



Guiding Light

January, 2023

2023
Happy New Year!



TORONTO BUDDHIST CHURCH
a Jodo Shinshu Temple

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

New Year's Greeting

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

In view of the Russian invasion of Ukraine that began in February 2022, as Nembutsu followers who have deeply inscribed in our hearts and minds Shinran Shonin's message of "May there be peace in the world," we firmly stand against the military infringement of the other nation's sovereignty, and also aspire for an immediate return of peace in Ukraine.

Over the last year, COVID-19 continues to be a global pandemic. I would like to offer my deepest condolences to those who fell victim to the disease and express my sympathies to those who are undergoing treatment. I would also like to express my respect and sincere gratitude to the doctors, nurses, and other frontline medical professionals who have been engaging in the treatment of infected people, as well as all essential workers who have made it possible for us to continue with our lives.

The pandemic has forced us to learn firsthand that we will continue to be confronted by unexpected situations even in modern times despite technologies both in science and medical fields being highly developed. Sakyamuni Buddha, who passed on the Dharma to us, made clear that there is no life nor entity in this world that lasts forever. This truth, the principle of impermanence, has never changed even in this time and age approximately 2500 years since his time. Another fact that does not change is our inability to accept this truth as it is, and because of this, we continue struggling.

This is the very reason why, regardless of the pandemic, we can rely on the Jodo Shinshu teaching clarified by Shinran Shonin, which guides us as a spiritual foundation that enables us to move forward even when being overwhelmed with difficulties. A gathering at the temple with Amida Buddha as its center provides a great opportunity to receive the Dharma as well as an occasion in which people can support and reassure one another as fellow practitioners who follow the same teaching.

I hope you will continue to share the teaching within the greater society through various ways and your temple will or continue to serve as a place where people can gather and find comfort in its activities. I humbly ask for your understanding and cooperation in support of your temples. I would like to conclude my new year's greeting with my heartfelt appreciation to you all.

January 1, 2023

OHTANI Kojun

Monshu

Jodo Shinshu Hongwanji-ha



On behalf of the Jodo Shinshu Buddhist Temples of Canada (JSBTC), I wish to thank all of you for your support and understanding throughout the past year.

Looking back on 2022, we can reflect on the many changes that have affected our lives in subtle ways, some for the better and others for the worse. We give gifts to loved ones not truly knowing what it is they wish to receive. By the same token, we receive whether it is that which we desire or not. It is not in our control. What is most important as a Shinshu follower is to know that the giving and receiving are done with a heartfelt sense of appreciation and gratitude.

During the first few weeks of the New Year, we greet everyone with a "Happy New Year!" It's a wonderful expression that has such a feeling of "freshness." As we begin a fresh start to the new year, I would like to suggest a theme of **"Healthy Sangha"**. Let us continue to nurture and sustain our sangha in health and wellness.

This past year we have welcomed two fresh and new ministers to the Jodo Shinshu Buddhist Temples of Canada. Rev. Naoki Hirano was assigned to Kelowna, Vernon, and Kamloops Buddhist temples in interior BC and has now completed his one-year Kaikyoshi (overseas minister) training and has been granted Kaikyoshi status by Nishi Hongwanji our mother temple in Kyoto as of July 1, 2022. Rev. Dr. Roland Ikuta was assigned to the Buddhist Temple of Southern Alberta in Lethbridge as of November 1, 2022 to begin his one-year Kaikyoshi training.

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NEW YEAR MESSAGE FROM BISHOP AOKI, continued

To all members and friends of the JSBTC, thank you for your kindness and support throughout the last year. We look forward to another wonderful year together. I would like to wish everyone a very happy and healthy Holiday Season!

