



法のともしび LIGHT OF THE DHARMA

Golden Chain of Love

NOTICE TO MEMBERS:

We hope you are coping well during this period of the COVID-19 pandemic.

Since the government of BC has not lifted the ban of people gathering in large groups, unfortunately activities at our temple will still have to be cancelled until further notice.

Please see our website and this newsletter for details on Dharma talks and other on-line opportunities to connect.

Please send in your Membership form with your Membership renewal.

We are missing Birthdates and Next of Kin for many members!



Your Donations are needed and appreciated!

Donations are the single largest source of income for the temple. Although there are no scheduled events, expenses do not stop. We want to be able to restart programs as soon as possible, so we thank you in advance for your contribution.



I am a link in Amida Buddha's Golden Chain of Love That stretches around the world. In gratitude, may I keep my link bright and strong.

I will try to be kind and gentle to every living being and protect all who are weaker than myself.

I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that what I do affects not only my happiness or unhappiness, but also those of others.

May every link in Amida Buddha's golden chain of love be bright and strong and may we all attain Perfect Peace.

May this newsletter find you doing well during this uncertain time we are in. Our lives have been greatly affected by the Coronavirus Pandemic. A month has passed since I last wrote my article and back then, I was writing about how this pandemic is the greatest threat to modern humankind and indeed, it continues to be so today with over 2.71 million people infected worldwide and 191,000 deaths (at the time this article was written).

In trying to cope with the situation, we have been offering services over the social media platform known as "Zoom Cloud Meetings". We have tried to maintain our regular temple schedule allowing as many people as possible to access our temple. We are holding weekly lectures on Tuesday evenings, Seiza meditation on Thursday evenings, Chanting and meditation on Friday mornings, and English and Japanese services on Sunday mornings. All through using Zoom Meetings. Although, there have been some technical glitches as we are all learning together how to use this new technology, overall it has been wildly successful.

The Sunday morning services have been especially well attended with over 80 attendees at the last service. The best part is that when we started this endeavor, we thought maybe we could get 10 to 15 people and it would be local to our temple. To all of our surprise, it has been an international event as we are getting people from across Canada joining and even my cousin in New York has joined and Shinobu-san, our former minister assistant, from Hawaii has been a regular attendee. Just earlier this week, I received a request from a gentleman from Nova Scotia who is interested in participating. He has been following Jodo Shinshu for a number of years, being introduced to Shinran Shonin's teachings by Rev. Fred Ulrich, the retired Kaikyoshi Minister in Winnipeg. Unfortunately, this gentleman said that there are no Jodo Shinshu temples in the Maritimes, so he has not been able to participate in services. Somehow, he received a message through his computer that we were holding live services so he contacted me asking if he could join in. What timing it was with the horrific events that have occurred over the last weekend in Nova Scotia. I hope he will gain some solace in participating in the service. It has not only been the English service that has been successful, but all of the online gatherings have really brought people together during a time of social distancing. For our Japanese services, we even have a couple of centenarians who join in regularly (their children help them log in).

It was during our Seiza meditation session this past Thursday evening that I was inspired to write this article. As we were sitting quietly, I began to think about the mental anguish and anxiety that so many are going through during this Covid-19 Pandemic and it dawned on me that the Buddhist teaching to dealing with this is through kindness. In the Golden Chain, which I have quoted at the beginning of this article, it is written that, "I will try to be kind and gentle to every living being and protect all who are weaker than myself." The key words in this phrase are, "I will try". What this means is that effort is needed in kindness. It just doesn't happen randomly. It is something that we need to strive for.

FUJINKAI NEWS

Hiroko Yoshihara

“Life is on hold” or seems to be. The future is uncertain. However, Fujinkai members are focused on the present: cleaning, reorganizing, tidying, baking, gardening and looking after parents. Some of us are learning new skills: salsa dancing (via online), canoeing (via Wii) to replace the annual Dragon boat racing and making medical masks. One member is into the third week of a ten week challenge with her husband doing push up, squats, planks and dead bugs. We will have to ask her what “dead bugs” mean!

To take breaks from being isolated at home, we enjoy drives to the river and long walks. And we are very grateful for the sunny days.

As a group we are also washing the purple zabuton covers which has not been done since 2012 or so.

