



GATEWAY



April 2017 - - Vol. LII No. 4



"Come Feel the Mix at Oldies LVI(56)!" was another roaring success for our Spring Oldies with guest DJ Willie Nagami providing the evening's entertaining music.

Mortar and Pestle Michael Jitsho

Life brings me challenges that humble me just like a pestle and mortar crumbling its contents into obliteration. Optometry school is my mortar and the staff doctors are my pestle. At the end of the week I always find something new to learn as every patient is unique. I feel I am forever getting deflated by staff doctors, some with 30+ years of experience, who show me there is even more to learn. When I face hardships I always go back to why. Just like Simon Sinek's book, Start With Why. Finding my own answer to the question of "why" is important to me in order to develop purpose and motivation to persevere. Buddhism is no different.

In an attempt to rediscover my purpose in Buddhism I was lead to the temple's website, The Living Dharma, for inspiration. One of the first teachings that caught my eye was, "Buddhism is not a teaching to change others; it is a teaching to change ourselves (myself). This change occurs when we are filled with or awaken to the Dharma." This quote is talking to me. I, my EGO, is the one thing that is standing in the way of my awakening to the Dharma. Listening to the teachings growing up I thought Buddhism was all about self-hating and putting down myself. I recall listening to Mrs. Claire Hansen who would always say of herself, "I'm a bombu" or foolish one

during Sangha Teen discussions. I thought she was doing it because she was supposed to as a Dharma school teacher. But I thought am I a foolish one too? I can't help but think sometimes I am. The Dharma teaches me that when I open my eyes to the "fallacy of my "self," I am literally "saved and become free". Unfortunately this is not a quick fix. It is only the beginning and not the end. But nevertheless the essential step to start on the path of un-boxing all my misconceptions about what "I" really is.

Life is filled with pain specifically as I get older, become sick, and eventually die. I blame the changes in life for my agony being put out of my

Please see MORTAR, con't on page 4



T H E G A T E W A Y

DHARMA SCHOOL NEWS

April 9th will be our Hanamatsuri service this year. The Dharma School children will celebrate Prince Siddhartha's birth with a gift for everyone attending our service. After the service, the story of Buddha's birth will be read to our students.

We hope all of you will be able to attend the WCBT Family Reunion on Sunday, April 30. There will be a potluck lunch and games. This will take place between 11:00 to 3:00 pm. The Dharma School staff will be there to encourage children to join our Sunday adventures of stories, crafts, and other activities. We're looking forward to seeing all of you!

Gassho,
Claire Hansen

WCBT Fun Day/Family Reunion

After Temple Service on Sunday, April 30, WCBT has planned a Fun Day and Family Reunion from 11:00 AM – 3:00 PM at the Center Social Hall. All current and past WCBT members and their families are invited for an afternoon of games, potluck lunch and good times. Come meet new members and reacquaint with past Dharma friends. Activities will be planned for young and old. Since we have fewer grade school children attending Temple, please let us know if you are planning to bring your young children/grandchildren so we can plan some separate activities for them. See flyer for schedule, lunch plans and contact information. Hope to see you there!



IT'S TEE TIME!

It is that time of the year again for the WCBT Annual Golf Tournament at Pacific Palms / Industry Hills Golf Course. We are seeking donations for the golfers' tee bags. We are expecting approximately 80 golfers but any amount of donated items is greatly appreciated. Here are some suggestions for donated items:

- 1) Granola Bars
- 2) Nuts
- 3) Mints/Gum
- 4) Pens/Tablets
- 5) Chips
- 6) Crackers (peanut butter/cheese filled)
- 7) Cookies
- 8) Golf tees or any small golf accessory



***Please NO CHOCOLATE! It melts—we do not want any excuses from our golfers (sticky fingers, etc.)

Please bring your donations to Temple on Sunday, April 30th, 10:00 am—2:00 pm.

The success of our tournament is due to the support and generosity of our Temple members.

Thank you,

Gassho,
WCBT Golf Committee



T H E G A T E W A Y

T E M P L E M E N T S

WCBT Hanamatsuri

West Covina's Hanamatsuri Service will be held on Sunday, April 9, at 10:00 AM. Everyone is invited to arrive early with flowers to decorate the *Hanamido*. There will be a special performance by the Dharma school children and light refreshments will be served after the service. We invite you to come and join us to celebrate the Buddha's birthday!

LABTF Hanamatsuri

The Federation Hanamatsuri Service and will be held on the April 8 beginning at 1:30 PM at LA Hompa Hongwanji Buddhist Temple. Everyone is encouraged to attend the LABTF service with your family.