In gassho,

Tatsuya Aoki, Bishop, Jodo Shinshu Buddhist Temples of Canada



UPCOMING SERVICES

		Kids' Sangha 10:15 am	11:00 AM	1:00 PM
		In Person	In Person & Zoom	In Person & Zoom
January 8, 2023	MONTHLY MEMORIAL SERVICE	NONE	11:00 AM BILINGUAL	NONE
January 14, 2023	ENGLISH HO-ONKO EVE SERVICE— FOLLOWED BY POTLUCK DINNER	NONE	NONE	4:00 PM HO-ONKO SERVICE NO ZOOM
January 15, 2023	REGULAR SERVICE Ho-Onko	English	English	Japanese
January 22, 2023	REGULAR SERVICE	NONE	English	NONE
January 29, 2023	REGULAR SERVICE	NONE	English	NONE
February 5, 2023	MONTHLY MEMORIAL— SHOTSUKI	English	English	Japanese

“Happy New Year”



Around New Year's, I sometimes listen to Bobby McFerrin's song, "Don't Worry, Be Happy." This is not a New Year's song, but I like it because when I listen to this song, his singing voice is so gentle and makes me calm and happy.

He sings: "Here's a little song I wrote. You might want to sing it note for note. Don't worry. Be happy. In every life we have some trouble. But when you worry you make it double. Don't worry, be happy. Don't worry, be happy now."

Just like in the song, when we say "Happy New Year," we are wishing happiness for others.

Today, I would like to share an old, true story from Japan. There was a famous Buddhist minister named Rev. Ikkyu, who lived in Kyoto. When people celebrated New Year's Day in Kyoto, they went outside dressed in beautiful kimonos and greeted each other with "Happy New Year and happy birthday." In those times, more than 650 years ago, everyone aged together on New Year's Day because many did not know their own birthdays.

Rev. Ikkyu also walked around, but he looked very different - his robes were dirty and he carried around a human skull. He showed this skull to everyone and asked them if New Year's Day made them happy. Rev. Ikkyu was a very famous and popular minister, but when they saw him carrying around a skull, people started saying he was getting too old and going crazy.

Rev. Ikkyu visited a mansion and knocked on the door. The owner of the mansion, a landlord, opened the doors and invited him into the house. The landlord was so happy that Rev. Ikkyu came to visit him on New Year's Day! However, the landlord became upset when he saw Rev. Ikkyu's dirty robes and the skull. The landlord asked him, "Today is New Year's Day. Why is your robe so dirty? Why are you showing me this human skull? Please don't do anything sinister."

Rev. Ikkyu laughed at the landlord's reaction. He said, "It is true that New Year's Day is a happy event. However, New Year's Day is a day that reminds us that we are getting much older. One day, we will become like this skull. Landlord, you have so much money and you are keeping it all for yourself. You may know you won't be able to take the money to the Pure Land. You must also know there are families in poverty, just outside the city. Please share your money with the poor to help them.

When we see our family and friends on New Year's Day, we always say Happy New year to share our happiness.

However, as Rev. Ikkyu said, New Year's Day is also a day that reminds us that we are getting older. We will become just a skull someday. This is exceptionally difficult to accept, but at the same time, it reminds us of how lucky we are to be able to spend time with others and to see them in the New Year.

In Gassho

Rev. Yoshimichi OUCHI

Resolutions and Ho-onko

I resolve that, when I become a Buddha,

I will fulfill this vow in every possible way,

And to all beings who live in fear

I will give great peace

(from *The Three Pure Land Sutras*
Vol. II: *The Larger Sutra* pg 16)



This is a passage from "Sanbutsu-ge," a *gatha* or poem from *The Larger Sutra of Immeasurable Life*. The poem contains the desire and determination of the Bodhisattva Dharmakara to attain Buddhahood to help liberate sentient beings from the discomfort and suffering that can be present in life. The Bodhisattva Dharmakara fulfilled their vows, became Amida Buddha and the Pure Land was established.

New Year's is a time of looking ahead to a fresh start, and many people make New Year's Resolutions. People make resolutions such as: "I'm going to exercise

more," "I'm going to eat less sweets and snacks," "I will lose weight," or "I will use less plastic." People use this time for self-improvement but very often, these things do not last - we often joke that we are unable to stick to our resolutions for 3 days, or a week, let alone a whole month.

Maybe some have made resolutions such as "I'm going to go to service every Sunday," or "I'm going to read a sutra every morning," or "I am going to memorize the Shoshin-ge." These resolutions, because they are related to the temple and the teachings, can be associated with improving the Buddhist self. In other words, some might do these things to be "better Buddhists." These might even be related to the aspiration to be reborn in the Pure Land and to eventually to become a Buddha. What a wonderful aspiration! I would like to be a Buddha as well - this is why I am a Buddhist!

