



A BUDDHIST TREASURE



We had another successful Fall Chow Mein Supper. Many, many hands came together and worked together to make our Supper a success. Working together for the sake of our temple is our expression of gratitude to the dharma for all that we have received. Our fundraiser events, such as the Chow Mein Supper, give us an opportunity to practice what we have listened to and learned about in our own way, even if it is a small way.

We Buddhists have three treasures in our life: the Buddha, the Dharma and the Sangha. The Buddha is the enlightened being and the Dharma is the teaching, the universal law, expounded by the Buddha. The Sangha is the Buddhist community based on the Buddha-Dharma.

As a Buddhist, it is important to listen to and learn about the Buddha-Dharma. This is the intellectual part. As a Buddhist it is also important to put what we have received into practice. There is a familiar expression: "Talks the talk but does not walk the walk". "Desk theory" alone might be dangerous in the Sangha.

Let's think of the historical Buddha. He discovered the dharma of "the doctrine of dependent arising" from which two theories emerge: the life of impermanence and the life of non-ego. He taught that because of

impermanence, each moment is precious and must be treasured. He also taught us that because of non-ego, living for the sake of others is noble. For the Buddha, his discovery in which he had become one with the Dharma was not his final goal. He did not stop there. After his enlightenment he started to share what he discovered. He started to revolve the wheel of Buddha-Dharma for the sake of people in delusion and suffering. He lived with others and worked to enlighten them through the eighty years of his life.

What he said at the death bed was: **"Study together, learn together, practise my teaching together. Do not waste your mind and time in idleness and quarreling. Enjoy the blossoms of Enlightenment in their season."** We should not forget that the Buddha who discovered the Dharma is the one in whom great compassion is consummate and perfect for the sake of ordinary people such as ourselves.

I believe that for those of us who follow Buddha's path, the intellectual side and practical side must go hand in hand; studying the Dharma as well as living the Dharma must occur together in our everyday lives. They are like the wings of a bird. Both are necessary to realize the Buddha - Dharma in action. The fundraiser is not just for the sake of money for us. Through various such events, we feel that we are part of the Buddhist community, the Buddhist harmonious Sangha. Let's continue to appreciate the Buddha-Dharma and pass on our wonderful treasure to our children and children's children!

「秋から冬へ」

毎年11月にもなると、南アルバータはすっかり秋に包まれた感じがします。日々その色を変えていく木の葉の美しさは目を見張るものがあります。この美しさも、すぐにやってくる厳しい冬の訪れを教えてくれています。私は少年時代をしばらく雪国の北陸で過ごしたことがあります。雪の多いのには慣れていますが、アルバータの寒さは、北陸の寒さとはまた違った厳しさがあります。しかし、便利になった今では、どこにいても、家の中や車の中は暖く出来ています。外に出ていない限り、寒さはさほど感じません。

親鸞聖人は、800年以上も前に京都にお生まれになりましたが、35歳の頃、念仏弾圧のため、越後(今の新潟)に5年の間、流罪の身となりました。越後は北陸地方に位置するところです。大変な冬を聖人は過ごされたのです。ところが、不思議なことに、聖人は御書物の中に「大変な目にあつた」とか「厳しい冬の中で過ごした」というようなことについて一言もおっしゃっていないのです。むしろ厳しい冬の越後に住みながら、そのことを、「人々に仏法を弘めるよき縁であった」と頂いておられるのです。人はとかく栄耀栄華の中で暮らすことを夢見がちですが、しかし、み仏の智慧の光、大悲のあたたかさに出遇った方には、どのような逆縁も「よき縁」であると転じ、受けとっていくことが出来るのでしよう。日ごろ歌っております「恩徳讃」は、聖人が残して下さったご和讃の一首ですが、そこには、聖人が苦難の人生にありながらも、力強く生きられたお心が表されています。「如来大悲の恩徳は身を粉にしても報ずべし師主知識の恩徳も骨を砕けても謝すべし」〔恩徳讃〕

合掌 泉

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Namo Amida Butsu
Yasuo Izumi, Minister
Buddhist Temple of Southern Alberta

BTSA NOTES

The adage “time flies” denotes the fleeting nature of the present, but we’ll have a chance this weekend to catch up an hour when we “fall back” from daylight to standard time.

