



December 2019

## A Journey with Desires



**One day** an elderly woman visited a Buddhist temple. She said, “Reverend, my son told me that he would get married next year. I want to be healthy at least

until that day.” She then begged the priest, “Could you please ask the Buddha for this?”

The kind priest said, “All right, I will ask the Buddha.” The priest faced the Buddha, and after saying something to the Buddha he turned to the woman and told, “Don’t worry, I asked the Buddha.”

“Oh, thank you!” After a few moments of silence, she again begged, “Reverend, could you please ask the Buddha for another five years, so that I can see my grandchild?”

“All right,” said the priest and he did the same. “I asked the Buddha. You should feel at ease, but when five years have passed you will die at that moment. Is that okay?”

After thinking this over, the woman once again begged the priest, “Perhaps, another 20 years? So that I can see my grandchild’s wedding.”

“All right,” said the kind priest. “I’ll ask the Buddha for your request.” The priest turned to the Buddha. A few minutes had passed until the priest turned to the woman and said, “You will live for another 20 years, but when 20 years have passed you will surely die at that very moment.”

“Reverend, I do not mind to die in 20 years. But I do not like it when you say ‘at that moment.’ Could you please avoid that moment when it comes?”

“Well, in that case take this. You do not need to ask me to pray.” The kind priest wrote something on the paper, folded it and gave it to her. The priest said, “Open it at home.” The woman was so happy. She returned home, opened the folding paper. She found the large character in calligraphy which says ‘Namo Amida Butsu.’

There is a Japanese term, “Yoku-to-Michizure” meaning “A journey together with desires” which expresses a human life. There are countless desires within us - desire of wealth, desire of power, desire of fame, desire of love, desire of a long life, and so on. The above-mentioned woman had a strong desire to live forever if possible. Whatever our desires may be we create, because of them, the life of delusion and suffering. And yet we are not able to see that endless desires create endless delusion and suffering.

Namo Amida Butsu is a compassionate call of Amida Buddha who pities such human beings. “Namo” (or Namu) means “to take refuge in.” A-mida means no-measure meaning “Infinite.” In this world, everything is constantly changing and limited, and yet we cling and suffer. Out of great pity, Amida (Infinite) Buddha moves in our limited and finite world and calls us: “Take refuge in my Life.” The priest urged the woman to listen to the compassionate voice of Amida, Namu Amida Butsu, and live with no fear.

In Gassho,  
Yasuo Izumi, Minister  
Buddhist Temple of Southern Alberta

### 除夜の鐘

「除夜の鐘つき」を、日加友好日本庭園の鐘楼堂で始めてから、もう16年になります。もともと、最初の年は、雪が多く中止となりました。「よく16年も続いてきたなあ」と思います。何しろ日本と違い、毎年零下10度近くの中で鐘をつくのですから大変なことではあります。それでも寒さで震えながらポータブル仏壇の前で読経をし、参加者も寒さで震えながらお焼香をして鐘をついてきました。

しかし、厳しい寒さの中でも、夜空に長く響く梵鐘の音は、私たちに過ぎ去っていく一年を振り返らせてくれます。そして、目前に控える新年へ希望を新たにしてくれるのです。お経の中には「音」や「声」の漢字がたびたび出てきます。それだからでしょうか、阿弥陀様のことを「音声仏」とも表現されてきました。仏様が「音」となり「声」となって私たちに近づいているということでしょう。それが南無阿弥陀仏の「大悲のよび声」です。大悲の「悲」の意味を「非ずの心」、「そうではないよと呼びかける心」と読んだ方がいます。

煩惱の多い私たちの人生は「欲と道づれ」と言われたりしますが、そのような私たちの不完全な人生の真つ只中に、仏様が「そうではないよ」と常に私たちを目覚まし続けていて下さる、ということです。来たる年も確かな仏様の声を頼りとして、明るく、力強く生活したいものです。合掌 泉康雄

