



Karmic Bonds – to be bound by base passions

Recently, I received a thick letter. In the front of the envelope, a cute indigenous girl with a colorful feather on the head was drawing with crayons. On the back I read ‘Mike’ and under which ‘Namo Amida Butsu!’ was written. Then, I knew the letter was from ‘Mike’ I met once at the Correctional Center in Lethbridge.

Almost 13 years ago, a chaplain at the Lethbridge Correctional Center came to my office and asked if I could visit the Center to talk about Buddha’s teaching, for some inmates who like to listen to Buddha’s teaching.

From that day on I started to visit the Center twice a month. Mike was one of inmates who wanted to listen to the teaching. He was there waiting for the sentence for his crime. Mike told me that he and his friend fought with some people on the street and killed one of them. He and his friend were drug addicts at that time. His friend has been released with a light sentence.

During our conversations, which lasted for few years, he learned some Japanese words and Buddhist terms including ‘gassho’ and ‘Namo Amida Butsu.’ One time he asked me, “Is ‘Namo Amida Butsu’ kind of a prayer?” I told him, “Yes, but it is a prayer of Amida Buddha who is always thinking of us. The recitation is the expression of our gratitude to Amida.” Mike listened to me and recited ‘namo amida butsu’ with gassho. One day, he told me “I was finally sentenced... Life.” His face was not sad but calm. He continued, “I will be transferred to another institution.” So, we parted.

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

A few years later, the chaplain from Edmonton called me. He said, “There are two Buddhists here. Would you like to talk to them?” “Yes, I would,” I said. I thought Mike called me. I asked over the phone, “Hello, are you Mike?”

The man said “No, but Mike is with me. I’ll let you talk to Mike.”

“Hello! I am Mike. How are you, sensei?” I heard a pleasant voice from the other end.

I said, “I am fine, but who is other guy?”

“I have a small Buddhist group here and I am sharing Buddha’s teaching with them. He is one of us. Sensei, I might be able to get out of here.” Mike’s voice was happy.

“Really?! Now?”

“No, not now, but soon,” said he. Our conversation was short. Since then, I have received a couple of calls from him. Our conversation must always be short.

One day I received a letter as mentioned at the beginning. In the envelope there were eight hand-written pages! In the letter he informed me what he was doing and thinking at the institution. The letter said, “I am able to get out next year. But I must prepare my mind to get back in the world, the world I don’t know.” He expressed his uncertainty and fear about when he gets out. I thought I understood his feelings. Mike was in two institutions for almost 16 years.

I thought to myself: “Mike, wherever we live it is the world of endurance as Shakyamuni Buddha in India said. We must endure many things since things in our world do not go as we desire. So, wherever we live, how much luxurious life we may live we must endure and there are always sufferings, uncertainty and fear. Therefore, the Buddha urges us to receive wisdom of the nembutsu; namo amida butsu. Namo Amida Butsu, is a call of Amida’s light of wisdom which will change the way we see the world and gets rid of our karmic bond.”

In *gassho*,

Yasuo Izumi, Minister
Buddhist Temple of Southern Alberta

九月になり、急に寒さを感じるようになりました。皆様お元気ででしょうか。コロナ感染症が、また増えています。予定では、九月十二日(日曜日)に祥月法要と、お寺の再開で軽食を考えていましたが、先日、緊急の役員会で祥月法要だけをすることに決定されました。

さて、私たち仏教徒は三つの宝に帰依します(帰依三宝)。「帰依」とは「帰るところが依りどころとなっている」という意味です。帰るところは、仏様の世界です。仏様の世界は、生きている「今」の「依りどころ」となるものです。聖徳太子は、今から1400年以上前に「あつく三宝を敬え。三宝は、仏、法、僧なり」と言われ、生きる依りどころを示されています。

私たち仏教徒のことを「僧」といいます。この場合、「僧」は一人称ではなく、集団の仏教徒を現わしています。僧のことを『サンガ』と呼ばれるのがそれです。つまり道を求める人々の集まりです。道を求めるとは、本当の「生の依りどころ」、を求めるといことです。それが仏法というものでしょう。この仏の法(教え)を聴聞するところが、お寺です。ところで、聴聞を続けていると「私」が道を求めていた、と思っていたことが、実は仏様の方から、すでに「私のために」道が与えられていたことに気づかされるのです。その道が「ナモアマダブツの大道」です。「いつでも、どこでも仏様が一緒である」と、報恩感謝のお念仏、ナモアマダブツを称えながら、一日一日を力強く生かして頂きましょう。 合掌 泉康雄



