



# 法のともしび LIGHT OF THE DHARMA

## NOTICE TO MEMBERS:

Due to current COVID-19, restrictions, all temple activities are held via Zoom Meetings.

**IF YOU COME TO THE TEMPLE PLEASE WEAR A MASK!**

### REGULAR SCHEDULE

ENGLISH SERVICES  
Sundays 10:00am

JAPANESE SERVICES  
Sundays 11:30am

SEIZA MEDITATION  
Thursdays 7:30pm

MORNING MEDITATION  
Fridays 10:00am

### SPECIAL EVENTS

Sunday March 7

10:00am Shotsuki Service

11:30am Japanese Service

Monday March 8

7:00pm SBT Board Meeting

Sunday March 21

10:00am Higan Service

11:30am Japanese Service

Sunday April 4

10:00am Shotsuki Service

11:30am Japanese Service

Monday April 12

7:00pm SBT Board Meeting

**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.**

**FUJINKAI  
TOBAN 1**

Contact: June Ikuta  
604-277-5077

## The World of "Itadakimasu"

As we enter the month of March, it's hard to believe that a year has gone by since the world has been rocked with the Covid-19 pandemic. Even though everyday seems to be the same thing over and over again, time has gone by and here we are in March again. I was originally going to write an article on the serious message on the merits of compassion and perseverance, but instead decided to write on the meaning of 'Itadakimasu'.

Since the Covid-19 pandemic restrictions have been in place, one of the positive aspects has been that I have been able to spend a lot more time with my daughters, mainly because they have not been able to go out and hang out with their friends (At least this is a positive for myself, perhaps not so for my daughters). We have spent more time together mainly watching movies and TV shows. The other day, Courtney was watching one of an animation titled, "Kurenai no Buta" in Japanese, or "The Crimson Pig" in English. It is one of my favorite Japanese animations and is made by the famous animator, Hayao Miyazaki. The story is about a pilot who has been cursed and somehow been turned into a pig in human form. It was first released when our boys were still little and watching it with my daughter brought back some fond memories of when I watched the movie with our boys.

In one of the scenes, a group of factory workers are about to have a spaghetti dinner. Before they start, one of the characters says a grace and they all say "Amen" at the end. I didn't think much about this scene at the time. However, at the conclusion of the movie, Dylan who was still only about 5 years old, turned to me and said, "Dad, wasn't that funny how they all said 'Ramen', before they ate their noodles?" I laughed and corrected him by explaining about the Christian grace. I guess it's a perfectly legitimate mistake to make for a boy who was raised up attending a Buddhist temple, he had never heard anyone saying, "Amen" before. I explained to him how grace is similar to us saying 'Itadakimasu'. In doing so, I began to think about the true meaning of the word 'Itadakimasu'.

Being raised in a Japanese Canadian Buddhist family, I was taught from childhood to say 'itadakimasu' before each meal. The word literally means 'to receive with respect' and I was taught that we say it to thank the cook and all the people who made it possible to have that meal. I was also taught that it is to thank all the food for giving up their life so that we may have ours.

'Itadakimasu' expresses a fundamental principal of Buddhism, that all things are interdependent. My existence is totally dependent on the universe around me. Perhaps a more complete translation for 'itadakimasu' should be 'I will try to make the most of each moment of my life so that I do not waste the countless causes and conditions that have allowed me to be here this moment.' When we reflect on the meaning of 'Itadakimasu' in this fashion, we realize that even in such a difficult year like we have just experienced, there is so much that we need to be grateful for.

The Spring Higan service on March 21st is a service to reflect on the harmony of the Universe. With this in mind, let us make the effort to live each day in the spirit of 'Itadakimasu'.

Namu Amida Butsu  
Grant Ikuta





## FUJINKAI NEWS

Hiroko Yoshihara

With the pandemic lockdown continuing, we face the loss of social contact which the temple has provided. Helpful suggestions have been in various newspaper articles. Establish a daily and weekly routine with a variety of activities. Write your routine down. Exercise. Walk or participate in online activities such as yoga. Expand your horizons with online learning, preparing a garden and socially connecting. Learn something new. Keep a log of your accomplishments and share with others. Write a letter to your future self living one year from now or write a letter from your future self to your present one. A Japanese study shows an increase in emotional well being if you do this.

On Fujinkai matters, the cabinet doors in the kitchen have been removed to be refinished. Plastic sheets have been placed over the open shelving to keep out the dust. When the kitchen renovations are completed, there will be a need to dust and clean the surfaces.