**BTSA Minister: Rev. Yasuo Izumi**  
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470-40 St S • Lethbridge, AB T1J 3Z5  
403.327.1260 • www.theBTSA.com

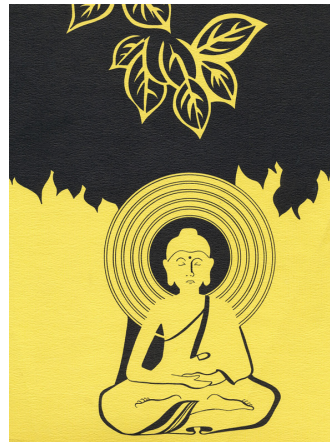


## CHAIR SCHEDULE December 2019 & January 2020

**Services begin at 10:30 a.m. unless otherwise indicated**

<b>Dec 01</b> Akira Ichikawa	<b>Jan 01</b> (Wednesday) NEW YEAR'S DAY Sheila Oishi
<b>Dec 08</b> SHOTSUKI Roland Ikuta	<b>Jan 05</b> TBA
<b>Dec 15</b> Seiji Hilgersom	<b>Jan 12</b> @ 2 pm SHOTSUKI /HO-ONKO Roland Ikuta
<b>Dec 22 &amp; 29</b> No Service	<b>Jan 19</b> Harry Sugimoto
<b>Dec 31</b> (Tuesday)@ 11:30 pm JOYA NO KANE New Year's Eve at Nikka Yuko Garden, weather permitting	<b>Jan 26</b> Kynan Gordon

## December Shotsuki & Bodhi Day DECEMBER 8



Please remember that BTSA will be observing the December monthly memorial (shotsuki) on the second Sunday—Dec. 8—instead of the usual first Sunday of the month. This year, it will be observed in conjunction with Bodhi Day that commemorates the enlightenment of the historical Buddha, Siddhartha. Please remind your friends who are planning to attend of the December shotsuki date change.

## BTSA EcoSangha

This past spring our temple responded to an opportunity to become an ecoSangha. Rev. Don Castro has led an initiative like this in Seattle and set out guidelines for describing this process. It is based on the Four Noble Truths and how we are treating our Mother Earth. Simply put, we are causing suffering to the planet and we have the means to bring an end to that suffering.

There has been good support for us to start down the path to becoming an ecoSangha so we have formed a committee that currently involves Roland Ikuta, Brenda Ikuta, Trent Takeyasu, Wayne Tsukishima, Sachi Scharf and David Major. The committee has decided to focus on two areas of concern: (i) resource management and (ii) BTSA energy use.

Brenda will lead the first group, resource management, to brainstorm ideas for becoming more ecologically friendly with respect to items used in providing meals and fund-raising projects. Examples are single-use plastic bags, styrofoam containers, drinking water, etc and how we handle waste and recycling.

David will head up the second group, energy use, electricity and natural gas. Some of the leg-work has begun but there is still lots to do. We will bring in technicians to give a summary of current operations and suggestions for improvements.

The first step in the process will be to establish a baseline and then get our members to research and bring forward ideas for a more ecological approach.

Both groups are open to anyone. If you are interested in contributing please contact Brenda or David.

Please reserve December 14 for an EcoSangha afternoon. We have arranged a tour of Rudy Reger's house, rated the most energy efficient house in Lethbridge in 2018. Recently it won the award as the #1 net zero home in Alberta for 2019. We will

meet at the temple at 1pm, car pool to Rudy's house on the Gaol Road, tour the home, return to the temple for a Town Hall meeting to discuss the EcoSangha and about energy efficiency from Rudy. We will finish the afternoon with supper, a chili cook-off with three (or more) chili recipes.

