

Kelowna Buddhist Temple

The New Dharma Express



PO. Box 22092, RPO Capri Centre Kelowna, B.C. V1Y 9N9 phone 250-763-3827
www.kelownabuddhisttemple.org

Special points of interest:

- Thurs. Oct 1, TSS Meditation 9:30am, Japanese Classes 7pm
- Fri. Oct 2, TSS Meditation 9:30am, Dough Making 6pm
- Sat. Oct 3, Mein Making 8am
- Wed. Oct 7, TSS Meditation 9:30am
- Thurs. Oct 8, TSS Meditation 9:30am, Japanese Classes 7pm
- Fri. Oct 9, TSS Meditation 9:30am
- Sun. Oct 11, JSBTC Day & Monthly Memorial Service 10am
- Wed. Oct 14, TSS Meditation 9:30am, Pastry Making 9am, Apple Pie Making 6pm

Clean-up Altar Toban

Group #3
M/M Yuki Tanemura
Mr. Jim Nishi
M/M Teruo Ogi
M/M Tosh Suzuki
Mr. George Terada
Mrs. Chiyoko Yamaoka
Mrs. Sakae Nishi
Mr. George Hayashi
M/M Alan Yamaoka
Mr. Brian Yamaoka
Ms. Lisa Yamaoka
Ms. Carrie Yamaoka

- Thurs. Oct 15, TSS Meditation 9:30am, Apple Pie Making 6pm, Japanese Classes 7pm
- Fri. Oct 16, TSS Meditation 9:30am
- Wed. Oct 21, TSS Meditation 9:30am
- Thurs. Oct 22, TSS Meditation 9:30am, Japanese Classes 7pm
- Fri. Oct 23, Farmer's Market Prep 8am

Inside this issue:

Sensei's Report	2
Calendar	4
BCC Update	5
Temple Executive	7
Rambling	8
Just Rambling	9
Donations	12

- Fri. Oct 23, TSS Meditation 9:30am
- Sat. Oct 24, Farmer's Market & Bake Sale 9am
- Sun. Oct 25, Dharma School 10am, Sunday Service 2pm
- Wed. Oct 28, TSS Meditation 9:30am
- Thurs. Oct 29, TSS Meditation 9:30am, Japanese Classes 7pm

Monthly Memorial

OCTOBER

Mr.	Tatsukichi Mukai
Master	Takashi Uyeyama
Mr.	Mitsuru Murakami
Mr.	Zenkichi Tamaki
Master	Akira Tomiyama
Mr.	Genjiro Taguchi
Mrs.	Harue Budo
Mr.	Kurakichi Oshita
Mr.	Kyuzo Kobayashi
Mr.	Susumu Matsuda
Mr.	Haruo Kitagawa
Mrs.	Nobue Nakano
Mrs.	Kazue Kasubuchi
Mr.	Kozo Fujita
Mr.	Shigeru Mori
Mr.	Hideo Yamada
Mr.	Gengo Hikida
Mr.	Nobujiro Ueda
Mrs.	Fumi Tamaki
Mrs.	Yoshi Sugie
Mrs.	Fujie Ueda
Mr.	Tom Tomiye
Mr.	Jim Kitaura

- Fri. Oct 30, TSS Meditation 9:30am
- Quigong/Tai Chi Classes 1-2pm on Saturday Oct. 10, 17, and 24th

From Sensei : Pure Land in the West

As we look around us, the changes of season are already noticeable. The trees and birds and animals are attuned to these changes- the cycles of nature can be seen all around us – the homeward migration of the salmon, the beginning migration of birds to their southern destinations, all the preparations that are being made for the cold winter days that lie ahead. These events are all part of the transformations in Nature. The wisdom of Nature is always impressive. Nature reveals to us the transformations in life. We often fail to appreciate the delicate balance that exists between all living things in our environment.

As we drive through the mountains, we cannot fail to notice the patches of dying pine trees caused by the pine beetle. I recall that one of my friends told me about an enormous pine tree in the mountains of Colorado. It was estimated that it had probably been a seedling around the time when Columbus discovered America. Close study of the tree revealed that it had been struck by lightning fourteen times. It had survived throughout centuries of cold Colorado winters. Age did not destroy it. Avalanches did not move it. Fire did not destroy it. Many came to believe that this tree was indestructible. However, unfortunately this was not the case. It was destroyed by a beetle- so small that a person could crush it between his thumb and finger.

