

# Hikari the Light



February 2023

**Those who deeply entrust themselves to Amida's Vow of great compassion should all say Namoamidabutsu constantly, whether they are waking or sleeping.** – Shinran

**When** I quoted the above mentioned poem, someone came to me and said, I can't say namoamidabutsu while I am sleeping. I asked him how about while you are awake?

The poem encourages us to say namoamidabutsu whenever we think of Amida's Vow of great compassion in which Amida Buddha is calling us, "I never let you live alone. I am always with you."

I think you have heard the word "Namasute". Namasute and namoamidabutsu both came from India. I heard there is Namasute Yoga in a TV program. *Namasu* of "Namasute" means to respect, to honor or to trust. *Te* means you. So, *namasute* means I respect you, I honor you or I trust you. This is a daily greeting in India.

*Namo* came from *namasu*. *Te* means Amida Buddha. So, *Namoamidabutsu* means "I respect and honor and trust Amida Buddha."

We chant *Shoshinge* written by Shinran Shonin. In the beginning of *Shoshinge*, we read "Kimyo-muryojunyorai." "Kimyo" means "namo". It means "I take refuge in immeasurable Buddha." The second line: "Namo-fukashigiko", means "I take refuge in Inconceivable Light." Why does light appear here? Because Amida is a short form of Amida Buddha and Amida Buddha. Amida Buddha means Amida's light, light of wisdom. Amida Buddha means Amida's light of compassion. After all, both lines mean "namoamidabutsu": I take refuge in Amida Buddha of immeasurable and inconceivable light of wisdom and compassion.

Shinran's interpretation of these two lines, however, is different. He said: Amida Buddha is asking us, "Please take refuge in Amida Buddha of immeasurable and inconceivable light of wisdom and compassion. You see, Buddhism talks about

"non ego" or "non self." So, "I" does not come first but Amida Buddha does.

Shinran's teaching is based on Other Power, or Amida Buddha centered life. So, the subject of two lines is reversed from "I" centered to "Amida Buddha" centered.

"Namoamidabutsu" is also said as a *myogo*, meaning the name that calls. Who calls? It is Amida Buddha who calls. So, *namoamidabutsu* is the calling voice of Amida Buddha. The moment we hear this calling is *shinjin* or entrusting heart. *Shinjin* is not something we achieve or improve. *Shinjin* or Amida's true heart, is working in our everyday life.

Here is an easy story to illustrate what Shinran said. There was once an elderly woman. This woman who was very happy every day, is moving her lips and reciting *namoamidabutsu* whenever she works or walks.

Someone asked her, "why are you always reciting *namoamidabutsu*?" With a smile, she said, "Well, because Amida Buddha is calling me, saying that you are not alone. Don't worry no matter what happens. I am with you." So, I respond to Amida in gratitude, "Namoamidabutsu. How happy I am!"

Yasuo Izumi, Minister  
Buddhist Temple of Southern Alberta



[大地の暖かさ]

コンクリートの上を歩いていると疲れるといふことはありませんか。いつも、犬の散歩で朝早く30分ほど歩いているのですが、時々、膝が痛くなることがあります。それで思い出したのですが、ある茨木県の僧侶が、京都まで歩こうと思い、最初は、コンクリートの大きい道を歩きつづけたところ、二日目に足が腫れて歩けなくなったそうです。それで舗装されていない田舎道を歩きだしたところ、足の腫れも引き、その後は、何の問題もなく京都に無事到着したという話です。田舎道は、普通、コンクリートで舗装されてはいません。コンクリートは、どうしても固く冷たいものです。柔らかくもありませんから長くは歩けません。田舎道は土の多いところ。土は、柔らかく温かいのです。地球上は、自動車が走れるよう、コンクリートで、どンドン、固められていきます。人間中心です。

春が、もうすぐそこに来ています。すべての生き物が、大地の柔らかさと、暖かさから生まれてくる季節です。人間も、あらゆる生き物と共生して存在していることを教えて下さるのが、仏様の教えです。 合掌 泉康雄

# The WISTERIA

The following is a modified version of Rev. Roland's Dharma Talk on January 22, 2003

***As for myself, Shinran, I simply take to heart the words of my dear teacher, Honen, "Just say the nembutsu and be saved by Amida," and entrust myself to the Primal Vow. Besides this, there is nothing else."***

This is a passage taken from the Tannisho, written by a disciple of Shinran Shonin and recorded some of his dharma messages to his followers. It illustrates the humility of master Shinran. Reflecting on humility as an essential trait in Jodo Shinshu Buddhism, I want to talk about the Wisteria symbol.