We must mention and remember with gratitude, Mrs. Satsue Naka who did this task for us. She would do a few cushions at a time. She also made the cushions using remnant samples donated by Hambly Draperies. Her story is in “History of Steveston Buddhist Temple, 1928-2011.

Finally, our Dana Day donations cheque has been returned due to the cancelled JSBTC WF annual general meeting. It is recommended that this year, we donate to local charities in need due to Covid-19. If you have any suggestions, please contact Hiroko at hi.yosh@telus.net or 604.277.6521.



UPCOMING EVENTS ONLINE!

Rev. Grant is continuing with services and events, using an internet app known as Zoom. In order to participate you will need to download the Zoom Cloud Meeting app and be invited by Rev. Grant, the host, to join in the session. If you are interested in any of the following sessions, please email Rev. Grant so he could add you to the invitation list. Some of the activities will also be posted on our website, so please visit www.steveston-temple.ca as well.

1. Weekly services - Sundays from 10:00 am (English).
2. Weekly services - Sundays from 11:30 am (Japanese).
3. Weekly Lecture series - Tuesdays from 7:30 pm.
4. Weekly meditation sessions – Thursdays from 7:30 pm.
5. Weekly chanting sessions – Fridays from 10:30 am.

Lean on Me!

Under these trying times of the Coronavirus, pain and agony through isolation and separation from family and friends, anxieties and fear of the unknown of this global pandemic have become a common experience for many of us, if not all. There are those who have conveyed their empathy for others who have contracted this dreaded disease and sadness for those who have died from Covid 19; there are the essential workers and caregivers who have committed themselves to provide for the well-being of others. And, as we reflect on this novel virus and the dreaded disease, questions abound. What is the cause of this - is it Circumstantial or Karmic? When will this ever end? Will we ever experience such a situation again in our lifetime? Will there be enough to sustain us? What about the education of our children? The list goes on and on.

This life of mine had undergone a previous traumatic experience of the WW II Japanese displacement from the Westcoast to Southern Alberta. At the age of six having been separated from my family because of the lack of accommodation in the farmer’s house, I was placed in my grandparents’ home on arrival in Lethbridge. I found it difficult to accept despite the fact they were my loving grandparents. I find this present situation equally devastating. Will there be similar experiences? Who is to know? How true it is!

Like many of you I have had this new experience of having to be two metres from my grandson when speaking to him, queuing-up a similar distance behind the next shopper at the local store and self-isolating myself in my home. How do I fill this void? How do I fill this time? While trying to find the answers, I recalled the Homages, the passage that we repeat at our services. The first line reads, “Hard it is to be born into human life; now we are living it.” For us humans bounded with self-inflicted tendencies, we are indeed living in that moment. We are living it now.

Of the present, there is a Japanese phrase that expresses my feelings. It is “Shikata ga nai or Shou ga nai”. This is how it is. How true it is! We are living it. However, in accepting this feeling, I still look for means to relieve the agony of not being able to be with my loved ones? Seeking comfort, I began to look for an outlet, perhaps to escape (not from a literal sense) and to find purposeful diversions. And, with the passing of time while reading the newspaper and listening to commentaries on TV, I heard about the death of Bill Withers, an African American musician and band leader who wrote the song “Lean on Me”. I had heard his song many times over and it struck a bell with me. I’d like to share the first four verses (in entirety, there are eight verses) with you: (Continued on next page)

Message from the President



As I write this message the sun is shining, gardens are growing and everything appears like any other spring day. It is hard, then, to believe the word “unprecedented” describes our current situation.

This COVID 19 pandemic has changed our lives and we are unsure how long it will continue. Our parents and grandparents have experienced unprecedented times. Their lives were changed as well. Jodo Shinshu practitioners rely on the teachings of the Buddha. Their patience, determination and willingness to cooperate allowed the community to recover. Although attendance at Sunday Services are suspended, Rev. Ikuta is holding regular services through Zoom. We may be apart physically, but remain connected through technology. Please see our website steveston-temple.ca for Dharma talks, etc. and a link for access to online Sunday Service.

