



March 2019

Our Life Shines From Within



The other day a following poem suddenly came to my mind. It was written by a well-known Japanese writer and poet, Kanoko Okamoto. A rough English translation goes like this: “Year by year my sorrow deepens, and yet my life is shining ever more and more.” Kanoko was born about 150 years ago in Tokyo, Japan. Her life consisted of ups and downs physically, mentally and financially until her death at the age of 49 years. She was a Buddhist and she was influenced by *Tannisho* (The Record in Lament of Divergence) which gave her spiritual relief in her difficult life. It was a long time ago when I read the poem and I was impressed and it must have embedded in my subconscious.

Life is not easy to live, perhaps for anyone. In Christianity a human being is called a sinner from the moment Adam and Eve ate the forbidden fruit. The way that human beings are saved is to believe in Jesus as their savior. In Buddhism we are called a foolish being with blind passions caused by our self-centeredness or ego-attachment. If we could cultivate our wisdom to see life clearly by our own efforts, we would be liberated. But this is difficult. In Jodo Shinshu, the way of spiritual liberation is to take refuge in the compassionate vow of Amida which is expressed through the wisdom of oneness. Amida's compassion does not discriminate or judge anyone.

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By hearing and encountering the great unconditional compassion of Amida we are liberated from the cycle of delusion and directed to the realm of Pure Land of peace and serenity.

Buddhism is called a teaching of awakening of self either through wisdom or compassion. On the other hand, Christianity is called a religion of belief. But whichever teaching or religion we may follow, life is not easy to live. We are caught up by the notion of duality in our everyday life, between gain and loss, love and hate, joy and anger and so on. We constantly struggle. In addition we face the fundamental sufferings of old age, sickness and death.

Science has been highly advanced but it hardly solves our inner spiritual problems. We are really imperfect beings. Because of our imperfections and limitations, sadness and sorrow Amida Buddha made a great vow which surpasses the world, moves in our life through his calling, namo amida butsu and becomes one with us.

In the beginning of *Tannisho*, it says: “Awakened by the inconceivable working of Amida's Vow, I shall realize birth in the Pure Land“- the moment you entrust yourself thus to the Vow, so that the mind set upon saying the nembutsu, namo amida butsu, arises within you, you are immediately brought to share in the benefit of beings grasped by Amida, never to be abandoned. I am sure Kanoko had read these words, appreciated deeply of being grasped never to be abandoned by Amida's working. Though our life may not be easy to live, when we receive Amida's assuring calling, “I grasp you and never abandon you”, our life starts to shine from inside and is led to walk the path to the realm of the Pure Land, the realm which is true, real and sincere.

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

「失う」

長く生きるということは「失う」ことが多くなることなんだなー、とこの頃つくづく思うようになりました。お年寄りが「歳は取りたくない」とよく言われる言葉が実感されてきました。まず体力を失いました。聴力も視力も少しづつ失い、頭髪はもう以前から失っています。若さが「失われる」ことは確かに悲しみであります。「年年にわが悲しみ深くして、いよいよ華やく命なりけり」。岡本かの子の作です。かの子は肉体的にも、経済的にも恵まれず、一時は精神的にも難しい時がありました。49歳で亡くなっていますが、生前、歎異抄によって「心」が「命」が救われた、と語っています。(歎異抄は親鸞聖人のお言葉、み教えが残されている古典です)

私たちの世界は、持っていたものが失われていく世界、と言ってよいでしょう。それは悲しく、時には苦しいことでもあります。「この世の根本的問題は、この世を超えた力によってのみ解決される」と言われた方がおられました。歎異抄はそのことを語っています。失われていく人間の世界を超えて、「いつでも、どこでも、どんな時にも」働いて下さる阿弥陀さまの「心」が説かれています。この阿弥陀さまの世界に生まれていくと知らされれば、今、ここに静かな喜びが与えられます。いよいよ仏様の「心」を聴聞させていただき、力強く生かして頂きましょう。

合掌 開教使 泉康雄



AGM Annual General Meeting March 3, after service

All members of the BTSA are reminded that the 2019 temple annual general meeting is scheduled for Mar. 3, after the monthly memorial service that begins at 10:30 a.m.

The annual report from the board chairman, Roland Ikuta, will be part of the AGM that also will have the accountant's 2018 financial report. Other items of importance to the temple will be presented, including those requiring member action. We look forward to a good turnout to look after the crucial affairs of the temple.

