



法のともしび LIGHT OF THE DHARMA

NOTICE TO MEMBERS:

We are again conducting services in person as well as per ZOOM.

Please contact Sensei for links.

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 April 3rd
10am Shotsuki Service
11:30am Japanese Service
Monday April 11th
7pm SBT Board Meeting
April 22nd to April 24th
JSBTC National AGM
in Steveston / on Zoom
Sunday May 1st
10am Shotsuki Service
11:30am Japanese Service

NEW MEMBERS

Welcome to the Steveston
Buddhist Temple

Yvonne Perkins
Diane Westerhoff

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

**FUJINKAI
TOBAN 1**

Contact: Hiroko Kawamoto
604-204-0219

Thoughts on the Invasion of Ukraine

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. Over the course of the past couple of years, our lives have greatly been affected due to the Covid-19 pandemic and now the world is dealing with the invasion of Ukraine by Russia. An act of violence that we as a world must stand up to help the millions affected in Ukraine.

In the Dhammapada, a collection of sayings by the Buddha, there is a famous passage that states, "Hatred is never overcome by hatred, hatred is overcome by the absence of hatred. This is an ancient rule." True words of wisdom that those responsible for the acts of aggression could learn from.

A couple of years ago, I wrote an article on the "Golden Chain of Love". I wrote it in context with the Covid 19 Pandemic, but I think it is even more appropriate for the atrocities of war that we are witnessing going on in Ukraine. The Buddha taught that the path to liberate oneself from suffering is through understanding the right view and to act upon the right view 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. 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 can control our destination through continuing to listen to the Dharma and being mindful of our actions. In the conflict between Russia and Ukraine, let us not act in hatred towards Russia, but let us emphasize kindness and compassion for the people of Ukraine. It is up to each of us to do what we can to support those suffering in Eastern Europe.

Gassho,
Grant Ikuta

Upcoming Service and Lecture

Please join us on Sunday, April 17th at 10:00 am for the Hanamatsuri Service commemorating the birth of the baby Buddha. The service will be held both in person as well as online.

Rev. Grant will be starting the spring lecture series starting on Tuesday, April 26th at 7:30 pm. The series will emphasize the Mahayana Buddhist teachings and the development of the Pure Land Teaching to which our temple belongs to. I hope you will be able to join us for these talks.

Statement on Russia's Invasion of Ukraine

On February 24, 2022, Russia aggressively began its invasion of Ukraine through military force.

It has been reported that in cities across Ukraine, many civilians including children have become victims in addition to the well over one million Ukrainian citizens forced to flee becoming refugees.

We, the Jodo Shinshu Hongwanji-ha Buddhist organization, strongly condemn taking human life lightly as well as using military force to unilaterally try to change reality through violent actions for no matter what reason.

In addition to the invasion of Ukraine, the reality is that terrorist attacks and military warfare continue across the world. Reiterating our stance against violence, it is our fervent hope that a peaceful resolution may be realized as soon as possible and that there be a safe return to peace for the people of Ukraine.

Overcoming conflict that arises through mutual exclusion and differences in thinking and values, I firmly believe that through joint efforts, the path to perpetual peace will open up to a life of spiritual richness.

March 8, 2022

IWAGAMI Chiko

Governor General

Jodo Shinshu Hongwanji-ha



FUJINKAI NEWS

Hiroko Yoshihara

The temple kitchen came alive for a couple of mornings as the ladies gathered to make karinto.

It was a partial success, giving reason to try again next month. The tasks of cutting and frying were easily accomplished but we will need an expert to glaze the karinto at our next session.

Also, the kitchen and Fujinkai storage room need to be cleaned thoroughly and cleared of clutter. A garage sale will result in removal of many items so please look forward to a sunny Saturday when we shall have it outside. In addition, the coat room now has a stacking washer and dryer along with a new sink which has resulted in less space. As some equipment and supplies are moved to the kitchen in Wisteria, there should be more room in the storage room.