Contact Info:

Brenda Ikuta  
403.317.0078

brenda.ikuta63@gmail.com

David Major  
403.328.4957

rojam@telus.net



### ECO SANGHA AFTERNOON OF DISCOVERY

Saturday Dec.14, 2019

Discussion about Eco Sangha  
Action Plan

1. Energy utilization plan  
(potential of Solar panels)
2. Resource management (how to make our practices at the temple more eco-friendly)
  - Tour of Rudy Reger's eco friendly home at 1 p.m. (meet at temple to get directions)
  - Town hall meeting at 3:30 PM followed by a chilli cook off supper.



## NOVEMBER SHOTSUKI



There was a sizeable turnout of members and Dharma friends at the Nov. 3 monthly memorial service (shotsuki), that was followed by a welcoming luncheon and refreshments of tacos and desserts. Thanks to Toban 2 for the tasty treats.

Izumi sensei's dharma talk touched on the Four Noble Truths in Buddhism, focussing on the difficulties and sufferings of life: "Life is suffering and the cause of suffering is ego-attachment and a clinging mind to life and things in life. Our life is constantly flowing and changing. Those who are born will die one day. It is a natural law of life. Water runs downwards, smoke rises upwards. It is natural. So does our life. We do not, however, let our life go of course."

Consonant with the shotsuki service principle, sensei added "A Buddhist memorial service (e.g., shotsuki) is indeed a time of reflection of ourselves and an appreciation of our departed friends, and another opportunity to hear Amida's heart of compassion."

## LUNCH TREAT

Toban 2 treated members and Dharma friends to lunch after the final regular November service on Nov. 24. Thanks to the toban for providing a tasty meal.

During the service, Izumi sensei noted the Buddhist importance in the month of December, with Bodhi Day commemorating the enlightenment of the historical Buddha, Siddhartha, and Joya-no-Kane completing the year.



At the same time, slightly-used Japanese items were displayed in advance of the Bodhi Day Bake and Craft Sale in the multipurpose room. The sale is scheduled at the temple on Nov. 30. Please see the poster in this Hikari for further information.

## Ring Out 2019, Ring in 2020



The 16th annual *Joya-no-kane* (Year-End Bell Ringing), will be held Dec. 31 at the Nikka Yuko Japanese Garden at 11 p.m.

A Japanese word *Joya* means to eliminate the darkness of blind passions. *Kane* means a hanging bell, usually a big one like the Friendship Bell at the Garden. Buddhists understand that humans have 108 blind passions. Traditionally, striking the bell 108 times all together represents the elimination of all blind passions.

Yasuo Izumi sensei of the Buddhist Temple of Southern Alberta who will look after the event adds, "more importantly, by listening to the sound of the bell which reverberates in the night sky, we reflect on the passing year with gratitude and think of the coming year with anticipation. Let's start a fresh new year, 2020."

Joya-no-Kane is subject to cancellation in case of -15c temperature or heavy snow.



# 2019 Membership Form

- Full Membership (\$100 for each member)
  Student Membership\*

Last Name: \_\_\_\_\_ First Names(s): \_\_\_\_\_

Last Name: \_\_\_\_\_ First Names(s): \_\_\_\_\_

Home Address: \_\_\_\_\_

City, Province, Postal Code: \_\_\_\_\_

Telephone No.: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

- Check to receive The Hikari newsletter by email only.

Please send this form and your remittance to:  
 Buddhist Temple of Southern Alberta Treasurer  
 470 40th Street South  
 Lethbridge, AB, T1J 3Z5

**\*Note**

Student membership is limited to persons 18 years or older who are currently registered in a recognized educational institution. It is free of charge with a valid student ID card. Student Members are not entitled to vote at general meetings or to hold office in the BTSA and this category does not include membership in the Jodo Shinshu Buddhist Temples of Canada, the national organization.