The hanging Wisteria is the symbol of Jodo Shinshu Buddhism. Particularly the Nishii Hongwanji-ha school. It has two Wisteria flowers that form a circle with two intertwining vines in the center. As a child growing up, I always felt it looked like the face of a Koala bear. We have an artificial Wisteria tree at the entrance to our temple. The flowers hang down in full blossom. This symbolizes humility and a humble reverence for the Buddha. The Wisteria flowers are also symbolic of the brightness of the Buddha's teaching and the transitory nature of life.

Why is humility felt to be so important in our school of Buddhism? It is because of Shinran Shonin. He was initially a Tendai monk at a monastery in Mount Hiei. He practiced for 20 years but felt he had made no progress toward enlightenment. He left the monastery to study under Honen Shonin. He learned the importance of the Nembutsu practice under Honen. Shinran Shonin felt that self-reflection and coming to terms with our limitations as Bonbu (limited beings) was critical in the process of Shinjin or embracing the compassion of the Buddha. Once he realized he could not achieve enlightenment on his own power, he truly accepted the Vow of Amida Buddha as his only path to attain birth in the Pure Land. So, self-reflection and understanding our own limitations are considered the first step toward Shinjin. This understanding of our limitations is why humility is essential for Jodo Shinshu Buddhists.

I want to now focus on a related topic: role models on how to live our lives. I feel that these symbols that represent the ideals of Buddhism are like role models in our life. I have had various role models who each exhibited a particular trait that I feel is important. An example is my father, who displayed the quality of being innovative and a risk-taker. I am not sure how many people know, but outside of religious life, he successfully created the Edo of Japan chain of Restaurants. The second person I consider a role model is my Grandfather Ikuta. He was a very kind and quiet man. He was extremely gentle and always treated people with the utmost consideration. For example, he constantly invited people to join his family for supper even if he knew there was not enough food for his own family. This was a trait that annoyed my grandmother.

The third person who was my role model was a geriatrician named Peter McCracken. He was the director of the division when I first started working in Edmonton. He was the person who hired me for my first job as a physician and was one of the reasons I went into geriatric medicine in the first place. He was a little gruff and often used swear words in front of patients.

However, he always had the best interest of his patients in mind and was very caring.

The last person I want to mention as a role model is Akira Ichikawa. He had many traits that I admired. These included his wisdom and thoughtfulness. I was always asking for his advice. I often ask myself, "What would Akira say?" or "How would Akira react" when faced with a difficult situation? However, the characteristic I most admired in Akira was his humility. Despite all the great things he achieved and all the work he did for the temple, he never wanted recognition. He never wanted to call attention to himself. This was reflected in his memorial service, where he insisted that there be no picture, no Eulogy, or tribute. I feel he was one of the humblest persons I have met, and I think he exhibited this humility very much in keeping with the ideas that Shinran Shonin emphasized. He was indeed like the Wisteria flowers. So, when we think of Shinran Shonin's teachings, for me, one of the people I will never forget is Akira. He modeled humility in a way that I will try to emulate. While his passing saddens us, he will continue to influence me profoundly.

Dr. Roland Ikuta, Minister  
Buddhist Temple of Southern Alberta



[incredibleseeds.ca](http://incredibleseeds.ca)

## The Annual General Meeting

for the Buddhist temple of Southern Alberta will occur after Shotsuki service on **March 5th** 2023. Please consider this as the official notice for the meeting. We will present several reports and make final decisions about a spring Chow Mein Supper. We are also looking for 1-2 new people to join our board of directors. If you are interested in joining our board please contact Val Boras, Rev. Roland or Kynan Ono.