I am humbled to continue the position of President of SBT. I would like to take this opportunity to thank Mr. Bud Sakamoto, Past President, for his years of service to our Temple and his willingness to continue serving the Executive. The members of the Executive and the Temple Board look forward to working on your behalf.

Please continue to support our SBT with donations, either by mail or through Donate Now link on our website.

In Gassho,
Ted Akune, President
Steveston Buddhist Temple

Jodo Shinshu Buddhist Statement on Covid-19 Pandemic

The Covid-19 pandemic has spread throughout the world and shows little sign of ending. Here in Japan, we have entered a new stage with the announcement of the state of emergency.

First, I wish to express our sincerest condolences to those in Japan and the rest of the world, who have passed on due to Covid-19 pandemic. And to those who have become ill, we send our best wishes for a speedy recovery. Moreover, we express our deepest admiration and gratitude to all the doctors, nurses and medical staff for their heroic effort to treat and save the patients, even at the high risk of danger to themselves. During this crisis, people around the world are confronting the enormous set of challenges by working together through mutual cooperation and encouragement.

However, it has been pointed out that one of the causes for the spread of the disease lies in the actions of asymptomatic people who are unaware that they have contracted the virus. We must, therefore, understand its dangers and the correct response to the virus and act accordingly. We are requesting everyone to show genuine concern for one another so as not to allow the spread of any kind of discrimination and prejudice. Let us act properly based on our careful consideration of the implications of our action.

The Buddha taught us that ignorance and afflictions are the cause of our suffering. And Shinran Shonin revealed to us of the truth of our self-centeredness that lurks at our core through the words, "we foolish ordinary beings possessed of afflictions." Given these truths, isn't it important that we share in the joys and pain precisely because we are in such a difficult time? In Buddhism, we value the teaching of 'interdependence,' which points to the reality that 'all things exist by being connected through the workings of causes and conditions' and are, therefore, 'without any fixed substantial entity.' The spread of Covid-19 is due to the person-to-person contact. Consequently, we no longer feel relief but, instead, anxiety about our 'human connectedness,' which was originally something that was highly cherished.

Therefore, we must not come to regard our 'human connectedness' negatively as something of great danger. Precisely because we are now facing this worldwide pandemic, we must become even more cognizant of the original meaning and the importance of our 'human

connectedness.' What is crucially important at this time is for us to be guided by the Buddha's wisdom and to work (Statement from P.3) cooperatively together within the workings of Buddha's great compassion. In so doing, we can reaffirm the importance of being alive and to bring an end to the spread of this disease. It is not the governmental announcement of the state of emergency that will defeat this Coronavirus crisis. Instead, it is the thorough and appropriate actions of each one of us, in cooperation with many others, which will determine whether or not we can bring the current crisis to its end.

Precisely because my very existence is made possible within the connectedness with the people of the world, we shall be able to rejoice with them when we eventually overcome this difficulty together. Within our respective personal circumstances, we are encouraged to think about what we can do to combat this crisis without diminishing the Lamp of Dharma and our tradition. And we shall cooperate and pool our resources as we receive the mind of Nembutsu that reaches us from Amida Buddha, promising to "liberate us just as we are." So, let us do our part to the best of our abilities in order to regain our society, in which everyone can live with a peace of mind.

April 14, 2020

Chiko Iwagami
Governor General,
Jodo Shinshu Hongwanjiha

(Sensei From P1)

Even in the most trying of times, it is a humane act which makes us human.

The Japanese for the word "To Forget" is written with the following character 忘 it is read as 'Wasureru'. It is made of two separate characters joined together. The top half 亡 (nakusu) means "to lose" and the bottom half 心 (kokoro) means "heart or center of being". So the word "to forget" in Japanese means to "lose one's heart" or to "lose one's center of being." In other words, if we forget to strive for kindness, we lose the heart of being human.

The good news is that we have the ability to control our destination through continuing to listen to the Dharma and being mindful of our actions. The challenge for all of us is, what acts of kindness can we do to make a difference?

In gassho,
Grant Ikuta

:Lean on me cont...))