Also with no annual general meeting this year, we will have to reconsider our three tobans: the contact names, 2021 schedule and any other concerns. It may be awhile until Fujinkai tasks are back, but this slack time gives opportunity to develop new ideas.

We hope to have another parking lot garage sale in the spring. Date is not set, but if you can help on a Saturday between 10 am and 2 pm, we will appreciate some assistance.



## Temple Office-

Keiko Go

I would like to take this opportunity to thank everyone who took time to fold paper cranes to show our gratitude towards healthcare workers and to encourage patients that are seriously ill in the hospital and senior facilities. We have about 2500 paper cranes. However, I am still working on it. I chant Onenbutsu as I thread them one by one. Due to new regulations and protocols in the hospital to minimize the risk of spread of Covid 19, we were not able to bring the paper cranes into the local hospital and senior facilities. However, we were able to send our messages through media by getting interviewed from CBC News and Richmond News. If you missed this out, please Google "1000 paper cranes in Richmond, BC." You will see a few articles on our paper cranes. Currently, I am receiving a lot of wonderful comments from all over Canada. I am grateful that such action could influence so many people. I thank you very much to those who supported me with this project. There are some photos of paper cranes on strings hanging from bamboo sticks on the back of the newsletter.



## NOTICE

Please make sure you confirm the office in advance when you need to see either Renako or Keiko since we may be out running errands or busy having a zoom meeting. Thank you for your understanding

### MARCH 2021 MEMORIAL SERVICE (Please bring your "Homyo".)

Akizuki, Tom Fumitaka	Hiroshi	Kurahashi, Yoneji	Nagata, Toshiko	Ogawa, Masaharu	Takasaki, Toshiko
Amadatsu, Tsunemori	Handa, Noriyuki	Lee, William	Naka, Satsue	Ojira, Anthony Kusuo	Tasaka, Arizo
Atagi, Kaya	Hashimoto, Masaaki	Maede, Yoneharu	Nakano, Chitose	Omae, Kinuyo	Wakayama, Tamio
Baker, Alice	Hori, Masami	Maeno, Hajime	Nakata, Masayo	Omura, Yukiko	Yamamoto, Hajime
Domae, Toyokazu	Horikoshi, Taro	Matsumura, Seitaro	Nakata, Minosuke	Sato, Rex Hiroyuki	Yamamoto, John
Domai, Hisae	Inouye, Susumu	Morishita, Shigeo	Nakata, Tokiko	Sakamoto, Aiko	Yamamoto, Nuiiko
Furukawa, Jun	Takehi, Makoto	Mukai, Teruo	Nakatsuru, Satoru	Sakamoto, Makoto	Yamanaka, Takao
Hamade, Lorne	Kariya, Sonoye	Murakami, Asamatsu	Niguma, Toshio	Sakamoto, Roy	Yoshida, Kazuo
Hamakawa, Yukiko	Kitagawa, Tadao Tad	Murao, Kimiyo	Nishi, Masao	Sameshima, Toshio	Yoshida, Yoshio
Hamanishi, Hiroichi	Kobayashi, Harue	Murao, Yoshiyuki	Nishi, Takeshi Bill	Shirakawa, Hatsune	
Hamanishi, Kazumi	Koyanagi, Tadatashi	Murao, Nagako	Nishihama, Mankichi	Shiyoji, Dennis	
Hamaura, Robert	Kurahashi, Tomiko	Nagata, Kazuo	Ogawa, Tsurue	Suzuki, Shigeo	

### APRIL 2021 MEMORIAL SERVICE (Please bring your "Homyo".)

Atagi, Kazuko	Hikita, Takeo	Kawasaki, Takeo	Morishita, Michiyo	Ohara, Masao	Tezuka, Michihiko
Atode, Yasutaro	Hikita, Tatsuo	Kimura, Yoshio	Morizawa, Choichiro	Oikawa, Hisashi	Ueyama, Tokue
Ayukawa, Margaret	Ikari, Tsuru	Kishiuchi, Yoshiko	Murao, Mon	Oura, Chiye	Yamada, Shizuyo
Etori, Chiyo	Ikari, Senichi Roy	Kitade, Sute	Nakamura, Miyuki	Oye, Yasuo	Yamaguchi, Junshiro
Fukakusa, Akio	Rev. Ikuta, Kyojo	Kitagawa, Michiko	Nakanishi, Harue	Sakai, Ei	Yamaguchi, Nobuye
Hama, Kenzo	Ito, Tamotsu	Koyanagi, Mutsuo	Nakatani, Sam	Sakai, Terry Teruo	Yamashita, Harry
Hamada, Chiyoko	Kakino, Chiyoko	Maeda, Toshimatsu	Nakatsu, Tsunenobu	Sakamoto, Hirotaka	Yamashita, Heijiro
Hamade, Tokuno	Kariya, Ayako	Matsumura, Matsuo	Narukami, Teruo	Sameshima, Margaret	Yesaki, Sunae
Hamano, Kiyoshi	Kariya, Chiyoko	Matsuo, Kametaro	Nishi, Misako	Shiyoji, Koito	Yokota, Ayako
Hamanishi, Shinjiro	Kariya, Isamu	Miyazaki, Susie Shi-	Nishi, Nancy	Shoji, Matsue	Yokota, Shige
Hashimoto, Shizue	Kariya, Sadasuke	zuko	Nishi, Shigeo	Suzuki, Richard	Yoshida, Mitsuo
Haya, Yoshimatsu	Kariya, Yonekazu	Morishita, Masaharu	Nogami, Mieko	Tani, Seikichi	Yoshida, Kinoo

