



Guiding Light

December, 2022



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

While the government no longer mandates the wearing of masks in indoor settings, the Toronto Buddhist Church Board of Directors has decided to continue to require that people visiting the temple wear masks. We take the health and safety of our members seriously and have considered the risk to our seniors as well as others who may be in a more vulnerable situation.

Please wear your mask correctly throughout the entire time you are in the temple.

**** Tea after service has begun again. Please take some time to reconnect with friends in the social hall over tea and cookies****

		Kids' Sangha 10:15 am	11:00 AM	1:00 PM
		In Person	In Person & Zoom	In Person & Zoom
December 11, 2022	Regular Service	None	English	None
December 18, 2022	Regular Service	English	English	Japanese
December 25, 2022	TEMPLE IS CLOSED FOR HOLIDAY	NONE	NONE	NONE
December 31, 2022	Joya no Kane Bell Ringing Service	NONE	<u>11:30 pm</u> English	NONE
January 1, 2023	NEW YEAR'S DAY SERVICES	NONE	11:00 AM SEE BELOW	NONE
January 8, 2023	MONTHLY MEMORIAL SERVICE	NONE	11:00 AM BILINGUAL	NONE

SUNDAY JAN 1, 2023 SERVICES.

SUTRA CHANTING MARATHON

11:00 am Chanting Amidakyo w/Wasan

12:00 pm Chanting Shoshinge(Gyofu)

1:00 pm Chanting Junirai

2:00 pm Chanting Sambutsuge

3:00 pm Chanting Juseige

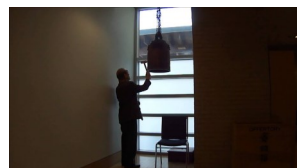
Bodhi Day

Bodhi Day is the commemoration of Gautama Siddhartha's enlightenment attained while meditating under the Peepal tree now called the Bodhi (enlightenment) tree. He was able to clearly see the interconnectedness of all things and beings. As a result of his enlightenment the Four Noble Truths with the Eightfold Path were created



Joya no Kane (New Year's Eve Service)

This is a time for reflection of the past year and to give thanks for the Nembutsu and Amida Buddha. Before midnight on the 31st, the temple bell is struck 108 times to represent the 108 passions we are said to possess.



PASSAGE OF TIME

There are only two months left of this year. Some of you may feel that time has passed so quickly. Some of you may feel that it has been a long time because of all the new things that have happened.

The other day, I found an interesting article on an Internet site about the passage of time. The article was about Janet's Law. It is a law made by Paul Janet, a 19th century French philosopher.

It states that as one gets older, the proportion of "one year" in one's life becomes smaller, so that one feels that the year is shorter and time passes more quickly. In other words, a year is one-tenth of a year for a 10-year-old, but for a 50-year-old, it is one-fiftieth of a year. Thus, even though everyone spends the same 365 days a year, the sense of time passing is very different.

However, it seems that the sense of time passing quickly cannot be expressed only by such numbers. For example, to a young child, the outside world is like Disney World. For them, everything in the world is new and unusual. They are busy touching, smelling, and tasting new things. In other words, they are constantly given new and exciting things to do.

It's said that these new things to learn and challenge themselves make the day seem longer. In my case, my first year in Canada as a Buddhist minister was very long I felt, because many things were new including the English language, Canadian culture, and temple's events. But after 2 years in Canada, I learned and got used to how to live in Canada. Then I felt like the days went by so quickly. However, for the young children, their 1st, 2nd, 3rd, 4th and 5th years are felt long, because their lifestyles are changed so much, going to kindergarten, school, meeting new friends, their parents and teachers.

Last month I returned to Japan for the first time in 5 years and met my brother's son (my first nephew) for the first time. He was 3 years old, so he could walk and run by himself. He held up various items and asked me, "What is this? It is easy for me to answer something I can hold in my hand. For example, "This is a pencil. You can write on a piece of paper with it and take notes. But when he asked me, "Why is the sky blue?" and "Why are insects small?", I had a hard time how to explain it to him.