This brings me to the true reason I'm sharing these thoughts with you for January. The month of January holds the most important observance in the Jodo Shinshu calendar, Ho-onko the "Gathering to Express/Return Gratitude for

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Resolutions and Ho-onko, continued

Shinran Shonin.” It is observed on January 16th, the date on which he died and was reborn in the Pure Land. We give thanks for him as the person whose work helps us walk the Nembutsu path. Today, we revere him as a great thinker, writer, and teacher; Ho-onko is an elaborate commemoration that lasts an entire week at Nishi Hongwan-ji, the head temple in Kyoto, Japan. Without him, there would be no Jodo Shinshu as we know it today. However, we know that part of his life story is that he was a failed monk.

For much of his young adulthood, he lived in a Tendai monastery, hard at work in study and practice as a monk. The turning point in his life came when he admitted to himself that this lifestyle was bringing him no closer to enlightenment as a Buddha and in fact, he felt he was just focusing more on his own limitations, his struggles, and his own suffering. With this realization, he gave up this lifestyle. Still having the aspiration of becoming a Buddha, he sought out a Buddhist teacher who was gaining popularity at the time, Honen Shonin. From him, he heard the teaching of Amida Buddha.

Shinran Shonin learned that he was exactly the kind of person, one with limitations, who most benefits from the great wisdom and compassion of Amida Buddha. As is stated in the verse above, the “resolution” for people to be freed from their suffering is already made *and fulfilled* through the activity of Amida Buddha. Shinran Shonin learned that the immeasurable wisdom and compassion of Amida Buddha to light the way to the Pure Land and eventual Buddhahood is encapsulated in the voicing of Namo Amida Butsu.

Previously, it was necessary for people to study

and practice, and to achieve a level of accomplishment to be considered able to become a Buddha. This required a monastic life. Then, as now, countless more people are *not* able to fulfill monastic requirements than those who are able. Those who are able to become monks and nuns have their own path, but surely, those who are unable are also worthy of becoming Buddha.

Shinran Shonin’s honesty about himself, particularly about his own limitations, led to a deep appreciation for having encountered Namo Amida Butsu because he felt relief from the stress and struggle regarding his eventual Buddhahood. He spent the rest of his life, until he was 90 years of age, expressing his gratitude by writing, teaching, and accompanying others whose path to Buddhahood was voicing Namo Amida Butsu.

Shinran Shonin is my role model for how to live a fulfilling life as a Buddhist (note that I did not say “good Buddhist”!). Instead of *actively* doing things that are thought to make a better, good, knowledgeable, or worthy Buddhist, in Shin Buddhism, the more important thing is to be honest with and honest about one’s self. In the New Year, I refocus my attention on ways to maintain my health, be a conscientious person, and deepen my understanding of Shin Buddhism, but through the example of Shinran Shonin, I believe that those things will come with more ease and with gratitude if I’m honest with myself and the conditions of my life

May we all feel the compassion of Namo Amida Butsu in whatever we encounter in 2023.

