pure Land and reach Buddhahood moves me to treasure the nembutsu and the life that brought me to a place where I could say it.

Namo Amida Butsu,

Joanne Yuasa



Buddhist Churches of America

KEIROKAI 2022

Every year we look forward to celebrating and honouring our temple elders and show our gratitude during our Keirokai event.

It has now been two years since we cancelled our first service which happened to be Ohigan and the Keirokai celebration. This year, we are hoping to celebrate this event both in person and virtually on Zoom.

We would like to recognize members who have reached or who will reach the age of 77 (Kiju), 88 (Beiju), 99 (Hakuju) years, and 100 (Kakuju) years and older in 2022. While we cannot hold the celebrations in person, we would like to recognize our honorees during our Ohigan Service on **March 20, 2022 at 11:00 am**. Please fill out the form below or send the information via email to tbc@tbc.on.ca with the subject line “Keirokai” by March 6, 2022. Please include a picture of yourself that we can show during the service.

Remember to fill out your honorary membership form!

2022 KEIROKAI HONOREE

Name (English): Mr./Mrs/Miss.

Last Name in Kanji (if known): _____

Address: _____

City: _____ Postal Code: _____

Date of Birth: _____ **Please circle: 77 88 99 100+**

Will you be attending our Zoom Service on March 20th? Yes No

Would you attend the service in-person if that is an option? Yes No

Did you include a picture of yourself (honouree). Yes No

Email address for Zoom invitation _____

Bilingual Ohigan Service**March 20, 2022 at 11:00 am**

On Sunday, March 20th we will be observing our Spring Higan Service.

Twice a year on the days of the equinox, when there is an equal amount of day and night, it is our Jodo Shinshu tradition to reflect and reaffirm our practice of the Buddhist teachings that lead us to “the other shore” (Higan) of enlightenment. That balance of day and night is also a reminder to walk “the Middle Path”.

We would normally have our Keirokai celebration on this day, and this year, we will be honoring our elders during the service, followed by a short video entertainment program. Please join us!

Questions



Joanne sensei posed this question “why are you here?” (In Jodo Shinshu Buddhism) a few weeks ago during her dharma talk. It is a good question. I would like to answer that for myself and also open up to a few more similar questions.

She used the term “seeking” and that also applies to me. Although she and I are of two different generations “seeking answers” to life's questions is the first reason why I am here. The second reason is the community or Sangha that is within our Temple. The third reason is to “listen “to the dharma from our senseis and also from our sangha members. Yes, we can all be teachers to each other when we are able to share our life stories.

In the book “Dharma Breeze”, on page 46, Reverend Rijin Yasuda wrote” People say various things about birth in the Pure Land. but could there be any greater “birth in the Pure Land” than the fact that we are now sitting and learning the Dharma together?” ...this place where we are listening to the Dharma together is the Pure Land. Our being allowed to be part of this place, of this Sangha, is “birth in the Pure land.” I believe this to be true. How about you?

It is also taught that we should listen, but we should also question. Sakyamuni Buddha himself said to listen to his teachings but also to question those teachings. Only when one has fully examined those teachings and if they apply to oneself can one choose to accept them as the Truth or not. Listen and question. Listen and question. So, on to my similar questions.

1. Why are Jodo Shinshu ministers allowed to eat meat and fish, and also to marry and have children?

In the “Letters of Eshin’ni”, Honen Shonin, the teacher of Shinran Shonin, allowed him to marry on the condition that the marriage did not interfere with his sharing the Nembutsu teaching. So, today, Jodo Shinshu ministers marry, have children, and teach the dharma. It is also the reason why our ministers are not shave headed like all the other Buddhist schools.

2. Why did Mahayana Buddhists focus on the mythical entity that we call Amida Buddha?

Amida Buddha is taught in the Larger Sutra. Shinran Shonin in his “ Shoshinge” wrote that Dharmakara Bodhisattva became Amida Buddha. It is said that after the death or Pari nirvana of Sakyamuni Buddha that with the passage of hundreds of years, two schools of Buddhism developed. The first called Theravada, focused literally on the teachings of Sakyamuni Buddha and tried to emulate his teachings. Some Buddhists thought that this was leading to a Buddhism that was becoming rigid and non-dynamic. So, the second or Mahayana, shifted to focus on the “seeking” or dynamic spirit that the Buddha exemplified during his life and created the mythological ideal of Dharmakara who became Amida Buddha to embody this spirit.