Moe No Kai

Keiko Go

We are starting Moe No Kai on Thursday, April 21st from 10am to noon in the temple classrooms. Due to pandemic, we were unable to hold Moe No Kai for 2 long years therefore, we would like to just get together to reconnect this time. For those who are new to Moe No Kai, it is held on the third Thursday of the month from 10am to noon. After we listen to Rev. Grant Ikuta's short lecture, we sing and play games as well as we do easy sitting exercises. We also make various crafts and give important information on seniors both in Japanese and English. We will be collecting \$2 per person and this will be used for buying snacks and other necessary materials. Please note that all participants must have at least 2 Covid vaccines. Thank you for your understanding and we look forward to seeing you again on April 21st.



Statement for Peace

"All tremble at violence; life is dear to all. Putting oneself in the place of another, one should not kill nor cause another to kill."

("Dhammapada" Chapter 10 verse 30)

We are deeply concerned and heartbroken by the armed conflict between Russia and Ukraine. Jodo Shinshu Buddhism values and strives for peace and tranquility for all sentient beings throughout the world. One of the basic teachings of Buddhism is the interconnectedness of all things. Conflict between the two countries has affected the entire world. Impermanence is another central tenet underlying all Buddhist teachings. It teaches us that everything is constantly changing. It is our hope that the conflict will end soon and peace will be restored.

With palms together in gassho,

Tatsuya Aoki

Bishop, Jodo Shinshu Buddhist Temples of Canada



Temple Library Update

The office staff along with volunteers will be re-organizing the bookshelves in the classroom. The temple books will be placed in the bookshelf which will be shifted next to the window, making room for the Takarajima books. The shelving used by Takarajima will be placed in the storage room north of the Hondo.

A large number of books donated by Mr. Lamont Pelletier were added to the Temple Library. The following is just a sampling of the books donated by Mr. Pelletier, whom we thank for his generosity.

Beyond meditation: Expressions of Japanese Shin Buddhist spirituality edited by Michael Pye

Buddhism for today: A modern interpretation of the Threefold Lotus Sutra by Nikkyo Niwano

Great living: In the pure encounter between master and disciple by K.T. Sato

Heard by me: Essays on my Buddhist teacher by Shuichi Maida

Jodo Shinshu: a guide

Teaching of the Buddha by Bukkyo Dendo Kyokai

There have also a number of books on Japanese Canadian history added to the Temple Library:

The enemy that never was : history of Japanese Canadians by Ken Adachi

Years of sorrow, years of shame by Barry Broadfoot

The exodus of the Japanese by Janice Patton

Japanese Groceries Available at the Temple

Genmai cha (1 kg)

Inari/age (40 pieces)

Mentsuyu (1 litre)

Onigiri nori (box of 5 pkg)

Shiro miso (1 kg)

Shoyu (1 Gallon)

Takuan

Umeboshi

SENBEI:

Ajinorakuen

Gomasuki

Sakura arare

Contact: Hiroko Yoshihara
at hi.yosh@telus.net
or at 604.277.6521
if you are interested.
in making a purchase.

DONATIONS & Memberships

The Steveston Buddhist Temple sincerely appreciates and thanks the following for their generous donations: All donations deposited after March 24th, 2022 will be announced in the next newsletter. Any donations with notations stating that they are in memory of several individuals, these names will be acknowledged in the month that the cheque was deposited. If you wish to have the donations acknowledged in the newsletter corresponding with a particular Shotsuki month, we ask that you make donations during that actual Shotsuki memorial month. 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かもお忘れなく記載して下さいませ。有難うございました。

Tree Legacy Donation(\$2,510): Akune Roy & Itoko, Akune Robert & Molly, Hamaura Misaye, Araki Merv & Daisy, Akune Ted & Rose, Kaita Alan, Flynn Robert & Sharon, Kumagai Tetsuo & Noriko, Nakanishi Michael & Frances, Tanabe Sharon

General Donation(\$1,959): Akune Robert, Araki Linda, Araki Robert, Chow Nobu & Suezone, Doi Terri, Ryan Jeanne & Larry, Fraser Valley Buddhist Temple, Ikuta Teruko, Izukawa Terumi, Kurita Yoshie, Mizushima Tatsutoki & Karen, Nagao Janet, Nakata Masahiko, Nishikihama Teruko, Oda Jennifer, Phillips Victor, Suzuki Kent, Watanabe Keiko, Westerhoff Diane, Yoshihara Hiroko & Ken, Osaisen

Naijin Flowers(\$120): King Hiroko, Nishimura Grace

Special Appreciation Donation(\$100,000): Ikuta Makoto

Major Worship Services(\$435):

