



Guiding Light



TORONTO BUDDHIST CHURCH *a Jodo Shinshu Temple*

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

UPCOMING SERVICES

| | | Kids' Sangha 10:30 AM | 11:00 AM | 1:00 PM | |
|--------------------------|---------------------------------|--------------------------|---------------------|---------------------|-----------------------------------|
| | | In Person | In Person & Zoom | In Person & Zoom | |
| FEBRUARY 9, 2025 | REGULAR SERVICE | ENGLISH | ENGLISH | NONE | |
| FEBRUARY 16, 2025 | REGULAR SERVICE | ENGLISH | ENGLISH | NONE | NIRVANA DAY SANGHA DAY |
| FEBRUARY 23, 2025 | REGULAR SERVICE | ENGLISH | ENGLISH | NONE | |
| MARCH 2, 2025 | MONTHLY MEMORIAL SERVICE | ENGLISH | ENGLISH | JAPANESE | SHOTSUKI |
| MARCH 9, 2025 | REGULAR SERVICE | ENGLISH | ENGLISH | NONE | |
| | | | | | |
| | | | | | |
| | | | | | |

SUNDAY FEBRUARY 16, 2025

Nirvana Day or Ne Han e

The commemoration of the death of Shakyamuni Buddha at the age of 80. This is the day when Buddhists give thanks for his teachings. The year of his death is said to be 483 B.C.



UPCOMING EVENTS

FEBRUARY 9

1:00 pm

ESTATE AND LEGACY PLANNING

Presented by TD Waterhouse and Manulife Insurance

Please join us. Light refreshments will be served

FEBRUARY 16

After Service

SANGHA DAY

Free Luncheon—Door prize and bingo donations welcome and appreciated

MARCH 2

JSBTC AGM BAKE SALE FUNDRAISER

Donations of baked goods welcome and appreciated

Makuragyo (Pillow-side) Service

When families consider having a Pillow-side service (Makuragyo) they are encouraged to notify the Temple with advance notice. This offers the Temple members time to adjust their schedule accordingly. Depending on the wishes of the family, the Temple member is quite prepared to conduct the service immediately following the passing away of the loved one. The family may prefer to have the service at an earlier time so that more family members can attend the service.

Providing information, before a passing away, is important for the Temple member too, not only to adjust their schedule but to prepare for the service. The early contact with the Temple member also provides an opportunity for them to offer information and answer questions the family may have. Please call the Temple at 416-534-4302 and leave a message. Your call will be returned as soon as someone is available. Thank you for your understanding and co-operation.

Board of Directors

"Listen to the Dharma in Daily Life"



The cold days continue. This is my first winter in Toronto, but it's actually my second time experiencing a Canadian winter, as I studied English in Canada in 2022. I've realized that when the temperature drops below -10°C , I become reluctant to go outside.

Despite the cold, approximately 100 people gathered for the year-end Joya no Kane (bell-ringing) and New Year's Day services, respectively.

Most of them had never visited the temple before. Perhaps it is part of Japanese culture to feel the urge to visit a temple during the New Year season.

I imagine that many new immigrants live in Toronto. Starting in January, we began initiatives such as renting the temple's social hall to immigrant groups for events. While it's a small step, I hope this helps more people become aware of the temple. My wish is to create opportunities for them to visit the temple and join us in listening to the teachings of Amida Buddha.

Now, changing the subject, after completing my training in the United States in mid-December, I returned to Toronto and have been enjoying curling every Sunday evening at the "NISEI CURLING CLUB." As you may know, curling is a strategic winter sport played on ice and is often referred to as "chess on ice" because it requires careful judgment based on the situation. Two teams of four players each take turns sliding polished stones toward a circular target area called the "house."

In Japan, curling has gained recognition due to achievements such as the women's national team winning an Olympic medal. However, there are only about a dozen dedicated curling rinks across the entire country, making it a challenging sport to start. In contrast, Canada is a curling powerhouse, with over 700,000 participants—about 70% of the world's curling population is said to be Canadian.