The Study Class

The Study Class will meet on April 11 and 25 at 10:00 AM. Discussions will be based on selected topics that vary from week to week. The class usually meets on the second and fourth Tuesday of every month. For more information, please contact Rev. Miyoshi at (213) 219-6140.

SoCal Local Dobo Retreat

You are invited to attend the 2017 Southern California Local Dobo Retreat of the Higashi Honganji North American District on Saturday, April 15, from 9:30 am – 4:00 pm at the Higashi Honganji Los Angeles Betsuin, 505 East Third St, Los Angeles, California 90013. The lecture and discussion will be given in English with Rev. Ken Yamada from Berkeley Higashi Honganji and in Japanese with Rev. Ryoko Osa from North America District. The \$12 fee will include a lunch. Please make your check payable to Higashi Honganji North America District. Contact Rev. Miyoshi at (213-219-6140) if you have any questions or

interested in attending.

WCBT Family Reunion

A WCBT Family Reunion and Fun Day is being planned for Sunday, April 30, 11:00 – 3:00 at the Center Social Hall. All current and past WCBT members and their families are invited for an afternoon of games, potluck lunch and good times so mark your calendars and save the date. Hope to see you there! See the flyer on page 6 for all the info.

WCBT 21st Annual Golf Classic

WCBT will be holding their 21st Annual Golf Classic on Friday, May 5, at the Industry Hills Golf Club at the Pacific Palms Resort in the City of Industry. Registration begins at 11:00 AM and the Shotgun Start begins at 1:00 PM. The entry fee of \$160 will include golf, cart, contests, snacks, dinner and prizes. Entry forms and sponsorship forms have been mailed to Temple members. If you are able to help on the day of the golf tournament or have any questions, please call Roy Takemura at (909) 594-3600 (office) or (909) 973-2580 (cell). For more information see page 2.

Mother's Day Service

A Mother's Day family service will be held on May 14, at 10:00 AM. A special tribute to all mothers will be presented so please attend this special service.

Tanjo-e & Hatsumairi

The Tanjo-e and Hatsumairi (new baby) Service will be held on May 21 at 10:00 A.M. There will be a special ceremony to acknowledge new additions to our Sangha. Please contact Rev. Miyoshi if you or your family member has had a new baby in the last year.

GATEWAY Staff

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West Covina Buddhist Temple Mission Statement:

In the spirit of universal brotherhood, West Covina Buddhist Temple provides the opportunity for all to listen to and share the Teachings of the Buddha in order that we may awaken to our true selves, living our lives fully and dynamically.

The Temple's mailing address is:

West Covina Buddhist Temple
P. O. Box 1616
West Covina, CA 91793
(626) 689-1040

Website: www.livingdharma.org

Facebook: [facebook.com/westcovinabuddhisttemple](https://www.facebook.com/westcovinabuddhisttemple)

E-Mail: dharma@livingdharma.org



APRIL

Kevin Kawawata, Tyler Koji Isaksen, Susan Oshima, Lauren Miyake, Randy Maekawa, Nancy Maekawa, Jacob Kato, Adriana Kochi, Kellie Komoda, Kristen Hiranaka, Tammy Lespron, Yaeko Davis, Phillip Underwood, Lexi Shams, Maria Whang, Yuechen Zhau, Mario Alberto Gonzalez, Shakyamuni Buddha



T H E G A T E W A Y

MORTAR, con't from pg. 2

comfort zone. However, I repeatedly fail to realize that the cause of my suffering is not the dynamism of life but because of me. I, my EGO, am my own worst enemy. The Meditation Sutra teaches me not to eliminate the pains of life in an attempt to become a better person because that just will not happen. I will still be just as egotistical and full of myself as I am still human. Rather the Dharma encourages me to embrace the pain and suffering and look inside my naked self. Strip myself of any titles and status and honestly ask myself what am I? When I can honestly look into myself I obliterate my ignorance. When I address suffering as a friend rather than my foe I am reborn.

I cannot attain enlightenment because it is my 2017 resolution. No matter how hard I try I cannot awaken myself just because I want to which is called, self-power or Jiriki. Thus, I need a "teacher." When I get frustrated it is so easy for me to quit. I need a coach to help push me to see myself for who I am and accept who I am. Just as I need my preceptors to show me my mistakes and weakness in clinic. The pestles in life is the force that enables me to see what I am, which is known as *Tariki*.

