



法のともしび LIGHT OF THE DHARMA

NOTICE TO MEMBERS:

We are slowly starting to re-open the temple. Max 30 people allowed in person. Please see inside for details!

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 November 7th
10am Shotsuki Service
11:30am Japanese Service
Tuesdays until Nov 23rd
7:30pm Fall Lecture Series
Monday November 8th
7pm 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 2**

Contact: Itoko Akune
604-244-7710

Even Monks Get Depressed

As the calendar page is flipped to November, we are in the midst of the dreary rainy season in the Lower Mainland. Hopefully, we'll get some sunny days in the coming month.

Enough about the weather, let us move on with the topic at hand. I hope the title for this month's article caught your eyes. Some of you may be thinking that I might be depressed, but that is not the case. In fact, I chose this title because of the fall lecture series which we started from the middle of last month. We have been using the book, "Buddha Dharma – The Way to Enlightenment" published by the Buddha Dharma Foundation as our text for the lectures. The "Buddha Dharma" is one voluminous book, which is actually a compilation of eight separate books brought together as one. It is a direct translation of the Sutras and is known as a primary source of the teachings because it is a translation as opposed to a commentary written by some Buddhist scholar.

For the lecture series, we have been reading and examining the various sutras written in the "Buddha Dharma". During one of the recent sessions, we were examining a passage from what is known as the "Anguttara-nikaya", an early Buddhist text. The following is an excerpt from this text:

One day a disciple approached his elder saying, "My body is so weakened today that I feel I am completely befuddled and that I can no longer think with reason; nor am I able to see the Dharma. I am depressed, have become unwilling to practice the pure Dharma, and have even begun to harbor doubts about the Dharma." The elder took the disciple to see the Buddha.

The Buddha said, "You have not been careful with the five senses; you have eaten without knowing the proper limits, indulged in idle slumber, and have not sought the good Dharma. Unless you are arduously striving to practice day and night the Buddha's path, you will necessarily be in such a plight. Always bear in mind, therefore, 'I shall guard my five senses, refrain from indulging in slumber, seek the good Dharma, and practice day and night and strive to follow the Buddha's path.'"

Following the admonition by the Buddha, the disciple went into the forest to vigorously apply himself to the practice and followed the path of the Buddha. In the end, he was able to clear his mind. When the disciple next met the Buddha, he was praised and the Buddha said to him, "If you follow thoroughly my instructions, good results necessarily will appear."

What I found so interesting from this passage is that the Buddha is addressing directly to an issue that is so appropriate for our modern ages. The Buddha clearly speaks to the issue of depression and gives advice as to how to deal with it. From time to time, I have heard common criticism of religion in general as being outdated and not able to keep up with the issues of our modern times. Yet in the preceding passage, the Buddha is talking about an issue that is so relevant, especially during this drawn out period of the Covid-19 Pandemic. In the passage, the disciple describes his feelings of being completely befuddled, unable to think with reason, unable to concentrate on the Dharma, and being depressed. To this, the Buddha replies by first describing what is going on with the disciple, he mentions things like, "Over-indulging in eating, idle slumber, and unable to focus on the Dharma". Eating disorders, sleeping disorders and the inability to focus are seen by modern clinical psychology as possible symptoms of depression. (continued on P2)





JODO SHINSHU BUDDHIST TEMPLES OF CANADA

JSBTC Japan Tour 2023

Shinran Shonin 850th Birth Anniversary
Jodoshinshu 800th Foundation Anniversary Kyosan Hoyo
&
17th World Buddhist Women's Convention

Year of 2023

- May 07 Leave Canada for Japan
- May 08 Arrive in Japan, free at leisure
- May 09 Full day Kyoto and Otsu tour (TBD)
- May 10 Celebration memorial service
at Nishi Hongwanji Temple
- May 11 WBW Convention at Kyoto ICC
- May 12 WBW Convention at Kyoto ICC

*"Life of Nembutsu enables
us to appreciate every
encounter"*



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FUJINKAI NEWS

Hiroko Yoshihara

Our health inspector gave permission for an outdoor garage sale with physical distancing. Our third garage sale on October 9 raised almost \$200. Weather cooperated with rain holding off until the early afternoon. Three sales have been held outdoors and have netted over \$900. We hope to have a separate sale of Japanese items in the spring of 2022 as donations of kimonos, dishware and dolls are accumulating.

Fujinkai will donate \$500 to the Canadian Red Cross and will also cover the cost of manse repairs. It has been a long interval since we were able to gather in the temple kitchen during the food bazaars. But due to our past efforts, we are still able to continue with the financial assistance.