Steveston Buddhist Temple Sunday Service Calendar for 2021 (January - June) Tentative					
Date			Time		Chairperson
Jan	1	Fri	10:30 AM	Shusho-e (New Year's Day) Service	
	3	Sun	10:00 AM	Shotsuki Monthly Memorial Service (English)	
			11:30 AM	Shotsuki Monthly Memorial Service (Japanese)	
	10	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	16	Sat	10:00 AM	Special Hoonko Lecture by Rev. Dr. Takashi Miyaji	
	17	Sun	10:00 AM	Hoonko Service (Guest Rev. Dr. Takashi Miyaji)	
Feb	7	Sun	10:30 AM	Shotsuki & Nehan-e / Nirvana Day Service (English)	
			11:30 AM	Shotsuki & Nehan-e / Nirvana Day Service (Japanese)	
	13	Sat	10:00 AM	Kids' Sangha Gathering	
	14	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	21	Sun	10:00 AM	Fujinkai Dana Day Service	Fujinkai
			11:30 AM	Regular Sunday Service (Japanese)	
	28	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
			1:00 PM	Steveston Buddhist Temple AGM	
Mar	7	Sun	10:00 AM	Shotsuki Service & Installation of New Officers	
			11:30 AM	Shotsuki Monthly Memorial Service (Japanese)	
	13	Sat	10:00 AM	Kids' Sangha Gathering	
	14	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	21	Sun	10:00 AM	Spring Higan Service (English)	
			11:30 AM	Spring Higan Service (Japanese)	
	28	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
Apr	4	Sun	10:00 AM	Shotsuki Monthly Memorial Service (English)	
			11:30 AM	Shotsuki Monthly Memorial Service (Japanese)	
	10	Sat	10:00 AM	Kids' Sangha Gathering	
	11	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	17	Sat	10:00 AM	Special Hanamatsuri Lecture by Guest: Rev. Yuki Sugahara	
	18	Sun	10:00 AM	Hanamatsuri Service (English & Japanese)	
	22-25			JSBTC Ministerial Association Meeting	
	24-25	Sat-Sun		JSBTC AGM	
May	2	Sun	10:30 AM	Shotsuki Service	
	8	Sat	10:00 AM	Kids' Sangha Gathering	
	9	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	16	Sun	10:00 AM	Gotanye Birth of Shinran Shonin Service (English)	
			11:30 AM	Gotanye Birth of Shinran Shonin Service (Japanese)	
	23	Sun	10:30 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	30	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
Jun	6	Sun	10:00 AM	Shotsuki Monthly Memorial Service (English)	
			11:30 AM	Shotsuki Monthly Memorial Service (Japanese)	
	12	Sat	10:00 AM	Kids' Sangha Gathering	
	13	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	20	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	
	27	Sun	10:00 AM	Regular Sunday Service (English)	
			11:30 AM	Regular Sunday Service (Japanese)	



## Donations

The Steveston Buddhist Temple sincerely appreciates and thanks the following for their generous donations: All donations received after Feb. 23rd will be announced in the next newsletter. \*There has been some confusion regarding donations to the temple. Some people have been writing a single cheque with notation stating that the cheque is in memory of numerous individuals who are remembered at numerous Shotsuki Memorial Services. Please note that, in such a situation, it is very difficult for the office to keep track of and acknowledge the donations for the individuals in the newsletter corresponding with the Shotsuki month in which they passed away. Starting from now, any cheques with notations stating that it is in memory of numerous individuals, the names of the individuals will be acknowledged in the month that the cheque has been deposited. If you wish to have the donations acknowledged in the newsletter corresponding with the Shotsuki month, we ask that you to continue making donations during the actual Shotsuki memorial month of that individual.