I first tried curling during my time as a student in Kamloops and was immediately captivated by its charm. Back then, I practiced twice a week for about two hours and participated in a Japanese Canadian league on Sunday nights. I even had the chance to join a Japanese Canadian bonspiel in British Columbia.

While there are hardly any temple members in the NISEI CURLING CLUB I currently attend, everyone is incredibly friendly. After games, players from both teams gather around tables to socialize, regardless of whether they are opponents or teammates.

The true appeal of curling lies in its emphasis on respect for opponents. At the start and end of every match, players shake hands and exchange greetings like "Good Curl" or "Good Game." The sport does not require referees, and players do not rejoice at their opponents' mistakes. It's an incredibly respectful sport to play. Curling is also a team sport that requires collaboration. Even if one player throws the stone, it won't reach the intended spot without the sweeping efforts of their teammates.

However, no matter how much you practice or synchronize with your team, the stone doesn't always stop exactly where you want it to be. In fact, achieving the perfect result is rare. Even if you throw a stone with the same form and force, the ice conditions change throughout the game, affecting the stone's curve and speed. Small adjustments in strength and unforeseen circumstances can significantly alter the outcome. Perhaps the true essence of curling lies in the fact that "not everything can be controlled."

In this way, curling mirrors life itself. No matter how much we prepare, things often don't go as planned. Many of us unconsciously believe that life should go the way we want it to. As a result, when things don't turn out as expected or when we face difficulties, we may think, "Why is this happening to me?" or "Something must be wrong." We tend to place the blame on others or external factors, saying, "It's because of that person" or "It's because of that."

If we could control every aspect of our lives, it might indeed be wonderful. No one wants to encounter unhappiness in life. However, as the Buddha taught, "Life is suffering." Living inevitably involves facing obstacles and hardships, and life rarely goes as we wish. Suffering does not disappear, even with fervent prayers to Buddhas or gods. We must face it and accept it ourselves.

Our teaching is one of "listening to the Vow of Amida Buddha." Amida Buddha constantly extends a helping hand, reaching out to us in our moments of pain and suffering. Yet, Amida Buddha does not demand rigorous practices or ascetic exercises such as fasting or standing under waterfalls. Instead, Amida Buddha works calling to us, "You are fine just as you are. Please, just notice my Vow."

Shinran Shonin teaches in the "Hymns of the Dharma Ages" (Shōzō Matsu-Wasan) :

**"When we reflect on the establishment of the Vow,
We find that the Tathagata, without abandoning
sentient beings in pain and affliction,
Has taken the directing of virtue to them as foremost,
Thus fulfilling the mind of great compassion."**

When I ask why Amida Buddha made a vow to help me, I am told that it is because he could not leave me alone in my suffering, anxiety and despair. Through the name Namo Amida Butsu, Amida Buddha wants to bestow the virtue of enlightenment on me and free me from suffering and anguish.

Amida Buddha has infused His wish to ease our suffering into the nembutsu, "Namo Amida Butsu," and delivers it to us. This sacred Name, created so that anyone, anywhere, and at any time can recite it with ease, is already present beside us, embracing us with His compassion. However, reciting the nembutsu does not mean that illnesses will be cured instantly or that we will be shielded from all accidents. Amida Buddha tells us, "Your joy is my joy, your suffering is my suffering. I carry your sadness and suffering with you."

It is important for us to express gratitude not only for the favourable events in our lives but also for the unfavourable ones.

Continued on page 4

"Listen to the Dharma in Daily Life" continued

Precious opportunities that help us grow and deepen our understanding of Amida's teachings.

This is because, even in the midst of difficulties, we can overcome them with Amida's help, and through this, we can feel Amida's deep compassion even more. Such events become

The place where we listen to the Dharma is not only when we

visit the temple. Our daily life itself is the place where we receive Amida Buddha's vows. Of course, for me, the curling rink is also a place where I feel embraced by Amida's great compassion. Amida Buddha is with us anytime and anywhere.