Please keep this in mind as the monthly memorial for November falls on the very day we’re back to standard time so that you don’t find yourself at an empty temple. We’ll be having Dr. Jeff Wilson as the featured speaker for the service.

Dr. Wilson is the guest speaker at the Alberta Buddhist Conference the day before. (See the ABC item in this Hikari.) Then, there’ll be yet another opportunity to hear to him at the University of Lethbridge on Nov. 5 at 3 p.m., when he will be speaking on “Mindfulness: Adapting Buddhism to Provide Practical Benefits.”

The University talk is being sponsored by the Religious Studies Interfaith Fund and the Department of Religious Studies.

Keeping with the “time” metaphor, please reserve some of it for Nov. 16 to take part in more mein-making. See the items elsewhere on that session and the bake sale for which the mein will be prepared. We can use as much of members’ quality time they can spare for this dough-y enterprise.

Check out the photos in this issue of the chow mein supper on Oct. 19. As in the past, we’re grateful for the hours everyone committed to make this major event so successful. The entire operation went so smoothly that most everything—including the clean-up—went without a hitch and was done earlier than usual.

A major request to all members from the board—please consider allowing your name to stand for a directorship. March, 2014, isn’t too far away; that’s when we hold our annual general meeting where we elected six members to staggered two-year terms. We look forward to members joining in on the governance of our temple.

Please keep in mind that all the board proceedings are on file in minuted form in the temple board room. They’re open to all members to peruse.

Time has run out on this article. Thanks for reading this far.

Akira Ichikawa

Sagariuji (Wisteria) Images (right). Judy Takaguchi shot this unique photo early one morning when she stopped in the hondo before leaving with a group of Chojukai travellers on one of their trips, this one in September to Cranbrook. She found it interesting enough to snap it on her smartphone. The hondo wisteria crest is tripled by two others whose shadows were cast by the early morning sun. A copy will be posted on the temple bulletin board as well. Thanks, Judy.

BUDDHIST Q & A

Were the historical Buddha (known as Gautama or Sakyamuni Buddha) and his disciples vegetarian?

No, I do not think so. It is well known that the Buddha and his disciple went out daily into the local community to beg for food. Monks received all kinds of food with gratitude. They appreciated the generous heart of givers. They would not have been selective about what they received. There is even a theory that the Buddha died after eating rotten pork. (Y. I.)

CHAIR SCHEDULE November & December 2013

Nov 03 SHOTSUKI/EITAIKYO

JEFF WILSON
Chair: Pat Sassa
Audio: Brenda Ikuta

Nov 10

Chair: Robert Takaguchi
Audio: Tak Okamura

Nov 17

Chair: Roland Ikuta/kids
Audio: John Dubbelboer

Nov 24

Chair: John Dubbelboer
Audio: Sway Nishimura

Dec 01 SHOTSUKI

Chair: Sway Nishimura
Audio: Akira Ichikawa

Dec 08

Chair: Sylvia Oishi
Audio: Brenda Ikuta

Dec 15

Chair: TBA
Audio: Tak Okamura

Dec 22

No Service

Dec 29

No Service

Dec 31 JOYA-NO-KANE

Nikka Yuko Garden
(weather permitting)

MC designates: if you are unable to chair on your assigned date or have made other arrangements on your own, please inform Sway Nishimura. Thank you.



Alberta Buddhist Conference



The 35th annual Alberta Buddhist Conference on Nov. 2 will feature Dr. Jeff Wilson of the University of Waterloo as the keynote speaker. The registration fee, set after last month's Hikari was published, is \$30 per person and includes an udon supper that will be a fund-raiser for the 2015 World Buddhist Women's Conference in Calgary. Student registration is \$15.

Wilson sensei's talk, entitled "Compassion in the Buddhist Tradition", is at 1 p.m. and open to the public. The one-day conference also will include a presentation by Kynan Gordon who was on the Japan Youth Tour this past summer, a youth taiko performance, and a Buddhist-themed film entitled "KanZeOn." (See related article for further description of this film.)

The conference concludes with the udon supper following the movie.

Dr. Wilson also will be the guest speaker at the monthly memorial service for November the following Sunday at 10:30 a.m.

Dr. Wilson is an associate professor of Religious Studies and East Asian Studies, Renison College, University of Waterloo, Ontario, and received training at the Nishi Hongwanji in Kyoto, Japan. On occasion, he assists at the Toronto Buddhist Temple.