Thank you for your understanding and cooperation.

最近一年を通した法要と祥月御懇志を小切手にて一括で送られてくるケースが多くなりました。その場合は 入金されたその月のニュースレターにまとめてお報せ致しますのでご了承下さいませ。尚、祥月御懇志袋上に差出人のお名前、ご住所の他、どの月の祥月御懇志もお忘れなく記載して下さいませ。有難うございました。

**General donation (\$1000):** Cameron Huston&Mari, Cavanaugh Geneva, Chow Suezone&Nobu, Dubbelboer John&Donna, Inouye Sumi, Kurita Yoshie, Morishita Elmer, Oda Jennifer, Sakamoto Chikako, Yoshida Arlene, Anonymous

**Jodo-e service:** Sakai Marge

**Dana Day (Fujiinkai) service:** Obayashi Joann

**Hoonko donation:** Akizuki Eiko, Akune Roy&Itoko, Chow Suezone&Nobu, Hamaura Masako, Harada Jack, Ikuta Denise, Ikuta Kevin&Karen, Ikuta Kuni&June, Ikuta Makoto, Ikuta Teruko, Iwata Genevieve, Kawabata Mitsuyo, Kokubo Alice, Kondo Kaoru, Koyanagi Susie (\$30), Maede Toyoko, Matsuno Seishi&Kisako, Mineta Masayoshi, Mizushima Karen&Tatsutoki, Mori Koji&Judith, Mukai Akiko, Nagata Sayoko, Nakanishi Michael&Frances, Nakatsu Tsuyoshi&Chizuru, Nishi Kayoko, Nitta Ayako, Okabe Mary, Ryan Larry&Jeanne, Sakai Marge, Sakai Tomiko, Sakamoto Bud, Shiozaki Masako, Suzuki Kent, Tanaka Emiko, Tomihiro Kazuko (\$30), Yoshida Arlene, Yoshihara Ken&Hiroko

**Nehan-e (Nirvana Day) service:** Akune Roy & Itoko, Hamaura Masako, Ikuta Makoto, Iwata Genevieve, Kakehi Tomoko, Matsuno Seishi&Kisako, Nakatsu Tsuyoshi&Chizuru, Niguma Kazuko, Sakai Mitts&Kay, Yoshihara Ken&Hiroko

**Ohigan, Hanamatsuri, Gotan-e, Obon, Bodhi Day services:** Nagata Sayoko

**Major Services: (\$1730)**

**January Shotsuki:** Kamachi Sumiko, Kojima Jim, Morimoto Mas, Sakamoto Bud, Takeuchi Joanne, Tamayose Yukiko, Yesaki Mitsuo

**February Shotsuki:** Akizuki Eiko, Akizuki Gary&Family, Akizuki Russ, Akune Aaron&Vicky, Akune Ted&Rose, Akune Roy&Itoko, Baumann P&E, Challoner Bernice, Doi Louise, Flynn Sharon, Grant Peter&Wendy, Hamade Naomi, Hashimoto Junichi&Atsumi, Higo Kayoko, Izumi Basil&Etsuko, Hamaura Misaye, Kariya Florence, Kawabata Mitsuyo, Kawabata Jack, Kemp Norine, Kimura Sueko, Kishi Leane&Setsuko, Komori Dick&Setsuko, Kondo Chieko&Tamotsu, Kumagai Tetsuo&Noriko, Morishita Dennis&Linda, Murakami Richard, Murao Ray, Nagata Sayoko, Nakanishi Mike&Frances, Nakano Alison, Nishi Chizuko, Nishi Kayoko, Nomura Dan, Nomura Mark, Chris&Family, Nomura Raito Cathy, Oye Hanako, Saito Tokiko, Sakai Alan, Sakai Mitsuka&Tracey, Sakai Tomiko, Takasaki Keith&Sandra, Tasaka Cheryl, Tasaka Janice, Tasaka Joyce, Tasaka Kaz&Chic, Tasaka R&J, Tasaka Rick&Naomi, Tsumura T., Yamanaka Sachiyo, Yasui Atsushi, Yesaki Arthur, Yesaki Tom