Hoonko Service : Koyanagi Yoshiko, Kurita Yoshie

Nehan-e Service : Akizuki Eiko, Akune Roy & Itoko, Hamaura Masako, Hamaura Misaye, Iwata Genevieve, Kokubo Alice, Kondo Kaoru, Maede Toyoko, Matsuno Seishi & Kisako, Mizushima Karen, Mori Koji & Judith, Morizawa Sazare, Nakatsu Tsuyoshi & Chizuru, Narukami Don & Chiyo, Nishi Chizuko, Nishikihama Teruko, Sakata Hozumi, Sameshima Yoshiko, Tabata Tosh, Tanaka Emiko, Tani Kiyoshi & Mutsumi, Whittier Maya

Dana Day 2021 (according to the Fujinkai list)(\$440.75): Nakanishi Frances, Hamaura Misaye, Yoshida Arlene, Kakehi Tomoko, Chow Nobu, Yoshihara Hiroko, Akune Itoko, Hashimoto Junichi & Atsumi, Ikuta Teruko, Ikuta June, Whittier Maya, Morishita Elmer

Shotsuki Services(\$3,985) :

March: Akizuki Eiko, Akizuki Casey & Ayako, Akizuki Gary & Gloria, Akizuki Russ, Akune Roy & Itoko, Doi Peter & Louise, Domai Kiyu, Domai Koji, Hamade-Feng Alicia, Go Keiko, Hamade Emi, Hamade Naomi, Hamanishi Etsuko Betty, Hamaura Misaye, Hanlon Grace Kyoko, Hashimoto Junichi & Atsumi, Higo Kelvin & Kay, Kakehi Tomoko, Kariya Florence, Kawabata Mitsuyo, King Hiroko, Kojima Jim, Komori Dick & Setsuko, Koyanagi Bruce, Koyanagi Yoshiko, Kurahashi Marie & Judy, Larson Elaine, Maede Toyoko, Maeno Ruby, Matsumura Laverne, Matsumura R & M, McDonell Dawn, Mori Koji & Judith, Morishita Dennis & Linda, Mukai Akiko, Munro Reiko, Murakami Lori, Murao Dick, Murao Keith, Murao Ken & Janet, Murao Leanne, Murao Ray, Murao Ryan, Nakata Brent & Jennifer, Nakata Shirley, Nakata Ward, Niguma Gordon, Niguma Kazuko, Nishi Chizuko, Nishi Robert,

Royce & Skyler, Oye Hanako, Phillips Naomi & Ben, Quan Toshiko & Ernest, Rodrigues Leah, Ryan Larry & Jeanne, Sakamoto Bud, Sakurai Naomi & Tommy, Sameshima Ron, Sameshima Yoshiko, Sato Helen, Satosono Aya, Takasaki Mayumi, Takasaki Nancy, Tasaka Charles, Tasaka Charlotte, Tasaka Joyce, Tasaka Kaz & Chic, Teramura Ken & Pauline, Wright Grace, Yamanaka Miyoko, Yoshida Dave & Arlene, Lovo Donna, Yukawa Joe

February: Akune Robert, Morishita Dennis & Linda, Satosono Aya, Yamamoto Kevin, Yesaki Mitsuo

January: Satosono Aya

Funerals & Memorial Services (\$10,545) In memory of the late:)

Mr. Merv Araki: Ikuta Kuni & June

Mrs. Shizuko Nishi: Nishi Joe, Nishi Albert & Isabel, Akune Roy & Itoko, Nishi Julie & Solymosi Andre, Yoshida Dave & Arlene, Nishi Eric, Hamaura Misaye, Nishi Susan, O'Brien Michael & Audrey, Akune Ted & Rose, Akune Aaron & Vicky, Tam Nicola & Marcus, Nishi Kayoko, Akune Robert & Molly, Ha Binh & Amy, Akizuki Eiko, Chan Rob & Elsie, Hamade Naomi, Hamanishi Betty, Hamanishi Frank & Pat, Hirose Mary, Hisaoka Tomi, Ikuta Kuni & June, Ikuta Makoto, Kariya Florence, Kawamoto Hiroko, King Hiroko, Kokubo Alice, Kondo Kaoru, Lum George & Hitomi, Matsuo Ken, Mizushima Tatsutoki & Karen, Mizuta Akemi, Morishita Dennis & Linda, Murakami Lori, Narukami Don & Chiyo, Nishi Bobby, Nishi Scott, Okabe Mary, Oye Hanako, Quan Toshiko & Ernest, Ryan Larry & Jeanne, Sakata Hozumi, Sakiyama Nobby, Sameshima Yoshiko, Tabata Sumiko, Tabata Tosh, Tasaka Kaz & Chic, Turnbull Kathleen, Yoshihara Ken & Hiroko