His questions and concerns were beyond my imagination. And what he made me realize is that for me, the sky being blue and insects being small were things that I could only take for granted. I didn't wonder about them anymore.

When I looked at things from his perspective, I felt that I was allowed to live in a world that was filled with wonder. And I felt that each day was longer and more fulfilling than I had expected.

What I am trying to say here is that time does not pass faster just because we are older. Then I remembered something that a temple member said to me.

He said, "Every morning when I wake up, I thank Buddha that I have woken up safely again today." Until I heard that, waking up in the morning was something I took for granted. Or, when I couldn't get enough sleep, because I had to work late at night and, I often wish I could sleep as long as possible without waking up. However, through his words, I was informed that "waking up in the morning" was not really a matter of course.

Rennyo Shonin wrote in the Gobunsho (Chapter on White Ashes),

"When the winds of impermanence blow, our eyes are closed forever; and when the last breath leaves us, our face loses its colour. Though loved ones gather and lament, everything is of no avail. The body is then sent into an open field and vanishes from this world with the smoke of cremation, leaving only the white ashes. There is nothing more real than this truth of life."

When I studied Rennyo's words, I understood the meaning of this sentence in my head, but when asked if I really understood it from the heart, it was difficult for me to say "yes" with confidence. For example, when I returned to Toronto from Japan, I complained about the long 13-hour flight and the high cost of travel.



Continued on page 4

PASSAGE OF TIME, continued

However, after watching two movies on the plane and being tired, I closed my eyes and fell into a deep sleep. When I woke up, the plane had arrived in Canada. When a flight attendant announced, "We have arrived in Toronto. The temperature outside is 9 degrees." what I thought when I heard that? Was I happy to wake up safely...? No, I was not. I thought, "It's cold!" I am still not practising enough.

When I emailed my family to tell them that I had arrived in Canada safely and I was looking forward to seeing them again, my brother sent me my grandfather's words that I would never forget.

He said, "Roshofujo(老少不定) so we will leave everything up to Amida's other centred power."

If you compare me with my grandfather who is 95 years old, it's easy to think he will pass away before I do. However, what my grandfather said "Roshofujo" that means "life is not guaranteed that we never know what will happen to the old or the young."

It can be easy to feel distressed or anxiety because this world has no guarantees, so the only thing that we can rely on is Amida Buddha's other centered power.

He also taught me that the other centred power of Amida Buddha became the Nembutsu "Namo Amidabutsu". I am sure that Amida's true aspiration has reached me, my grandfather, my nephew, and everyone when we do Gassho and recite Nembutsu from Amida's great Wisdom and Compassion.

Gassho

Rev. Yoshimichi Ouchi

Spiritual Thriving: Five Ways we can build our 'spiritual muscles'

Humans are by nature spiritual beings. We seek to create meaning out of our existence, have communion with others, and live with a sense of purpose and hope. Although we are innately spiritual, we need to cultivate and nurture our spirituality to reap its many benefits. Just like the maintenance of good physical health depends on eating healthy foods, and getting enough sleep and exercise, good spiritual health depends a number of factors which centre around the strength of one's connection to their inner authentic self, other people, and to what they hold sacred or divine.



Spiritual health addresses issues of having meaning, purpose, identity, values, and hope. These may seem like abstract ideas, but it is important for your spiritual health to be able to name them, and make them something concrete in your life. For example, can you articulate your sense of purpose? How have you made meaning from painful experiences in your life? What do you hope for in the future? Do you experience moments of connection to the sacred-whatever that is for you? To help you think about your spirituality, I outline five ways you can develop and explore spiritual thriving.