Namo Amida Butsu

Rev. Kensho Hashimoto

Memorial (Shotsuki) Listing for the Month of March

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 **March**. All are invited and

| | | | |
|---------------------------------|-----------------------------|-------------------------------|---------------------------------|
| AKADA, Kinyemon | HIRATA, Shizuo | KOBAYASHI, Isojiro | MORITA, Sumi |
| AKADA, Shigeru | HORI, Toshio | KONDO, Tome | MOTOMURA, Hiromu |
| AMEMORI, Asa | HUANG, James | KONDO, Tsune | Robert |
| AMEMORI, Mitsuo | IDENOUE, Hanako | KONISHI, Masaharu | MUKAI, Isamu |
| AMEMORI, Rinji | IDENOUE, Kuyemon | KONO, Kyonosuke | MURAKAMI, Roy |
| AMEMORI, Torao | IIDA, Hideo | KOTANI, Fred Tatsuo | Tsuneyuki |
| AOYAMA, Koshiro | IJIMA, Matazo | KOZAI, Eiko | NAGAHARA, Kayo |
| BABA, Masao | IKEDA, Haruo | KOZAI, Minoru | NAKAGAWA, Akira |
| CHENG, Norma Masaye | INAMOTO, Tojuro | KUMAGAI, Misa | NAKAGAWA, George |
| DATE, Kenzaburo | INATA, Shigeru | KUMAGAI, Yasuyuki | Kiyokazu |
| EBATA, Jeannie | IRIZAWA, Shizuka | KUMAGAWA, Fumiko | NAKAGAWA, Tojiro |
| EDAMURA, Fumi | ISHIDA, Tsuru | KUMABE, Kazuo Jerry | NAKAGAWA, Yoshiko |
| ELLIS, Emi | ISHIKAWA, Shozo | KUROKAWA, Meijiro | NAKAMICHI, Sugi |
| ENDO, Masatomo | ISOGAI, Isao | MAIKAWA, Kiyo | NAKAMURA, Dick Ichizo |
| FUJIBAYASHI, Chiyo | ISOSHIMA, Mas | MAKIMOTO, Shizuko | Joe |
| FUJIBAYASHI, Eizo Ace | ITO, Chusaburo | MARK, Yasuko | NAKATA, Shige |
| FUKAKUSA, Shigeru | IWATA, Hideko Hedy | MATSUMOTO, Fumiko | NISHI, Toshinami Ted |
| FUKUZAWA, Sada | JACKSON, John Joseph | MATSUMOTO, Joyce | NISHIDERA, Yuki |
| HAMADE, Hana | KADOHAMA, George | Sachiko | NISHIHAMA, Takashi |
| HASHIMOTO, Fusae | KAMATA, Yoko | MATSUMOTO, Tetsu | NISHIMURA, Mitsuo |
| HASHIZUME, Kane | KAMINO, Michael | MATSUMOTO, Yuki | NISHIMURA, Tsuya |
| HAYASHI, Miwa | KAWAGUCHI, Itsuno | MAYUMI, Ichiro | NISHIMURA, Yoshiye |
| HAYASHI, Tsunekichi | KESHIKAWA, Gisaburo | MENDE, Ronald Masaichi | NISHIMURA, Yosojiro |
| HAYASHI, Toshio George | KIKUCHI, Kiju | MINEMOTO, Mitsuo | NISHIMURA, Chiyo Frances |
| HIRAKI, Chikai | KINOSHITA, Kiyoshi | MIYASAKI, Herbie Masao | NISHIMURA, Constance |
| HIRAKI, Sawa | KITAMURA, Miyo | MIZUYABU, Carl Kazumi | Yumi |
| HIRANO, Tomisaburo | KITAMURA, Shinichi | MORI, Ben | NISHIZAKI, Jack Hideo |
| HIRASAWA, George Herbert | KITAMURA, Yoshiye | MORI, Hikobei | NISHIZAKI, Joe Yoshio |
| HIRASAWA, John Oliver | KITAZAKI, Ronald | MORI, Shige | NOSE, Shigezayemon |
| HIRASAWA, Takeo | Yoshisumi | MORI, Sukegoro | NOSE, Stuart Eijiro |
| | | | ODA, Kimiko |