As I become older, I seem to notice the transformations in Nature more acutely. At this time of year, it seems that Nature is giving us many gentle reminders of death. The autumn leaves, in all their beauty evoke in us feelings of awe and sadness. However, to balance this, let us also keep in mind that death is not the end, but rather is the beginning of a new life.

Buddhism teaches us that life is illusory, and that our main purpose in life is to transform the illusion into enlightenment and to awaken to Amida Buddha's world. The Pure Land tradition does not seek wise or intellectual answers. It tries to answer questions about life's pain and suffering based on a direct appeal to the heart. It is interesting that one of our members recently talked with me about our Pure Land teaching as emphasizing the heart, and in this

sense it is different from other forms of Buddhism, which tend to emphasize the mind. This person had practiced other types of Buddhism, before experiencing the Pure Land tradition. This seemed to me to be an insightful observation. Certainly our Pure Land tradition encourages us to know Amida Buddha and to honestly reflect upon our human nature as foolish beings. Each one of us is interconnected with all other beings in our world, and cannot exist without them. The person of Pure Land faith attains birth in the Pure Land by the realization that one is a foolish being. We come to realize that we are foolish beings through the Nembutsu. The hearing of Namu Amida Butsu is also the sound of the disintegration of our deep seated ego. The thickness of this ego is enormous with many layers piled up, one on top of the other. The only thing that can get through and penetrate through our ego is the light of Amida Buddha.

What is our new life within the Pure Land? In the Amida Sutra, the Pure Land is described as existing "*beyond a hundred thousand kotis of Buddha-land westwards from here.*" The more we read, and reflect, the more we start to understand the underlying meanings that are conveyed within the Sutra. The "infinite distance" that is described, is a metaphor for the vast differences between illusion and enlightenment. "The west" refers to the setting of the sun. As it disappears over the mountains in the west it signifies the end of daylight and the coming of darkness. The daylight, earlier filled with warmth and happiness, can quickly turn into a world of darkness. The happiness of youth and health are but temporary, and are followed by old age, illness and death.

The Pure Land, far away, shows us a world completely different from this ego-centered world of ours. It is a world in which all hatred is eliminated and there is respect for one other. Self-centeredness is replaced by empathy and compassion for others. In that world, everyone is equal, regardless of whether one is rich or poor, employed or unemployed, wise or ignorant. It is a world, based not on egoism, but one of peace and harmony.

In Gassho,
Rev. Yasuhiro Miyakawa

Jodo Shinshu Buddhist Temples of Canada (JSBTC) Day

With school back into session, we are reminded that Fall is immediately around the corner and that the Jodo Shinshu Buddhist Temples of Canada Day is before us. The JSBTC (formerly the Buddhist Churches of Canada) Day, held annually in October, marks the founding of this national organization that brings all Jodo Shinshu followers together in one encompassing group through which we can draw upon each other's strength and wisdom. This organization was founded in October, 1974. The JSBTC is the official organization by which the mother temple, the Nishi Hongwanji, can support the efforts of the Jodo Shinshu followers in Canada.

JSBTC Day also gives all of us the opportunity to commemorate and express our gratitude to the pioneers and other past members who were very active in the propagation of Buddhism in Canada.

The selection of the service date to commemorate this occasion is flexible and can be held on a day that is suitable for each temple. As in the past, the donations received at the temples from this very special JSBTC Day go toward the continued education of our present and

future ministers and other initiatives deemed important by the National Board. Indeed, without the support from contributors there would be a financial challenge for the Board to undertake programs.

Please note that to be environmentally friendly, JSBTC Day Konshi envelopes will not be printed. Donations can be brought to the temple or cheques payable to JSBTC can be sent to:

Jodo Shinshu Buddhist Temples of Canada
11786 Fentiman Place
Richmond, B.C. V7E 6M6

I am sure you will learn more about the significance of JSBTC Day by listening to your minister. We look forward to your attendance and support on this very special Day.