## LET'S EXPAND THE CIRCLE OF THE DHARMA!

Membership to Nov. 20 – 194

**Shotsuki Donations**  
November 2019

Judy Fukushima  
 Dorene (Keiko) Gordon  
 Nadine Hamabata  
 Tomi Hisaoka  
 Dave or Val Kunimoto  
 May Nishikawa  
 Sway & Toshiko Nishimura  
 Yoko Nishimura  
 Shigeru Nogamine  
 Ken Ohno or Nancy Eng  
 Heidi Oishi  
 Tak & Jan Okamura  
 Roy & Pat Sassa  
 Yoshiko Sawada  
 Tom & Mitsuko Shigehiro  
 Emily Stitt  
 Harry Sugimoto  
 Robert & Judy Takaguchi  
 Fugi Takeda  
 Bill & June Terakita  
 Shizuo (Suzi) & Dorothy Tomita  
 Jim, Marion & Shannon Tomiyama

**Total - \$985**

**Other Donations**  
November 2019

Anonymous Cash Donors  
 John & Nancy Brown  
 Donna Bort  
 Theresa Chruscinkski  
 Winona Coburn  
 Kathy Cochrane  
 Carolyn Coverdale  
 Shelley Credico  
 Donna Dalby  
 Carol Darmody  
 John & Donna Dubbelbort  
 Fairfield Appliances Ltd.  
 Dorothy Follinglo  
 Judy Fukushima  
 Dorene (Keiko) Gordon  
 Linda Gray  
 Judy Hasinoff  
 Mary Hyder  
 Norris Hironaka  
 Tomi Hisaoka  
 Rumiko Ibuki  
 Akira & Lorita Ichikawa  
 Diane Kambietz  
 Myrna Kambietz  
 Tosh & Kaz Kanashiro  
 Troy Kinoshita (Estate)  
 Wayne & Rhonda Kwan

Lethbridge Okinawa Cultural Society  
 Allan & Lillian Levens  
 Kay Long  
 Lauri MacLachlan  
 Kinuko Matsuno  
 Yutaka & Chiyomi Matsuno  
 Gary E. & Beverly S. McIlroy  
 Douglas & Susie Mikado  
 Pamela Miller  
 Joe & Marion Mori  
 Nakagama's Japanese Food & Giftware  
 Harry W. & Beverly Nagata  
 Jim & Joan Nakagawa  
 Shig & Katie Nakagawa  
 Sway & Toshiko Nishimura  
 Mitsuko Oga  
 Heidi Oishi  
 Lilly Oishi  
 Tak & Jan Okamura  
 Jordy Ortlieb  
 Morris or Joanne Pashkowich  
 Barrie & Jackie-Lynn Robb  
 Irene Sakamoto  
 Tobie Sakamoto  
 Eileen Sameshima  
 Roy & Pat Sassa  
 Ayumi Sawada  
 Bob & Eiko Shigehiro  
 Cynthia Sisk-Edger

Kazuko Sugimoto  
 Tomiko Sugimoto  
 Tobie Smith  
 Noris & Sachi Taguchi  
 Toshiko Takeda (Estate)  
 Eichi or Betty Tanaka  
 Glen & Pamela Tanaka  
 Jim, Marion or Shannon Tomiyama  
 Joe or Sumiko Tomiyama  
 Theresa or Ken Uchikura  
 Beverly Witzke

**Total - \$8,128**

Please inform us if your name has been omitted from or misspelled in the donation lists. Anyone wishing his/her name not to be acknowledged in print, please let us know so it will not be published. Thank you.

## NOTICE: TEMPLE DISHWASHER

**Please rinse all dishes of all loose food particles before placing them in the Dishwasher.**

Recently, after our Chow Mein Making day there was a significant issue with the Dishwasher. Unrinsed dishes caused food particles to clog the drain and the dishwasher could not be emptied. Please be advised that fresh water put into the washer at the beginning of the wash cycle is recycled for each consecutive wash, and is not drained until the end of the day. Please be aware of this when using the dishwasher and thoroughly rinse off food particles from dishes.



Y.I.