3. Meditation for me is an important part of my faith experience. Why is meditation not practiced more widely in Jodo Shinshu Buddhism?

For me, Jodo Shinshu is typically about chanting, gathas, and dharma talks. Yet, meditation is only a very small part of our services. There is much evidence of the effectiveness of meditation in helping people to cope with life’s situations. Why not more meditation? Today, the word meditation has many meanings. In Buddhism, solving life’s situations is not our primary goal. Many Buddhist monks meditate as a practice for enlightenment. In Jodo Shinshu Buddhism reciting the Nembutsu is a meditation because it is a path toward enlightenment.

4. Final question: How does Jodo Shinshu Buddhism deal with the current societal issues of climate change, covid 19, gender and racial inequality?

For me, as a senior, I find that Jodo Shinshu allows me to feel at “home” where I feel safe and comforted and confident. However, is this all that we should be focusing our efforts on? Especially when I think of our founder Shinran Shonin teaching to the outcasts of the Buddhist practices in Echigo during his exile. I wonder how he would guide us in dealing with these current societal issues?

Gassho,

Dennis Madokoro, TBC Minister Assistant

CALLING ALL SANGHA KIDS

MARCH'S THEME: "Kindness and Respect"

March 20, 2022 – Kids Sangha service will remain virtual.

Please pre-register to join the service.

APRIL'S THEME: "Hanamatsuri"

April 3, 2022 – Choices and Consequences

"going green"

make origami flowers for Hanamatsuri

April 17, 2022 – Hanamatsuri

Sweet Tea Ceremony

Planting Flowers

Read the "Jataka Tale"

If you have any questions or concerns, please contact us at

Kids.sanghatbc@gmail.com

With gratitude,

Jessica and Yumi



"Buddhism And..."

Mental Health - with Dr. Jennifer Bright

04 April AND 02 May, 2022 @ 8:00PM (EST)

TBC is pleased to announce a new online speaker series called "*Buddhism and...*" These online seminars will be an opportunity to learn about Buddhism and other topics of interest from Canadian life. In 2022, TBC will host two seminars - one in the Spring, and one in the Fall.

As our inaugural speaker, Dr. Jennifer Bright will be speaking about Buddhism and Mental Health. She is an expert in this field through her work in Buddhist psycho-spiritual care at Mount Sinai Hospital (Toronto) as well as her position as an adjunct professor in the Master of Pastoral Studies program (Buddhist stream) in Emmanuel College (Toronto School of Theology and Univ. of Toronto), teaching courses such as "Buddhist Psychotherapy" and "Buddhist Approaches to Mental Health."

With mental illness experienced 1 in 3 Canadians in their lifetimes many of us are affected by it directly or indirectly. This will be a valuable opportunity to explore the relationship between Buddhism and mental health. Please join us for this 2-part presentation on **04 April, and 02 May, 2022 8:00 PM (EST)**. Registration is free and can be made through the TBC website - www.tbc.on.ca

TBC "Find Your Treasure"

Fundraising table

After two years of having to cancel the temple bazaar, we are starting a "Japan Wares corner" in the TBC lobby as an ongoing fundraiser for the temple. We will have a couple of tables of antique and vintage housewares and decorative objects made in Japan; many unused and in their original packaging. If you're looking for authentic Japanese dolls, ceramics, lacquerware, glassware and other items, please come take a look next time you're at temple for a service! We will always have a different collection of items on sale.

Please note:

- All sales will take place *after services* at the temple
- All sales will be by cash or cheque
- Sales will not come with receipts for income tax purposes (as it is a sale of items)
- All sales will be final



FIRST OF THE SERIES "TORONTO BUDDHIST CHURCH ON-LINE SPEAKERS"



Toronto Buddhist Church
Online Speakers Series



"BUDDHISM AND..."

MENTAL HEALTH



Dr. Jennifer Bright

RP (Qualifying),
SCP (CASC)
MA, MPS, PhD
Adjunct Professor,
MPS (Buddhist Stream),
Emmanuel College (UofT)

4 April, 2022
and

2 May, 2022

8:00 PM - 9:00 PM EST

Registration is FREE

@ TBC website

Or via this QR code



Toronto Buddhist Church
1011 Sheppard Avenue W., M3H 2T7
tbc@tbc.on.ca
416-534-4302



HAVE YOU APPLIED FOR YOUR 2022 TBC MEMBERSHIP?