In Gassho,

Dave Ohori, President

Message from the Editor

The last couple of books that I have read was about the lives of people in countries that are so different from ours here in Canada. It is hard for me to fathom what having to get fresh water in war torn Sarajevo would be like or what it would be like to deal with the culture in Afghanistan.

I feel ashamed when I think about what I feel is important to happiness, and realize that most of these things are materialistic.

Gratitude, appreciation and thanks should be a given and everyone should have a smile on their face—we are so fortunate. It is true, about the best things life are free... many people haven't figured it out. How do we get this message out to people? The other

day, I was very reluctant to go to the front door when I could see that the Jehovah witness people were calling. Even though I was polite and sent them on their way, I understand their need to share their teachings and beliefs. Sometimes I wish Buddhists were like that, but I doubt whether I would be able to be that committed. So if I'm not that committed then how can I hope to get any messages, of any importance to others?

So here is the soft sell approach—to the readers of this Dharma Express—Gratitude, Appreciation and Thanks... see you at the many Temple functions next month.

In Gassho—Jiro

Pearls of Wisdom from my Friend:

“When we feel responsible, concerned and committed, we begin to feel deep emotion and great courage”—The 14th Dalai Lama

“Do not take lightly small good deeds, believing they can hardly help. For drops of water, one by one, in time can fill a giant pot” - Patrul Rinpoche

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			30 <i>TSS Meditation 9:30am</i>	1 <i>TSS Meditation 9:30am</i> <i>Japanese Classes 7pm</i>	2 <i>TSS Meditation 9:30am</i> <i>Dough Making 6pm</i>	3 <i>Mein Making 8am</i>
4	5 <i>Taiko Practice 7pm</i>	6	7 <i>TSS Meditation 9:30am</i>	8 <i>TSS Meditation 9:30am</i> <i>Japanese Classes 7pm</i>	9 <i>TSS Meditation 9:30am</i> <i>Taiko Practice 7pm</i>	10 <i>Qigong/Tai Chi Classes 1-2pm</i>
11 <i>JSBTC Day & Monthly Memorial Service 10am, Temple Executive Meeting 12n</i>	12 <i>Taiko Practice 7pm</i>	13	14 <i>TSS Meditation 9:30am</i> <i>Pastry Making 9am</i> <i>Apple Pie Making 6pm</i>	15 <i>TSS Meditation 9:30am</i> <i>Apple Pie Making 6pm</i> <i>Japanese Classes 7pm</i>	16 <i>TSS Meditation 9:30am</i> <i>Taiko Practice 7pm</i>	17 <i>Qigong/Tai Chi Classes 1-2pm</i>
18	19 <i>Taiko Practice 7pm</i>	20	21 <i>TSS Meditation 9:30am</i>	22 <i>TSS Meditation 9:30am</i> <i>Japanese Classes 7pm</i>	23 <i>Farmer's Market Prep 8am</i> <i>TSS Meditation 9:30am</i> <i>Taiko Practice 7pm</i>	24 <i>Farmers Market and Bake Sale 9am—3pm</i>
25 <i>Dharma School 10am, Sunday Service 2pm</i>	26 <i>Taiko Practice 7pm</i>	27	28 <i>TSS Meditation 9:30am</i>	29 <i>TSS Meditation 9:30am</i> <i>Japanese Classes 7pm</i>	30 <i>TSS Meditation 9:30am</i> <i>Taiko Practice 7pm</i>	31 <i>Qigong/Tai Chi Classes 1-2pm</i>

BCC Update:

A monthly update from the national headquarters of the Shin Buddhist Churches of Canada

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Ryoichi Yoshida 1960, Kimie Shibata 2months old Dec 29 1927, Hayato Maruno 1941, Kazuyo Koyama 1960, Hiroshi Tanino 1918-1929, Itsuko Hamanishi Oct 1930 – May 1931, Yoshiharu Teranishi Baby Oct 1938

These are the markers that I found at the Nanaimo Cemetery. I have just come back from Vancouver Island Obon Services at old cemeteries such as Cumberland, Port Alberni, Nanaimo, Chemainus, Duncan, and Ross Bay in Victoria. As you see there are old gravestones in memory of many young people in the early pioneer days. It was probably because they used to live in the remote area far away from the hospitals and also because the parents were too busy to look after young ones.