# UPDATE

## from the Board of Directors

We mourn the loss of Dr. Akira Ichikawa, a pillar of our Temple. In addition to seeing to the day to day operation of the Temple, Dr. Ichikawa served as President of the Board of Directors from 2009 to 2018. Dr. Ichikawa dedicated many hours each month to editing the Hikari Newsletter. He was a role model for many of us with his true devotion to Jodo Shinshu, kind and quiet intelligence, and very humble nature. He will be sadly missed and fondly remembered.

The BTSA's Annual General Meeting will be held on March 5th, 2023, after Sunday Service. One of the items for decision by the membership will be whether or not BTSA should have a Spring Chow Mein Supper.

The Temple Commercial was released on [thebtsa.com](http://thebtsa.com) website and BTSA's Facebook page, January 1, 2023. So far, this video has been viewed by almost 5000 people.

The New Year's Day service was attended by 40; 64 people attended the Ho-onko service.

Temple clean-up will be scheduled for three times per year, in September, February, and June. Please note announcement on this page.

The February Shotsuki memorial service will be held Feb. 5 Here is the link to the YouTube Live Channel:  
<https://youtu.be/yr5yKI1yAVY>

Respectfully submitted,  
Valerie Boras  
BTSA Secretary

## EXPLANATION OF BUDDHIST'S TERMS

1. **Dharma:** Dharma is the teaching expounded by Shakyamuni Buddha. Therefore, Buddhism is called Buddha Dharma. Dharma, which is one of three treasures for Buddhists, originally means "to support" or "to hold." Buddha's teachings support us anytime and anywhere. Accordingly, the dharma talk in a Sunday Service means a talk about the dharma. (Y.I.)



## CHAIR/AV SCHEDULE February & March

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

**Feb 05**  
SHOTSUKI  
Ross Jacobs  
Andrew Ichikawa, AV

**Feb 12**  
NIRVANA DAY  
PET APPRECIATION  
Sheila Oishi  
Kynan Gordon, AV

**Feb 19**  
Maya Ichikawa  
TBD

**Feb 26**  
David Major  
Brenda Ikuta, AV

**Mar 05**  
SHOTSUKI  
Joyce Shigehiro  
Robbie Scharf, AV

**Mar 12**  
John Dubbelboer  
Andrew Ichikawa, AV

**Mar 19**  
Wayne Tsukishima  
Brenda Ikuta, AV

**Mar 26**  
Val Boras  
Kynan Gordon, AV

## Nirvana Day with Pet Appreciation Service

The service will be held on Sunday, Feb. 12 at 10:30 am. Shakyamuni Buddha peacefully passed away on Feb. 15 at the age of 80 years old in northern India. This day is called a complete Nirvana. It is said that when the Buddha died all kinds of animals came to bid farewell. Please bring a picture of your current pets or ones of those who have passed away. They will be displayed up by the Naijin during service.



istockphoto.com

## New Year Temple CLEAN UP

The Temple served us well in 2022! We look forward to many wonderful gatherings to come.

Many buddhist traditions celebrate the new year with a thorough cleaning of the temple: symbolically sweeping away all that was bad in the past year, welcoming fresh opportunities of the new year, focussing on the present moment, organizing clutter and addressing excess, reflecting with gratitude on objects for their service.

CAN YOU JOIN US IN THIS ENDEAVOR?

**Sunday, February 26, 8:00 a.m. - 1:00 p.m.  
(Before/After service)**

Recharge together with a pizza lunch.

\*Note that many of the jobs can be done at other times. If you would like to be involved but this date and/or time is inconvenient for you, just sign up and let the organizers know in the comment section.

Please review the available slots below and click on the button to sign up.

<https://www.signupgenius.com/go/60B0A45A9A723A2FE3-newyear>

Thank you so much for your help and we look forward to catching up with our sangha friends!