**March, May, November Shotsuki:** Nagata Sayoko  
**Shotsuki donations: (\$2395)**

**In memory of the late:**

**Mrs. Masako Uyeda:** Chan Rob&Elsie, Okabe Mary

**Mrs. Minako Nakano:** Nakano Leonardo, Akizuki Eiko, Akune Roy&Itoko, Nishi Albert&Isabel, Nishi Joe, Nishi Shizuko, Domai Kiyo, Higo Kelvin&Kay, King Hiroko, Kokubo Alice, Kokubo Christine, Nakano Alison, Nishi Chizuko, Nishi Eric&Melissa, Nishi Julie, Nishi Robert, Royce&Skyler, Nishi Susan, O'Brien Audrey, Oye Hanako, Quan Toshiko, Sakai Marge, Sakai Mitsuka, Sakamoto Bud, Sakiyama Noboru&Elizabeth, Tasaka Randy&Joyce, Yoshida Dave&Arlene, SBTWA

**Ms. Jennifer Tasaka:** Messer Karli

**Mrs. Kikue Osaka:** Tanemura Shirley

**Mr. Yoshiharo and Mrs Eiko Shinde:** Fukawa Masako

**Mrs. Yasuko Tezuka:** SBTWA

**Mr. Katsuyuki Sakuraba:** Takeya Sushi, Ichiro Japanese Restaurant

**Mrs. Eiko Kokubo:** Hibi Mika, Kokuryo Robert&Shigeko

**Mrs. Yoshiko Matsumoto:** Yamamoto Misae

**Mr. Bob Hamaura:** Hattori Ruby

**Mrs. Hideko Nishi:** Nishi Patricia

**70th memorial of Grandfather & 50th memorial of Grandmother:** Hamaura Masako

**Father-in-law Mr. Mitsuo Koyanagi:** Koyanagi Susie (\$100)

**3rd year memorial of Mr. Doc Tomihiro:** Tomihiro Kazuko (\$300), Koyanagi Susie (\$50)

**26th year memorial of Brother Mr. Hiroshi Niwatsukino:** Koyanagi Susie (\$50), Tomihiro Kazuko (\$50)

**Funeral/ Memorial services (\$3560)**

**The Membership fee may change. It will be announced after the AGM in the newsletter.**

**Your Donations are needed and appreciated!**  
**Donations are the single largest source of income for the temple, and allow us to create our programs, which we hope you also can enjoy, so we thank you for your contribution.**



## OBITUARY



We would like to express our heartfelt sympathy to the family members of the following deceased:

Masako Uyeda

Feb.5, 2021

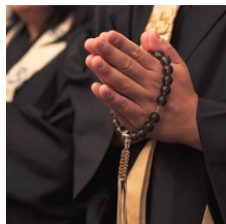
98 Years Old

**“JODO SHINSHU GONSHIKI” – “JODO SHINSHU RITUALS”****REVEREND YOSHIMICHI OUCHI****THE HOW, WHY, WHEN & WHERE OF****GASSHO, OSHOKO****TRADITIONAL NAIJIN (ALTAR) ARRANGEMENT****DEMYSTIFYING CHANTING SUTRAS AND GATHAS****PART 1: GASSHO, OSHOKO****7pm EST, 6pm CST,****Part 2: Obutsudan and Offerings****DATE CHANGED.**

Please Register to receive updated information of Date and Time

Pre-registration is required. To register see registration link at bottom.

A graduate of Gonshiki Shidosho in Kyoto, Rev.Ouchi received his licence of Tokubetsu Homuin in 2016 and is Canada's only Ritual Specialist. Rev. Ouchi is currently head minister of the Toronto Buddhist Church.

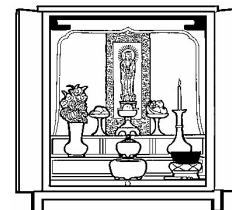
**Part 1—Gassho and Oshoko—March****DATE CHANGED.****7pm EST, 6pm CST, 5pm MST, 4pm PST**

Do you know why we traditionally place our palms together (Gassho) when we bow or when we offer incense (Oshoko) to Amida Buddha? Why do we burn incense in front of the Buddha during the service? Rev. Ouchi will teach you how to do Gassho and Oshoko in Jodo Shinshu formal style. Q & A will follow the lecture.

**Part 2—Obutsudan and Offerings—TBA**

Do you know how to properly set up your home altar (Obutsudan)? Do you know what types of offerings you should prepare? Rev. Ouchi will demonstrate how to set up the Obutsudan and will also explain what the Temple's offerings mean in the teaching of the Buddha.

Q &amp; A will follow the lecture.

**Part 3—Chanting—TBA**

Chanting a sutra or verses during the Buddhist service is the most important ritual in the service. You will learn why it is important to chant. Rev Ouchi will explain the meaning of chanting and how to chant.

Q &amp; A will follow the lecture.