Whenever I visit those cemeteries, I am reminded of the hardships and challenges that those pioneers had to meet in the new country, as well as their outstanding perseverance supported by the Nembutsu, the calling from Amida Buddha.

Shinran Shonin states in his main work of Kyogyoshinsho;

“The great practice is to say the Name of Amida Buddha of unhindered light. This practice, embodying all good acts and possessing all roots of virtue, is perfect and most rapid in bringing them to fullness. It is the treasure ocean of virtues that is suchness or true reality. For this reason, it is called great practice.”

Also he explains the meaning of ‘great’ because it can be practiced by each and everyone, including the ignorant, the sinners, and the weak like ourselves. It is not just for the intellectual elite.

Let us continue to say the Name and meet whatever the challenge may be.

In Gassho, Namo Amida Butsu,

Orai Fujikawa

先週末、三日間バンクーバー島のお盆墓参りに行ってきました。カンバーランドから始まり、ポートアルバーニ、ナナイモ、チメイナス、ダンカン、そして最後はヴィクトリアの六ヶ所を回りました。戦前のお墓で目立つことは、幼児や若い子供さん、そして働き盛りの人が多く亡くなっていることです。田舎で病院が遠かったか、親が忙しくて手が回らなかったのでしょうか。

そういう墓を見るたびに、先輩開拓者達は、心身ともに大変なご苦勞をされた事が想像されます。しかしながら常にアミダ様の呼び声でありますお念仏に励まされて、いくたの困難を乗り越えて下さいました。

宗祖はその著、『教行信証』の中に、「大行とは無碍光如来の名を称えることなり」と言い、その名号には善根功德が具わっているとたたえられています。

称名が大行であるのは、私たちのような、愚かな者、罪深い者、そして弱き者でも行ずる事ができる、つまり易行であるからであると説かれています。

私たちも、この名号を称えつつ、この人生を強く明るく生き抜きたいものです。
合掌。

COMING EVENTS

Oct 11-12 Visitation to Manitoba Temple

13-15 Overseas Ministers and Temple Members' Seminar in Kyoto

Oct 31 JSBTC Board of Directors' Meeting in Richmond, B.C.

Nov 14-15 VBC 105th Anniversary/ Alberta Buddhist Convention in Lethbridge, 2010

Jodo Shinshu Day in Canada

As we commemorate 105th Jodo Shinshu Day, first of all I wish to join with each and everyone across Canada in paying tribute of sincere respect and appreciation to the pioneers for their enthusiasm and insight to light the torch of Nembutsu in this country.

Although in recent years we have witnessed the decline of membership, what each one of us cannot forget as Jodo Shinshu Buddhists is to continue to cherish the teaching of Nembutsu ourselves in order to truly share it with our family, neighbours and friends, so that this Jodo Shinshu teaching will eventually flourish in the hearts and minds of the people.

Keeping this in mind, my recommendations for this Jodo Shinshu Day are as follows;

Recite the Essentials of Jodo Shinshu (My Path) regularly.

Read the Buddhist books that are available in the temples or public libraries and bookstores.

Chant Sutras including Shoshinge, which was written by Shinran Shonin.

This Jodo Shinshu Day message will be the last one for me as Socho as I will be stepping down from the office next spring. May I take this opportunity to say THANK YOU for your support for the last eight years. I hope you can continue to give good support to the incoming Bishop Shigenori Makino.

In Gassho, Namo Amida Butsu,

Orai Fujikawa

浄土真宗カナダ教団創立記念日にあたり

1905年に本山より初代開教使が派遣されてから、105回目の創立記念日にあたり、カナダ各地の法友の皆様とともに、念仏の法灯を掲げてくださった先輩開拓者の方々の熱意と先見の明にたいし、衷心より敬意と感謝を表します。

末法の時代にあって、最近信徒の数が減少していますが、「自信教人信」と言われますように、自分自身が念仏の教を喜び、それを家族、友人達と分かち合うことにより必ずや浄土真宗がカナダ人の宗教として受け容れられる日が来ると確信いたします。

そのためには、お互いに次のことに留意したいものです。

- 1 浄土真宗の教章を繰り返していただくこと。
- 2 お寺の図書館や本屋で仏教書を求めて読んでみること。
- 3 お経を習うこと。特に親鸞聖人の正信念仏げを味わってみる。

Qigong/Tai Chi Classes—Start Again!