Namo Amida Butsu

Joanne Yuasa Sensei

DECEMBER 8, 2022 SHOTSUKI SERVICE



Memorial (Shotsuki) Listing for the Month of February

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

AMANO , Tojiro	KAMINO , Atsumu	OMORI , Isamu	UYEDA , Toshihiro
AMANO-O'SHEA , Karen Akemi	KASHINO , Wai	OMOTO , Tatsuya	WATANABE , Haruno
ARIZA , Riku	KATO , Saju	RYUJIN , Isamu	WATANABE , Sumiye
ARIZA , Takeru	KAWABATA , Sayono	SAITO , Harry Hiromitsu	YAHIRO , Kin
DOI , Terrie Teruya	KAWABATA , Tobei	SAKAGUCHI , Shizue	YAMAMOTO , Yasue
EDAMURA , Kane	KAWAGUCHI , Hanaye	SARUYAMA , Lucy Masa-ko	YAMASHITA , Yoshiko
DRYGAS , Ronald Walter	MATSUDA , Yoshimi	SASAKI , Tokubei	YASUI , Toshie
FUJITA , Kano	MATSUMOTO , Hideo	SHIMIZU , Asato	YOSHIDA , Baby
FUJITA , Shigeo	MATSUSHITA , Tatsumi	SHIMODA , Clara Shizue	YOSHIDA , Chika
FUJIWARA , Douglas Tetsumori	MENDE , Masuno	SHIOZAKI , Akira	YOSHIDA , Kanjiro
FUKUSHIMA , Hanae	MIYAGAWA , Yoshiko	SHISHIDO , George Tetsuo	YOSHIDA , Natsu
FURUKAWA , George Go-ro	MIYANISHI , Toyozo	SHOJI , Gin	
FURUYA , Isamu	MIYASAKI , Harry Juichi	SUGIMOTO , Itsuno	
HAMA , Hirokichi	MIYAUCHI , Yahei	SUMIYA , Chikayoshi	
HAO , Yoshitada	MIYAUCHI , Kumakichi	SUYAMA , Tei	
HAYASHI , Fumikazu Frank	MIZUNO , Fumiyo	TABATA , Fumie	
HAYASHI , Genichiro George	MIZUTANI , Harold Tsuneichi	TAKATA , Kazuko	
HAYASHI , Yoshi	MIZUYABU , Yonekichi	TAMAKI , Mitsuko	
HAYASHI , Yoshio	MORI , Sumi	TAKAOKA , Hideo Donald	
HAYASHI , Yoshiye	MURAKAMI , Yukimi	TANAKA , Itsuo	
HIDAKA , Kathy Ling Fai	MURANAKA , James Kin-suke	TANIISHI , Miyoko Joyce	
HIDAKA , Tsuyoshi	NAGAO , Moyo	TEHARA , Chiyo	
HIKIDA , Toyoko	NAKAMURA , Genroku	TEHARA , Genya	
HIROSE , Masayuki	NAKAMURA , Sumi	TEHARA , Suye	
HONKAWA , Kise	NAKATA , Kimi	TERAKITA , Mitsuo	
HORI , Mrs.	NAKATSU , Kimiko	TATEBE , Saemon	
HOSAKI , Takeko Eileen	NISHI , Hanae	TOKI , Emiko	
HYUGA , Hisatoshi	NISHIKAWA , Shoji	TSUHIDA , Suejiro	
IGARASHI , Shigeru	NISHIMURA , Harry Kan-shiro	TSUJI , Edward Sadamu	
INATA , Ei	NISHIMURA , Rieko Frances	TSUJI , Etsuko	
ISHII , Kiichi Ken	NISHIMURA , Seitaro	TSUJI , Toshiro Roy	
IWAMOTO , Yuri	NISHIZAKI , Barry Jon Yoshio	TSUKAMOTO , Masato	
IWASAKI , Kiyoshi Henry	OGATA , Sakae	TSURUDA , Misae	
KAMADA , Denroku	OHASHI , Mitsuo William	TSURUOKA , Mas Masaaki	
		TSUKAMOTO , Masato	
		URA , Tsutomu	

NEW YEAR MESSAGE FROM THE PRESIDENT

For so many of us, 2022 was another challenging year. I, like many, felt confident that we would almost certainly see the light at the end of the tunnel with the beginning of the end for the Covid-19 pandemic. Certainly, we all wanted to see that! We are currently in various forms of Omicron, and while we all wish we could be rid of this, the only thing that does seem certain is that uncertainty will continue. It reminds me of those stock market prognosticators, who most accurately predict with certainty: “The market will fluctuate!”

For me, one thing I am certain about is being thankful and grateful. As someone who is relatively new to the management of the TBC, I am grateful for the support of our volunteers and staff. There’s a saying, made famous by former U.S. Defence Secretary Donald Rumsfeld who talked about “known knowns, known unknowns, and unknown unknowns”. In my short time as President, I knew that our volunteers do a lot of work, and I knew that there were a lot of things done in which I may not know details about but have some idea, and then there are the things that you just don’t really think about and have no idea, but need to be done. Many members have little or no idea as to who does what at the TBC, that whatever needs to happen just gets done, day after day, week after week, just like magic. Paraphrasing Churchill, in talking about the heroics of the Royal Air Force in the Battle of Britain, said that “never in history have so many depended on so few”. Now Japanese are characteristically modest and don’t like the spotlight but our volunteers are absolutely amazing. So in true Japanese fashion, I won’t name specific volunteers but four, in particular should be called out, so instead let me use the pseudonyms “Susan”, “Donna”, “Cary” and “Michael” or just SDCM.