In Gassho,  
Brenda



Images from clean up in Oct. 2022

## REGULAR EVENTS

**Minyo Dance** Mondays @ 6:30pm

Contact Pat Sassa 403.329.3105 [sas7@telus.net](mailto:sas7@telus.net)

\*The Minyo Dancers perform weekly at the Nikka Yuko Gardens [nikkayuko.com/events.asp](http://nikkayuko.com/events.asp)

**NCS Adult Taiko** Tuesdays @ 7pm

Contact [tanaka.david@gmail.com](mailto:tanaka.david@gmail.com) 403.330.1548,

**Study Class** Saturdays @ 10:30am

Contact [bobmuskovich@gmail.com](mailto:bobmuskovich@gmail.com) or Rev. Izumi

**Meditation** Thursdays @ 7pm

To register contact Vickie Macarther [spiritiyoga@shaw.ca](mailto:spiritiyoga@shaw.ca)

## ANNOUNCEMENTS

### Condolences

**Dr. Akira Ichikawa (84) Jan. 3, 2023**

**Mr. Yoshio Fujimoto (96) Jan 11, 2023**

### Minister Schedule

- Rev. Izumi will be at temple on Wednesday, Friday, Saturday and Sunday

- Rev. Dr. Roland Ikuta will be at temple on Monday, Tuesday, Thursday and Sunday

### Reminder

If you want to book a room or event at the temple, visit the temple website ([thebtsa.com](http://thebtsa.com)), fill out a request form in the Member section and send it to [sylvia.oishi@gmail.com](mailto:sylvia.oishi@gmail.com) for confirmation of availability.

## VOLUNTEER OPPORTUNITIES:

1. If you are a Chow Mein Supper enthusiast, consider joining the Chow Mein Supper Leadership Team. We would love to run this significant fundraising and community event twice a year! Contact Brenda if you would like more information (403) 317-0078.

2. Join a Toban! We have 3 teams who take turns supporting Sunday Services (providing baking, serving refreshments, setting up the altar). It's a nice way to get to know people when you are working happily side by side.



## NENJU REPAIR

**Sunday, February 5**

With many people deep cleaning their homes, there are a number of broken onenju surfacing, some belonging to our parents and grandparents. In response, the Temple will have a Nenju Repair Table in the multipurpose room which people can visit after service. Attendees are welcome to bring in their broken nenju and see if there is appropriate material to repair them. Individuals will be available to assist in restringing and tying the beads. Repurposed or donated loose beads will also be available if you want to make your own personal creation.

# HO-ONKO

This year's Ho-onko service fell on January 8th. Below are images of the afternoon's service, food prep and meal, and BINGO to end. A huge thank you to Toban 3 for a busy month of January.



photos: John Dubbelboer

# 2023 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 January 20 – 46

### Ho-onko Donations January 2022

Eiko Aoki  
John and Donna Dubbelboer  
Judy Fukushima  
Dorene (Keiko) Gordon  
Shinako (Sheila) Higa  
Rumiko Ibuki  
Mike Kado  
Dave and Val Kunimoto  
Kinuko Matsuno  
Joyce Miyashita  
Jim and Joan Nakagawa  
Sway and Toshiko Nishimura  
Mitsuko Oga  
Ken Ohno and Nancy Eng  
Setsuko Ohno  
Heidi Oishi  
Sheila Oishi  
Tak and Jan Okamura  
Roy and Pat Sassa  
Sachi Scharf  
Bob and Eiko Shigehiro  
Joe and Mary Shigehiro  
Tom and Mitsuko Shigehiro  
Emily Stitt  
Tomiko Sugimoto  
Noris and Sachiko Taguchi  
Robert and Judy Takaguchi

Fugi Takeda  
Eichi and Betty Tanaka  
Glen and Pamela Tanaka  
Sue Thibodeau  
George Tokuda  
Clifford Thomas  
Noel and Karen Thomas  
George Tokuda  
Jim, Marion and Shannon Tomiyama  
Joe and Sumiko Tomiyama  
Marjory Tomomitsu  
Tak and Yoko Tsujita  
Wayne and Amy Tsukishima  
**Total - \$4,695.00**