*"Sometimes in our lives we all have pain, we all have sorrow
But if we are wise, we know that there's always tomorrow.
Lean on me, when you're not strong and I'll be your friend
I'll help you carry on for it won't be long, til I'm gonna need somebody
to lean on.
Please swallow your pride if I have things you need to borrow
For no one can fill those of your needs that you won't let show.
You just call on me brother when you need a hand, we all need
someone to lean on
I just might have a problem that you'll understand we all need
someone to lean on."*

His words are about love, about loneliness, about sadness and about being steadfast—all the emotions that surround me. His words touched my heart. I felt there was deep authenticity. And, again as I reflected, I thought to myself—these words are the 21st century expressions of the thoughts of Shakyamuni Buddha as he sat under the Bodhi tree in Bodhgaya, India on reaching enlightenment 2,600

years ago.

Yes, indeed, there is one that I can Lean On. It is the Calling Voice of the Buddha stating "take refuge in the Buddha, the Dharma and the Sangha." I feel his Voice is ever present as expressed through the Nembutsu, calling on me to come just as I am. My head bowed in Gratefulness and Humbleness as I repeated Namu Amida Butsu, over and over and over.

In Gassho,
Roy Akune,

NEW MEMBERS

** Welcome to the Steveston Buddhist Temple. **

Kinuko Tsuda Dickens

津田絹子

Seishi Kuwabara

桑原誠也

Shigeko Kuwabara

桑原茂子

We are very happy that you have become a member of the Steveston Buddhist Temple and hope that you will be able to enjoy the variety of activities this temple offers.



STEVESTON
Buddhist
Temple

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Would you like to receive your own copy of Dharma Light?

Send an e-mail to: events@steveston-temple.ca and ask to be added to our mailing list.
(All members automatically receive a copy via e-mail, hand delivery or Canada Post.)

MEMBERSHIP: If you would like to become a member, please come to the office and complete the membership form.

Join the Sangha and spread the Dharma

DONATIONS:

The Steveston Buddhist Temple sincerely appreciates and thanks the following for their generous donations: All donations received after April 21st, 2020 will be announced in the next newsletter. *Please write your full name with your address clearly on your donation envelope.

General (\$1500): Anonymous, Akune Ted & Rose, Denusik Gordon, Kaita Alan, Ikuta Teruko, Kakehi Tomoko, King Hiroko, Nishi Shizuko, Sakai Tomiko, Sakiyama Marilyn, Whittier Maya

Dharma Offertories (\$225): Akune Itoko, Cameron Huston & Mari, Ikuta June, Ikuta Teruko, Kurita Yoshie, Maruno Maya, Morishita Elmer, Nakatsuru Sherry, Oki Hiroshi, Ryan Larry & Jeanne, Yoshihara Hiroko

Hanamatsuri Service (\$1150): Akune Roy & Itoko, Go Keiko, Hamaura Misaye, Ikuta Denise, Ikuta Kevin & Karen, Ikuta Teruko, Kawabata Jack, Kawabata Mitsuyo, Kawabata Victor, Maede Toyoko, Matsumoto Yoshiko, Matsuno Seishi & Kisako, Mori Kahoru, Mori Koji & Judith, Nakata Jen & Brent, Nakatsu Tsuyoshi & Chizuru, Niguma Kazuko, Nishi Kayoko, Nishi Kazumi & Chizuko, Nishikihama Eiko, Nishikihama Teruko, Oye Hanako, Sakai Tomiko, Sakamoto Alan & Cathy, Sakata Hozumi, Takeuchi Ken & Sachiko, Suyama Eiji & Caroline, Suzuki Kent, Toyoda Miyuki, Yamashita Setsuko, Yoshihara Ken & Hiroko

Shotsuki Service (\$755): Anonymous, Akune Roy & Itoko, Matsumoto Yoshiko, Matsumura Dan, Morishita Brian & Elaine, Morishita Herb, Nakanishi Mike & Frances, Nishi Kazumi & Chizuko, Oikawa Brian, Oikawa Joanne, Oikawa Toyoko, Oye Hanako, Sakai Mitts & Kay, Takasaki Nancy, Yesaki Arthur, Yesaki Mitsuo, Yokota Carl

January Shotsuki Service (\$50): Nadiger Josephine

Ohigan Service(\$260): Ikuta Denise, Ikuta Kevin & Karen, Ikuta Kuni & June, Nakatsu Tsuyoshi & Chizuru, Nishi Kayoko, Nishi Kazumi & Chizuko, Nishikihama Teruko, Nitta Ayako, Suzuki Kent, Toyoda Miyuki