CHAIR SCHEDULE March & April 2019

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

<p>Mar 03 SHOTSUKI (AGM to follow) Chair: Sheila Oishi</p> <p>Mar 10 Chair: Bob Muscovich</p> <p>Mar 17 Chair: Harry Sugimoto</p> <p>Mar 24 Chair: Deanna Jones</p> <p>Mar 31 Chair: Rachelle Muscovich</p>	<p>Apr 07 Chair: Kynan Gordon</p> <p>Apr 14 HANAMATSURI & SHOTSUKI @ 2 PM Chair: Roland Ikuta</p> <p>Apr 21 Chair: Akira Ichikawa</p> <p>Apr 28 Chair: Jeff Haines</p>
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Note: Ross Jacobs will handle audio until placement of the new system is completed and operating

Pet Appreciation Day

The regular Sunday service Feb. 10 was a double commemoration with Nirvana Day (the day that the historic Buddha achieved enlightenment) and Pet Appreciation Day. The day also had Dharma Class members offering a delicious pancake breakfast after the service. Please see elsewhere for photos of the breakfast.



Remembrances to pets past and present

Two Special Services in March

Eshinni-Kakushinni day and Ohigan

BTSA will be observing Eshin-ni and Kakushi-in memorial service on Mar. 10. In 1978, at its convention in San Paulo, Brazil, the World Buddhist Women's Association passed a resolution to conduct services in memory of Eshinni and in 2002, the World Buddhist Women's convention passed a resolution similarly to honor Kakushinni. The contribution of both Eshinni and Kakushinni have had a lasting impact on Jodo Shinshu

Eshinni (1182-1268) was the wife of Shinran and mother of seven children. She supported Shinran's propagation activities of the nembutsu teaching. Kakushin-ni (1224-1283) was the last daughter of Shinran and Eshinni. When Shinran moved back to Kyoto in his later year she went with him and looked after Shinran until his passing at the age of 90. Kakushin-ni established the foundation of the present Hongwanji. (Y.I.)



Eshin-ni, Shinran's Wife



Kakushin-ni, their daughter

Then, on Mar. 17, the spring ohigan will be observed. A Japanese term **higan** (彼岸) literally means the "Other Shore" symbolizing the Buddha-land that is pure and tranquil, wondrous and delightful. Generally speaking, in order to attain the other shore there is a practice called six paramitas of giving, discipline, patience, endeavour, meditation and wisdom. Japanese Buddhists used Spring and Autumn Equinox to practice these paramitas. For Jodo Shinshu followers, Higan (or o-higan) service is an opportunity to think of Amida Buddha who accomplished these paramitas out of compassion for all sentient beings in the world of delusion to be liberated to the other shore. On this occasion we chant Sanbutsuge, Praises on Buddha, and express our appreciation and gratitude to Amida's everlasting working of great compassion. (Y.I.)



Spring Ohigan

Translation 21

This is a continuation of translations of Kudensho (Note On Oral Transmission) begun in the September, 2016 Hikari. Kudensho is a Jodo Shinshu historic text believed to have been written by Kakunyo (1270-1351), a great-grandson of Shinran, and translated by Rev. Phillip Eidmann and Rev. Yasuo Izumi.

Though Knowing That one who has Committed the Offense of Five Perversities and Slander of the Dharma Can Be Born, One yet Tries not to Do Even Small Offenses.

Mentioning this too as a statement of Shinran Shonin, the former teacher Nyoshin said, “People of the world always think that if one fears even small offenses and thinks to stop them, he can stop them in accordance with his mind; and if one thinks of this, to cultivate and practice the root of goodness, he can accumulate them, and as a result of this one can gain the great benefit, or it can be the method of emancipation.”

The preceding, however, is contrary to the essence of Jodo Shinshu and opposes the oral transmission of former teachers. First, committing the offense of perversity etc. is not at all the rule of various schools and not the true intention of Buddha Dharma. However, the ordinary man of evil actions, being drawn by karmic causes in the past commits these heavy offenses which are hard to stop and hard to repress. Again, someone saying: “You should not commit even a small offense”, is heard as if ordinary man could stop an offense in accordance with his mind. However, from his origin, ordinary man with a sinful body is said to be nothing but the offenses of three actions (of body, mouth and mind) and regardless of their being large or small. Nevertheless, if one says “You shall not commit even a small offense”, won’t one conclude “Even though you commit them unintentionally, you shall not get birth”?

The preceding we should consider seriously. Was this the intention of the teaching to make one desist from evil?¹ Making one desist from evil is the accommodation of Shakyamuni. The conclusion of the true teaching is ultimately the Primal Vow of Amida.