Presented by Jodo Shinshu Buddhist Temples of Canada's Living Dharma Centre and the JSBTC Women's Federation.

Register in advance by visiting: <https://us02web.zoom.us/meeting/register/tZwkde6upjwqG9A-062SsE-Fua56cG3ImT14>

Or check the calendar of events at <https://bcc.ca>



## Symbolism - The Wheel of Dharma

Our world of communication is bound with symbols, many of which are universally understood. Symbols are a means of communication that allows people to identify or create linkages among events, experiences or concepts. Symbols are devices that represent something beyond the literal meaning. They may be represented by words, people, ideas, or a form of abstraction. There are countless numbers of them. Whether one is in Canada, United States, Brazil, Europe, Japan or Australia, the arrow sign is understood for direction, the wheelchair sign is understood for handicap, the sign of rain is well understood and, more recently, the internet and bluetooth signs are accepted as universal. Other commonly known examples of symbolism in our daily lives are: the dove representing peace, the colour red representing happiness, the colour black representing death, the smile representing friendship and the heart representing affection. And, how customary is it to send a bouquet of flowers to someone who is ill? A classic example among Asians is the twelve Zodiac signs each having a meaning of its own. We are surrounded by symbols that create an identification, an image or a belongingness.

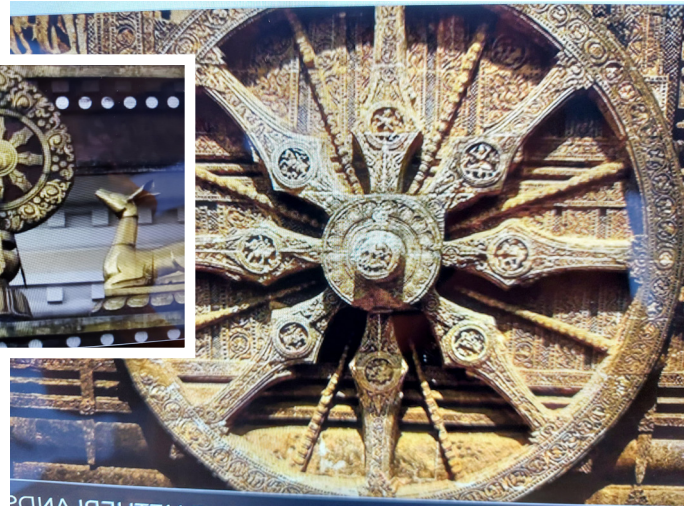
Moreover, symbolism appears in the spiritual world. Among the religions of the world, these are a few which many of us are familiar with: 1) the Cross representing Christianity, 2) the Crescent or the half moon with a Star representing the Islamic faith, 3) the Star of David representing Judaism, 4) the Torii Gate representing Shintoism and 5) the Wheel of Dharma representing Buddhism.

The Wheel of Dharma, having had its origin in India, is connected with Hinduism and Jainism but it has the strongest identification with Buddhism. It became the symbol representing all schools of Buddhism; it stood as the universal symbol uniting all Buddhists as the aforementioned symbols do for the other religions of the world. Irrespective of which school or branch or tradition of Buddhism one belongs to, the Wheel of Dharma or the Dharmachakra (in Sanskrit) is the all encompassing symbol that represents Buddhism holistically. It is one of the oldest known Indian symbols found in Indian history; it remains the major symbol of the Buddhist religion today.

The Wheel of Dharma consists of 8 spokes representing the Noble Eightfold Path. The Buddha, Shakyamuni, is said to have set the Wheel of Dharma in motion when he delivered his first sermon in the Deer Park in Sarnath, immediately north of Bodhgaya where he experienced Enlightenment weeks prior. There are pictures depicting him seated in a yogic position and raising his hand gesturing the turning of the Wheel of Dharma. Buddhist historians say that the cyclical movement of the wheel is symbolic of the cyclical nature of life in which life and death are inseparable and that the hub of the wheel is representative of Samsara, the state of suffering.

The Wheel of Dharma in motion is reminiscent of the Buddha releasing his energy and propelling the Buddha Dharma - his Wisdom and Compassion, into the entire world.