## REGULAR EVENTS

**NCS Adult Taiko** Tuesdays @ 7pm  
Contact David Tanaka 403.330.1548, tanako.david@gmail.com

**Minyo Dance I** Tuesdays @ 4pm  
**Minyo Dance II** (Beginners Level) Mondays @ 6pm  
Contact Pat Sassa 403.329.3105 or sas7@telus.net

**Tonari Gumi** Tuesdays @ 1 pm  
Contact Heidi Oishi 403.330.6461 or heidi.oishi@gmail.com

## ANNOUNCEMENTS

### Condolences

**Toshiko Hase** (97) passed away on November 6  
**Nancy Kikue Setoguchi** (88) passed away on November 7  
**Gary Mitsuru Teshima** (69) passed way November 12

### Toban Contact

If you have had a change in toban, phone number, e-mail or regular mailing address, please let Lorita know. We will be updating Hikari and phone lists along with the 2020 activities for the new year. Thank you! lorita.ichikawa@gmail.com



Thanks to June, Betty, Margie, Keiko & Toban 2 for preparing the Tacos & Taters Luncheon



Tacos and other goodies were enjoyed after November Monthly Memorial

## TOBAN UPDATE

Currently we have three Toban groups that each serve four separate months during the year, which include one of our three major service suppers, tea after regular services and monthly cleanup. Mark your calendars for the new year.

### Toban Rotation 2020

January	Toban 2
February	Toban 3
March	Toban 4
April	Toban 3
May	Toban 4
June	Toban 2
July	Toban 4
August	Toban 3
September	Toban 2
October	Toban 4
November	Toban 3
December	Toban 2

### Soup Kitchen 2020

Friday	March 20
Thursday	April 23
Friday	May 22
Monday	June 22

Appreciation to **Toban 2** for leading activities in November. **Toban 4** is up for December.

Remember: You don't have to join a toban to Volunteer nor be a BTSA member to help and join our activities. For further information please contact: lorita.ichikawa@gmail.com

## Food Bank Update

The BTSA Food Bank box is slowly getting filled as the months go on. Keep in mind the temple will be collecting any donations through mid-February, 2020, and will welcome further donations to that time. At the end, the estimated cost of the donated goods will be matched by a BTSA cheque before all the items and the cheque are turned over to the Lethbridge Inter-faith Food Bank. Highly-desired donation items are listed on the box. Thanks to all who help in this event.





# Mein-Making Prep & Mein-Making

Mixing mein dough Nov. 15, the day before mein-making, volunteers Glen Tanaka, Bev McIroy and Pam Tanaka were assisted by Harry Sugimoto, Eichi Tanaka and Akira Ichikawa. Meanwhile, Mary Shigehiro, Emily Stitt and Joyce Adachi prepared the work tables in readiness.



Bags of Mixed Flour



Liquid ingredients



Into mixer



Compacting dough into cake

Mein-making Saturday began at 8 am Nov. 16, with a great turnout of members and Dharma friends. The job was completed by mid-afternoon, thanks to outstanding efforts. Thanks to everyone who worked so diligently to make valued mein noodles preparatory to the Bodhi Bake Sale on Nov. 30. Thanks too to all those who prepared inviting and delicious coffee break and lunch. Wonderful job of cleaning up, too.



Into first press...



Second press, and...