UPDATE from the Board of Directors

After 16 long months of intermittent services the Obon graveside service and Bon Odori dance was held on July 18th. At Mountain View cemetery it was estimated that over 250 people attended. The Bon Odori had over 100 people attend. It was a great opportunity to see many people we have not seen in many months. The proceeding Sundays saw services being held in Brooks, Magrath, Taber and Raymond. Please see the story and pictures included in this edition of the *Hikari*.

The board of directors have decided that due to increasing COVID numbers we will have a very careful re-opening plan. We will proceed with Sunday services, in person, starting with our September Shotoshi on September 12th at 10:30 AM. We would request all attendee's wear masks and to pre-register for the service. We were hoping to have a welcome back luncheon and a town hall meeting to discuss further re-opening plans but this will be held at later date. To register or volunteer please contact Roland rolikuta@shaw.ca or click on the sign up link below.

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

Yoga sessions at the temple will resume in September. Thanks to Val Kunimoto for arranging these sessions. Please see the notice about the restrictions and registration in the accompanying notice from Val.

Tonari gumi will also resume their Tuesday afternoon sessions in September. If you are interested in playing Bingo, having tea and a snack or just to visit with other seniors please feel free to attend. For more information contact Heidi Oishi at heidi.oishi@gmail.com. These sessions are held from 1– 3 PM.

In addition the temple will be hosting meditation sessions on Wednesdays at 1 PM starting September 8th. These sessions will be lead by Vickie Macarthur who will run an interfaith meditation session. Please see her description in her notice in this edition of the *Hikari*.

Explore Buddhism sessions will also resume starting September 11th at the temple. This group meets at 10:30 AM and is lead by Izumi sensei. If you are interested please contact Sensei or Bob Muskovich bobmuskovich@gmail.com

In evaluating the temple and equipment for the re-opening it was determined that our dishwasher needed major repairs. Unfortunately parts are no longer available for the model we have. The dishwasher will need to be replaced and the board is evaluating options. Unfortunately the replacement cost is estimated to be around \$15,000.

Finally the temple has been selected as a voting station for the coming federal election. This will be held on September 20th. There are also opportunities to work during the election. The government will pay at a rate of \$17.72 per hour. If you are interested in working at the polling station please contact Roland for further information on how to register.

BOUNTIFUL TEMPLE APPLES



The apple trees in the temple garden are loaded with fruit, waiting for pie- or sauce-makers, or for chomping into as is. Following photos provide how abundantly they've developed. The final frame shows the statue of the Buddha beneath the tree closest to the back doors.

Subsequent to these photos being taken, many of the apples were picked and stored in the temple cooler for prospective tasty fixings. Many of the hard-to-reach fruit remained on the trees.



REGULAR EVENTS

Minyo Dance Mondays in September, 6:30 pm

The Momiji have planned a meeting with a short practice on Monday Sept. 13th to begin the season.

Contact Pat Sassa 403.329.3105 or sas7@telus.net

Tonari Gumi Tuesdays @ 1 - 3pm

Contact Heidi Oishi 403.330.6461 or heidi.oishi@gmail.com

Exploring Buddhism

Saturdays, starting September 11, 10:30am - 12 noon.

Contact bobmuskovich@gmail.com

Interested in learning about Jodo Shinshu Buddhism? The sessions are an open and free discussion in a relaxed atmosphere. Whether you are new to Buddhism or a longtime practitioner, you are welcome to join us in person, for our weekly discussions at the Temple Boardroom. This is open to the public and free of charge.

PROGRAMS

Awakening to Oneness: Inter-Spiritual Meditation

Starting September 8, Wednesdays, 1-2:30pm

Online or in person at the BTSA

To sign up for in-person or online zoom link, please email

Vickie@spiritinmotionyoga.com

(To help keep everyone safe, we request that all those attending in person be fully vaccinated for COVID-19)

To live mindfully means to be in touch with what is wonderful, refreshing, and healing within yourself and around you.