Members also might be interested to know that Dr. Wilson is scheduled to speak at the University of Lethbridge on Nov. 4 (Monday) in Room L1060 at 3 p.m. His talk, sponsored by the Religious Studies Interfaith Fund and the Department of Religious Studies, is entitled "Mindfulness: Adapting Buddhism to Provide Practical Benefits."

Board Nominations for 2014

We're on the lookout for members to present themselves as nominees for the BTSa board. Six of the 12 directors' positions become available at the annual general meeting in March, 2014. Each will be for two years.

The remaining six directors will continue to March, 2015. The staggered two-year term of six positions was approved at the 2009 AGM.

All members are eligible and are invited to offer his/her name for nomination, either by letting the executive know in advance or allowing their names to be nominated at the AGM. New directors always mean new ideas and new ways of approaching temple governance.

Most of the challenges and demands of the amalgamation in 2006 have been met and many temple duties have become routinized. Still, leadership is needed to keep the temple running smoothly. Board meetings are held monthly, except for August, and usually run under two hours. Please seriously consider offering your name for a directorship.

MOVIE NIGHT at the Temple

KanZeOn is the title of BTSa's next Movie Night feature, which will be shown in conjunction with the Alberta Buddhist Conference on Nov. 2, probably beginning about 3 p.m.

It is described on the IMDH website--<http://www.imdb.com/title/tt1851982/>--as "less a documentary and more a spiritual experience. Its title coming from an alternative reading of the Japanese name for the Bodhisattva of Compassion, Kannon, (which literally translates as 'she who hears the cries of the world'), the film is an exploration of sound and its links with and role in Japanese Buddhism and shintoism..."

The screening will be followed by an udon supper described in the ABC article.



Food Donations

The BTSa again will be soliciting food donations from its members. This year, the donations will be given to the Lethbridge Food Bank. Please drop off your parcels in the donation box located in the multipurpose room of the temple.

As in the past, we will be collecting from now through January, and will be making the donation sometime in February. While the demand for parcels is high especially during the holiday season, it was believed that the need would be equally great in the post-holiday period.

From its website, the Lethbridge Food Bank Wish List includes the following items: cereal, oatmeal, canned meals, canned meat, canned vegetables, canned fruit, peanut butter, beans, macaroni and cheese, pasta and pasta sauce, and soup. Perishables like ground beef, milk and eggs also are on the list.

The Food Bank website also has the following statement: "We also graciously accept Cash Donations. Please note, due to the volume in which we purchase the above items, we can really stretch your dollar so a cash donation can go much further than donations of food items."

As in past years, the BTSa will estimate the cash amount of the donated goods and match that with a cheque.

2013 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

Notes

*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 of membership does not include membership in the Jodo Shinshu Buddhist Temples of Canada.

LET'S EXPAND THE CIRCLE OF THE DHARMA!

Other Donations

October 2013

Richard & Valerie Boras
Marg Fujita
Jim Hironaka
Akira & Lorita Ichikawa
Susumu & Teruko Ikuta
Irene Karia
Abigail McMeekin
Jack & Rie Nagai
Shig & Katie Nakagawa
Kazuo & Nancy Nakamura
Tsutomu Stony Nakano
Sway & Toshiko Nishimura
Mac & Reyko Nishiyama
Alain Normand
Mitsuko Oga
Dana Oikawa
Heidi Oishi
Lilly Oishi

Tak & Jan Okamura
Jagjit S. (Jack) Panesar
Florence Senda
Bob & Eiko Shigehiro
Joe & Mary Shigehiro
Tom & Mitsuko Shigehiro
Noboru & Kazuko Sugimoto
Noris & Sachiko Taguchi
Robert & Judy Takaguchi
Fugi Takeda
Reiko Takeyasu
Masaya Tanaka
Sam & Betty Taniguchi
Carmen Tillman
Joe & Sumiko Tomiyama
Tak & Yoko Tsujita
Melody Wasylciw