Can I trust anyone to lead me to show me my flaws and lead me to the pureland? Will I trust just anyone to do my taxes? Will I trust just anyone to deposit monthly checks to the bank? But if I cannot do it myself I have no choice but to put my trust into someone else to help me. This complete trust is called *Shinjin* and is thought to be the most important term in Shin Buddhism. "Shin" means to understand or trust. I have no choice but to simply and humbly put my trust in the Dharma.

I put my trust in my staff doctors at school and sensei when I am learning about Buddhism. But truly these two seemingly different events are

the same. When I learn something at school it applies to life. When I learn something during Sunday service it applies to life. It is all interconnected. I cannot confine the teachings of Buddhism to something only learned on Sunday. Just as another author from the website says, "living life as a Buddhist, naturally we see the connection between the teachings and our own daily lives. We are living life as true Buddhists".

My sensei does not just have to take the form of a person just like a compassionate widowed shoe salesman who once made a promise to seek happiness over a life of sadness. It can also be events in our lives especially those that cause us difficulty such as a birth of child, a death in the family or meeting someone that changes your life forever. The Sangha is another "teacher" showing me that I am interconnected and that I do not live in my own universe. I need the Sangha to grow. Just as one of our Sangha members said, "Sangha members became more like family instead of friends and acquaintances. Going on a retreat is an investment toward a stronger Sangha as we question, explain, share, and laugh together." These events in life help to illustrate the impermanence of life. They are custom tailored mirrors for me to see who I am. This is the workings of the Dharma that allows me to now embrace hardship and transcend it into compassion.

With openness comes understanding. With understanding comes compassion. When I am able to open my heart to see what is in it, as ugly as it may be, I understand myself and feel humbled and gracious. I am forever indebted to the Teachings and those that transcend it to me and thus I can't help but feel compassion. The true gift of Buddhism is compassion. Awareness and acceptance of myself is why I put my hands together and say "Namu Amida Butsu" as I contin-

ue to seek the Truth. Namu acknowledges my humbleness. Amida Butsu acknowledges that I am nourished and freed because of the Dharma.



(「弁と白」9ページからの続き)

ではないでしょうか。そのはたらきを深く信頼することが浄土真宗における「信心」ではないかと感じています。

検眼医の養成学校の指導教官を信頼します。また仏教を学ぶ上では開教使の先生を信頼しています。この二つは私にとっては同じことなのです。学校での学びも仏教も日常生活と無関係ではないからです。すべてがつながっています。

僧伽も私の大切な先生です。人との深い繋がりを感じさせてくれますし、世界が自分中心に回っているのではないことも教えてくれます。私が成長していくには僧伽が必要でした。僧伽のメンバーは私仕様に特別に作られた鏡のように、私に自分の姿を教えてくれます。僧伽を通して私は仏法のはたらきに出遇うことができ、困難を受け止めそれを超えていく力になってくれているのだと思うのです。

私の心が広く開かれた時、そこにあるものが初めて見えてきます。決して喜んで見たくなくなるようなものではないかもしれませんが、ありのままの姿に向き合うことで心に謙虚さとありがたい気持ちが湧き上がってくるのです。それは仏教の根本である慈悲のはたらきに私が出遇っている証拠でしょう。自分自身に対する目覚めと受け止めが、合掌して「南無阿弥陀仏」と称える表現となるのです。それは真実に目覚め続ける終わりのない歩みに立っているという証ではないかと感じています。私にとっての「南無」は謙虚さの表現であり、「阿弥陀仏」は仏法によって私は育てられ、そして解放されているということを教えてくれているのです。



T H E G A T E W A Y



Our favorite Rev. Paul Imahara returned to WCBT to share with us his thoughtful Dharma message at our recent spring Ohigan service.



At last month's Pet Memorial Service, Jane Earley did a PowerPoint presentation which highlighted her deep and loving relationships with her four footed friends.

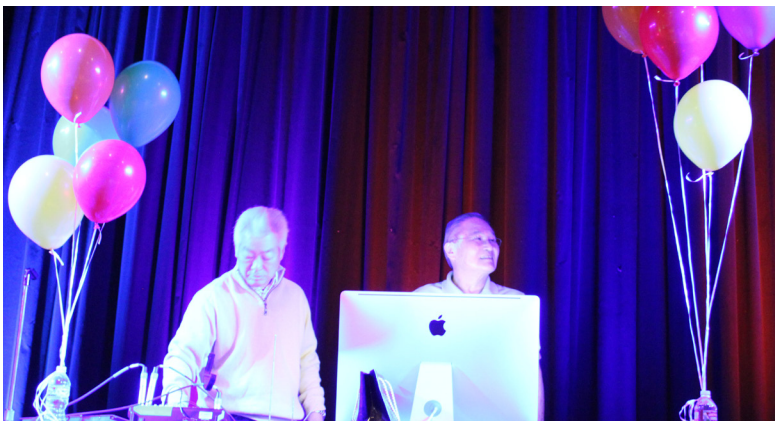


Joanie Martinez gave an excellent presentaion at the recent lecture series "Finding Pure Land in America"



Our March Oldies 56 was a fun evening of dancing with guest DJ Willie Nagami.