— Thich Nhat Hanh

Whether called mindfulness, meditation, contemplation, centering prayer, or simply present moment awareness, all religious traditions have some form of spiritual practice that helps to calm and focus the mind, releasing us from the constant chatter of our own thoughts, so we can listen to the “still, small voice” with-in. These practices not only help to create a sense of health and well-being for us as individuals, but also point us back to our essential nature as part of a vast inter-connected web of life.

Come learn the art of “meditation” through time-honored practices that help invoke a sense of quiet inner focus: simple breath and body awareness, sitting meditation, walking meditation, deep relaxation, and present moment awareness. Receive ongoing support and guidance to begin and sustain your practice through the complexities and challenges of daily life, and experience the sense of belonging and oneness that comes from being part of a committed practice community.

While inspired by the universal truth of the Buddhist teachings of Zen Master Thich Nhat Hanh, we are an inclusive group open to people of all faiths and traditions.

Classes are provided free of charge, but donations are welcome to the Southern Alberta Buddhist Temple, for the generous gift of the meeting space, and an honorarium for the teacher.

Facilitated by Vickie MacArthur:

Vickie MacArthur is a lifetime pilgrim on the spiritual journey of every day life, rooted in her Christian, Buddhist, and yogic communities, walking an inter-spiritual path that honors the depth of all traditions. As a spiritual director, yoga and meditation teacher, Vickie’s teaching integrates embodied awareness, breath and spirituality to help bring a sense of healing and wholeness to all aspects of life.

www.spiritinmotionyoga.com

YOGA with Val Kunimoto

Wednesdays, September 22 to November 17 (excluding Oct. 20).

Gentle Beginner Class 9:15 - 10:30 am

This class will include a short breathing practice, followed by a variety of gentle yoga stretches, incorporating standing, sitting and lying down poses as well as occasional restorative poses. The session will end with a full 15 minute yoga nidra relaxation. Please bring a yoga mat, bolster, wool or cotton blanket, yoga blocks and a small pillow. We have a number of bolsters and a very small number of yoga mats and blocks (that we can assign to participants for the full 8 week session) if you don’t have these specific props. Everyone will have to bring their own blanket and pillow.

Gentle Restorative Class 10:45 am - 12:00 noon

This relaxation based class will include a short breathing practice, followed by warm-up stretches and a variety of gentle yoga and restorative poses. You will need to get up and down from the floor. The session will end with a full 15 minute yoga nidra relaxation. Please bring a yoga mat, bolster, wool or cotton blanket, yoga blocks and a small pillow. We have a number of bolsters and a very small number of yoga mats and blocks (that we can assign to participants for the full 8 week session) if you don’t have these specific props. Everyone will have to bring their own blanket and pillow.

There is only a 15 minute break between classes, so please be as quiet as possible in the hallways when arriving for your 10:45 am class. Thank you!

Due to the Covid pandemic, we are requesting that anyone registering for these classes has had both their Covid vaccines. You are welcome to wear a mask during the class. To provide more space between participants, there will be a maximum of 12 participants per class. Past participants will be given priority for the classes.

The suggested donation for the 8 week (10 hour) session is \$50 for BTSA members and \$75 for non-members. Payment can be made on the first day of classes, so please come 15 minutes early that day for the 9:15 am class and plan to stay a bit late after the 10:30-12 class to pay after that class.

To register for these classes, please email Val Kunimoto at valkunimoto@outlook.com

If you no longer want to be on this email list, please contact Val Kunimoto at valkunimoto.com.

So looking forward to seeing you all in September!

Namaste,
Val

***The light of purity is without compare.
When a person encounters this light,
All bonds of karma fall away;
So take refuge in Amida, the ultimate shelter...
— Shinran***

2021 Obon Cemetery Service

BTSA's 2021 Obon--waylaid by the coronavirus pandemic--was limited July 18 to a service at the Mountain View Cemetery on a semi-foggy day with numerous members attending. The attached photographs show the turnout and the unseasonably overcast setting. Izumi sensei, accompanied by assistant minister, Roland Ikuta, officiated.

A bon odori was held later in the afternoon at the temple, with attendance limited to those who registered for the event. Please look over the accompanying photographs of the "Celebration of Joy" under restricted circumstances.