Japanese groceries are still available at the temple. The list is attached to the newsletter. Please contact Hiroko at hi.yosh@telus.net or phone 604.277.6521 and arrangements can be made.

“From the Sea and Shore: Steveston’s Favourite Japanese Canadian Recipes”

Cookbooks are available.

Contact: Hiroko Yoshihara at hi.yosh@telus.net or phone 604.277.6521. Cost: \$20.00

Japanese Groceries Available at the Temple

Bonito (large package)	SENBEI:
Fukujinzuke red	Ajinorakuen
Fukujinzuke brown	Gomasuki
Genmai cha (1 kg)	Kakinotane
Inari/age (40 pieces)	Norimaki okaki
Mentsuyu (1 litre)	Sakura arare
Onigiri nori (box of 5 pkg)	Teriyaki senbei
Shiro miso (1 kg)	
Takuan	
Tamari sauce	
Umeboshi (5 varieties)	
Yaki nori (gold)	



OBITUARY



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

Hisako Asano Oct. 3, 2021 87 Years Old



BCJSBTF

Convention Highlights

Held on September 18 & 19, 2021

The 2021 BC Jodo Shinshu Buddhist Temples Federation AGM was held on the morning of Saturday, September 18th via Zoom online platform. It was hosted by the Vancouver Buddhist Temple.

Unfortunately, due to the Covid-19 Pandemic, all of the activities generally organized by the federation had to be cancelled for the previous year and a half.

Moving forward, it was carried that the membership fee of \$5.00 per member will be collected for the year 2022. We are hoping that things will return back to normal in the coming year.

2022 Convention is still being planned to be hosted by the Steveston Buddhist Temple. Further updates will be given at the spring delegates' meeting.

The officers of the board for the coming year are:

Ted Akune – President

Larry Ryan – Vice President

Secretary – Trish Keizer

Treasurer – Phyllis Ohashi

The AGM was followed by an online lecture from guest Kaikyoshi Minister, Rev. Henry Adams of the San Mateo Buddhist Temple in the States.

On Sunday, September 19th, the BCJSBTF Memorial service was held, also by Zoom and hosted by the Vancouver Buddhist Temple.

(Sensei from P1:) Continuing on with the passage, what the Buddha prescribes is also very interesting. He tells the disciple, “Always bear in mind, ‘I shall guard my five senses, refrain from indulging in slumber, seek the good Dharma, and practice day and night and strive to follow the Buddha’s path.’” A closer examination of this passage shows the wisdom of the Buddha. The five senses referred to are, “Sight, smell, hearing, tasting, and touching”. The Buddha is telling his disciple that he must be more mindful of his senses or more importantly to guard against the sensual desires associated with them. The Buddha then proceeds by telling his disciple that he needs to be diligent day and night following the path of the Buddha. Again, this is sound advice as listening to the Dharma is something that needs to be done throughout one’s life and not just while we are sitting in the temple. For us as Jodo Shinshu followers, this means to listen to the Nembutsu teachings whether we are at home or at the temple. Through them, we encounter the Buddha Dharma in every aspect of our lives and instead of depression, a sense of gratitude wells up from within.

In Gassho,
Grant Ikuta

DECEMBER 2021 MEMORIAL SERVICE

(Please bring your “Homyo”.)

Amadatsu, Toshio	Kanno, Eiji	Matsuyama, Iyo	Nishi, Yoshiko	Sakata, Eiichi	Teraguchi, Nami
Asari, Sadajiro	Kanno, Sakae	Mukai, George Seishi	Nishikihama, Mitsuo	Sakata, Yone	Tsumoto, Takeshi
Doi, Tomoyuki	Kariya, Yoshio	Mori, Kiyoshi	Niwatsukino, Keiko	Sakata, Tomizo	Uno, Yoneko
Goto, Tokiyo	Katayama, Gorosuke	Morishita, Kino	Niwatsukino, Ume	Sakashita, Yutaka	Uyeda, Haruo
Hama, Sayo ‘Sally’	Kawasaki, Shizuko	Morishita, Tome	Nomura, Kimiko	Sakiyama, Aiko	Yamashita, Douglas
Hamade, Hiroshi	Kimura, Kiyoko	Nakane, Mitsutaro	Ohara, Chieko	Sameshima, Kuniyoshi	Yesaki, Miyakichi
Hamaura, Motaro	Kobayashi, Kotome	Nakano, Kiichi	Okano, Sekiji	Shinde, Eiko	Yokota, George
Harada, Misako	Koyanagi, Herby	Nakano, Sadao	Omori, Hiroshi	Suzuki, Fumi	Yokota, Shigeo
Higo, Yui	Koyanagi, Chuza	Nakatani, Inosuke	Sakai, (Frank) Yo-	Tateyama, Kazue	Yoshida, Yonekichi
Hikita, Kojiro	Kuramoto, Jiro	Narukami, Uta	nekazu	Takasaki, Yukio	Yoshida, Yoshiko
Hirose, Tanejiro	Maekawa, Fujie	Nishi, Hitoshi	Sakai, Yoshiko	Tanigami, Hideko Ruth	Yukawa, Katsue