### Shotsuki Donations January 2022

Anonymous Cash Donation  
Judy Fukushima  
Nadine Hamabata  
Neil Hinatsu  
John and Jean Miyanaga  
Mark and Tamara Miyanaga  
Sway and Toshiko Nishimura  
Ken Ohno and Nancy Eng  
Bob and Eiko Shigehiro  
Joe and Mary Shigehiro  
Tom and Mitsuko Shigehiro  
Robert and Judy Takaguchi

Masaye Tanaka  
Mitsuru Ken and Midori Jane Tanaka  
Bill Teshima  
George Tokuda  
Joe and Sumiko Tomiyama  
Marjory Tomomitsu  
Tak and Yoko Tsujita  
**Total - \$1,185.00**

### Other Donations January 2022

Anonymous Cash Donation  
Roy Adachi  
CanadaHelps.Org  
Choju Kai  
Helen Hikita  
Riley and Stephanie Honess  
Akira Ichikawa  
Rev. Yasuo and Sachi Izumi  
Arlene Oishi and Jeff Coffman  
Alan and Margaret Tanaka  
Masaye Tanaka  
**Total - \$2,821.50**

**THE OBUTSUDAN WORKSHOP** will be held on Saturday, Feb 25th, 2023, at the temple. Please see the poster on the following page for details of the times and events that will occur that day. If you are planning to attend any component of the workshop, please contact Roland sensei at [Revroland@shaw.ca](mailto:Revroland@shaw.ca) or 403-317-0078. If you would like to participate in the 360-photo capture and Memory Making session of your family Obutsudan, please let us know ahead of the workshop so we can make the appropriate arrangements. There will be refreshments served after the information session. The sessions will also be available live streamed on our YouTube page at the link below:  
<https://youtu.be/LyDNxrV8UUU>

### Funeral Donations January 2022

Bob and Molly Akune  
Roy and Itoko Akune  
Eiko Aoki  
Earl and Leanne Fisher  
Deb Friesen  
Judy Fukushima  
Shinako (Sheila) Higa  
Rumiko Ibuki  
Susan and Mike Kitagawa  
Joe and Marion Mori  
Jim and Joan Nakagawa  
Shig or Katie Nakagawa  
May Nishikawa  
Sway and Toshiko Nishimura  
Karen Nishiyama or Ron Wenger  
Setsuko Ohno  
Heidi Oishi  
David and Wanda Okamura  
Mas and Ruby Okamura  
Chiyeko (Chec)Robinson  
Ken and Christine Rogers  
Roy and Pat Sassa  
Bob and Eiko Shigehiro  
Dawn Sugimoto  
Harry Sugimoto  
Noriko Sugimoto  
Tomiko Sugimoto  
Noris and Sachiko Taguchi  
Kazuko Takaguchi  
Robert and Judy Takaguchi  
Patricia Tanaka  
David Taniguchi  
Bill and June Terakita  
George Tokuda  
Jim and Marion Tomiyama  
Marjory Tomomitsu  
Raymond and Lena Tsuji  
Brian and Marjane Turnbull  
Keith and Kathleen Kaoru Turnbull  
**Total - \$2,715.00**

Please inform us if your name has been omitted or misspelled. Anyone wishing not to be acknowledged in print, let us know so it will not be published. Thank you.

## Butsudan – Buddhist Family Altar



### Do you own a *Butsudan*...

and wonder what it is and what its significance is to your family?  
but feel it doesn't fit in your current life and are unsure of what to do with it?  
Or, perhaps you'd like to obtain a *Butsudan* to invigorate your Buddhist faith?

The **Buddhist Temple of Southern Alberta (BTSA)**, in co-operation with the **Nikkei Memory Capture Project** invites you to a special one-day event:

仏壇

### *Butsudan* Workshop

**Saturday 25 February 2023, 10.00 am to 4:00 pm**  
**Buddhist Temple of Southern Alberta**

仏様

The *Butsudan* Workshop provides you with the opportunity to:

- deepen your understanding about your *Butsudan's* meaning, rituals, spiritual value, and history
- refresh your *Butsudan* and revitalise its meaning in your life, or repurpose it for donation.
- obtain a *Butsudan* and have it consecrated in a special ceremony, the *nyū-Butsu shiki*.