Mrs. Chieko Kondo: Labrecque Diane & Paul, Akizuki Eiko, Ikuta Kuni & June, Sakai Yonny & Emy

Mr. Tamotsu Kondo: Labrecque Diane & Paul, Kondo Kaoru, Kondo Norman, Kondo Terry,

49th day service of Takako Suga: Mehl Rainer, Akune Ted & Rose, Allchin Mietta, Ang Frances & Joyce, Bhimani Kaori, Bianchin Akemi, Brock Etsuko, Bucci Rie, CMNSU, Daviau Jean-Luc, Goto Junko, Hara Naomi, Higo Kelvin & Kay, Rev. Hirano Naoki, Hui Sumiko, Ikuta Teruko, Ishikawa Ayane, Iwase Jun, Kakehi Tomoko, Kwan Noriko, Madey Michael, Marchrones Andrew, Marumo Eiji, Murao Mary, Nakanishi Mike & Frances, Niguma Kazuko, Ohkoshi Yukari, Poppell Chigusa, Sakamoto Bud, Sakamoto Chisa, Sakata Hozumi, Sawaguchi Chizuko, Sekio Naomi, Sewell Laurie, Shimmoto Kazuko, Shishido Michiyo, Shoji Miyuki, Sugiura Runa, Sun Sunny, Suzuki Yuko, Takeya Sushi, Takeuchi Sachiko, Udagawa Megumi, Watanabe Naoko, Yamaguchi Choy Akiko, Yamamoto Junko, Anonymous

Mrs. Kyoko Niwatsukino : Hamade Naomi, Murakami Lori, Satosono Aya, Tanigami Michi

Ms. Jean Sakamoto: King Hiroko

Mrs. Harue Ono: Pasqualetto Mario

Mr. Kazuo & Mrs. Kazumi Yamamoto: Yamamoto Cathy

3rd year memorial service of the late Mr. Bob Hamaura: Hamaura Misaye, Hamaura Dean, Phillips Kim, Akune Aaron & Vicky, Akune Bob & Molly, Akune Roy & Itoko, Munro Reiko, Ng Julianna, Peach Zach

10th year memorial of the late Mrs. Hisae Domai: Quan Toshiko & Ernest
25th year memorial of the late Mrs. Yoshiko Sakai: Sakai Mitts & Kay

Membership 2022 paid: Kaita Alan

APRIL 2022 MEMORIAL SERVICE

(Please bring your "Homyo".)

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



STEVESTON
Buddhist
Temple

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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

MAY 2022 MEMORIAL SERVICE (Please bring your "Homyo".)

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

An Encounter with Cancer

“Even though my body must bear great pain and suffering, I will persevere and strive patiently without regret”

The above quote comes from the last passage in the sutra - Sanbutsuge and is the focus of my Encounter with Cancer. The encounter with cancer was unexpected and an humbling one.

In early January, 2021, I began to experience pain in my lower back that continued into March. This was followed with excruciating pain in the area of the right groin. On my fourth visit to the Richmond Hospital Emergency, the ultrasound indicated that there may be cancerous growth in the right lymph node. The Oncologist confirmed there was a cancerous growth - a third stage Marginal Zonal Lymphoma (MZL). On receiving this report, as much as I tried to keep a calm demeanour, I became quite concerned. A week later, the consultation with the Oncologist and his staff was reassuring and eased my stress level. I was informed that a six month chemotherapy treatment - the first a lengthy one followed by five shorter ones should put the cancer into remission.

On July 5, my first chemotherapy treatment was an intravenous injection consisting of two parts - a seven hour injection in my left wrist and a subsequent one hour injection in the mid-groin area. As I reclined in the arm chair for my treatment, my attention was drawn to others who appeared to be receiving a similar injection as I. All were reclining except for two who were lying on a cot. I thought to myself, “I am not the only one undergoing a similar experience. They must be enduring the same discomfort and pain.”