This being so, if you want to talk about small offenses or heavy offenses whether they are few or many, it would be useful only when you stop them. Having common thoughts by which you say such things, how could one to take refuge in the Primal Vow of Amida Buddha? Since the offense of slander of the Dharma, again, arises from a mind which does not believe the Buddha’s Dharma, it is, of course, not the vessel to accept Amida’s Vow. But if one reforms and repents, one shall get birth.

Therefore, it is because of this that it is commented:

When the icchantikas² who slander the Dharma transform their minds, then all shall get birth. (Hojisan)

¹The gate of restraining and stopping

²Ichchantikas: the term refers to one who is by nature devoid of goodness and, hence, has no seed of attaining Buddhahood.

Food Bank



Many, many thanks to temples members for their generosity!

An estimated \$770 of goods were donated in this round’s food bank appeal that ended in February. On top of that, \$280 in cheques also were received, making the grand total \$1,050. BTSA’s promise to match the total makes the final donation to the Interfaith Food Bank \$2,100.

Temple gratitude for all who contributed so generously toward assisting those in need. The goods and monetary contributions were turned over to the food bank during the last week in February.

MEIN-MAKING March 16

The spring, 2019, mein-making get-together is scheduled for Mar. 16, beginning at 8 a.m., preparatory to the spring chow mein supper later in May. BTSA looks forward to members and friends to assist in this day of dough-cutting, noodle-making, wok-frying and finished mein-packing.



Photos from mein-making session, September, 2018

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.: _____

Cellphone No.: _____

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 B.T.S.A. 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 – 81 (at Feb. 25)

Shotsuki Donations

February 2019

Dorene Gordon
 Randy Higa
 Shinako (Sheila) Higa
 Shirley Higa
 Gene & Hilda Horii
 Terry Horii
 Ray & Donna Journoud
 Yoko Nishimuyra
 Heidi Oishi
 Lilly Oishi
 Darcee Richardson
 Ayumi Sawada
 Yoshiko Sawada
 Harry Sugimoto
 Kazuko Sugimoto
 Kazuko Takaguchi
 Robert & Judy Takaguchi
 Eichi & Betty Tanaka
 Brenda & Lester Tanner
 Joe & Sumiko Tomiyama

Total - \$1,230

Other Donations

February 2019

Joyce Adachi
 Glenn Andrews
 John & Rita Aoki
 Linda Becker
 Donna Burt
 John & Nancy Brown
 CanadaHelps.Org
 Kathy Cochrane
 Carolyn Coverdale
 Naomi Cramer
 Carol Darmody
 Michelle Demers
 Theresa Demory
 Dorothy Follinglo
 Judy Fukushima
 Dorene Gordon
 Kenneth Hamabata
 Judy Hasinoff
 Yosh & Lois Hattori
 Karen Hargrave
 Mary Hyder
 Rumiko Ibuki
 Akira & Lorita Ichikawa
 Dr Roland or Brenda Ikuta
 Rev Yasuo & Sachi Izumi

Davin Johnson
 Lily Kaga
 Dianne Kambeitz
 Myrna Kambeitz
 Eleanor Katakami
 Timothy D. Katakami
 Chizuko Kimura
 Dave & Val Kunimoto
 Kay Long
 Lauri Maclachlan
 Kinuko Matsuno
 Pamela Miller
 Gerry Miyashiro
 Joyce Miyashita
 Harry W. & Beverly Nagata
 Ken & Vickie Nakagama
 Shig & Katie Nakagawa
 Estate of Kazuo & Nancy Nakamura
 Roy & Minie Nakatsuru
 Joyce Nishi
 Kimino Nishi
 Kiyoto & Toki Nishijima
 Mitsuko Oga
 Noriko Oga
 Heidi Oishi
 Lilly Oishi

SPRING FORWARD



Reminder to all that Daylight Saving Time goes into effect Mar. 10 at 2 a.m., so move your clocks ahead an hour to 3 a.m. if you're up at that time. Otherwise, set it an hour ahead before going to bed so that you're on time for Sunday service in the morning.

"When we are truly able to see and understand life, its reality, its value and beauty as well as its troubles, we are able to accept life dynamically and walk its path with appreciation and gratitude. This way of life is Buddhism."