Memorial (Shotsuki) Listing for the Month of March, continued

| | | | |
|----------------------------------|--------------------------------|-----------------------------------|-------------------------------|
| OHARA, Ritsuko | SHIBATA, Tome | TANABE, George | TSUJIMOTO, Otozo |
| OHARA, Thomas Shunichi | SHIBATA, Toshihiro | TANABE, Iya | UYEDA, Mike Masahiro |
| OHASHI, Tomekichi | SHIGA, Shizuko | TANAKA, Eizo | UYESUGI, Juichi |
| OKAZAKI, Marie Yoshiko | SHIKATANI, Julie Hisaye | TANAKA, Fujimatsu | UYESUGI, Tomoichi |
| OKIHIRO, Koichiro | SHIMODA, Masakazu | TANAKA, Sataro | WAKABAYASHI, Kino |
| OKU, Haruko | SHINMOTO, Yoshiyuki | TANAKA, Takayuki | WALL, Donald George |
| OMOTO, Tokujiro | SHISHIDO, Shiu | TANAKA, Chisato | WARNER, Mitsuye Mitzi |
| ONAMI, Tomiji | SHISHIDO, Toshiko | TANAKA, Herbert Haruyoshi | WATADA, Matsujiro |
| ONISHI, Kazuo Jack | SHOJI, Yaeko Elsie | TANAKA, Roger Hideo | WATANABE, John Isao |
| PETGRAVE, Shirley Toshiko | SUEFUJI, Akie | TANIISHI, Rosemary Shigeko | WATANABE, Larry Masato |
| SAKAI, Kahei | SUEFUJI, Toshiaki | TANIISHI, Shizue | YAKO, Kiri |
| SAKAUYE, Shigeo | SUGIYAMA, Takeshi | TANINO, Masuye | YAMAMOTO, Haruko |
| SAMESHIMA, Yoneko | TAGUCHI, Shigeru | TANINO, Ruth | YAMASHITA, Jihei |
| SANO, Yuwa | TAHARA, Sadaichi | TEHARA, Tetsuko | YAMASHITA, Masayuki |
| SASAKI, Minato | TAJIRI, Torao | TETAKA, Hatsumi | YOKOTA, Don Yasuo |
| SASAKI, Lisa Miyumi | TAJIRI, Misuye | TSUBOUCHI, Fumiko | YOSHIDA, Takeo |
| SATO, Shingo | TAJIRI, Ronald Akira | TSUJI, Kimi | YOSHIKAWA, Yukiyoshi |
| SATO, Takeko | TAKATA, Misuyo | TSUJI, Tami | |
| SEIRIKI, Fukutaro | TAKATA, Toyoaki | TSUJI, Nancy Yaeko | |
| SEKO, Chiyo | TAKAYAMA, Kimiye | | |

2024 TBC MOCHI TSUKI**DECEMBER 29**

HAPPINESS AND UNHAPPINESS



I would like to share two stories about happiness and its opposite, unhappiness. These stories are about my father John Yoshio Madokoro. These stories are taken as excerpts from a short story that I wrote in 2006. It was published in “Nikkei Images”. The monthly newsletter of the Japanese Canadian National Museum located in Burnaby,

British Columbia. I wrote it in the voice of a first person as I believed that I could speak in my father’s voice.

So, to begin:

I am taking you back in time to 1924. We are in Tofino at that time, a remote fishing village on the West Coast of Vancouver Island. The Pacific Ocean stretches westward all the way to Japan.