Halloween at Wisteria Place





法のともしび



僧侶でさえ落ち込む

カレンダーページが11月になりました。気温も冷え込むようになりました。先月は雨の日が続きましたが、天気予報では今月ももう少し晴れるとニュースで見ました。そうなればいなく期待しています。雨が降り多く降る冬は季節にはうつ病に落ち入る人も増えるといふ以前聞いたこともあります。そこで、今月の記事には少しうつ

に関する話を述べたいと思います。この記事のタイトルを皆様はどう受け取られたのでしょうか？私が落ち込んでいられる人もいないかもしれませんが、そうではありません。実はこのタイトルは先月から始めた秋の講習会の内容から選びました。仏教伝道協会出版の「ブッダ・ダルマ — 悟りへの道」をテキストとして講習会を行っています。「ブッダ・ダルマ」は直接翻訳經典として知られています。

講義では、「ブッダ・ダルマ」に書かれた様々なお経の解説をさせていただいています。前回の講義は初期の仏教のテキストである「増一阿含経」と呼ばれる段落について話しました。お経に次の文が載っていました。

ある日、弟子が長老に近づいて、「今日は体が弱まっているので、わたしは完全に混乱し、理性的に考えることができません。私は落ち込み、純粋なダルマを修行することを望まなくなりました。ダルマに対する疑念さえ抱き始めました。」と伝えました。長老は弟子を連れてお釈迦様の元を訪ねました。仏陀は「あなたは五感に気がついていません。ちょうどいい限度をわきまえずに食べ、怠惰な眠りにふけり、良いダルマを求めていません。あなたが日々仏の道を修行しようと努力しない限り、必ずやそのような窮状に落ち入るでしょう。したがって、「五感を守

り、眠りにふけることを控え、良いダルマを求め、昼夜をともに修行に励み、仏陀の道を歩む」と言うことを忘れず、常に心に留めておくことです。

この段落で面白いのは、現代社会で最大の問題となっているうつ病について、お釈迦様が2,500年前にすでに触れていたことです。まず仏陀は弟子に「あなたは食べることに過度にふける、怠惰な眠り、そしてダルマに集中できない」などについて言及しています。摂食障害、睡眠障害、集中できないことは、うつ病の症状として現代の臨床心理学によって見られます。

その段落に続いて、お釈迦様が定めるものも非常に興味深いです。弟子に『五感を守り、眠りにふけるのを控え、良いダルマを求め、昼夜を通して修行に励み、仏陀の道をたどるように努力すること』を伝えます。ここに仏陀の知恵が示されています。五感とは「見る、聞く、かぐ、味わう、触れる」五つの感覚であり、仏陀は弟子に、自分の感覚にもっと注意を払うか、あるいは関連する官能的な欲望から守るためにもっと注意すべきことを言っています。そしてそれに続いて、仏陀の道をたどって昼夜を通して修行に専念することを告げています。言い換えれば、お聴聞は、本堂に座している間だけでなく、生活の中で行う必要があるものです。浄土真宗の門徒として、私たちが家にいるか寺院にいるかにかかわらず、お念仏の教えに耳を傾けることを意味します。それを通して、生活のあらゆる面で仏法に遭遇し、うつとは対照的に感謝の人生へと変わっていきます。

合掌
生田真見

婦人会からのお知らせ

吉原ヒロコ



外でガレージセールを行う許可が保健所から出ましたので、人々が接触しない距離を保ちながらセールを行いました。10月9日の第3回目のガレージセールで\$200.00近く売れました。幸いにも午後ま

で雨は降りませんでした。3回行った外でのガレージセールで、合計\$900.00以上売上げました。日本の着物、食器、人形等の寄付が沢山ありましたので、2022年の春には日本の物だけのガレージセールを行いたいと思います。