Now day in and day out, week after week, I have learned so

much from SDCM. I don’t just mean the incredible volume of work these *volunteers* do, but doing so with a stoic sense of professionalism, expertise, efficiency and just plain hard work. I’m talking about work late into the night (Security system issues? Audiovisual system problems?) and into the early hours of the next day (Emails at 3 AM?). But even more importantly to me, they really exemplify to me – and they have taught me - the meaning of “with gratitude and in Gassho”, as they lead by example. And so I am truly grateful to SDCM.

I’m also grateful for the incredible office staff at the TBC. Anyone who has dealt with the professionalism of Pamela Yoshida and Darlene Rieger knows what I’m talking about. They work tirelessly on so many different things. It’s not easy running anything these days, let alone during a pandemic, and these individuals are just amazing.

We all have much to be grateful for and we are most fortunate to have the youthful and passionate leadership of Rev. Ouchi, and the tireless, generous support of assistant minister Joanne Yuasa sensei, as well as Dr. Jeff Wilson sensei (who are also youthful and passionate!)

Thank you for everyone’s support this year. Our challenges have been notable, but so is our resolve and determination. Finally, I would like to extend a most sincere thank you to our members for which we are so grateful for your continued support. Thank you all for teaching me “gratitude”.

Best wishes for a healthy and safe 2023!

With gratitude and in Gassho,

Les Tanaka



MESSAGE FROM SPECIAL PROJECTS—NEW YEAR’S SOCIAL

Cautiously, the Temple has started to reintroduce many activities and programmes. It has been wonderful to greet friends in person after almost 3 years of isolation!

One of the events that we look forward to is the New Year’s Social that is held in January. It is a time to socialize and share different mouth-watering dishes.

Unfortunately, after much thought, it was decided that **the New Year’s Social would again be cancelled this year.**

Conditions are carefully monitored by the Board and Management Committee and in the near future, we hope to resume the many programmes that we all look forward to.

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

Mrs. Agnes Junko Carroll	November 18, 2022
Ms. Shirley Kumiko Shikatani	November 26, 2022
Mrs. Margaret Takako Kawai	December 1, 2022
Mr. John MacRae	December 6, 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



What is Psychological Suffering for Buddhists?

Social views towards mental health and illness have dramatically changed in the last decade; once something that was stigmatized and kept hidden from view, issues of depression, anxiety and other mental

dis-ease are discussed more openly in families, spiritual communities, workplaces, schools, and the media. Indeed, the global pandemic brought issues of mental health to the foreground, with many experts suggesting that we are now dealing with unprecedented mental suffering, especially in our most vulnerable and marginalized populations. In the Canadian context, we often think of mental health from a biomedical and modern psychological and psychotherapeutic viewpoint, yet we know that there are many other cultural and religious perspectives of mental health and wellness. We might ask ourselves, what is the Buddhist perspective of mental health and dis-ease?

This past semester, I had the pleasure of teaching "Buddhist Psychology" in the undergraduate Buddhism, Psychology and Mental Health minor at the University of Toronto. I would like to share some of what we learned together in regards to Buddhist understandings of psychological suffering. Following this, I will briefly address Jodo Shinshu perspectives of mental illness, and point to ways that we can care for our own mental health and support those in our community who are experiencing mental distress.

The First Noble Truth – Dukkha—is most commonly translated as "suffering," and sometimes as "pain," "sorrow," and "misery." Hence, for Buddhists everything that is subject to change or is impermanent is suffering or dukkha. Dukkha has deeper doctrinal and spiritual meanings as well, such as "imperfection," "impermanence," "emptiness," and "insubstantiality." These ideas point to the Ultimate Truth or the true nature of reality, which is that whatever exists in our mundane material existence is made of causes and conditions, and therefore is interdependent, impermanent, and empty of inherent existence.