1. Gratitude – It is perhaps becoming cliché, but naming and expressing what we are grateful for is crucial element of good spiritual health. Living a life of gratitude transforms the way we see the world, ourselves, and other people and trains us to see the fundamental Goodness of life, instead of focusing on the bad things that occur (this is known as 'negative bias' in psychology). When we are ruminating on painful or unhealthy thoughts and emotions, specifically naming what we are grateful for can be a strong antidote to this kind of suffering. Ways to explore and express gratitude include keeping a journal, being mindful throughout the day of the good things you are grateful for— a friendly hello, a warm pair of mittens or a beautiful sunrise – and telling the people in your life that you are grateful for who they are and what they do. For Jodo Shinshu Buddhists, saying the Nembutsu is a powerful way to cultivate your way of being towards gratitude.
2. Take Time for Prayer, Meditation, and Reflection – The power of contemplation, in whatever form that it takes, lies in the fact that it connects us to our innermost authentic selves and to what we hold most sacred inside of us and in the universe. Can you name and talk about what is sacred for you? When do you feel the closest to the sacred? Taking time to connect to what is sacred for and inside of you is an invaluable source of spiritual resiliency, because it is inexplicitly tied to our sense of meaning, purpose, identity, and values.

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Spiritual Thriving: Five Ways we can build our ‘spiritual muscles’, continued

3. Commune with Nature – Nature is healing and restorative. Nature fills us with a sense of wonder and awe in which we cannot help but feel grateful and peaceful. When we are in nature, we connect with our inner selves, and reflect upon the deeper meanings and purposes of our lives. Being in nature with others enables powerful bonds and feelings of community and oneness. Being in nature reminds us that life is fundamentally good. We should not forget that we are animals ourselves, mammals to be specific, and our natural habitat is the earth. So, make sure you are getting out for walks, bringing nature into your indoor spaces, and getting out of the city when you can.
4. Be in Community – Human beings need community; without it we perish. A key part of our spirituality is our identity and sense of belonging and being known and cared about by others. Our very identity and sense of being can only arise in relation to others, so when we are socially isolated, we lose our connection not only to others, but crucially to ourselves, and our sense of purpose and meaning in our lives likewise weakens. In order to be, we must be in community. Where do you find community? If you feel community lacking in your life, how might you connect with people? (Psssst! The TBC is a great place to find community!)
5. Have Rituals – Humans cannot live without ritual because it creates an environment, a space in time for us to make meaning out of our lives, and connect with ourselves, with others, and with the sacred. Ritual enables us to mark transitions and joyous occasions, as much as create some order out of chaos and make sense of suffering. Rituals can be daily, seasonally, annually or happen only once in our lifetime, and usually have the effect to centring us in the present moment. Rituals can be done individually or in the community, at home or in public spaces, and be religious/spiritual or secular. (Here’s a fun thing to think about in the context of ritual – what is the difference between a religion and a professional sports team?). Rituals are important for our spiritual health throughout our lives because they contribute to our sense of purpose, meaning, and identity. Having a daily spiritually-focused ritual, such as caring for a Butsudan, is a wonderful way to create time and space for the sacred, and build spiritual resiliency.

Living a life of gratitude, taking time for contemplation, communing with nature, being in community, and having rituals are all practices that you can do to work your ‘spiritual muscles.’ How else do you exercise your ‘spiritual muscles’?

May you nourish your spirit with joyful effort!

Gassho,

Jenny Bright, PhD

NEWS FROM THE OFFICE 2022-2023 HOLIDAY SCHEDULE FOR THE TEMPLE OFFICE

The office will be closed on the following days:

Friday, December 23, 2022(half day) to Sunday, January 1, 2023 inclusive.

The Temple will have services on Saturday December 31, 2022 at 11:30 pm for bell ringing (English) and Sunday January 1, 2023 for New Years Day service at 11:00 am (English). Please check our website to register, at tbc@tbc.on.ca.

The office staff will be monitoring emails and phone messages on the answering service at regular intervals during this time. Please leave a message and your call will be returned as soon as possible.

If you have an EMERGENCY – please contact Reverend Ouchi at 647-704-8481 or rev.ouchi@tbc.on.ca. We thank you for your continued well wishes and support.