Everyday Suchness, Gyomay M. Kubose

Tak & Jan Okamura
 Hiroaki or Yoshiko Okishita
 Setsuko Okuma
 Jodie Ortileb
 Yumiko Osaka
 Joanne Overn
 Marion Pashkowich
 Jean Peifer
 Dr F, Quei Quo
 or Natsume Nakamura
 Rose Reynolds
 Eileen Sameshima
 Kevin Sassa
 Roy & Pat Sassa
 Florence Senda
 Bob & Eiko Shigehiro
 Joe & Mary Shigehiro
 Tom & Mitsuko Shigehiro
 Kazuko Sugimoto
 Noris & Sachiko Taguchi
 Kazuo Takaguchi (Ho-onko)
 Robert & Judy Takaguchi
 Fugi Takeda
 Jim & Irene Tanaka
 Betty Taniguchi
 Bill Teshima
 Jim, Marion or Shannon Tomiyama

Raymond & Lena Tsuji
 Tak & Yoko Tsujita
 Marion S. Wright
Total - \$7,669.25

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.

REGULAR EVENTS

NCS Adult Taiko Tuesdays @ 7pm
Contact David Tanaka 403.330.1548, david@albrio.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

PROGRAMS

Yoga with Valerie Kunimoto Wednesdays
Gentle Beginning Yoga @ 9:30-10:30am
Gentle Restorative Yoga @ 11am-12pm
Six sessions | April 3-24; May 1-8
Suggested donation: \$30 members \$45 non-members
Contact: lorita.ichikawa@gmail.com 403.327.1668
if you are interested in joining a Spring class.

ANNOUNCEMENTS

Yoga Nidra Workshop led by Val Kunimoto
Saturday, April 6, 10am -1pm at the BTSA
\$25.00 for BTSA Members; \$35.00 for non-members
This ancient meditative practice workshop will explore various methods of meditating, such as sitting (chairs will be provided), standing and moving, walking, and lying down. To register or for further information contact Valerie at valkunimoto@outlook.com

TOBAN UPDATE

Contact: Lorita, 403.327.1668
lorita.ichikawa@gmail.com

Toban Schedule

Thanks to **Toban 2** for hosting the Dharma Youth & Families Pancake Breakfast and regular duties during the month of February. Much appreciation to the children, youth and parents who prepared the breakfast as one of their family activities. Most of the Dharma class families are in Toban 2 and 3 and we are working with Dharma class leaders and parents to have more children and youth join the Toban System.

Toban 3 will be up for March and then **Toban 2** again for April and Hanamatsuri.

Mein-making is scheduled for March 16. Everyone is invited to participate.

Toban 4 will coordinate the next Soup Kitchen on March 20

OPIOID ADDICTION



Dr. Arlene Oishi will speak on “Opioid Addictions” in the BTSA guest speakers’ series Mar. 20 from 7 to 8 p.m., with discussion & refreshments to follow. This event is free of charge and open to the public.

Dr. Oishi has been the Medical Director of Addiction and Mental Health for the Alberta South Zone. She recently established the local Prairie Treatment Opioid Dependency Clinic.

Women’s Federation

The 16th World Buddhist Women’s Conference in San Francisco is a few months away, and this reminder is twofold: (1) to insure those wanting or planning to attend are familiar with the plans (please see www.wbwconvention.org); and (2) to raise awareness among BTSA women members about the status of the Women’s Federation in the JSBTC.

At the 2018 annual general meeting, BTSA members were asked to decide whether to maintain membership in the Women’s Federation. The results were inconclusive, so the matter will be requested again with the understanding that in the interim the WF is undergoing a change in structure. They are now a sub-committee of JSBTC and are establishing the perimeters of how they will operate in this new form. The Terms of Reference is in its final draft and may be approved at the next JSBTC AGM in April, 2019, less than two months from now.

BTSA will be seeking feedback from its women members to determine what its involvement in the WF will look like in the future. Review of the proposed scope and limitations of the WF as a sub-committee of JSBTC is prudent in considering this decision.

East Wall Work Completed

Repair work on the temple east wall was completed in early February with slightly different brick since the original was no longer available. Thanks to Wesbridge Construction for the restoration which continued through much of January.





JSBTC NEWSLETTER

FROM THE JSBTC BOARD OF DIRECTORS



Dr. Roland Ikuta, Rev. James Martin, Ken Madden Sensei, Socho Aoki, Rev. Yoshi Ouchi, Tanis Moore

INTRODUCTION

Welcome to the first issue of the JSBTC newsletter. We hope that this newsletter will be a voice for Jodo Shinshu Buddhism in Canada, keeping you up-to-date on what the JSBTC is doing, sharing information about the JSBTC and the Temples in Canada, and connecting us all. We are planning to send out three issues each year, in January, May and September/October.

WHAT IS THE JSBTC?