Nehan-e Service (\$20): Nishikihama Teruko, Tanaka Emiko

Funerals & Family Memorials (\$1740)

In memory of the late:

Ms. Carole Yamamoto: Kawasaki Kenneth, Kawasaki Sanae, Kawasaki Verna Irene

Mr. Bob Hamaura: Hamaura Misaye, Nagata Sayoko, Oye Hanako, Sakata Hozumi

Mrs Susie Miyazaki 2nd Year memorial: Miyazaki Patricia

Mrs. Mieko Nogami: Nogami Hiroshi

2020 Membership paid: Akune Roy & Itoko, Akune Ted & Rose, Ikuta Teruko, Kamide Hajime, Kakehi Tomoko, Kawabata Mitsuye, Kawabata Victor, King Hiroko, Matsuno Seishi & Kisako, Mori Koji & Judith, Nagata Sayoko, Nakanishi Mike & Frances, Niguma Kazuko, Nishi Chizuko, Nishi Kayoko, Nishikihama Eiko, Ohara Isao & Kazuko, Okabe Mary, Oshiro Patrick & May, Quan Toshiko, Sakata Hozumi, Ryan Larry & Jeanne, Sakai Mitts & Kay, Suyama Eiji & Caroline, Takeuchi Ken & Sachiko, Toyoda Miyuki, Whittier Maya, Yoshihara Ken & Hiroko

Request for unused Temple Keys

If anyone has unused temple keys, please put into an envelope noting "temple keys" and return to Keiko Go or drop into the mail box on the side door as soon as possible. These extra keys are needed.

Thank you!

MAY 2020 MEMORIAL SERVICE (Please bring your "Homyo".)

Akizuki, Sukenobu	Kanno, Kikumi	Murao, Nagako	Sakamoto, Claudette	Takasaki, Kazuo
Akizuki, Takeyo	Kishiuchi, Tane	Nagata, Shokichi	Sakamoto, Noboru	Takeuchi, Fujitaka
Hamade, Hatsuyo	Kitade, Yasuo	Nishi, Teruo	Sakata, Chiyoko	Taniwa, Tei
Hamaura, Kiichiro	Kuriyama, Kikuyo	Nishikihama, Konosuke	Sakata, Masakazu	Toyoda, Fusako
Haya, Haruko	Kurahashi, Tazuko	Nomura, Yukie	Sakiyama, Fukumatsu	Upadhyaya, Hisaka
Hayashi, Yasu	Kuramoto, Tomiyuki	Okano, Fumio	Sakiyama, Joy	Yamamoto, Kazuhiko
Ikari, Toshiko	Maekawa, Sandra Takeno	Okano, Hideo	Sameshima, Hisako	Yamamoto, Nancy Sumiko
Ikeda, Hisano	Matsuba, Nobuo	Okano, Masaji	Sato, Fumie	Yamamoto, Terumi
Inouye, Tomojiro	Matsumura, Yasue	Osaka, George	Shirakawa, Kiichiro	
Ishida, Takezo	Mori, Michiharu	Oshiro, Art Yeichi	Tabata, Tatsue	
Ishida, Tracy Toru	Murao, Michitaka	Ryan, Lee Takashi	Tabata, Yoshiaki	

JUNE 2020 MEMORIAL SERVICE (Please bring your "Homyo".)