In Gassho, Roy Akune



シンボル — 法輪

コミュニケーションの世界はシンボルと結びついており、多くのシンボルは世界共通です。シンボルはコミュニケーションの手段であり、様々な行事、経験、アイディア等を関連付けます。シンボルは文字が表す以上のことを示し、それは言葉であったり、人、アイディア、抽象的な形であらわされたり、とにかく無数にあります。カナダであろうと、アメリカ、ブラジル、ヨーロッパ、日本、オーストラリアであろうと、矢印は方向を示し、車いすは身体の不自由な方を示し、雨のしるしは誰でもわかり、最近ではインターネットとブルートゥースのしるしも世界中で受け入れられています。他のよく知られたシンボルとして、ハトは平和の象徴、赤は喜びそして黒は死を表し、笑顔は友情とか愛情を表します。病氣の人に花束を贈るのはどこでも行います。アジアでの典型的な例として十二支があげられます。このように私たちはいつもシンボルに囲まれています。さらに、シンボルは精神的な世界にも使われます。宗教で使われている私たちが良く知っているシンボルとして次のようなものがあります。1) 十字架はキリスト教、2) 三日月と星はイスラム教、3) ダビデの星はユダヤ教、4) 鳥居は神道、5) 法輪は仏教。

インド起源の法輪（サンスクリット語でダーマチャクラ）はヒンズー教とジャイナ教にも関係がありますが、仏教を一番よく表します。それは宗派に関係なく、全ての仏教徒を結びつけ、仏教を表すシンボルとして世界の宗教の一つを表す印になっています。また、インドの歴史の中でも一番古いシンボルの一つとして知られており、今日まで続いています。

法輪には8本のスポークがあり、八正道を表しています。お釈迦様は悟りを開かれたボードガヤーの北にあるサルナートのディアパークで最初の法話をなさった時に法輪について話されました。ヨガのポーズで座り手を挙げて法輪を回しているような姿の仏さまの絵があります。仏教史の研究者は法輪の円形の動きは命の循環する動き、つまり、生と死は不可分であり、法輪の中心は苦（サムサラ）を象徴していると言います。

法輪の説法は仏さまがエネルギーを放出し仏法、知恵と慈悲、を世界中に広めていらっしゃる事を思い起こさせます。

合掌 阿久根ロイ



# 法のともしび



## 「Amen」と「Ramen」

雨の降るのも、風の吹くのも、花の咲くのも、葉の散るのも、すべて縁によって生じ、縁によって滅びるものである。

この身は父母を縁として生まれ、食物によって維持され、また、この心も経験と知識とによって育ったものである。

だから、この身も、この心も、縁によって成り立ち、縁によって変わる

るといわなければならない。

(和英聖典の811頁より)

3月となり信じ難いですがコロナパンデミックになって、不要不急の外出を控えるように制限されてから早くも一年となります。外出の機会が大きく減った半面、そのおかげで家族と過ごす時間も増えた一年でした。娘たちはほとんど友達と出かけることもなく、多くの時間は家で過ごしています。私にとって彼女たちと時間をもっと過ごせることは嬉しいことですが、彼女たちには退屈しのぎみたいです。

そんなある日のことでした。長女がテレビで私の好きなスタジオジブリ作の「紅の豚」と言うアニメ映画を見始めたのです。私がその映画が好きであることは前から知っていて、「お父さんも一緒に見る？」と誘われました。このアニメは有名な宮崎駿監督の作品です。約25年前に公開された映画で、今の娘より息子たちがまだ小さいころに一緒に見たのが初めてでした。第二次世界大戦後のイタリアを接点とし、主人公は元イタリア空軍のパイロットで、今はクルーズ船を「空賊」から護る賞金稼ぎの話でした。題名は彼が紅い飛行機に乗っていて、昔呪いにかけて豚の顔にされたことから「紅の豚」とつけられたのです。娘と一緒に見ながら昔息子たちと見た時のことを思い出しました。特に今も忘れられないのが、ある場面のことで、飛行機を作る工場で主人公が工場で働く人たちと一緒に食事をする場面でした。イタリアなので、食べているのがスパゲッティでしたが、食べる前にみんなが一緒にお祈りをして、最後に一斉に「Amen」と言って食べ始めたシーンでした。その時、何とも思いませんでしたが、映画が終わった後に次男（当時4歳）が私に「お父さんあの場面おもしろかったね。皆が『ラーメン』と言ってツルツルを食べた。」なんと4歳の息子には「Amen」が「Ramen」に聞こえたみたいです。それも無理な話ではないのです。仏教家族で育った息子は「いただきます」は知っていたけど一度も「Amen」は聞いたことがなかったので「Ramen」と聞こえたのです。笑いをこらえながら、彼にキリスト教では「Amen」は私たちの「いただきます」と同じ意