Hi everyone. I have started the Qigong/Tai Chi classes again and they are held on Saturdays from 1:00-2:00 pm as before. These classes will run until the end of November. Again, the cost is \$5 per person/per class. All classes are drop-in. We start with Qigong exercises which will help to release tension and relax the body and mind. Then we work on a Tai Chi form and finish

with some deep breathing exercises. Please come and check out these classes. They are very informal and relaxed and for all ages. See you on Saturday!

In Gassho,
Cheryl



Alarming Issues: Notice of False Intrusion Alarm Activation

The Regional District of Central Okanagan Alarm By-law #1081 defines a false alarm as... The activation of an Alarm System resulting in a response by the RCMP where there has been no unauthorized entry or commission of an unlawful act on or in relation to the facility—there has been a service fee of \$100 per occasion assessed to the Temple (we have been assessed). There are several individuals that have keys to the Temple and

are unfamiliar with the new Chub Security System, please do not attempt to enter the Temple unless you are familiar with the system. Contact any Temple Executive and/or Isao Terai for a demonstration and procedure to follow, should the alarm be activated in error—thanks.

In Gassho

Temple Executive

It is sad to say that summer is over and fall is upon us. Everyone says that time goes faster when you are having fun..but I think it just goes faster if you are busy. It seems to be a common thing for everyone to be busy. Busy with work. Busy with family. Busy with friends. Busy with church. Busy with sports. It seems to be never-ending. Someone is always saying “you should stop and relax and take the time to enjoy life and not be so busy.” But, being a busy person myself, I do not think that enjoyment of life is entirely dependant on doing things slower and taking more time.

Maybe what is more important is to make sure that you be responsible to yourself and all people and things around you in all that you do. Take that extra second to consider others before yourself and do that random act of kindness when you get a chance. That will give you satisfaction. It is also important to find some enjoyment in everything you do, even if it mostly seems like work. Sometimes if you seem happy and enjoying the work, it becomes contagious and others will not be so grouchy about having to do their work. Time passes quicker and work is easier if everyone is happy. And that will make life more enjoyable.

These days there are a lot of people making a lot of money giving people advice on how to live their life fuller and how to achieve happiness. Maybe all these people need to do is to not focus so much on them-

selves as individuals, but rather to concentrate on the oneness of all beings.

I have always lived a very hectic life in a way which is not always in keeping with conventional Japanese culture. However, I am a work in progress...I periodically (probably not often enough) take a breath and try to assess my thoughts and behavior and promise myself to try harder to think, say and do the right thing .. kind of an evaluation of how well I am following the Eightfold Noble Path and the Golden Chain, and what I must improve. My life, as probably a lot of other's lives, has involved a lot more work and problems than what I had envisioned for myself when I was a child....but it is still a good life and every day I am happy to be alive.

I learnt from my father to live life to the fullest ... enjoy all that you can .. you never know when it is your time to pass away. I have had many relatives and friends die too early... I hope that, in their last moments, they reflected back on their lives and felt that they had full and happy lives for however short a time it seemed. I know that I will feel that way when it is my time to enter Nirvana.

Well, got to go...got work to do, as usual. Hope I didn't bore you. Love you all.

In Gassho - Pegi Hayashi Uyeyama

Ease the Confusion for the Treasurer

I hope that you are planning on attending the Service on October 11, it is a very special day. JSBTC Day and Monthly Memorial Service will be combined, and Service starts at 10am. When you make out your donation envelope for this Service, please spec-

ify how much you would like to contribute to the Jodo Shinshu Buddhist Temples of Canada and again if you are making a Memorial donation, from whom and for who.