These are the words of my Dad:

“Life was pretty good for me. My father was a good fisherman so there was always food on the table, even during the Depression. In hindsight, I think we did better than the people in the cities. I am not saying that we were well off, but relatively speaking we did OK. We ate off the land or sea, and we ate well. We dug clams at Armitage Bay, nori, or seaweed was plentiful. There were crabs everywhere, and awabi, or abalone.

When I was eleven, my father decided to send me to Cumberland on the East Coast of Vancouver Island. He wanted me to learn Japanese. While in Tofino, I spoke mainly English and I suppose he thought that I was losing my Japanese. I thought that I was pretty good in Japanese as I could read magazines and even write pretty well. Harold Kimoto and I were both sent to Cumberland that year.

Returning back to Tofino was always an adjustment. It was a small fishing village compared to the activity of Cumberland. The Japanese families in Cumberland numbered in the hundreds. Coal mining and the lumber industry supported a vibrant community that had a separate Japanese school and theatre. The theatre had visits from touring artists from Japan. Yes, it was a bustling hub of activity in those days. That was before the depression when prices for all commodities, coal and lumber hit rock bottom. That was when it was good to be a fisherman.

My father was a healthy man. You had to be if you wanted to fish. In Tofino it was mostly the Japanese who trolled for salmon. The hakujin or white folks were more interested in seine fishing.

In the fall and winter, I would go to Cumberland with Harold Kimoto, and there we would study at the regular English school after that, each day, we went to the Japanese school. We were kept very busy, so I didn’t have time to get into any mischief.

This all changed for me one January day in 1928. My Father died.

I remember an uncle from Royston, Ezaki, I think, came to Cumberland. He told me to pack up my things and go with him to Steveston where the funeral was to be held.

At our home in Tofino, there was no Father. My mother Ine asked me to look after our Family. What could I say? I was fourteen years old. I said I would do my best. My Father’s older brother Rinshiro, took me under his wing and showed me the ropes. I would follow him out each morning in my Father’s boat, the KM and he would guide me around the fishing grounds. If I thought it was hard before, this was harder and for me, terrifying. What if I ran the boat aground? What if I fell overboard? What if I didn’t catch any fish and my family ended starved? Man, I was one worried fourteen-year old boy, but I sure did sleep well at night because the fishing day was so tiring.

Well, I didn’t run the KM aground, and I didn’t fall overboard, and I did manage to catch some fish. Due to my Uncle’s steady hand and his encouragement, I managed to make it work. Was I ever proud of myself! I thought that perhaps if my Father were there in some way, he would have been very happy to see me catching those big salmon. I lost a few in those early days but I am pleased to say that our family was ok, and that was good enough for me. After two years of following Uncle Rinshiro around like a puppy dog, he in the RM and me in the KM, I finally had enough confidence to fish on my own. I was a fisherman! Yes!

When I was twenty five or twenty six, my mother Ine made arrangements through Mr. Mori, who was to be my baishakunin or go between for my marriage to Mary Miki Kimoto, the second oldest daughter in that family. We had known each other through the early days of school in Tofino. We saw each other at dances in the off season. I liked her because she was so cheerful and full of energy. Now, she was to become my wife. We got married in 1939 in the little wooden Anglican Church.

Salmon prices started to go up around that time too. The war in Europe was creating a demand for all food items, fish and salmon in particular. BC Packers had been the only fish buyer in Tofino, but as the demand increased for our salmon, they refused to share the additional money with us. We did what any group of men would do; we formed our Co-operative. Each of us had to advance the Co-op several hundred dollars which was big money in those days.

Happiness and Unhappiness continued

average Co-op member making \$4,000, a huge sum at that time.

Mary and I had two young boys and life seemed very good. My mother Ine was healthy and she helped to look after the children and the garden.

December 7, 1941 changed all that. Japan attacked Pearl Harbour and all our limitless possibilities crashed in a whirlwind of newsflashes, rumours and innuendo. Our tranquil little world was turned upside down because Japan had declared war on the United States. I firmly believe that we Japanese Canadians were swept up by this struggle between these two nations and we were helpless as the world we knew disappeared forever.