売上金のうち、婦人会として\$500.00をカナダ赤十字社に寄付し、開教使宅の修理費にも当てます。食品バザーの時のように先回皆がお寺のキッチンに集まってから大分たちます。けれど過去にいろいろと努力したおかげで婦人会はいまだに経済的に援助することができません。

日本の食品は今もお寺で売っています。ニュースレターに売っている品目が出ていますので、ご希望の方はヒロコまでお知らせください (hi.yosh@telus.net または 604-277-6521) ピックアップの日時を決められます。

お寺で売っている日本食品

削り節	(大きな袋)	おせんべい
福神漬け	赤	味の楽園
福神漬け	茶色	ゴマすき
玄米茶	(1 kg)	柿の種
稻荷用あげ	(40 枚)	海苔巻きおかき
麺つゆ	(1リットル)	桜あられ
おにぎりノリ	(5包み入りの箱)	照り焼きせんべい
白味噌	(1 kg)	
たくあん		
たまりソース		
梅干し	(5種類)	
焼きのり	(gold)	

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。

浅野 ヒサコ様

2021年10月3日寂

87歳



STEVESTON Buddhist Temple

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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 & Memberships

The Steveston Buddhist Temple sincerely appreciates and thanks the following for their generous donations: All donations received after Oct. 21st, 2021 will be announced in the next newsletter. Any donations with notations stating they are in memory of numerous individuals, these names 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. 最近一年を通じ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 (\$1,110): Akune Ted & Rose, Chow Nobu & Suezonne, Ikuta Teruko, Kamide Glenn, Nakata Yasuhiko, Oda Jennifer, Oki Hiroshi, Teramura Kaz, Tsukijima Kaz, Tsukijima Judy, Watanabe Keiko

Naijin Flower: Nishimura Grace

BCJSBT donation (\$530): Akune Roy & Itoko, Akune Ted & Rose, Hamaura Masako, Ikuta Kuni & June, Ikuta Makoto, Nakanishi Mike & Frances, Ryan Jeanne & Larry, Yoshihara Ken & Hiroko, Whittier Maya

Shotsuki Services (\$2,405):

August: Maruno Michael, Maruno Yukito, Nishi Robert & Family

September: Hirose-Cameron Lisa, Uyeyama Tom, Nishi Kayoko, Tabata Don, Tabata Hajime & Kyoko

October: Akizuki Eiko, Akune Roy & Itoko, England Carole, Hashimoto Junichi & Atsumi, Hikida Sumiko, Ikeda Naoe, Ikuta Denise, Ikuta Kevin & Karen, Ikuta Kuni & June, Ikuta Teruko, Kakehi Tomoko, Kiss Pearl, Kokubo Alice, Kondo Kaoru, Matsumura Laverne, Matsumura Margaret & Reginald, Mori Koji & Judith, Morishita Brian & Elaine, Mukai Akiko, Murao Keith, Nakatsuru Sherry, Narukami Don & Chiyo, Niguma Kazuko, Nishi Chizuko, Nishi Robert & Family, Nishikihama Erica, Nishikihama Steve, Niwatsukino Betty, Oikawa Toyoko, Oye Hanako, Ryan Jeanne, Sakamoto Bud, Sameshima Raymond & Famey, Shimizu Victor & Laurie, Suzuki Kent, Takeuchi Joanne, Takeuchi Ken & Sachiko, Takeuchi Margaret, Tanaka Jim, Tanaka Kiyoko, Tasaka Charles, Tasaka Kaz & Chic, Watanabe Keiko, Yoshida Dave & Arlene, Yukawa Joe

Obigan Service (\$1,305): Akizuki Eiko, Akune Roy & Itoko, Akune Ted & Rose, Go Keiko, Hamaura Masako, Hamaura Misaye, Ikuta Denise, Ikuta Kevin & Karen, Ikuta Kuni & June, Ikuta Makoto, Iwata Genevieve, Kakehi Tomoko, Kokubo Alice, Kamachi Yasuhiko, Kondo Kaoru, Koyanagi Susie, Maede Toyoko, Matsuno Seishi & Kisako, Mori Koji & Judith, Morizawa Chiyoko, Morizawa Sazare, Nakata Yasuhiko, Nakatsu Tsuyoshi & Chizuru, Narukami Don & Chiyo, Niguma Kazuko, Nishi Chizuko, Nishi Kayoko, Nishikihama Teruko, Nitta Ayako, Okabe Mary, Sakata Hozumi, Sakai Marge, Sakai Tomiko, Sameshima Yoshiko, Suyama Eiji Caroline, Tabata Hajime Kyoko, Tanaka Emiko, Tani Kiyoshi & Mutsumi, Tomihiro Kazuko, Toyoda Miyuki, Watanabe Keiko, Whittier Maya, Yoshihara Hiroko