Wishing everyone a safe, healthy and happy Holiday Season. Hoping to see you in the New Year



NOVEMBER 6 SHOTSUKI SERVICE

Hoping this is a trend! It was so nice to see so many more people in attendance



2022 Annual Bazaar – Bite Sized Edition

After a 2 year hiatus, the annual bazaar was held on Saturday November 12th. We welcomed the day with cooler temperatures with no signs of precipitation in the forecast.

Not knowing what the turnout would be, it was decided to decrease the amount of food prepared and changes were implemented to accommodate health safety.

When the doors opened there was a steady stream of customers and it was a welcome sight to see sold out signs at the Oribako table and items at the other tables were just as quickly sold.

Special thanks to the many individuals and businesses for their generous donations to the bazaar.

The Bazaar Committee wishes to convey our heartfelt appreciation to all the participating service groups – Kids Sangha; Youth; Dana and Sangha as well as family members and friends who were helping out both during the week leading up to the bazaar, on the day of as well as the clean up after.

In gassho,

TBC Bazaar Committee



Memorial (Shotsuki) Listing for the Month of January

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 January All are invited and welcome to attend

AKAYE , Jeanne Ayako	KAMADA , Stewart Tomizo	MATSUMOTO , Akira Sam	NAKAMURA , Yukiye Rose
BABA , Hatsu	KAMINO , Tsuneo Roy	MIIKE , Uhei	NAKATA , Akira Victor
BANDO , Toshio	KAMINO , Robert Yasuo	MIYAMOTO , Kazuko	NAKATSU , Tsuruyo
CARROLL , John	KARATSU , Rennie Akira	MORI , Kenzo	NATSUHARA , Mie Nora
DMYTRYSHYN , Nicholas	KATSURA , Isamu	MORI , Kanichi George	NEKODA , Ann Tsuyako
DOI , Hajime	KATSURA , Mosaburo	MORI , Kisa	NISHIHATA , Kishi
EBATA , Chiyoko	KATSURA , Toshiko	MORI , Maw Massme	NISHIKAWA , Kimi
EBATA , Genya	KAWAHARA , Kazumi	MORI , Isao	NISHIMURA , Robert Toji
EDAMURA , George Masakazu	KAWAHARA , Sumano	MORIMOTO , Isae	NISHIMURA , Eiko
EDAMURA , Toki	KAWASAKI , Mohachi	MORISHITA , Nao	NISHIZEKI , Hisakazu
FUJIMOTO , Shuzo George	KAWASAKI , Uta	MORITA , Toshio	ODA , Kikue
FUJIMOTO , Teruko	KISHIMOTO , Mutsuo	MURABAYASHI , Masa	ODA , Kiyozo
FUKAKUSA , Emiko Amy	KISHIMOTO , Yoshiko	MURAKAMI , Toshio	OGINO , Sumiye
FURUYA , Yaeko	KITAGAWA , Susumu	MURATA , Magoji	OGURA , Tomie
HAKODA , Aiko	KITAMURA , Shotaro	MUROMOTO , Miyoko	OHASHI , Robert Seizo
HAMA , Fujie	KIYONAGA , Hide	MUROMOTO , Tadashi	OHASHI , Tamio
HAMADE , Matsunosuke	KOBAYAKAWA , Hisa	NAGANO , Kiyono	OKASHIMO , Kamezo
HAMASAKI , Ichitaro	KODAMA , George	NAKADA , Saki	OKAWA , Kiyoshi
HAMILTON , Doreen	KOJIMA , Jiro	NAKAGAWA , Connie Kane	OKUDA , Hiroshi
HAYASHI , Sumi	KONDO , Take	NAKAGAWA , Kumakichi	OMORI , Tamako
HIGASHI , Gene Yoshiteru	KONO , Misayo	NAKAGAWA , Nobu	ONO , Sadano
HIRAI , Hatsuye	KOYANAGI , Kazue	NAKAGAWA , Masajiro	OTANI , Saichi
HIRAMORI , Yukiko	KOZAI , Tomisaburo	NAKAGAWA , Kanako	OTSU , Tsune
HUANG , Mei Lin	KUBOTA , Saenosuke	NAKAHARA , Aiko	SAKAI , Iwakazu
ICHIKAWA , Jiro	KUMAGAI , Sutezo	NAKAHARA-MACLACHLAN , Phillip	SAKATA , Shizue
IKEDA , Carole Mia Allison	KUMAGAWA , Akemi	NAKAMURA , Mikio	SATO , Hikotaro
INAMOTO , Richard Masayoshi	KUMAMOTO , Hisano	NAKAMURA , Shigeo Fred	SATO , Roland Atsumu
INOUE , Hideharu Harry	KUSANO , Tokiyoshi Fred	NAKAMURA , Tome	SATO , Hikotaro
ISEKI , Yoshiko	MACLACHLAN , Marjorie Ethel		SEKIYA , Matsue
ISHII , Kanaye Bessie	MAEHARA , Masumi		SHIBATA , Hatsu
ISOZAKI , Soichi Jimmy	MAIKAWA , Misao		SHIBATA , Suteya
ITO , Tsutau Lefty	MATSUBAYASHI , Kanayo		
ITO , Tayoko	MATSUMOTO , Tatsuyo Jean		
IZUKAWA , Sakuhei			
KAGETSU , Eikichi			