In 1942, around February or March, a small float plane landed in Tofino Harbour. We went to meet the plane. Then, we heard the orders, you have twelve hours to pack up your belongings and be evacuated. We told them there was no way we could do that. They finally relented and allowed us twenty-four hours. That was all the time we had to gather up our essentials. We thought that we were coming back. That never happened.”

Those were my Father’s words.

So, two episodes of a life first filled with happiness, then unhappiness. Within these episodes, we heard instances of

impermanence and constant change, terms familiar to us as Jodo Shinshu Buddhists.

I thought about how I could tie all these things together. For me, at this time, I think the best way is to recite Journey to the Pure Land. This song was taught to us by Makino sensei. He taught us to listen with our hearts and not with our heads.

It goes as follows:

“Be the sound of the gong

Which reminds us of the impermanent nature of all life

Being awakened from the long dream of transient life

To the chest where both hands are placed in gassho,

Is heard the voice of the Eternal Buddha.

Rain or storm what does it matter

Though I cry because of the deep-rooted karma

Each of us has to bear

There wells up the deepest joy that I can smile about.”

In Gassho

Namo Amida Butsu, Namu Amida Butsu, Namu Amida Butsu.

Dennis Madokoro

**Please Join us for a Complimentary Lunch
on Sangha Day - February 16th, 2025
Free Lunch!**

Please join us for a complimentary lunch following Nirvana Day service; both a regular menu and vegan menu will be available.

For over 70 years, the TBC Sangha volunteer group has had the privilege of providing volunteer support and hosting events at our Temple. Each year we host events such as Sangha Day, Hanamatsuri Family Banquet, Pancake Lunch and Mochi Tsuki. We have also undertaken projects such as video broadcasting services for our Temple.

Our aim is to host events and sponsor projects which honour the history of our Temple, allow families to spend time together and make it attractive for families to attend our Temple. If you have attended and enjoyed any of our services or events in the past, please consider volunteering so that we may continue to host these and other events and services in the future.

In Gassho,

Cary Kataoka (Cary@Kataoka.ca)

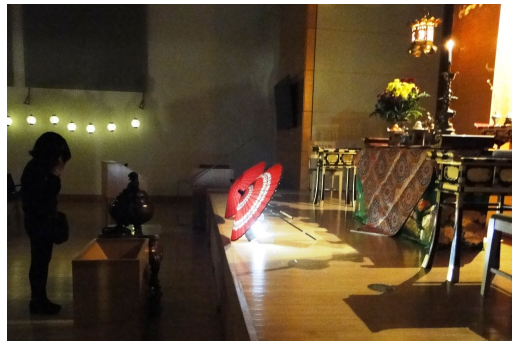
President TBC Sangha



TBC 2024/2025 NEW YEAR'S EVE BELL RINGING

DECEMBER 31

AKEMASHITE OMEDETO GOZAIMASU



HOONKO EVE

JANUARY 18, 2025

HOONKO/NEW YEAR'S SOCIAL

JANUARY 19, 2025



CALLING ALL SANGHA KIDS**FEBRUARY'S THEME:**

PEACE....NIRVANA DAY.....BUDDHA'S PARINIRVANA

Sakyamuni awakened to Truth and became a Buddha at the age of 35. After sharing the Dharma for the next forty five years, he attained perfect enlightenment or "parinirvana", with his death at 80.

Nirvana day is one of the three observance's commemorating Sakyamuni, the other two being his birthday on April 8 and his awakening on December 8.

REFLECTION....THINK ABOUT THIS.

How do you create peace in your family or classroom of friends?

Do you think that creating peace is to think about others?

What happens when each of us only thinks about ourselves and what concerns us?

Do people get left out and feel hurt? Is this peace?

HAVE YOU EVER WONDERED WHAT WE DO AT DHARMA SCHOOL?

COME AND FIND OUT. EVERYONE IS WELCOME TO JOIN.

OUR SUNDAY MORNINGS BEGINS LIKE THIS.....