Funerals & Memorial Services:

In memory of the late (\$4,145)

Mrs. Setsuko Yamashita: Esson Karen, Yamashita Alan, Yamashita Shirley, Akizuki Eiko, Akune Roy & Itoko, Domai Kiyo, Hamade Naomi, Hamanishi Betty, Hamaura Masako, Hibi Mika, Ikuta Kuni & June, Kariya Florence, Kawabata Mitsuyo, King Hiroko, Kitade Kiyoko, Kokubo Alice, Maede Toyoko, Minato A., Minato Sadao, Momotani Akio & Amy, Morishita Joy, Mukai Akiko, Nagata Sayoko, Nakatsu Tsuyoshi, Narukami Don & Chiyo, Nishi Chizuko, Niwatsukino Betty, Niwatsukino Kyoko, Odamura Richard & Barbara, Okabe Mary, Oye Hanako, Quan Toshiko, Ross Janice, Ryan Jeanne, Sakai Marge, Sakai Mitts & Kay, Sakai Yonny & Emy, Sakai Yukiko, Sakamoto Umeno, Sakata Hozumi, Sakata Marge, Sakiyama Nobby & Liz, Sameshima Yoshiko, Tabata Sumiko, Tanaka Irene, Tanaka Kiyoko, Tani Kiyoshi & Mutsumi, Teraguchi Jean, Helen, Trevin family, Tsumura Tuck & Elaine, Yamamoto Kayoko, Yoneda Kaz, Yoshihara Ken & Hiroko, Yukawa Joe & Sally, SBTWA

Mr. Mitsuo Tanigami: Tanigami Michiko, Akizuki Eiko, Katai Ed & Kay, Nakade Esther, Narukami Don & Chiyo, Okabe Mary, Quan Toshiko, Sakai Mitts & Kay, Sameshima Yoshiko, Yamamoto Kayoko, Ikuta Kuni & June

Mr. Joji Yamasaki: Yamasaki Yoko, Nagata Sayoko, Tasaka Chic

Mr. Ted Hirose: Tasaka Chic

Mr. Sandi Wakabayashi: Sakai Mitts & Kay

Mr. Bob Horii: Ikuta Kuni & June

Mr. Rocky Oishi: Ikuta Kuni & June

1st year memorial service of the late Mrs. Yoshiko Matsumoto: Matsumoto Family

2021/22 Membership paid: Tasaka Susan, Hamano Heidi, Upadhyaya Rewati Raman

NOVEMBER 2021 MEMORIAL SERVICE

(Please bring your "Homyo".)

Asari, Yasuko	Imada, Kimiyo	Mori, Yoshimi	Nishi, Akiko	Sakai, Yoneichi	Teraguchi, Tobe
Atagi, Hisao	Kariya, Iwajiro	Morimoto, Shigekazu	Nishi, Kichijiro	Sakiyama, Allan	Teramura, Tokutaro
Furukawa, Yoshiko	Kawamoto, Kaoru	Morishita, Kevin	Nishi, Henry	Sawada, Katsuko	Uyeda, Yoshihiko
Haya, Tetsuo	Kawano, Hideo	Hitoshi	Nishii, Kichiji	Sato, Yuriko	Yamaguchi, Mamoru
Hikita, Koji	Kawase, Sato	Morishita, Roy	Nitta, Hiromu	Sugihara, Daisuke	Yamamoto, Ayako
Hikita, Tamizo	Kokubo, Eiko	Murao, Kazuji	Ohara, Nobuo	Tamayose, Wataru	Yamamoto, Yaeko
Hirota, Kikuyo	Kuriyama, Masaji	Murao, Katsujiro	Okino, Naoichi	Tasaka, Hiromi	Yamanaka, Mitsuhiko
Hori, Masakazu	Miyazaki, Shizue	Murao, Masako	Okuyama, Yasue	Takasaka, Chizu	Yamanaka, Yoshie
Hori, Ayako	Miyazaki, Tora	Nagasawa, Minoru	Otabe, Michiko	Takasaka, Yukinori	Yoshida, Tori
Hori, Matsuye	Mizuguchi, Peggy	Nakano, Toshio	Oura, Yoshikazu	Takenaka, Hiden	Yoshida, Yasumatsu