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<u>Memorial (Shotsuki)</u>	TAKAHASHI, Koichi	TSUKADA, Haruye	WATANABE, Ronald
<u>Listing for the Month of</u>	TAKAHASHI, Mika	UCHIMARU, Kesaguma	Satoru
<u>January, continued</u>	TAKASAKI, Masaru	URA, Ine	YAMAMOTO, Tamotsu
SHIKATANI, Masajiro	TAKATA, Chiyoko	USAMI, Fumiko	YAMASAKI, Tsutomu
SHIMANO, Kiyoko	TAKEMURA, Sozo	UYESUGI, Tamotsu Tom	YAMASHITA, Yori
SHIMIZU, Hayley Elizabeth Hisaye	TAKEMURA, Takeo	WAKABAYASHI, Hideo	YAMASHITA, Yoshitaro
SHIMIZU, Kazuo Thomas	TANAKA, Satsuki Sally	WAKABAYASHI, Kazuko	YAMAUCHI, Yasu
SHIMIZU, Kichiji	TANAKA, Yoshie	WAKABAYASHI, Tadato	YASUDA, Yukimori
SHINMOTO, Tokiye	TEHARA, John Shiro	WAKISAKA, Yasujiro	YOSHIDA, Bruce Yuji
SUGIMAN, Iwazo	TOJI, Shuken	WANI, Fred Mitsunori	
TAKAHASHI, Deanna Takako	TSUJI, Rose	WARNER, Roger Harley	
	TSUJIUCHI, Masayo	WATANABE, Misao	

OBITUARIES

The Toronto Buddhist Church wishes to extend its deepest condolences to the families, relatives and friends of the following individual 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

Mr. Joe Ohori

91 yrs

October 28, 2022

Our apologies to the Ohori and Kodama families and relatives for the error printed in the previous November Temple newsletter

Mr. Tame "Buzz" Ogaki

99 yrs

November 2, 2022



FOREIGN COINS and USED STAMP COLLECTION

Attention Temple Members

Now that the Temple is open again, the JSBTC Women's Federation would appreciate members collecting and donating any used stamps and foreign coins they may receive or have.

Please bring in any foreign coins/bills from your travels or stamps from correspondence. The Women's Federation collects for Air Canada charity. Any collection of stamps and coins/bills will be sent to Save The Children. The stamps will be taken to the Women's Federation Annual Meeting at the end of April . 2023(or when in person meetings begin again). If you have any stamps or coins/bills, a box is provided in the lobby of the Temple . Thank you for your help and support.

JSBTC Women's Federation



CALLING ALL SANGHA KIDS



December's Theme: Buddhahood

Buddha's Awakening

Bodhi Day

December 4th - What does "Enlightenment" mean?

December 18th – Let's talk about "Compassion".