What is Psychological Suffering for

Buddhists, continued

Our very 'self' shares in this nature of impermanence and interdependence. Our experience of our bodies, thoughts, and emotions leads us to falsely believe that we have an independent and substantial 'self,' but really, when we pay close attention, we realize that we are constantly fluctuating from one moment to the next. There is no permanent 'self' that is separate or apart from our transitory bodies, hearts, and minds. Our clinging to this illusory sense of self is said to be driven by the three poisons of human existence: ignorance, desire/craving, and anger/hatred. Because we are ignorant of the true nature of reality, including our 'selves,' we become swept away (or over-identify in psychological terms) by our thoughts and emotions stemming from the three poisons. For Buddhists, this could be said to be psychological suffering.

Early Buddhist scriptures outline three aspects of dukkha. The first aspect is 'dukkha as ordinary suffering,' which includes the pains of birth, pain, sickness, and death. The second aspect is 'dukkha as produced by change.' We often don't want things to change, especially when we are happy, for example with a new relationship or new job, but inevitably nothing stays the same and we often feel sad or angry – we suffer – when things change. For this reason, love is inseparable from the pain of loss. The third aspect is 'dukkha as conditioned states' which refers to dukkha's deeper meanings of interdependence, impermanence, emptiness and no-self. While this view of life may seem pessimistic, it can also be liberating and full of possibility and hope when one is able to become experientially aware of the transitory nature of existence.

The three aspects of dukkha point to what we today think of as mental or psychological suffering. For Buddhists, as long as we remain unawake to the true nature of reality, and plodding along in samsara, we experience physical, mental, emotional and spiritual suffering. As Buddhists, we might say that all of us, to some extent, are mentally ill because we suffer from clinging to and over-identifying with our thoughts and emotions and are pulled into a narrow (and incorrect) view of our 'self.' The teachings of Shakyamuni

Buddha tell us that those enlightened beings who escape samsara, and reach the other shore, to Nirvana or Awakening, no longer suffer any mental afflictions. For them, the three poisons have been extinguished.

In the meantime, until we reach that other shore, we can lessen our psychological suffering by being on a spiritual path and sowing good seeds, in community with others. At some point in our lives all of us will experience mental distress and illness; this too, is the nature of samsara. We say that the first step to solving anything is to admit that there is a problem. Similarly, the First Noble Truth tells us that we who dwell in samsara must fully appreciate that we are all suffering from mental (and physical and spiritual) dis-ease. Viewing ourselves and others as 'mentally ill' may seem pessimistic, but again, such a perspective can be liberative. Similar to a trauma-informed approach, if we view our own and other people's suffering as stemming from causes and conditions, we are more likely to respond with kindness and compassion rather than with judgement and shame. Recognizing that our suffering is interdependent, we might treat each other and ourselves better.

As Jodo Shinshu Buddhists, we accept that, as lay householders, it is very hard to become Awake by our efforts alone. Out of infinite Compassion and Wisdom, Amida Buddha created the Pure Lands for people just like us to realize our truth of the Buddhist teachings. I appreciate that Jodo Shinshu Buddhism offers me a spiritual path wherein I do not have to be perfect, and it is okay for me to be experiencing mental dis-ease. As a spiritual community, we can support one another's mental and spiritual wellness as an aspect of what it means to be Jodo Shinshu Buddhists. I admittedly, do not have all (or any?) of the answers to this, and it is a community effort to talk about and act upon ways to support our friends who are experiencing mental dis-ease. TBC is exploring forming a mental wellness community group. If you are interested in joining, please reach out to me.

May you be well!

In Gassho,

Jenny Bright, PhD, RP (Qualifying), MPS



Moving Forward and Reflecting in 2023

As we come to the close of 2022 we will have had the opportunity to revive traditions which have been in hibernation. The TBC Sangha will have held our first Mochi Tsuki event in three years. On Dec. 31st, we will have had the opportunity to ring in the New Year with a bell ringing at Ontario Place at dusk or at the Toronto Buddhist Church at midnight.

So while reflecting on the lessons learned these past few years, it is with great optimism that we move forward with reopening in 2023!

On behalf of the TBC Sangha Group,

Happy New Year!

Akemashite Omedeto Gozaimasu!