The *Butsudan* Workshop consists of three sessions – you can attend one, two, or all.

Session 1 (10-11 am)	Session 2 (11am-3pm)	Session 3 (3-5pm)
<b><i>Butsudan</i> Information Session</b> Reverend Roland Ikuta will introduce the <i>Butsudan's</i> meaning, history, rituals, and upkeep.	<b><i>Butsudan</i> 'Memory Making' Session</b> Create a 'living memory' portfolio, including a visual+audio record of your <i>Butsudan</i> . Facilitated by the Nikkei Memory Capture Project.	<b><i>Nyū-butsu shiki</i> – <i>Butsudan</i> consecration ceremony</b> A <i>nyū-butsu shiki</i> will be held for those in attendance wishing to take away a donated <i>Butsudan</i> .

***Please can you help to record Southern Alberta's Japanese Canadian history?***

### ***Butsudan* 'Memory Making' Session**

*Butsudan* played a central part in southern Alberta's Japanese Canadian history. Your memories about your family's *Butsudan* can reveal much about this history. Please would you share some of these with the **Nikkei Memory Capture Project**?

Working with trained oral historians, you are invited to create a '**living memory**' portfolio to keep for your family and pass on to future generations.

With your consent, your portfolio will also be archived for future researchers to study Japanese Canadian history.

To create a portfolio, please bring your *Butsudan* to the *Butsudan* Workshop to set it up with its accoutrements; or we can arrange a short home visit.

### **Living Memory Portfolio\***

Your 'living memory' portfolio will include:

- A 360° moving photograph, or set of still photographs, of your *Butsudan*
- A short digitally recorded oral history interview that preserves your memories and stories.



For more information, please contact Reverend Roland Ikuta (cell: 403-360-8400, email [revroland@shaw.ca](mailto:revroland@shaw.ca)), or Dr. Darren J. Aoki ([albertanikkei@gmail.com](mailto:albertanikkei@gmail.com)).

# Greeting 2023 YEAR OF THE RABBIT

Many temple members rang in the new year on its eve at the annual bell-ringing in Nikka Yuko Gardens, while taking in the outdoor light show. The weather was mild for the season, but participants walked carefully and avoided icy paths that had built up during an earlier deep freeze.

On January 1st, the following day, temple members and friends gathered for service and afterward raised a glass welcoming 2023. Everyone then enjoyed a special treat of ozoni- a Japanese mochi soup traditionally served on New Year's Day. This was coordinated by Sheila Oishi- many thanks!



Photos: Akira Ichikawa







FEBRUARY: TOBAN 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*OFFICIAL BTSA ACTIVITY						10:30am Study Class*
			1	7pm Meditation	2	3
10:30am Shotsuki Memorial Service* (live stream) Nenju repair workshop	6:30pm Minyo Dance	7pm Taiko	8	7pm Meditation	9	10:30am Study Class*
5	6	7	8	9	10	11
10:30am Nirvana Day, Pet Appreciation Service *	6:30pm Minyo Dance	7pm Taiko	14	15	7pm Meditation	16
12	13	14	15	16	17	18
10:30am Regular Service*	6:30pm Minyo Dance	7pm Taiko	21	22	7pm Meditation	23
19	20	21	22	23	24	25
8am Temple Clean-Up 10:30am Regular Service*	6:30pm Minyo Dance	7pm Taiko	28			
26	27	28				

MARCH: TOBAN 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:30am Study Class*
			1	7pm Meditation	2	3
10:30am Shotsuki Memorial Service* (live stream)	6:30pm Minyo Dance	7pm Taiko	8	7pm Meditation	9	10:30am Study Class*
5	6	7	8	9	10	11
10:30am Regular Service*	6:30pm Minyo Dance	7pm Taiko	14	15	7pm Meditation	16
12	13	14	15	16	17	18
10:30am Regular Service*	6:30pm Minyo Dance	7pm Taiko	21	22	7pm Meditation	23
19	20	21	22	23	24	25
10:30am Regular Service*	6:30pm Minyo Dance	7pm Taiko	28			
26	27	28	29	30	31	