January's Theme: Shinran Shonin (Ho-onko)

Who was Shinran Shonin?

What is special about Shin teachings?

Please join us for Kids Sangha. Everyone is welcome.

The Kids Service begins at 10:15, with classroom activities to follow.



With gratitude,

The Kids Sangha team

November's Theme was: Remembering Eshin-ni and Kakushin-ni

Shinran Shonin's wife and daughter were two very important women, as they supported him in spreading and bringing his teachings to everyone. Kids' Sangha enjoyed a Dharma talk by Joanne Sensei about these two influential women.





Where: Toronto Buddhist Church Social Hall
 When: Friday December 30, 2022 8:30am
 Lunch: Lunch will be provided
 Please Contact: Cary@Kataoka.ca

After a two year hiatus I invite you back to our annual TBC Sangha Group Mochi Tsuki. At this volunteer driven event, we process mochigome (glutinous rice) into mochi (rice cake) which is a traditional food for the Japanese New Year.

To those of you who have generously volunteered your time in the past, I hope you will be able to assist us again. For those of you who have not previously attended Mochi Tsuki, I invite you to take part and hope that you will consider making this event a part of your annual calendar of events.

As we are being mindful of everyone's health:

- ◆ Please email Cary@Kataoka.ca
 - ◆ Your name and family members attending
 - ◆ Lunch preference (regular or vegan)
- ◆ Masking is mandatory
- ◆ Recommended age range for participation is 10 – 70 years of age

Hope to see you there!

In Gassho,

Cary Kataoka
 President, TBC Sangha Group

TBC Sangha Mochi Tsuki

Pick Up (No Pick Ups Before 2pm)

Friday, December 30, 2022

Sale Hours 2:00 - 4:30 pm

Ensure availability, please place your order

No later than December 16 2022

Orders placed after this date are subject to availability

Phone (416) 819-7618

E-Mail: Cary@Kataoka.ca

or with Sangha Executives

Osonae (Okagami) \$ 8.50 / Set/Komochi \$ 8.00 / Bag

Anko Mochi \$12.00 (Quantities are Limited***)**

Cut and Send the Form Below to:

Toronto Buddhist Church

1011 Sheppard Ave. W., Toronto, ON M3H 2T7

2022 Mochi Order

Name:						Phone/					
Ad-											
()		Bag(s) Komochi		@\$8.00/ea		\$.			
()		Set(s) Osonae		@\$8.50/ea		\$.			
()		Anko Mochi		@12.00/ea		\$					
Total (Cash Only):						\$.			
Signed:						Date:					

Please join us

at Toronto Buddhist Church

Karaoke Party

Everyone Welcome !!

Enjoy a half day with us !!

Saturday, December 10, 2022

TBC Social Hall 1:00 - 5:00 pm

\$15.00 Incl. Bento, Bingo, Game

and more !!

Ticket, Please contact

George : 416-513-0999

Jessica : 416-733-1894



Toronto Buddhist Church Karaoke Club

ATTENTION TEMPLE MEMBERS AND GUIDING LIGHT SUBSCRIBERS

Covid-19 has affected everyone in many ways and that includes the Temple. With in-person services just starting to be attended; fundraisers just beginning with our 'bite-size bazaar' and donations and memberships again fell short in 2022 our funds are becoming strained. Unfortunately, despite these issues, the Temple still has bills to pay. We find it necessary to raise the Membership and Guiding Light subscription fees for the coming year. With the costs of everything increasing, the Temple feels it cannot forego the increases to the membership and subscription fees for 2023.

We hope that you understand and will continue to support the Temple so we can continue to spread the Dharma during these difficult times.

Thank you for your understanding and continued support.