Here I was thinking only of my own condition - my own suffering. However, on seeing others with similar conditions, my feelings changed and my heart went out to them. There

was a surge of empathy with the deeper understanding that suffering was common among others. During these sessions, I would see a few drowsing off, some had their smartphone on their laps and engaging in an activity, others reading a book or writing or in a meditative act. On most days, with partially closed eyes, my mind would be diverted to reciting the Homages and Three Treasures.

It seemed that each of us had a form of diversion which allowed one to become more at ease and comfortable. In conversation with others who have had similar experiences, these acts of diversion are common and critical in recovery. One said that he continually repeated a favourite verse and another said she wrote Haiku, a Japanese poem. Each stated that along with these activities a strong belief system had so much to do with overcoming their fear of cancer.

These words, “Hard, it is to be born into human life, now I am living it. Difficult, it is to hear the words of the Buddha, now I am hearing them. How may I be set free from this suffering? It is by taking refuge in the Three Treasures - the Buddha, the Dharma and the Sangha” have provided me with a better understanding that suffering is inherent in one’s life and how we respond to it is important.

Fittingly, the words, perseverance and patience, as stated in the Sanbutsuge are key to overcoming one’s suffering.

Thankfully, my cancer is in remission. The next phase in my treatment will be a series of tri-monthly treatments for the next two years, which began in February.

In Gassho, Roy Akune



OBITUARY



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

Masato 'Merv' Araki February 24, 2022 93 Years Old
Makoto Ikuta March 21, 2022 93 Years Old



法のともしび

お釈迦様の誕生の 本当の意味



“誕生したばかりの王子を祝福する仙人が王子を見て涙を流しました。王子が泣くのかと王に尋ねられたアシタは次のように答えたそうです。「この涙は喜びの涙であり、悲しみの涙でもある。私が抱いているこの子は後にブッダとされる方、それを喜ぶぶっだである。だが、そこには悲しみもある。このお子が長じて家にいられたら、世界を統一する偉大な王となり、もしまた、苦しみに出られたら、出家して道を修めれば世を救う仏にあらう」と予言した。”

(仏教聖典より)

個人的事情がありまして、今月は日本語の記事を書けませんでした。代わりに、2015年の四月号に載せたり記事をもう一度載せていただきます。来月は普通通りに載せたいと思っています。

「四月はお釈迦様の誕生された月（4月8日）であります。シッダールタ王子（後のお釈迦様）がルンビニ荘園で御誕生された時の話は有名であり、仏教徒であれば少なくとも一度は聞いたことがあると思います。上記の話は御誕生から少し後のことでした。國中の者が王子の御誕生を祝福し、多くの人々がお城に参られ、その中にアシタと言った仙人もいました。そして、彼は王子を一目見て上記の言葉を言われたそうです。王様のシュッドナは、最初には自分の息子が偉大な人物となると聞いて喜ばれますが、次第に「苦しみに出会わねたら、出家される」との忠告に心が捕らわられて、息子が苦しみに出会わないようにと過保護に育てられます。季節ごとには、その季節に適応しているお城を建立したり、お城から出かける際には前もって醜いものを王子の目に届かないようにと削除されたりしました。ついに太子が19歳のとき、母のマーヤ夫人の兄デーヴァダハ城主スプラブッダの娘ヤショーダラーを迎えて妃と定めた。

その後、十年の間、とても贅沢な暮らしを楽しまれ、29歳のときには一子のラーフラが誕生されました。喜ぶべき出来事でしたが、この誕生と、そのころに経験した四つエピソードが出家する原因となつたと言われています。その四つの体験とは王子が四回にわたってお城から出かけた時の出来事でした。ある時、シッダールタ太子は東の門より出かけた。そこで年老いた方と出会い、一緒に出かけている大臣になり、年が何歳か、何歳を取るか、病気の事実を知ることになり、また、ある時には南の門より出かけた、病人の姿を見て、大臣に何者かと聞く、病気の事実を知ることになり、そして、また、ある時、西の門より出かけた。葬儀の行を、最後に北の門より出かけた時に出家の僧を見て、その姿に感銘を受けたと伝えられています。この四つの経験と息子の誕生を重ね、シッダールタは出家する決心をされたと言われています。