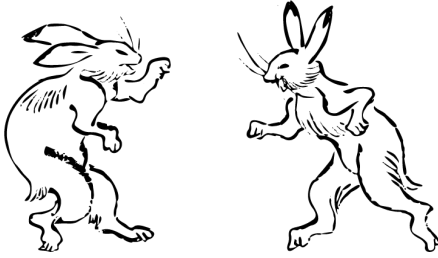
In Gassho,

Cary Kataoka, President

HAPPY NEW YEAR 2023

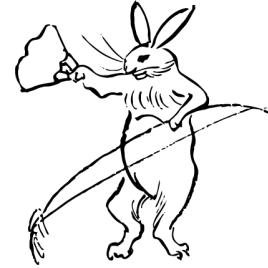
Guiding Light

Thank You To All Both Past & Present, Who Helped /
Help Ensure Members Receive Their Guiding Light



Toivo & Pauline Knude

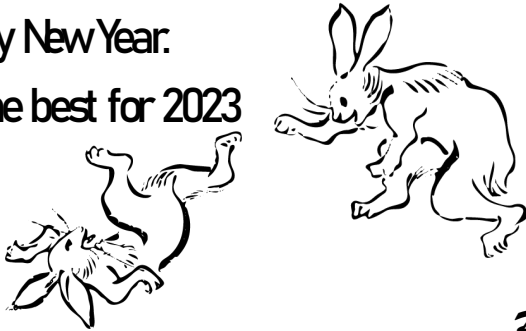
Let us all travel the Nembutsu path together.



Donna, Yumi & Jessica Nakano

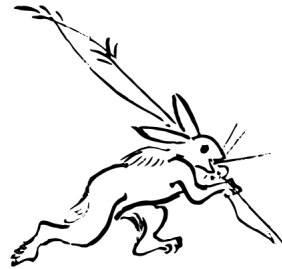
Happy New Year.

All the best for 2023



Dawn, Toshi, Crystal & Chibi Anzai

Best wishes for 2023!



George & Emi Nakano

A Healthy, Happy New Year to All

Pamela Yoshida

Wishing everyone good health
and happiness in 2023!



Darlene Rieger

Happy year of the rabbit (that's me!)

To all my family & friends all the best in 2023.



Rev. Yoshimichi Ouchi

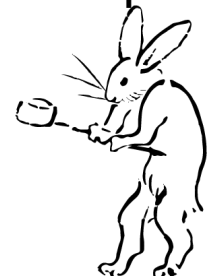
Thank you for your kindness and compassion.
See you again in 2023!



Sensei Joanne Yuasa

Thank you for all the support and encouragement in 2022.

May we continue to appreciate the Nembutsu together in 2023.



CALLING ALL SANGHA KIDS**January's Theme: SHINRAN SHONIN****Shinran's Memorial Day – Ho-onko**

Ho-onko marks the death of Shinran Shonin. Ho-onko literally means “Dharma gathering for acknowledging indebtedness”. When we chant Shoshinge, the verses written by Shinran summarize his teachings.



January 15 – Kids Service at 10:15 a.m.

What did Shinran Shonin teach?

Classroom activity to follow service until 12 p.m.

February's Theme: “Peace”

NIRVANA DAY – Buddha's Parinirvana – Nehan-e

Dharma talk – Inner and Outer Peace

Peace in our communities (inclusion/diversity)

February 5th - Dharma Talk – Inner and outer peace; when we
feel anxious, scared or angry

Dharma Activity – read the tale of the Colour
Monster

- make colour jars

February 19th – Dharma Talk – How do we create peace in our
Communities?

-Diversity, Inclusivity, Respect

- Dharma Activity – to be announced

Please join us Kids Sangha. Everyone is welcome.



HAVE YOU APPLIED FOR YOUR 2023 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 2023. 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 \$145.00

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***2023 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 2023 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, 2023. 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, 2023 to December 31, 2023. The Individual Membership Fee for 2023 is a minimum of \$145. 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.

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. [unclear]



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:

- ◆ Grace Taguchi for arranging the naijin (altar) flowers
- ◆ Emi Nakano for making the manju o-sonae (altar offerings)
- ◆ Darlene Rieger 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
- ◆ Michael Tamaki & Ken Shigeishi for the maintenance of the Temple

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. Let's have some new people to thank.

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





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