In Gassho—Jerry Takeda, Temple Treasurer

Temple Executive: Project Proposal for your consideration

Your Temple Executive is planning on providing members and friends of the Buddhist Temple with a selection of hard to find, but traditionally Japanese type food items. They will be listed in upcoming issues of the newsletter, along with an order form. Some items maybe available for sale, but it is preferred that our customers preorder. These items will be competitively priced and we are hoping that this will be a convenient

way for all of us to stock-up on the items that we usually can only find in Vancouver. Should you have any suggestions of what you would like to see listed, please contact one of the Temple Executive and we will do our best to have it included in the order form.

In Gassho, Temple Executive

Just Rambling

Looking south at Okanagan Mountain as I sit at my table writing this newsletter article, I notice that the burned out mountainside has become a real eyesore. By contrast when I look south out of my window in Chilliwack, the snow capped peaks there are absolutely spectacular. It brings back old memories. Eighty years ago, on one hot, dry summer night, the area was as light as day. The entire hillside was ablaze with a raging forest fire. This continued for days as there being no fire fighting equipment and no homes nearby, the fiery inferno was allowed to burn itself out. The new growth forest looked beautiful again three quarters of a century later, especially in the fall with the deciduous trees changing their colours to brilliant crimson, orange and yellow shades. In 2003 the infamous fire changes the landscape completely. Returning from Chilliwack in early September, I noticed that the Westside fire the previous month jumped over the top of Gorman's

mill and started a fire on the other side of the highway. It seems like a miracle that the sawmill, employing a large number of workers, was spared. Kelowna is going to be my home until early next March. I will be able to attend more Otera services and functions including the farmer's market and chow mein dinner preparations, although I won't be much of a help due to my advanced age. In any case, it's a good excuse. Congratulations to Temple members Shirley and Tosh Yamaoka's grand daughter Samantha for graduating with a degree in Chemistry. It is a tremendous achievement. Her brother Josh has been a member of the RCMP's musical ride section for three years, which is also quite an accomplishment.

Apple harvesting is now in full swing and hopefully the fruit growers will have a bountiful crop and a profitable season.

In Gassho, Suey



YABA Update

We are now full swing into a busy Fall season at the Otera. Many events are planned in the upcoming months including the Convention to be held in Kamloops on September 26 and 27, 2009. Please look carefully at our October calendar of events for the many details.

It appears the summer heatwave is over and we are experiencing a beautiful Indian Summer. Perfect weather for our upcoming Farmer's Market on October 23 (prep day) and October 24. We need your support for preparation day, sale day, and of course

we look forward to your bringing your friends who can enjoy the beautiful bounty of goods available.

YABA will be preparing mein in November and mochi in December. Look forward to more information in upcoming newsletters. Our plans are to have the Keiro Kai in January 2010.

Thank you everyone for your continued support. It is very much appreciated.

In Gassho

行 事 案 内

10月	1日(木)	午前9時半 午後7時	千部経三昧 日本語教室
	2日(金)	午前9時半 午後6時	千部経三昧 チャウメン生地作り
	3日(土)	午前8時	チャウメン麺作り
	7日(水)	午前9時半	千部経三昧
	8日(木)	午前9時半 午後7時	千部経三昧 日本語教室
	9日(金)	午前9時半	千部経三昧
	10日(土)	午後1-2時	タイチ教室
	11日(日)	午前10時	カナダ教団日、祥月法要
	14日(水)	午前9時半 午前9時 午後6時	千部経三昧 アッフ°ルハ°イ皮作り アッフ°ルハ°イ作り
	15日(木)	午前9時半 午後6時 午後7時	千部経三昧 アッフ°ルハ°イ作り 日本語教室
	16日(金)	午前9時半	千部経三昧
	17日(土)	午後1-2時	タイチ教室
	21日(水)	午前9時半	千部経三昧
	22日(木)	午前9時半 午後7時	千部経三昧 日本語教室
	23日(金)	午前8時 午前9時半	ファーマース°マーケット準備 千部経三昧
	24日(土)	午前9時-午後3時	ファーマース°マーケット、ヘ°イクセール
	25日(日)	午前10時	日曜学校
	28日(水)	午前9時半	千部経三昧
	29日(木)	午前9時半 午後7時	千部経三昧 日本語教室

**Greetings from Cotton-wood's Room 23 A.**

I have been under their roof since April. I don't want to sound ungrateful - they have given me superb care.