Press No. 3



Early start



Slice dough cake



Small dough strips



Ready for cutter



Cut noodle



To kitchen for frying



Three woks



Finished mein



Dry and cool



Bag and weigh



# SAVE THE DATE

## HUMANITY

### THROUGH A BUDDHIST EYE: AN EXPLORATION OF HUMAN RIGHTS

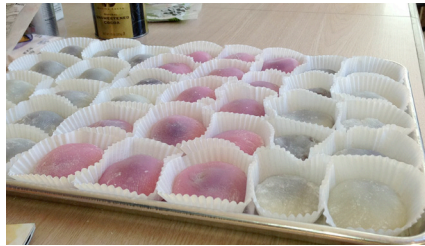


June 12 - 14, 2020  
Winnipeg, Manitoba

Sponsored by LIVING DHARMA CENTRE, JODO SHINSHU BUDDHIST TEMPLES OF CANADA

- **KEYNOTE SPEAKER DUNCAN RYUKAN WILLIAMS**  
Williams is a Soto Zen priest and Director of the Shinso Ito Center for Japanese Religions and Culture at the University of Southern California. He is the author of "American Sutra: A Story of Faith and Freedom in the Second World War"
- **TOUR OF THE CANADIAN MUSEUM OF HUMAN RIGHTS**
- **PANEL DISCUSSIONS AND WORKSHOPS**
- **DISCOVER THE RICH TRADITION, CULTURE AND DIVERSITY OF WINNIPEG, MANITOBA, CANADA**
- **JODO SHINSHU BUDDHIST SERVICE  
MANITOBA BUDDHIST TEMPLE**

## Bodhi Bake and Craft Sale



**Saturday**  
November 30, 2019  
1:00-3:00 p.m.

*Please consider donating...*

### 1) Baking

- It is greatly appreciated when items are brought between 9 am and noon to allow for pricing and setup.

### 2) Crafts

- Crafts can be dropped off in the Boardroom anytime before noon, November 30 to allow for pricing/setup.
- Please leave your name on the package and your contact information.

### 3) Your time

- Mein/manju making and other cooking and craft projects, Saturday sales, Bake Sale Committee

Interested in participating in this event?

Contact: Brenda Ikuta at (403) 317-0078 or  
[rolikuta@shaw.ca](mailto:rolikuta@shaw.ca)

*\*Thank you in advance for working together to make this a successful FUNdraiser!*



Preparing lunch



Lunch break



DECEMBER: TOBAN 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*OFFICIAL BTSA ACTIVITY</b>						
10:30am Regular Service* <b>1</b>	6pm Minyo II <b>2</b>	1pm Tonari Gumi 4pm Minyo I 7pm Taiko <b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	10:30am Explore Buddhism* <b>7</b>
10:30am Shotsuki Monthly Memorial Service* 2pm - Memorial Service at CRH <b>8</b>	6pm Minyo II <b>9</b>	1pm Tonari Gumi 4pm Minyo I 7pm Taiko <b>10</b>	2pm LCC visit* 7pm Board Mtg* <b>11</b>	<b>12</b>	<b>13</b>	10:30am Explore Buddhism* <b>14</b>
10:30am Regular Service* <b>15</b>	6pm Minyo II <b>16</b>	1pm Tonari Gumi 4pm Minyo I 7pm Taiko <b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
NO SERVICE <b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
NO SERVICE <b>29</b>	<b>30</b>	11pm Bell Ringing at Nikka Yuko Japanese Garden* <b>31</b>				

JANUARY: TOBAN 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30am Shushou-e New Year's Day Service* <b>1</b>	<b>2</b>	12pm Spiritual Care Mtg. at CRH <b>3</b>	10:30am Explore Buddhism* <b>4</b>
10:30am Regular Service* <b>5</b>	6pm Minyo II <b>6</b>	1pm Tonari Gumi 4pm Minyo I 7pm Taiko <b>7</b>	2pm LCC visit* 7pm Board Mtg* <b>8</b>	<b>9</b>	<b>10</b>	10:30am Explore Buddhism* <b>11</b>
2pm Shotsuki Monthly Memorial/Ho-onko Service* <b>12</b>	6pm Minyo II <b>13</b>	1pm EcoSangha Tour 3:30 Town Hall & chili cook-off 1pm Tonari Gumi 4pm Minyo I 7pm Taiko <b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	10:30am Explore Buddhism* <b>18</b>
10:30am Regular Service* <b>19</b>	6pm Minyo II <b>20</b>	1pm Tonari Gumi 4pm Minyo I 7pm Taiko <b>21</b>	2pm LCC visit* <b>22</b>	<b>23</b>	<b>24</b>	10:30am Explore Buddhism* <b>25</b>
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