出家したシッダールタは6年間に及ぶ苦行を経た後に菩提樹のもとで35歳のとき、悟りを開きブッダとされます。そして、それからはブッダ（目覚めた者、悟りを開いた者）や釈尊などと呼ばれるようになります。お釈迦様の最初の教えは四諦八正道といい、仏教の根本教えになります。四諦とは簡単に言いますと四つの真諦であり、それはまず人生には多くの苦しみが止まるという自覚で始まり、その苦しみの原因を突き

めて、苦しみから解放された境地を見極め、その境地への方法として八正道の教えがあるということです。また、四諦の初めの真諦を苦諦といいますが、苦諦とは人生には誰にも避けられない様々な苦しみがあると言える真諦のことです。中でも、最も大きな苦しみの生・老・病・死の四つです。最初の「生」は生まれることという意味があり、これをもう一度シッダールタ誕生の時に言われたアシタの予言と重ねてみると、忠告された「苦しみも出されたら、出家される」という言葉が、29歳の時に経験された、老・病・死との出会いはなく、誕生の瞬間に迷いの世に生まれてこられた一つの大きな苦しみに出会われたことなのです。ですから、いくら父王のシュッドナが過保護に育てようとしても、生まれた瞬間にブッダとなる原因は定まっています。

となると、花祭りはただの誕生日のお祝いではなくて、その誕生によって悟りを開かれたブッダへの喜びの法要であり、4月17日の花祭りにはぜひお参りするよう、念じ申し上げます。合掌 生田 グラント

ロシア連邦によるウクライナ 侵攻に対する声明

2022年2月24日、ロシア連邦がウクライナへの軍事侵攻に踏み切りました。

ウクライナの各都市では子どもを含めた多くの民間人が犠牲となり、加えて100万人を超える国民が難民として避難を余儀なくされていると報道されています。

私たち浄土真宗本願寺派は、いかなる理由があろうとも、人命を軽視し、武力で一方向的に現状を変更しようとする暴力的な行為に抗議し強く反対の意を表します。

このたびのウクライナへの侵攻だけでなく、世界各地でテロや武力紛争が続いている現実があります。あらためて、あらゆる場での暴力の行使を非難するとともに、一刻も早く対話による平和的な解決がなされ、ウクライナに再び平和が訪れますよう願うものです。思想文化や制度による厳しい対立や相互の排除を乗り越えて、自他共に心豊かに生きていけるよう、共に努力する先にこそ、恒久的な平和を実現する道が切り拓かれてくるものと確信いたします。

2022(令和4)年3月8日
浄土真宗本願寺派総長 石上 智康

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。

荒木	マサト様	2022年	2月	24日	寂	93歳
生田	亮様	2022年	3月	21日	寂	93歳



婦人会からのお知らせ 吉原ヒロコ

婦人会のメンバーが二日間ほどカ
リントウを作りに来てくださり、
キッチンに活気が戻ってきまし
う。その結果、また来月集まろ
うという事になりました。材料を切
ったり揚げたりするのは簡単に出
て

来ましたが、次回集まる時はカリントウにテリをつけ
るのが上手な人が必要です。

さらに、キッチンと婦人会の倉庫の清掃が必要で、その
時にいらぬ物も整理します。お天気のよい土曜日に
外でガレージセールをする予定です。整理した物がた
くさん出ます。どうぞ期待しててください。また、
コートルームに積み重ね式の洗濯機と乾燥機がはい
り、さらに新しい洗面台も付きましたので場所が狭く
なりました。いろいろな器具や材料をウィステリアの
キッチンに移しますので婦人会の倉庫に少し空きが
出るでしょう。

お寺で売っている日本食品

- | | |
|--------------|----------|
| 玄米茶 (1 kg) | |
| 稲荷用あげ (40 枚) | おせんべい |
| 麺つゆ (1リットル) | 味の楽園 |
| おにぎりノリ | ゴマすき |
| 白味噌 (1 kg) | 桜あられ |
| たくあん 梅干し | 照り焼きせんべい |
| 醤油 (1ガロン) | |