味があるとは説明をした覚えがありました。私たちが何気なくご飯を食べる前に手を合わせて「いただきます」と言います。根が、この簡単な含め言葉の進めにより、本格的な教儀の命と前様の深きおかげにより、食事の「多岐にわたるおしるし」を深く、恩を喜び、食事が終わったら合掌をしないで、次の食後言葉の言うように勧めていただきます。すす御恩報謝につとめます。おかげで「食後の言葉」は私たちに意識を持って広げようとする行動に意識を持って行なうことを示しています。3月21日に春のお彼岸会が行なわれます。年に二回春分と秋分には日照時間と月照時間がバランスして、暑さも寒さもちょうどいい季節であると昔から言われています。またその季節に仏法をお聴聞するには最適であるとも言われています。現時点ではお寺での直接のお参りは未だに禁止されていますが、オンラインで毎週日曜礼拝をZoom Meetingのアプリで行なっています。参加するには招待状が必要なので、興味をお持ちの方はお寺に連絡するようにお願い申し上げます。皆様もこのご縁をいただいて一緒にお参りしませんか？

合掌  
生田 グラント

## 婦人会からのお知らせ

吉原 ヒロコ



新型コロナウィルスの蔓延（まんえん）で都市閉鎖が続いており、以前はお寺に來ればいつも誰かに会えたのにそれも出来なくなりました。その代わり、それを補うい

ろいろなアイディアが新聞等に出ています。例えば、その日、その週にするエクササイズ、散歩、オンラインでのヨガ等を書きとめ実行したり、オンラインで何か習ったり人と話したりとかです。新しいことを習うのは楽しいですし、実際にした事を家族や友人と話すのもいいでしょう。または1年後の自分にあてた手紙を書いたり、未来の自分から現在の自分に手紙を書くのも面白いかもしれません。ある日本の研究ですと、これらの事をすると精神的にとってもいいそうです。婦人会関係の事では、お寺のキッチンキャビネットのドアを新しくするので、全部取り外され、ほこり除けにビニールでカバーしてあります。ほこりがひどいので、改築が終わり次第お掃除をする必要があります。ところで、今年は婦人会総会がありませんが、3つのお当番、代表者、2021年の予定等を決めないといけません。以前の婦人会の活動に戻るにはまだ時間がかかるとは思いますが、新しい企画等を考えるいい機会かもしれません。春には駐車場でガレージセールをしたいと思います。日時は未定ですが、土曜の10時から2時の間でお手伝いして頂けたらありがたいです。

## 敬 弔

次の方がご逝去されましたので、生前のご苦勞を偲び、謹んで敬弔の意を表します。

上田 政子様

2021年 2月 5日寂

98歳





# STEVESTON Buddhist Temple

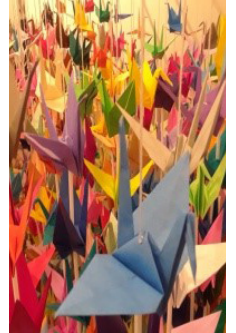
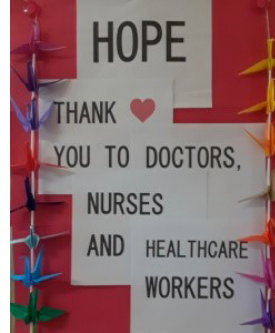
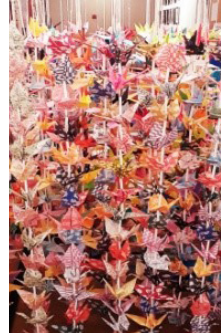
4360 Garry Street  
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Fax: (604) 277-0313  
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getting



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## オフィスからのお報せ一郷 恵子



皆様のご協力により2500羽あまりの折り鶴が集まりました。有難うございました。生憎折り鶴の現物は保健所からの感染予防の規則により現在お届けすることができませんが、無事ローカルの医療関係者の方々に感謝の気持ちと、また苦しんでおられる患者さんに希望のメッセージをニュースのメディアを通して送ることが出来ました。ローカルの医療関係者だけでなく、カナダ全国の方々へ私達からのメッセージが伝わりました。サポートして下さった方に心から感謝を致します。尚、CBCニュース、Richmond Newsを見逃された方は、グーグルで『千羽鶴リッチモンドカナダ』と英語と日本語で検索しますと記事が観られます。メディアをご覧になったカナダ全国の皆様から沢山の素晴らしいコメントを頂いております。折り鶴を通して感謝と希望をカナダ全国に伝えることができましたこと、改めて皆様に感謝を致します。ご協力を有難うございました。

## オフィスからのお願い

最近ズームミーティングや外出する用事が多くなりましたので、オフィスにご用がありお見えになる方は、必ず前もってお電話でお知らせ下さいませ。ご協力有難うございます。