Total \$2,470

**Total Members as of
October 25: 223**

**Please note: Membership
deadline for 2013 is Dec 31**

Shotsuki Hoyo Donations

October 2013

Rita Ritsuko & John M Aoki
Judy Fukushima
Shirley Higa
Marie Hirashima
Tomi Hisaoka
Rumiko Ibuki
Susumu & Teruko Ikuta
Sue S Kado
Eileen Kunimoto
Yutaka & Chiyomi Matsuno
Gary E & Beverly S McIlroy
Ken & Vickie Nakagama
Mrs. Alice Ohashi
Kimiko Ohno
Kaz & Setsuko Ohno
May Ohno
Heidi Oishi
Yumiko Osaka
Bob & Eiko Shigehiro
Joe & Mary Shigehiro
Tom & Mitsuko Shigehiro
Fumi Sugimoto
Harry Sugimoto
Noboru & Kazuko Sugimoto
Fugi Takeda
Toshiko Takeda
Gordon Tanaka
Carmen Tillman
Joe & Sumiko Tomiyama
Mas & Carol Tomomitsu
Tak & Yoko Tsujita
Fujio & Yoshiko Tsukishima
Jim Tsukishima

Total \$1,930

We try to be as thorough as possible but occasionally make errors. Please inform us if your name has been omitted from or misspelled in the donation lists. Anyone wishing his/her name not be acknowledged in print, please let us know so it won't be published. Thank you.

REGULAR EVENTS

Southern Alberta Buddhist Choir will sing for the November Memorial Service and take a break until the new year.
Contact: Katie Nakagawa 403. 327.4296 or katieinak@shaw.ca

Tonari Gumi

Tuesdays, 12-3pm

Taiko Class

Tuesdays, 6:30 pm (Youth) & 7 pm (Adults)
Contact: David Tanaka at 403.330.1548 or david@eyesquared.com

The Lethbridge Karaoke Club

Wednesdays, 1pm

PROGRAMS

Minyo Dance Practice

Tuesday, 4:30 to 6pm, Nov. 12, 19, 26 & Dec. 3
Contact: Pat Sassa

Women's Federation World Convention Craft Group

Meets the 3rd Sunday monthly after Tea
Contact: Totsy Nishimura 403.752.3435 or swayn@telusplanet.net

Japanese Dharma Talk (日本語法話)

Wednesday, 9 to 10am, Nov. 6, 13, 20

Chanting and Chatting (Sutra Chanting)

Saturday, 9 to 10am, Nov. 9, 16, 23
(Text is available. Please contact Rev. Izumi at 403.382.7024)

Gentle Yoga for Seniors

Thursday 10 - 11am
To November 14

Aiki Breathing

Mondays 11am -12:30 pm
To November 18
No class November 11

ANNOUNCEMENTS

Condolences

The Buddhist Temple of Southern Alberta expresses heartfelt sympathy to those who have lost loved ones.

Yoshiaki 'Jack' Tanaka (92) Sept 17, 2013

Robert Kiyochi Taniguchi (90) Oct 02, 2013

Mary Sumiko Huuonen (67) Oct 22, 2013

Janet Yukiko Hinatsu (77) Oct 23, 2013

TOBAN UPDATE

Contact lorita.ichikawa@gmail.com or 403.327.1668

Toban Schedule

November	Toban 3
December	Toban 4
January	Toban 2

Thanks to **Toban 2**, our October group.
We always enjoy the special treats during tea and appreciate their work over the month.

The 5th Annual BAKE & CRAFT SALE

- Saturday, Dec.7, 2013, 1-3 p.m. in the multipurpose room.
- Sushi, manju and mein noodles
- Homemade snacks and desserts.

Please drop off crafts and baking from 9 a.m. to 12 noon.

Doors will be closed between 12 and 1 so that we can prepare for the Sales.

If you are interested in participating in the event, please contact volunteer co-coordinators, Pat Sassa and Akira Ichikawa.

Craft sales will benefit the JSBTC World Women's Conference to be held in Calgary in 2015. Contact Totsy Nishimura.



(Scene From the 2012 Bake Sale)

MEIN-MAKING

A temple mein-making party is scheduled for Nov. 16 (Saturday), in advance of the 5th annual Dharma bake and craft sale that will be held Dec. 7. This prized commodity is often the centerpiece of the bake sale and tends to be among the first items to sell out.

We look forward to our industrious volunteers, once again, to give a helping hand to cut, pound, stretch, and press the dough so it can be cut into noodles that can be deep-fried, cooled and packed in preparation for sale. Please consider turning out en masse and participating in this fundraiser.