購入ご希望の方は吉原ヒロコにご連絡ください。
hi.yosh@telus.net 604.277.6521

萌の会 郷 恵子

4月21日(木)午前10時から2年ぶりの萌の会を
開催致します。皆様とは久しぶりにお会いするの
で積る話はいっぱいあるかと思つたため、とりあ
えず次回の萌の会はお茶会をしたいと思います。初
めての方には、萌の会は毎月第3木曜日の午前1
0時から正午まで、お寺のクラスルームにてシ
ニアのための気軽に参加できる集まりです。ご
本堂でお参りした後、頭や体を解楽するための
軽い体操をしたり、簡単なクラフトなどをして
いただきます。本語で行われていますが、場合
によっては英語と日本語で行われます。参加費
は一人2ドルになります。この参加費は今後の
お茶菓子などに使わせていただきます。尚、参
加者は念のためコロナ予防接種を最低2回受
けておられる方のみお願い致します。くれぐれ
もご了承下さいませ。皆様と再会できる4月21
日を楽しみにしております。

癌との出会い

「私の体が非常な痛みや苦しみを受けねばならなくて
も、
何の悔いもなく辛抱強く耐え、努力するだろう。」

上記の引用は「讚仏偈」の最後の文章であり、それが
私の癌との出会いの大事な点でもある。癌になるとは
考えてもおらず、この経験が私を謙虚にした。
2021年の1月初めに腰に痛みを感じ、それが3月まで
続き、右足の付け根にもすごい痛みを起すようにな
った。リッチモンド病院の救急に4度目に行った時
の超音波検査の結果、右のリンパ節に癌のようなでき
ものが見つかった。腫瘍専門医がこれは癌でステージ
3のMarginal Zonal Lymphoma (MZL) (リンパ腫の一
種)であることを確認した。これを聞いて自分として
はできるだけ冷静にふるまおうとしたが、非常に心配
した。1週間後に腫瘍専門医や職員と話した結果、
非常に安心しストレスも和らいだ。6回の化学療法
(キモセラピー)、最初のは長くて後の5回は短いのを6
か月間続ける治療を受ければ癌は小康状態を保つだ
ろうと言われた。

7月5日の最初のキモセラピーがあり、まず、左手首か
ら薬を7時間注入し続け、次に足の付け根に近い所に1
時間注入した。安楽椅子に横になって治療を受けてい
る間、周りで同じような治療を受けている人たちを眺
めていた。ほとんどの人は安楽椅子に寝ていたが、2人
はベッドに横になっていた。その時「同じような経験
をしているのは私だけじゃないんだな、皆も同じよう
な痛みや苦しみを耐えているんだな」と思った。それ
までは自分の事だけ、自分の苦しみだけを考
えていたが、同じような状況にいる他の人たちを見た
ことで、私の気持ちは変わり、その人たちにも思いを
はせるようになった。そして他の人たちも同じように
苦しんでいるのだという事が非常によく分かった。こ
ういう治療の間、ある人はうとうとしたり、また別
の人は膝に置いた携帯電話を使っていた。さらに、本
を読んだり、何か書いたり、瞑想しているような人も
いた。私はたいがい、目を半分閉じ「礼讚文(三帰依文)
」を唱えていた。

誰もが気分が安らぎ居心地良く過ごせるよう工夫して
いるようだった。その人たちと話すと、皆それぞれ気
晴らしの工夫をし、さらにそれが回復に重要であるこ
とが分かった。例えば、気に入った文章を繰り返し言
ったり、日本の詩の一種である俳句を書いたりしてい
るそうだ。そういう事をする事によって癌の恐怖を
克服して見せるという強い信念が生まれてくること
言っていた。

「人身受けがたし、今すでに受く。仏法聞きがたし、
今すでに聞く。この身今生にむかって度せずんば、さ
らにいずれの生にむかってかこの身を度せん。大衆も
ろともに至心に三宝(仏、法、僧)に帰依したてまつ
るべし」という言葉が、私たちは生まれつき苦しみを
持ち、私たちがそれにどう対応するかが重要である事
に気づかせてくれた。

「讚仏偈」で述べられている忍耐と辛抱という言葉は
苦しみを克服するキーワードとしてぴったりする。
ありがたいことに私の癌は今、小康状態を保っている。
2月から始まった次の段階は、3か月ごとの治療
で、2年続くことになっている。

合掌
阿久根ロイ