SOME MAY SAY, "WELL, WHAT'S IN IT FOR ME?"

One could remind us of the following entitlements. You can:

1. Attend special Temple activities free of charge or at rates not available to non-members;
2. Take advantage of free notarial services offered by one of our Temple members; and,
3. Have a real say on important matters affecting the direction of the Temple, including the election of the President and the Directors, and the approval of budgets.

TBC WILL BE THERE FOR YOU BUT NEEDS ASSISTANCE

Supporting the Temple provides you with something that you can't tangibly quantify and put a price on. It's actually something you do for yourself and for our community. That is, your support is your affirmation of the Jodo Shinshu way of life and to support and spread the Dharma. This is what it's really about.

Please make that commitment for 2022. The Temple needs your support to continue to thrive, and it will with your support.

REGULAR MEMBERSHIP (valid Jan 1 - Dec 31)

- To be recognized as a Temple member, please complete the application form as early as possible at the start of each year
- Membership card will be sent once your signed application and membership fee or your promise to pay the total fee have been received
- Please note membership this year is a minimum of \$140.00

HONOURARY MEMBERSHIP

- Issued to all members 77 years of age & over
- Honourary Members do not need to pay any annual membership fees, although all donations are always welcome
- If already an Honourary member simply fill out a membership form each year to confirm your wish to continue Honourary Membership

Can't make it to the Temple? You can submit your application and membership fee online at tbc.on.ca



TORONTO BUDDHIST CHURCH

A Jodo Shinshu Temple

2022 MEMBERSHIP APPLICATION

In the case of couples, please complete information for each applicant individually.

Applicant Renewal () New () Mr. () Mrs. () Ms. ()

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 2022 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, 2022. 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 _____

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, 2022 to December 31, 2022. The Individual Membership Fee for 2022 is a minimum of \$140. 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 FILLED OUT FOR EACH INDIVIDUAL APPLYING. PLEASE SUBMIT A SEPARATE PAYMENT FOR 'MEMBERSHIP ONLY'. PLEASE DO NOT COMBINE WITH DONATIONS.

CALGARY BUDDHIST TEMPLE'S SANGHA ENGAGEMENT SERIES

UNDERSTANDING THE FOUR NOBLE TRUTHS

Thursday, March 10th, 2022 at 7pm Mountain

The Four Noble Truths are core to our sect of Jodo Shinshu Buddhism. This workshop will be led by our Sensei Robert Gubenco.

Register online:

<https://bit.ly/Noble-10Mar22>



INSPIRATIONAL BUDDHIST WOMEN

AND THE JSBTC WF

Wednesday, March 30th, 2022 @ 7pm Mountain

A one hour online presentation about inspirational Buddhist Women such as Eshinni, Shinran Shonin's wife, and Kakushinni, Shinran Shonin's daughter. Hear how their legacy has carried on.

The presentation will also look at the current practices led by the Jodo Shinshu Buddhist Temples of Canada Women's Federation (JSBTC WF) and the Dana Day initiative. Find out how the WF continue to honor Buddhist Women and spread the teachings of the Buddha. To be presented by Susan Huntley who is an active member of the Calgary Buddhist Temple and past President of the JSBTC WF.

Register online: <https://bit.ly/BuddhistWomen>



Eshinni



Kakushinni

How to donate to Toronto Buddhist Church

While TBC has had to have its doors closed to visitors for most of the duration of the COVID-19 pandemic, the business of spreading the Shin Buddhist teachings to our sangha and beyond continues. Forwarding a financial donation will help prepare TBC to welcome everyone back to temple.

There are 3 ways to donate to TBC from home:

- **cheque:** mail to 1011 Sheppard Ave. West, Toronto, ON, M3H 2T7
- **E-transfer:** use email address darlene.rieger@tbc.on.ca
- **online donation via Paypal:** follow directions on www.TBC.ca "Make a Donation" page



Please include the purpose of your donation, as well as your **full name, mailing address, email address, and phone number. This is particularly important if you're donating by cheque or e-transfer.** This helps ensure you will receive a donation receipt for tax purposes. Detailed information can also be found on the TBC website: www.tbc.on.ca.

Your donations are always greatly appreciated.