Magrath and Temple Hill Cemetery Obon



Obon families with Sensei at Magrath Cemetery

A bright and hot summer day, July 11 greeted families and attendees at the annual Obon in Magrath, and Temple Hill Cemetery in Raymond. Sensei also conducted services in Taber, Brooks and Rosemary.

As a side note, sensei was photographed with attentive onlookers. Buddhists consider sentient beings, who did not take part in the service.



Sensei with attendees at the Temple Hill Obon, and oshoko below



Celebration of Joy

BON ODORI 2021

In spite of the gloom-inducing pandemic, BTSA offered a sliver of light with a limited bon odori July 18, following a cemetery service in the morning. The event which required registration in advance provided a chance to celebrate Obon as in past years with colorful and spirited dancing.

Besides the traditionally-dressed dancers led by Pat Sassa, many of the onlookers eventually joined in on the annual event. The occasion also allowed a temple setting rarely seen, with the dance area in full view of the najjin.

Thanks to all who participated, including sensei who took a turn on the taiko that David Tanaka and Kynan Gordon tended to most of the afternoon; to Mayah Van Sluys and her mother, Joyce Shigehiro who looked after announcement duties, and everyone who helped with refreshments and planning.

Photos: Akira Ichikawa



Dave Tanaka at Taiko begins odori



Sensei's Invocation



MCs Mayah and Joyce



Pat leads dancers



Dancers join in as Dave keeps the beat



Kynan takes a turn at the taiko



Others join in to dance



Sensei at the Taiko



Dancers and Naijin in full view



Wonderful Participation

2021 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
at August 22 – 138

Hanamatsuri Donations

April 2021

Arline Oishi and Jeff Coffman
Sheila Oishi

Total - \$150

Obon Donations

July 2021

Eiko Aoki
John M. and Rita Ritsuko Aoki
Richard and Valerie Boras
John and Donna Dubbelboer
Judy Fukushima
Dorene (Keiko) Gordon
Jim and Atsuko Hagihara
Randy Higa
Shinako (Sheila) Higa
Helen Hikita
Lois Hinz
Tomi Hisaoka
Rumiko Ibuki
Toshimi and Marian Ibuki
Akira Ichikawa
Judy M. Irvine
Rev. Yasuo and Mrs. Sachi Izumi
Ray and Donna Journoud

Lily Kaga
Kiyomi Kamitakahara
Michie Kawasaki
Chizuko Kimura
Hiroshi Kitagawa
Taxi and Doreen Kitagawa
Dave and Val Kunimoto
Allan Leavens
Yasue Maruyama
Ray or Berniece Masuda
Kinuko Matsuno
Yutaka and Chiyomi Matsuno
Joyce Miyashita
Kiyoshi (Joe) and Marion Mori
Mark and Shelley Murakami
Rie Nagai
Ken and Vickie Nakagama
Jim and Joan Nakagama
Shig and Katie Nakagawa
Hideo and Jennifer Nishida
Kei and Margo Nishida
Sway and Toshiko Nishimura
Reyko Nishiyama
Mitsuko Oga
Noriko Oga
Ken Ohno and Nancy Eng
Setsuko Ohno
Arline Oishi and Jeff Coffman
Heidi Oishi
Lilly Oishi
Sheila Oishi

Doreen G. Osaka
Doug Osaka
Evelyn Osaka
Larry Osaka
Joanne Planidin
Hisae Price
Chiyeko (Chec) Robinson
Tadanori and Chieko Sakaguchi
Irene Sakamoto
Shig Sakamoto
Tobie Sakamoto
Gord and Joy Saruwatari
Roy and Pat Sassa
Bob and Eiko Shigehiro
Joe and Mary Shigehiro
Joyce Shigehiro and Trevor Van Sluys
Tom and Mitsuko Shigehiro
Nobuko or Mary Shono
Emily Stitt
Harry Hajime Sugimoto
Tomiko Sugimoto
Noris and Sachiko Taguchi
Kazuko Takaguchi
Robert and Judy Takaguchi
Fugi Takeda
Tomiko Takeyasu
Eicichi and Betty Tanaka
Glen and Pamela Tanaka
Masaye Tanaka
Ayako Taniguchi
Bill and June Terakita