The primary purpose of the Jodo Shinshu Buddhist Temples of Canada (JSBTC) is to provide Canadians general access to Jodo Shinshu Buddhist teachings. The JSBTC was first established in 1905 as an affiliate of the Nishi Hongwanji, and it is comprised of twelve Temples in Canada: Montreal, Toronto, Hamilton, Winnipeg, BTSA (Lethbridge), Calgary, Vernon, Kelowna, Kamloops, Fraser Valley, Vancouver and Steveston. The JSBTC has a Board of between 6 and 11 members; currently there are 8 members: Larry Wakisaka (President), Harvey Kaita (Vice-President), Greg Chor (Treasurer), Debra Campbell Hayashi (Secretary), Amy Wakisaka, Trudy Gahlinger, Kent MacCarl, and Laura Sugimoto, with Dave Ohori as Past President/Adviser.

VISION

A community living a life of gratitude on the path of the Buddha Dharma.

MISSION

Acting as a catalyst for growing a network of Jodo Shinshu Buddhist centers through dynamic and focused leadership.

This is the front page of the new Jodo Shinshu Buddhist Temples of Canada thrice-a-year newsletter that was recently launched. BTSA uploaded the newsletter onto its website. Please check the homepage and click on the item.

PANCAKE BREAKFAST

A pancake breakfast put on by the Dharma class children Mar. 10 was enjoyed by a sizeable crowd of those who attended the regular Sunday service which observed Nirvana Day and Pet Appreciation Day. With the help of parents, the children made tasty pancakes supplemented by sausages and lots of fruits.

Thanks to all those who worked so industriously to feed appreciative and grateful members and friends.

Three for James!



Mixing ingredients



Pancake makers



Duncan's big pour



Sam taking charge of breakfast meats



Seiji and Milo's fruit masterpiece



Akeo serves



Enjoyable meal for all



Thank you for overseeing it all, Keiko!



MARCH: TOBAN 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFFICIAL BTSA ACTIVITY					12pm Spiritual Care Mtg. at CRH	10:30am Shin Buddhism and Nihongo
					1	2
10:30am Shotsuki Monthly Memorial Service* AGM after service 3	6pm Minyo II 4	1pm Tonari Gumi 4pm Minyo I 5			8	10:30am Shin Buddhism and Nihongo* 9
10:30am Eshinni and Kakushinni Service* 10	6pm Minyo II 11	1pm Tonari Gumi 4pm Minyo I 12	2pm LCC visit* 7pm Board Mtg* 13		15	8am Mein-making 10:30am Shin Buddhism and Nihongo* 16
10:30am Spring Equinox Ohigan Service* 17	6pm Minyo II 18	1pm Tonari Gumi 4pm Minyo I 19	7pm Dr. Arlene Oishi 20		22	10:30am Shin Buddhism and Nihongo* 23
10:30am Regular Service* 24 31	6pm Minyo II 25	1pm Tonari Gumi 4pm Minyo I 26	2pm LCC visit* 27		29	10:30am Shin Buddhism and Nihongo* 30

APRIL: TOBAN 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6pm Minyo II 1	1pm Tonari Gumi 4pm Minyo I 2	9:30am Beg. Yoga 11am Res. Yoga 3		12pm Spiritual Care Mtg. at CRH 5	10:30am Explore Buddhism* 6
10:30am Regular Service* 7	6pm Minyo II 8	1pm Tonari Gumi 4pm Minyo I 9	9:30am Beg. Yoga 11am Res. Yoga 2pm LCC visit* 7pm Board Mtg* 10		12	10:30am Explore Buddhism* 1pm Buddhist Seminar* 13
2pm Infant Presentation Ceremony/ Hanamatsuri Buddha's Birthday* 14	6pm Minyo II 15	1pm Tonari Gumi 4pm Minyo I 16	9:30am Beg. Yoga 11am Res. Yoga 2pm LCC visit* 17		19	10:30am Explore Buddhism* 20
10:30am Regular Service* 21	6pm Minyo II 22	1pm Tonari Gumi 4pm Minyo I 23	9:30am Beg. Yoga 11am Res. Yoga Ministers' Mtg/ JSBTC Mtg. 24	Ministers' Mtg/ JSBTC Mtg. 25	Ministers' Mtg/ JSBTC Mtg. 26	Ministers' Mtg/ JSBTC Mtg. 27
10:30am Regular Service* Ministers' Mtg/ JSBTC Mtg. 28	6pm Minyo II 29	1pm Tonari Gumi 4pm Minyo I 30				