Akizuki, Lindsay	Ikeda, Torakichi	Kuramoto, Haruo Harry	Nakane, Kazuo	St. Hilaire, Linda Mayumi
Asano, Teisuke	Ito, Misao	Kuramoto, Kayo	Nakano, Chikae	Tani, Shinzo
Domai, Toyokichi	Ito, Toramatsu	Maeda, Tsunekichi	Nishi, Toshiharu	Tanigami, Tomie
Hamade, Itsuji	Kamide, Patsy Shizuko	Matsunaga, Masami	Nishii, Torakichi	Toyoda, Shigeru, Jerry
Hamanishi, Kiyoko	Kariya, Tsuneko	Matsuyama, Yaeko	Nitta, Mitsuyo	Uyeyama, Matakichi
Hamaura, Sadame	Kawamoto, Itoe	Morimoto, Bobby	Okano, Mine	Wada, Kazuko
Harada, Tamae	Kawasaki, Koichi	Morishita, Eikichi	Sakai, Matsu	Yamamoto, Yoshio
Harada, Teiko	Kikuchi, Kei	Morishita, Sentaro	Sakata, Kazue	Yamanaka, Tomizo
Hashimoto, Kimie	Kojima, Kenosuke	Murakami, Collin	Sakata, Shozo	Yoshida, Troy
Hashimoto, Masuo	Koyama, Fukujiro	Murakami, Tsuneko	Sameshima, Merry	Yoshida, Yoshiji
Hibi, Tadasu	Kokubo, Mike	Muramatsu, Joe	Shinde, Yoshiharu	
Hikita, Emiko	Kurahashi, Setsuyo	Nakagawa, Shuichiro	Shiyoji, Masako	



法のともしび

婦人会からのお知らせ 吉原ヒロコ



生活が止まってしまったかの様な昨今、将来もよく分かりませんが、婦人会の人達は現在に焦点を定めていろいろしています。例えば、掃除、家の中の片づけ、ベークキング、庭仕事、両親の面会等。またある人達は新しい事を始めました。

オンラインでのサルサダンス、例年のドラゴンボートの代わりにウィーのカヌー漕ぎをしたり、マスク作りをしています。ある人はご主人と10週間のエクササイズをする事にし、すでに3週間目で腕立て伏せやスクワット等をしているそうです。「デッドバックdead bugs」というのもしているそうですが、何でも、後で聞いてみませんと。私達は家にばかりいないで川までドライブし、遠くまで散歩したりします。幸い、お天気がいいのでありがたいです。婦人会としては2012年位から洗っていない紫色の座布団カバーの洗濯をしています。ここで感謝の気持ちと共に記憶に残しておきたい方がいます。Army & Navy Seniors Homeに住んでいらしたナカ・サツエさんで、一度にいくつかの座布団を持ち帰り洗濯しました。さらに、Hambly Draperiesが寄付して下さった残り布で座布団も作りました。彼女の話し「History of the Steveston Buddhist Temple: 1928-2011」の35ページに載っています。最後に、例年のJSBTC WF年次総会が中止になりましたので、私たちのダーナデー寄付金が返金されました。今年はCOVID-19に影響された地域の慈善団体に寄付することになりました。もし推薦団体等ご意見がございましたらヒロコにご連絡ください。hi.yosh@telus.net または 604.277.6521

浄土真宗の生活信条とコロナウィルス 浄土真宗の生活信条

- 一、 御仏の誓いを信じ、尊いみ名をととなえつつ強く明るく生き抜きます。
- 一、 御仏の光をあおぎ、常にわが身をかえりみて、感謝のうちに励みます。
- 一、 御仏の教えにしたがい、正しい道を聞きわけて、まことのみのりをひろめます。
- 一、 御仏の恵みを喜び、互いにうやまい助け合い社会のために尽くします。



コロナウィルスパンデミックにより、不要不急の外出を控えるように政府から宣言されて、一か月以上になります。三月に四月の終わりまでお寺での行事をすべて中止にすると皆様に連絡を出しましたが、現時点ではまだBC州政府より人の集

まりの許可は下りていないので少なくとも5月もお寺での活動は控えなければならないこととなりました。お寺での活動再開の許可が下りるまでもう少しの辛抱ですが、皆様のご理解とご協力をお願い申し上げます。

お寺での活動ができなくても、代わりに今はネットを通じて様々な活動をし続けております。毎週火曜の夜に講習会を行い、木曜日と金曜日は静座、そして日曜日は英語と日本語の礼拝を行っています。行事はすべてZoom Cloud Meetingと言うアプリを使っています。お参りに参加したいと思う方は私のメールにご連絡をして下されば招待文を送らせていただきます。メルアドはgrant.ikuta@gmail.comもしくはrev.ikuta@steveston-temple.caです。