**CONGRATULATIONS to Tak & Jan Okamura
on the occasion of their 60th Wedding
Anniversary**

--Kelly and Jim Okamura

Carolyn Terakita and Dr. Leigh J. Morris
Clifford Thomas
George Tokuda
Shizuo and Dorothy Tomita
Joe and Sumiko Tomiyama
Wanda Tomiyama
Kaz and Marjory Tomomitsu
Tak and Yoko Tsujita
Wayne and Amy Tsukishima
Yoshiko Tsukishima
Keith and Kathleen Kaoru Turnbull
Roy and Joyce Yokoyama
Lori Yokoyama-Redgun
Ken and Hiroko Yoshihara

Total - \$12,895

Shotsuki Hoyo Donations

July 2021

Richard and Valerie Boras
Mitsuyo Fujimoto
Randy Higa
Tomi Hisaoka
Rumiko Ibuki
Akira Ichikawa
Mona Kado
Lily Kaga
Hiroshi Kitagawa
Yutaka and Chiyomi Matsuno
May Nishikawa
Sway and Toshiko Nishimura
Noriko Oga
Ken Ohno and Nancy Eng
Setsuko Ohno
Heidi Oishi
Sheila Oishi
Nobuko or Mary Shono
Emily Stitt
Robert and Judy Takaguchi
Fugi Takeda
Glen and Pamela Tanaka
Bill and June Terakita
Clifford Thomas
Shizuo and Dorothy Tomita

Total - \$2,870

Funeral Donations

July 2021

Roy and Pat Sassa

Other Donations

July 2021

John and Donna Dubbelboer
Rumiko Ibuki
Rev. Yasuo and Mrs. Sachi Izumi
Esther Kanegawa
Gene Kawade
Ken and Amy Kurio
Sachi Scharf
Amy Tashiro

Total - \$1,195

Total July 2021 Donations - \$17,160

CONTINUED ON FOLLOWING PAGE

Shotsuki Hoyo Donations

August 2021

Rumiko Ibuki
Akira Ichikawa
Lilly Kaga
Hiroshi Kitagawa
Sway and Toshiko Nishimura
Ken Ohno and Nancy Eng
Sets Ohno
Robert and Judy Takaguchi
Clifford Thomas

Total - \$1,315

Total July & August 2021 - \$18,475

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

FOR CHILDREN

Shallow wisdom of the head of monkeys

Have you ever eaten bamboo shoot (*takenoko*)? It tastes good. I love it. Even panda bears love it. Around spring, you can see bamboo shoots coming out from the ground around bamboo trees.

There was a group of monkeys. Monkeys also love bamboo shoots. One evening the group of monkeys went to bamboo trees to steal bamboo shoots. Each monkey quickly broke a shoot. Each time a shoot is broken, there is a loud noise.

The owner of the bamboo trees appeared and loudly shouted. "*Kora!*" Hey, you thieves!" All the monkeys ran for their lives. The man called out, "I'll catch you next time. You will be my servants!" Monkeys could not heed him.

That night, all the monkeys held a meeting. The big head monkey who was actually not wise asked the others, "Why did that man notice

when we were taking the shoots?" One of them answered, "Because the man heard the noise when we were breaking the shoots." The head monkey asked, "Well then, we must pick up shoots without making any noise. What should we do?" All the monkeys started to think about it. Five minutes passed. Ten minutes passed. Suddenly, the head monkey said, as if he wanted showing his wisdom, "I have a good idea! Plug the ear of each of us! So that nobody can hear the noise."

Next evening, the monkeys returned to the bamboo trees with their ears plugged. It was a very quiet evening. Then, the monkeys started to break and collect the bamboo shoots. Alas, they were not able to hear the man approaching them with the large net.
(Y. Izumi)

British Columbia Jodo Shinshu Buddhist Temples of Federation

“Reopening Our Hearts:
Living with Peace of Mind in the Nembutsu”
by Rev. Henry Adams (90 min)

Meeting ID: 692 059 0986
Passcode: shinran

Saturday, September 18th, 2021

(10 am) British Columbia (11 am) Alberta (Noon) Manitoba (1 pm) Ontario



Click here to donate to the VBT via
Canada Helps.Org

Registration is free, but a donation to the Vancouver Buddhist Temple would be greatly appreciated.