Board of Directors, Toronto Buddhist Church

2023 MEMBERSHIP FEE \$145.00

NON-MEMBER

GUIDING LIGHT SUBSCRIPTION FEE \$45.00

Application will be in the January 2023 issue

Please send fee by December 15, 2022

SAVE THE DATE

For EBL's upcoming virtual 1/2 day Conference on February 11th, 2023. The theme for the event is "Nembutsu As Living." It will involve a collaborative service including all the EBL temples with a Dharma Talk shared by Rev. Kurt Rye. Rev. Rye has recently returned to the Eastern District as the virtual minister for Ekoji Buddhist Temple. This service will be followed by a lecture and Q&A with Rev. Dr. David Matsumoto.

Eastern Buddhist League Conference

"NEMBUTSU AS
LIVING"



Grand EBL Conference
New York 1963 Photo by Dr. David



Save the Date!

Saturday
February 11, 2023
10am CST/11am EST

**Cleveland Buddhist Temple
Ekoji Buddhist Temple
Midwest Buddhist Temple
New York Buddhist Church
Seabrook Buddhist Temple
Twin Cities Buddhist Sangha
Buddhist Temple of Chicago
Toronto Buddhist Church
Manitoba Buddhist Temple
Albany Buddhist Sangha**

*Join our virtual gathering for an EBL-wide
service collaboration and Dharma
message from Rev. Kurt Rye. This will be
followed with a presentation by
Rev. Dr. David Matsumoto*

Registration and zoom link coming soon

NOVEMBER THANK YOU

A great big Thank You to:

- ◆ Joanne Yuasa sensei for arranging the naijin (altar) flowers
- ◆ Emi Nakano for making the manju o-sonae (altar offerings)
- ◆ Donna & Emi Nakano for o-buppan (rice) offerings
- ◆ Susan Ebisuzaki for setting up refreshments after services—please let us know if you are able to help
- ◆ Joanne and Cary Kataoka and Ken Shigeishi for Tech during services
- ◆ Gayle Hayashi for maintaining the “Find your Treasure” table
- ◆ Toivo Knude for taking photos of our events
- ◆ All the volunteers Susan Ebisuzaki, Joanne Yuasa sensei, Debbie Katsumi, Naomi Tamaki who helped with the memorial service this month
- ◆ The many volunteers who helped to make our first mini Bazaar after a 2 year hiatus a great success. I wish I could list all of you but it would take the whole page. Please accept our apologies for not listing your name, you know who we are so grateful to.
- ◆ The Website committee Gillian Shimizu, Kelly Mark, Eric Mark, Jessica Peddle, Les Tanaka & Good Lookin Kids who produced the new website which went live this month
- ◆ Diane Mark for helping when the office was short staffed.
- ◆ Brian Day for helping with the audio system

We are always in need of volunteers. Please let the office know if you are available to volunteer or fill out the volunteer application on our website, tbc@tbc.on.ca

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.

Gassho





NEW YEARS GREETINGS 2023

In the next issue, January, 2023, the Guiding Light will be inserting a special “HAPPY NEW YEAR” page.

If you would like your name included in the special New Year’s greeting page, please complete the form below and submit it with your donation to the Temple office by **December 23, 2022**.

Please print my/our name(s) under ‘New Year Greetings’ in the upcoming January 2023 issue of the GUIDING LIGHT.

NAME(S): _____

ADDRESS: _____

GREETING: _____

(N.B. Phone requests will NOT be accepted.)



Isshin Daiko is looking for new members!

Join us for a 4 week taiko drumming workshop.

No experience is needed and all equipment is supplied.

Learn basic taiko technique and form, warm-up drills, and a song.

This **4-week** workshop will be held Wednesday evenings from **January 11 to February 1, 2023**.

Space is limited.

Please go to our Eventbrite link for more information and registration

<https://www.eventbrite.com/e/learn-taiko-with-isshein-daiko-4-week-series-registration-443845161827>

2023 Toronto Buddhist Church Annual General Meeting

The TBC Annual General Meeting is usually held on the second last Sunday in January. The 2023 AGM will be postponed till early spring. In the meantime, the current Board of Directors will continue to serve in the best interest of the Temple and its members and friends. Notice of the 2023 AGM will be placed in the Guiding Light in the new year.

Toronto Buddhist Church Board of Directors