ネットでの英語日曜礼拝はカナダ中のご門徒様に注目され、参加者はスティーブストン仏教会のメンバーを始めとして遠くは東海岸のノバスコシアからの参加者もいます。またカナダ以外にニューヨークやハワイなどアメリカに住んでいる参加者もいます。普段の日曜礼拝より多くの参拝者が参加されていますのですごいエネルギーを感じます。日本語の日曜礼拝は英語礼拝ほどの参拝者はいませんが、百歳の方二名も参加されているのでそれはそれですすごいことだと思います。皆さんも一緒にいかがでしょうか？

話を少し変えますが、この間の木曜日の静座クラスの時にコロナウィルスによる精神的苦しみや悩みについて少くも考えていたら、この記事の最初に載せた浄土真宗の生活信条の文章が思い浮かんできたのです。特に四番目の「御仏の恵みを喜び、互いにうやまい助け合い社会のために尽くします」は今の世の中に大切なメッセージを述べられているのではないかと思います。最初の「御仏の恵みを喜び」は南無阿弥陀仏というお念仏のお恵みに対する喜びなのです。お念仏は阿弥陀様のはたらきにより、私たちが生きとし生けるものに支えられて私の命があることに気づかせていただく恵みなのです。そしてそのお恵みに自然と他を敬う心が生まれてくるはずなので、それが人間として生まれてくる事が出来た最大の喜びでもあるはずなのです。特に今の厳しい時代に決して忘れないといけない大切な心得ではないかと思っております。皆さんとお寺でまた一緒に念仏のみ教えをいただけたことを心から願ひ、それまではネットやニュースレターなどを通してお参りをし続けたいと思っております。これからもよろしく願いいたします。

合掌 生田真見

会長からのご挨拶 Ted Akune



この記事を書いている今、外は日光が輝き、庭の草木は生き生きとし、いつもの春と同じに見えます。今の状況を示す「前例のない」という言葉が信じられません。

COVID-19の世界的感染は私たちの生活を壊してしまい、それもいつ終わるのかも分かりません。私たちの両親と祖父母は前例

のない時代を経験しており、人生も変わってしまいました。浄土真宗を奉ずる人達は仏様の教えを信じています。彼らの忍耐、強い決意そして協力する意欲が地域の活性化につながったのです。お寺の本堂での日曜の常例法座に出席することは出来なくなりましたが、生田先生はいつもと同じ様にコンピューターのZOOMを使って常例法座を行っています。物理的には離れていますが、技術のお陰でお互いに繋がっています。お寺のサイトsteveston-temple.caに行きますと法話を聞く事が出来ますし、日曜の常例法座へのリンクもあります。試してみてください。私はスティーブストン仏教会会長の役を謹んでお受けいたします。長年お寺に貢献して下さった前会長の坂本バッドさんは今期もお寺の役員として残って下さり、心から感謝いたします。執行委員と役員は皆さま方のために励んでまいります。バザーやゴルフ等のファンディングの活動ができない上に、日曜の祥月法要や常例法座も中止していますので、今まで通りご寄付をして下さるようご協力をお願いいたします。小切手をお寺に送って頂くか、お寺のサイトDonate Nowからオンラインでのご寄付をお願い致します。

合掌
阿久根テッド、会長
スティーブストン仏教会

「僕を頼って！」

今世界中に蔓延している新型コロナウイルスのため、家族や友達と隔離され、未来もどうなるのかも分からない不安や苦しみを多く抱えています。この病に感染したり、亡くなれた方達、さらに私たちの生活に不可欠な場所や病院等で働いている方達に、共感、悲しみ、感謝の気持ち等を伝えていた方達もいらっしゃるでしょう。この病気に関しては未知の事であり、原因は何か、偶然なのか運命なのか、いつ終わるか、将来またこういう事があるのか、間は生きているのか、等々疑問にきりがありませぬ。私も第二世界大戦の今も消えない苦しい経験があります。西海岸から南アルバータ州への日本人の強制送還です。農家に私たち一家を住まわせる事が出来なくて当時6歳だった私は家族と離れてレスブリッジの祖父母の家に住む事になりました。祖父母は好きでしたが、この新しい環境になじめませんでした。今の状況もこれと同じくらい衝撃的です。また同じようなことを経験するのだろうか。そんなことは誰にも分かりません。全くその通りです。かわいい孫に話しかけるにも2メートル離れないといけないうし、買い物に行っても同様に前後の客と間隔をあけて並び、そして家に閉じこもっていなければなりません。皆さんも同じでしょうがこんな経験は初めてです。どうやってこの空虚さと時間を埋めたらいいのでしょうか。この答えを探しているときに法要の時に読む帰敬文(ききょうもん)が頭に浮かびました。一行目はこうです。「人身受けがたし、今すでに受く。」因果の道理で人間に生まれついた私たちは今まさに生きているのです。現在のコロナウイルスの状況に関して、日本語の表現で私の気持ちを表すものがあります。それは「仕方がない」「しょうがない」です。まさにその通りです。この気持ちを受け入れるにしても、愛する人たちと一