Please indicate "**BC Fed Convention**" so that the Vancouver Buddhist Temple can forward your donation to the BC Jodo Shinshu Buddhist Temples Federation.

If you have any questions, please contact: rev.aoki@gmail.com

Topic: BC Buddhist Convention
Time: Saturday, September 18, 2021 10 AM Pacific Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/6920590986?pwd=YTdTbkx6M0cxeUhPNXA4YW0vRW5WZz09>
Meeting ID: 692 059 0986
Passcode: shinran

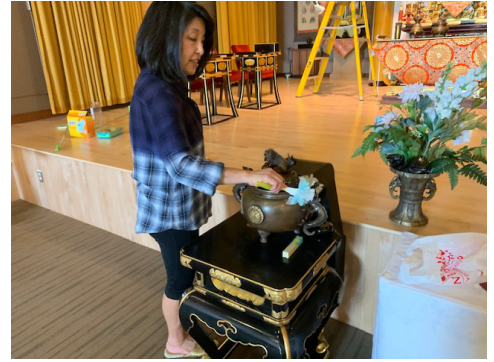


Donations can also be made
by e-transfer to:
temple.vbt@gmail.com



Temple Clean-Up August 29

MANY HANDS (AND FAMILIAR FACES) MAKE LIGHT WORK



Photos: Maya Ichikawa

The Buddhist Temples of Honpa Hongwanji Mission of Hawai'i the United Nations Association of Hawaii and UH Manoa KTUH Radio invite you to

Ring Your Bell for Peace Day

Ring your bell for the International Day of Peace, from your temple, church, school, or favorite place and join with hundreds of others by Zoom around the world.

Tuesday, September 21, 2021.
Pre-celebration at 8:30 a.m.
Bell ringing at 9:01 a.m.



We encourage young people to participate!

Special Guest appearance by
JAKE SHIMABUKURO
2021 Ambassador for Peace Day
performing Songs of Peace

Please register in advance:

<https://hongwanjihawaii.com/peaceday2021>

Rene Mansho, Peace Day Chair, 808-291-6151

renemansho@hawaii.rr.com



MELVEEN LEED

“Miss Moloka’i”, Hawaiian Country Girl”
“Queen of Waikiki,” entertained all over
the world, Carnegie Hall, the Grand
Ole Opry, will sing,
“*Let There Be Peace on Earth*”.

See you on Sept. 21st!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*OFFICIAL BTSA ACTIVITY Services require registration						
			1	2	3	4
5	6	1pm Tonari Gumi 7	1pm Meditation 8	9	10	10:30am Explore Buddhism* 11
10:30am Shotsuki Monthly Memorial Service* 12	6:30pm Minyo meeting/rehearsal 13	1pm Tonari Gumi 14	1pm Meditation 15	16	17	10:30am Explore Buddhism* BC JSBT Zoom 18
10:30am Regular Service* 19	6:30pm Minyo 20	1pm Tonari Gumi Ring Your Bell For Peace Day Zoom 21	9:15am Beg. Yoga 10:45am Res. Yoga 1pm Meditation 22	23	24	10:30am Explore Buddhism* 25
10:30am Regular Service* 26	6:30pm Minyo 27	1pm Tonari Gumi 28	9:15am Beg. Yoga 10:45am Res. Yoga 1pm Meditation 29	30		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:30am Explore Buddhism* 1
						2
10:30am Shotsuki Monthly Memorial Service* 3	4	1pm Tonari Gumi 5	9:15am Beg. Yoga 10:45am Res. Yoga 1pm Meditation 6	7	8	10:30am Explore Buddhism* 9
10:30am Regular Service* 10	11	1pm Tonari Gumi 12	9:15am Beg. Yoga 10:45am Res. Yoga 1pm Meditation 13	14	15	10:30am Explore Buddhism* 16
10:30am Regular Service* 17	18	1pm Tonari Gumi 19	1pm Meditation 20	21	22	10:30am Explore Buddhism* 23
10:30am Regular Service* 24 31	25	1pm Tonari Gumi 26	9:15am Beg. Yoga 10:45am Res. Yoga 1pm Meditation 27	28	29	10:30am Explore Buddhism* 30