

*Steveston Buddhist Temple
90th Anniversary
Special Public Lecture
Saturday October 20, 2018 2:00 PM
"Buddhism of the Heart"
Guest Lecturer: Dr. Jeff Wilson*



The Steveston Buddhist Temple is extremely pleased to announce that Dr. Jeff Wilson from the University of Waterloo will be joining us as a special guest for our 90th Anniversary celebration on Oct. 20th and 21st weekend.

The following is an excerpt from an article on Jeff Wilson written in the Winnipeg Free Press:

Wilson, a Shin Buddhist convert and author of the book *Buddhism of the Heart: Reflections on Shin Buddhism and Inner Togetherness*, believes it's a good fit for people wanting a flexible, non-judgmental and accepting form of spirituality.

"Most religions ask you to be something other than who and what you are," he says. "They want you to become holy or pure or good enough to qualify to enter heaven or whatever ultimate goal it is that they hold out in front of the believer."

The problem with that approach is "we are not in fact really all that good. We may try, but life is hard and we are weak, and few people can measure up to the standards set by religion."

Shin Buddhism, on the other hand, accepts people "as they are, warts and all, whoever and whatever they are," he says. "There's no need to become holy, something not many of us are able to do, anyway."

"We don't have to be saved — it's all done." . . .

. . . Founded in Japan 800 years ago, Wilson says there are four key characteristics of Shin Buddhism that make it appealing for people today: Relaxing, trusting, thanking and fearlessness.

Relaxing, he says, means "an emphasis on being who we are, and on naturalness instead of striving," he says.

Trusting means "cultivating a vision of our inner togetherness and turning toward power beyond the self."

Thanking means "living an expressive Buddhist life of gratitude that puts our inner feelings into action in the world."

And fearlessness means living "without anxiety, which provides hope and courage in a difficult world."

For him, "this is a beautiful vision of the spiritual life, where instead of chasing after enlightenment and holiness, we rest in boundless compassion and allow our joy to grow ever fuller, where we are compelled by gratitude rather than fear, greed or obligation."

We hope you will join us in listening to Dr. Wilson as he explains Shin Buddhism in a way that is accessible to everyone. Come, just as you are and don't miss this event.