Please look upon this as another opportunity to engage in the practice of putting the Buddhadharma to work. It's also a great chance to work with friends and to enjoy the social gathering.

Chow Mein Supper

A temperate October day with only a tinge of autumn was the setting for the annual fall chow mein supper. Busy helpers worked diligently to complete another sellout event. Thanks to Pat Sassa for chairing the event, and for everyone who assisted. We also express our appreciation to those who made generous donations:

- R. Nakagama Co. - Ken and Vicki Nakagama
- Westbridge Construction - Frank Beekman
- Wanda, Sumi and Joe Tomiyam – pickles
- P&H Milling - Bob Grebinsky
- Gouw's Quality Onions - Casey and Kyle Gouw
- Harwood Distributor – Jim Wallace
- Regent Restaurant - Wayne Kwan
- Fairfield Appliance - Glen Tanaka
- Hironaka Employees Benefit - Norris Hironaka

To date (Oct. 28), the following represents the balance sheet for the supper. Details will be published in the Hikari when they're received.

Total Revenues.....	\$21,575.00
(includes mein-making expenses & sales)	
Total Expenses.....	4,820.00
Net Profit.....	\$16,755.00



Working over hot woks



Spooning out the ribs



Freshly-cooked chow mein, ready for packaging



Perhaps the longest line of the day



Overview of the supper assembly line



Cleaning Up



Mountain of suppers ready to go



The crew of runners



Regulating the traffic



OCTOBER The class had fun decorating pumpkins donated by Sway and Totsy Nishimura. Some incorporated the daruma in their art. The class has been learning about the daruma, effort and perseverance this fall. Thank you to the Nishimuras.



UPCOMING EVENT
ABC • Saturday, November 2

The Dharma room will be available for kids during ABC but no activities are planned.

KanZeOn, a Buddhist-themed film will be showing in the main hondo around 3pm and at that time we will have a movie for kids in the Dharma room. The movie will be *EPIC* which works well with our theme of Right Effort, and also has a message of interdependence and taking care of the environment:
<http://www.imdb.com/title/tt0848537/>

COFFMAN Re-elected Councillor

Our congratulations to Jeff Coffman on his re-election to the Lethbridge city council during the civic elections on Oct. 21. Our best wishes to you as you begin your third term.



Schedule 光 November & December 2013

Monthly Shotsuki Memorial Service 祥月法要 (service in English)

Please bring Homyo (Buddhist Name) of your loved one. 法名をご持参ください。

NOVEMBER: TOBAN 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						ABC Conference @ BTSA
10:30am Shotsuki Memorial Service 3	11am Aiki Breathing 4	12pm Tonari Gumi 6:30/7pm Taiko 5	9am Japanese Dharma Talk 1pm Karaoke 6	10am Gentle Yoga 7	1	2
10:30am Regular Service 10		12pm Tonari Gumi 4:30pm Minyo 6:30/7pm Taiko 12	9am Japanese Dharma Talk 1pm Karaoke 7pm BTSA Board Meeting 13	10am Gentle Yoga 14	8	9
10:30am Regular Service 17	11am Aiki Breathing 18	12pm Tonari Gumi 4:30pm Minyo 6:30/7pm Taiko 19	9am Japanese Dharma Talk 1pm Karaoke 20	21	15	16
10:30am Regular Service 24		12pm Tonari Gumi 4:30pm Minyo 6:30/7pm Taiko 26	1pm Karaoke 27	28	22	23
						9am Chanting & Chatting
						9am Chanting & Chatting Mein-making
						9am Chanting & Chatting

DECEMBER: TOBAN 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12pm Tonari Gumi 4:30pm Minyo 6:30/7pm Taiko 3	1pm Karaoke 4			1pm Bake & Craft Sale 7
10:30am Shotsuki Memorial Service 8		12pm Tonari Gumi 6:30/7pm Taiko 10	1pm Karaoke 7pm BTSA Board Meeting 11			
10:30am Regular Service 15		12pm Tonari Gumi 6:30/7pm Taiko 17	1pm Karaoke 18			
No Service 22						
No Service 29		11:30pm 10th annual Joya-no-Kane (New Year's Eve bell ringing ceremony) Nikka Yuko Gardens 31				