10:30 a.m. – kids service in the Hondo

please arrive early so that you can get settled in before the service begins

11:00 a.m.- the kids go downstairs with their teacher(s) to the class-

room where they participate in an interactive program

focusing on the monthly theme.

a nutritious snack is served before ending at 12:00 p.m.

QUESTION.....WHAT IS MISSING IN THE WORD....S _NDAY?

ANSWER.....YOU!

Hope to see you at Temple.

With gratitude,

The Kids Sangha Team

**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. Sachiko Suefuji</i> | <i>93 yrs</i> | <i>January 7, 2025</i> |
| <i>Mr. Tsugio Tanaka</i> | <i>94 yrs</i> | <i>January 12, 2025</i> |
| <i>Mrs. Fumiko Florence Osato</i> | <i>94 yrs</i> | <i>January 15, 2025</i> |
| <i>Mr. Shiro John Fujimoto</i> | <i>96 yrs</i> | <i>January 17, 2025</i> |



Have you applied for your 2025 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 2025. 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 \$160.00

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

2025 MEMBERSHIP APPLICATION

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

| | | | |
|--|--------------------------------------|----------------------------------|---|
| Applicant | Renewal (<input type="checkbox"/>) | New (<input type="checkbox"/>) | Mr. (<input type="checkbox"/>) Mrs. (<input type="checkbox"/>) Ms. (<input type="checkbox"/>) |
| Last Name: _____ | | Birthdate: dd/mm/yy: _____ | |
| First Name: _____ | | Email: _____ | |
| Address: _____ | | Phone: _____ | |
| City: _____ | | Signature: _____ | |
| Prov: _____ | | Postal Code: _____ | |
| <p>I promise to pay \$_____ as my Membership Fee for 2025 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, 2025. By signing this Membership Application, I hereby adopt the vows below.</p> | | | |
| Signature _____ | | Date _____ | |
| <p>I would like a Guiding Light mailed to me - English Only _____ English/Japanese _____</p> | | | |

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, 2025 to December 31, 2025. The Individual Membership Fee for 2025 is a minimum of \$160. 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.

NEW MEMBER PLEASE SUBMIT WITH YOUR APPLICATION SOME INFORMATION ABOUT YOURSELF.

Article for the Guiding Light, February, 2024 edition

Mindfulness Meditation Sessions led by Ray, Denise, and others



Are you suffering from stress? Are you considering if meditation and living your life more mindfully could make a difference? Then you may want to attend our meditation sessions.

Ray Nakano has been leading meditation sessions at the Toronto Buddhist Church since October, 2015. Since the COVID pandemic, they have been meeting **online every Thursday evening from 7 to 8:30 pm.**

Denise Crofton has been teaching Hatha and Yin yoga for 14 years, and is passionate about both mindful meditation and yoga.

The 1 and 1/2 hour session includes:

- Guided/Silent Sitting Meditation
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- Introductions
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- Dharma Talk, Reading, or Video based on the Buddhist teachings
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- Sharing within the Sangha (the group of practitioners that evening)

Practices may include recitation of the 5 Mindfulness Trainings, Beginning Anew, Touching the Earth, etc.

If you would like to join our meditation sessions, or have any questions, please send an email to Ray or Denise at mindfulnesspracticesangha@hotmail.com

JANUARY THANK YOU'S

- ◆ Donna Nakano for playing the organ at this month's service and bring the Obuppan for the naijin
- ◆ Naomi Knude, Christine Yamada and Myra Takasaki for helping with tea toban after service
- ◆ Grace Taguchi for the Shinran statue flower arrangement
- ◆ Everyone who came out to help with this year's Mochitsuki. A very special "THANK YOU" to all those who stayed to clean up after the mochi was done.
- Ross Yoshida for helping with the handyman jobs needed doing in the Temple
- ◆ Ross Yoshida and Brian Huynh for making sure we have a Zoom service.
- ◆ Les Tanaka for his tireless help in writing up and submitting the grants which have allowed us to improve the Temple
- ◆ To all the volunteers who are always at the Temple to help out every day, week or month.
- ◆ To all those who have been volunteering at the funerals and memorials that have occurred.