緒にいられない苦しみをどうしたらいいのか慰めを求めて出口を探しました。新聞を読んだりテレビのニュースを見たりしていたらビル・ウィザースの死を知りました。彼はアフリカ系アメリカ人のミュージシャンとバンド・リーダーで「僕に頼って」という歌を書いた人です。私はこの曲を何度も聞いたことがあります。ピンとくるものがありました。最初の半分だけここに紹介します。人生には時々苦しいことも悲しいこともあるけれど僕らが賢明ならばわかっているはず必ず明日が来るってことを

弱気になったときは僕を頼ればいい、君の友となって手助けをしてあげよう
僕だってそう遠くはないうちに頼れる誰かを必要とする日が来るだろう

どうかプライドをぐっと飲み込んで僕から借りたいものがあるのなら
ちゃんと打ち明けてくれなくちゃ誰も覚えてはあげられないよ

助けが必要なときはブラザー、僕を呼んでくれればいい、誰だってみんな頼れる誰かが必要なんだ

僕の悩みだって君がわかってくれるかもしれない、誰だってみんな頼れる誰かが必要なのだから

(歌詞 阪口マサコ訳 <http://www.tapthepop.net/sommelier/45159> Apr. 20, 2020)

彼の歌詞は愛、孤独、悲しみ、そして確信についてであり、その全てが私を包み込んでいます。彼の言葉は私の心に触れ、真情にあふれ、2600年前にインドのボドガヤの菩提樹の木陰で悟りを開かれたお釈迦様の思いの21世紀の表現なのだと思います。実際これは「み仏と法と僧に帰依する」という仏様のお言葉に頼ればいいのだと思うと、お念仏の響きの中に私をありのままに受け入れてくれるという御仏のお声を感じました。感謝と謙虚な気持ちで頭を垂れ南無阿弥陀仏を何度もとなえました。
合掌 阿久根ロイ

ネットで見られる仏教会の活動

生田先生がインターネットを通じてお寺の活動を続けていらっしゃいます。Zoomと言うアプリを使って参加できます。まずはお持ちの、タブレット(ipadなど)、スマホ、ラップトップなどにZoom Cloud Meetingのアプリをダウンロードしていただき、そして生田先生に参加したいと連絡をくだされば招待リストに加わります。次のどれかに参加したいと思われる方はぜひ生田先生にメールでご連絡くださいますようお願い申し上げます。



1. 常例法座 毎週日曜日午前10時半 (英語)
2. 常例法座 毎週日曜日午前11時半 (日本語)
3. 仏教講習会 毎週火曜日午後7時半 (英語)
4. Meditation 毎週木曜日午後7時半
5. 読経 毎週金曜日午前10時半

萌の会

郷恵子

皆様、お変わりありませんか。新型コロナウイルスの感染拡大防止のため、先月から萌の会はお休みさせて頂いております。皆様とご縁を常に保てる様、4月中旬からザ・絆を毎週月曜日に発行することにしました。毎月行われている萌の会での簡単な体操、情報をお届けしようと思っております。是非お時間がある時にも、ご覧になって下さい。尚、今回の自粛に当たって、何かご不自由な点、お問い合わせがありましたら、オフィスまで遠慮なくご連絡下さいませ。

使っていないお寺の鍵をお返しく下さい。

もし、使っていないお寺の鍵をまだお持ちでしたら、封筒に「お寺の鍵」と書いて、郷恵子さんに渡すか、ドアについている郵便受けに入れておいて下さい。お寺の鍵が足りず、すぐ必要です。よろしくお願いたします。