Thank you to all you members of Kelowna Otera who have taken time to come to visit me. I hope that I can be home soon. I would like to be available to do the Dharma School projects again.

Big projects like Farmers Market and Chow Mein sales are ahead of you. I'm sorry, it doesn't look like I will be able to help - I shall miss all the work involved. Please volunteer to help out in my place. Thank you.

In Gassho, Min Mori

30日(金)午前9時半 千部経三味

31日(土)午後1-2時 タイチ教室



そろそろ本格的な秋に入ろうとしています。ご覧のように
沢山の行事が控えています。皆様もお忙しいと思いますが
どうかよろしくご協力お願い申し上げます。

仲クリスタルさんが日本語教室を開いて下さる事になりました。

10月1日から毎木曜日午後7時から8時半迄、10回が60ドル。

申し込みは初回の教室、又は仏教会役員迄。

Annual Farmers Market Needs Your Help to be Successful

Traditionally the Fall Farmers Market has been a profitable fund raising program for the Temple. Unfortunately, as a sign of the times, most of our members that once had orchards, have leased out their properties. Apples and other produce will be limited this year, therefore we are calling on all our valued members and friends to help support

this project with any and all your extra produce. We will gladly accept all your donations and we would also appreciate a little help the day before or the day of the sale—thanks. If you don't have a garden, there is a Bake Sale as well, so again, all donations greatly appreciated.

In Gassho, Temple Executive

Introduction Japanese Language Classes start October 1

Crystal Naka has kindly offered her services in providing friends and members of the Temple, 10 evening sessions in Japanese Language. This will start on Thursdays beginning October 1st at 7pm to around 8:30pm - for an enrollment fee of only \$60.

This is your opportunity to learn and have fun! Your participation will provide us with a gauge as to whether we will continue with these types of activities in the future. Only \$60 for 10 lessons, see you the Temple on Thursdays...In Gassho

Course outline:

- 1) Overview of 4 types of writing
- 2) Introduction of sounds, romaji and Hiragan
- 3) Greetings/ Set phrases
- 4) Self - introduction (name, nationality, live, job, hobbies, etc)
- 5) Family
- 6) Likes/Dislikes
- 7) Eat/Don't Eat
- 8) Want to (go somewhere), (do something)
- 9) Want something
- 10) Where is _____?
- 11) How much is it _____? Money, numbers
- 12) How to get somewhere - which bus goes to ____? Does this bus/train go to ____?
- 13) Customers (visiting homes, aizuchi, business cards), hand signals, communication (direct vs indirect) and cultural aspects

FujinKai Report

Many helping hands are required in the coming months starting with dough making for mein noodles on Friday, October 2nd at 6:00 PM. The forming of noodles, frying and packaging is done the following day from 8:00 am.

Pie crust dough making to be done on the morning of October 14th at 9:00 am. The forming of the crust, peeling of the apples and making the pies will begin at 6:00 PM that evening as well the next evening at the same time. These pies will be frozen and

sold at the Farmer's Market and Bake Sale, along with other donated items for the bake table on October 24th.

Chow mein take-out dinner preparations begin on November 3rd and continue the rest of the week. The sale of the dinners will be on Saturday, November 7th. If you can spare a few hours at any of these dates, it would be greatly appreciated.

In Gassho, Em

FujinKai—Donations missed in last months Newsletter—my apologies

- Tomoye Yamaoka—3 large Sockeye Salmon for Obon and also Kazunoko
- Em Nishi—20 kg of Rice for Temple
- Suey Koga—\$200 for Koga Reunion



Order Form: to be dropped off at the Temple or phone in your orders to Tammy Nishi 250-762-2653 or Tomoye Yamaoka 250-765-7069

Deadline for Chow Mein pre-orders is Wednesday, November 4th at 8pm

Chow Mein (Nov. 7th) _____

Apple Pies (Nov. 7th) _____

Name: _____ Phone Number _____

Prices for Chow Mein, Mein, Udon or Mochi, have not yet been confirmed as of this publication:

YABA Projects: phone Laurie Takeda 250-861-5626 or Barb Yamaoka 250-765-8420

Mein Noodles _____

Udon Noodles _____

Mochi _____

Name: _____ Phone Number _____

Moderation with Tai Chi

Tai Chi teaches moderation. No Tai Chi movement is ever strained. No limb is ever extended completely straight, nor is it ever completely bent. All movements are soft and rounded, leaving something in reserve. Just as in the example where if you jump from a one-metre-high fence with your knees straight you physically injure yourself, so too do you risk injury to your mental, emotional or spiritual state if you strain them to your maximum effort. You need to remain open and flexible if you are to accept new people, ideas, et cetera. This can-

not happen if all your energy and attention is already taken up. If your effort is strained, your perception becomes blocked by tension and you can miss many valuable aspects of the life going on around you. You need to remain open and receptive in order to see the whole picture. Just as the trees must not stand rigid but rather bend with the wind to survive, so too must we.

Have a "qi-full" day!

In Gassho

Cheryl

**With Gratitude the Temple and all of its Affiliated Organizations
Acknowledge Your Generous Contribution and Apologies
for any Errors or Omissions.**

General

Taguchi, Katsuji \$50

Richardson, Mrs. Janice
\$200

Memorial

Terada, Naga (In Memory of
Mom) \$50

Yamaoka, Robert (In Memory of
Iwamatsu & Jiro Yamaoka) \$50

Tahara, M/M Tim (1 year Service
for Shig Tahara) \$150

Monthly Memorial

Yamauchi, Kuniko (In Memory
of Mrs. H. Koga) \$20

Tanemura, M/M Yuki \$20

Nishi, Mrs. Emiko (In Memory of
Yuki Nishi) \$20

Ishikawa, Mr. James \$20

Suzuki, T & K \$20

Koga, M/M Morio (In Memory of
Mrs. Hatsu Koga) \$25

Tainaka, Mr. Albert (Perpetual
Memorial Mr. Yaneturo Tainaka)

\$25

Yamaoka, M/M Alan (In memory of
Grandma Y. Nishi) \$25

Yamaoka, M/M Alan (In Memory of
Mrs. T. Yokota) \$25

Ohashi, M/M M. (In Memory of Yone-
taro Tainaka) \$25

Koga, Mr. Suey (In Memory of Mrs.
Hatsu Koga) \$30

Yamaoka, M/M Tosh (In Memory of
Tomiye Yokota) \$30

Yamaoka, M/M Gerry (In Memory of
Tomiye Yokota) \$30

Young, Mrs. Joan (In Memory of
Mother, Mrs. Tomiye Yokota)

\$50

Russell, Doreen (In Memory of Tomiye
Yokota) \$50

Yokota, M/M K. (In Memory of
Tomiye Yokota) \$50

Yokota, J. (In Memory of Tomiye Yo-
kota) \$100

Newsletter

Kitaura, Mr. Barney \$30

Tanaka, M/M Shigeru
\$50

Ohiganye & Eitaikyo Service

Yamauchi, Kuniko \$10

Yamada, M/M Ken \$20

Tainaka, Mr. Albert \$20

Suzuki, T & K \$20

Lacey, M/M Gord \$20

Itani, T. \$20

Murata, T.A. \$20

Tanemura, M/M Yuki \$25

Nishi, Mrs. Emiko \$25

Suzuki, Rick & Tanaka,
Peggy \$25

Ishikawa, Mitsuko \$25

Hayashi, Mrs. Shiz \$25

Yamaoka, M/M Alan \$25

Kitaura, Mr. Barney \$30

Tanaka, M/M Herb \$30

Nishi, Mrs. Sakae \$30

Mori, M/M Min \$40

Tahara, M/M Morio \$50

Tanaka, M/M Shigeru \$100

Martin, Mr. Michael \$100

Recent legislation enacted by the Provincial Government restricts organizations from divulging personal information without the approval of the individuals affected. The donations generously made by Temple members and friends fall under the realm of personal information. Therefore, if you object to your donations being published in the Temple Newsletter, please let us know and we will cease doing so (Mail or Email your wish to be omitted from the published list). In Gassho, Temple Board of Directors