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.

We hope that you will join our new format toban group. Call the office or email Naomi Tsuji Tamaki at ilovelucy3d@yahoo.com with your questions or to join the group.

How to donate to the Toronto Buddhist Church

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 to the temple and continue to provide Zoom to those who cannot attend in person.

There are 3 ways to donate to TBC from home:

- **Cheque:** mail to 1011 Sheppard Ave. West, Toronto, ON, M3H 2T7
- **E-transfer (is now auto-deposit):** 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
Toronto Buddhist Church



Note: Please use only blue or black ink when writing a cheque. The bank's cheque reader cannot read coloured ink. Thank you for your co-operation

Project Dana TBC

Connecting with our Seniors

**Paramitas – Dana To give of our time and love to all. To share.
To be helpful in every way.**

To provide a variety of support services

Telephone visits, Friendly Home visits

Family Caregiver's support, Bento boxes

We are requesting referrals from Family and Friends of the TBC to submit names of seniors who need social friendly calls from trained volunteers to cope with Social isolation and delivering of bentos to vulnerable seniors.

No compensation is needed, we will be raising funds to support this effort through donations and fundraising.

Please email *Myra Takasaki* at takasaki@rogers.com for answers or referrals to this project or volunteer opportunities to support this effort.

ATTENTION HIGH SCHOOL STUDENTS

Do you still have volunteer hours you need to use up? Toronto Buddhist Church may be able to help you to finish your quota.

Call the Temple and leave your name and a contact information and someone will be in touch with you.



JSBTC AGM FUNDRAISER

MARCH 2, 2025

This year's JSBTC AGM will be hosted by TBC. We are having fundraisers to help the Temple with some of the costs of hosting. We hope that you will help support the JSBTC by coming to the Temple on March 2 and purchasing some baked goods.

The JSBTC AGM is in April. More details will be in March's GL and on the website in February. We hope you will attend.

Donations of baked goods are welcome and appreciated. Thank you for your support.

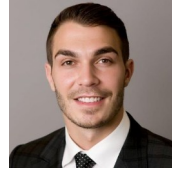


ESTATE AND LEGACY PLANNING**FEBRUARY 9, 2025, 1:00 pm**

Join us for an informative presentation on Estate and Legacy planning hosted by Marco Marin and Wayne Bryson of TD Waterhouse Canada Inc. and Pryanka Chugh of Sunlife Insurance.

They will answer your questions about estate and legacy planning that you may have or wondered about.

Light refreshments will be served.

**ATTENTION TBC MEMBERS!**

IF YOU HAVE ANY FURNITURE OR KITCHEN ACCESSORIES FOR REV. SUGIURA'S APARTMENT IT WILL BE GREATLY APPRECIATED. HE WILL BE ARRIVING IN APRIL

CONTACT THE OFFICE IF YOU HAVE ANYTHING AND IF YOU NEED THE ITEMS TO BE PICKED UP.

IN GASSHO

TBC, BOARD OF DIRECTORS

BRING JUST ONE THING

It's a new year and the rising prices of all foodstuffs continues to escalate and make family decisions difficult as to where their funds should be spent. In lieu of a food drive, we encourage everyone who comes to the temple for either services or classes, to bring one non-perishable item from their cupboard; once or every time you attend Temple or whenever you think of it. This will be a year long project. Hopefully this is less burdensome than donating a bag of food occasionally. Of course, we will also welcome bags of food if that is better for you. There will be a box in the lobby for donations. Food banks and neighborhood pantries will benefit from your donations year round.

Please do not include food that is close to or past its 'best before date'.

Thank you for your generosity and thinking of the less fortunate. TBC

**NOTICE OF ANNUAL GENERAL MEETING****JANUARY 26, 2025****CANCELLED****DATE TO BE ADVISED**

TBC Board of Directors