Alan Shibata was the first place winner of the 50-50 Raffle. Congrats to lucky Alan!





T H E G A T E W A Y

WCBT FUN DAY AND FAMILY
REUNION

*Calling All Current and Past
WCBT Members and their families!*



*You are all invited to join us for an afternoon
of Games, Potluck Lunch and Good Times!*

Date: Sunday, April 30, 2017

Service: 10:00 a.m. – 11:00 a.m.

Fun & Food: 11:00 a.m. – 3:00 p.m.

Appetizers/Mingle: 11:00 a.m. – 11:30 am

Activities: 11:30 a.m. – 1:00 p.m.

Lunch: 1:00 p.m. – 2:00 p.m.

Main Entrée to be provided

Potluck sides are welcomed

Appetizers

Salads

Desserts

Activity/Social Hour: 2:00 p.m. – 3:00 p.m.

Place: West Covina Buddhist Temple (Social Hall)
1203 West Puente Ave. West Covina, CA

For More Information Contact: Pat Sato 626-826-7386
pishsato@gmail.com

HOPE TO SEE YOU ALL!



T H E G A T E W A Y

Pasadena Buddhist Temple

Spend a Weekend in Las Vegas • Relax and leave the Driving to Us! August 4-6, 2017



Bus will pick up passengers for our outbound trip:



8:30am - Pasadena Buddhist Temple
1993 Glen Avenue, Pasadena 91103, park in Temple's gated lot



9:15am - East San Gabriel Valley Japanese Community Center
1203 West Puente Ave., West Covina, CA

Return Trip

- Bus will depart for home promptly on Sunday, August 6 at 11:00 am from the California Hotel

Cost:

Price includes: round trip bus transportation (Gold Coast bus), Driver tips, games and cash prizes (on ride to Las Vegas) and 2-nights accommodations at the California Club Hotel & Casino (\$62/person/night) + **Meal coupons** (for breakfast, lunch, and dinner that can be used at Cal Club or Main Street). Luggage handling included.

- Double Occupancy - \$205/per person
- Single Occupancy - \$225/per person
- Bus ride only (for you comped players at Main Street or Cal Club) - \$95

Bus will stop at Barstow for early lunch and leg stretching.

Bus will also transport those interested to the Las Vegas Sangha Obon on Saturday

Please send in your reservation by June 29, 2017. Checks by July 1. For more information contact Jeannie Toshima, 562-305-6018 or jeannie_toshima@me.com

Make checks payable to *Pasadena Buddhist Temple*

Mail check to: Pasadena Buddhist Temple ATTN: *Las Vegas Bus*, 1993 Glen Avenue, Pasadena, CA 91103
Scan and email this form or send it with your check.

Name: _____ Email/cell Phone _____

I will catch bus from -Pasadena or -ESGVJCC -Not sure yet

-Single -Double -Bus Only Name of Roommate (if double): _____

Emergency Contact Name _____ Phone# _____

Total Amount Remitted: \$ _____ *No Refunds for cancellations (but you can find a replacement passenger).*



T H E G A T E W A Y



Quote of the Month
 "We scientists bear
 a special responsibility for
 nuclear weapons,
 since it was scientists
 who invented them and
 discovered that
 their effects are
 even more horrific
 than first thought..."
 -from "An Open Letter from
 Scientists in Support of
 the UN Nuclear Weapons
 Negotiations"

Buddhism Quiz

Today's Buddhist quiz is a
 simple review.

Difficulty Level: Piece of cake!

1. Buddhism first came into being as a way of life over 2500 years ago in
 - a. Japan
 - b. China
 - c. India
 - d. Tibet

2. Buddhism owes its beginnings to _____ when he discovered the universal laws of existence and according to legend, he became enlightened to the truth of life while meditating under a tree.
 - a. Siddhartha Gautama
 - b. Shinran Shonin
 - c. Honen
 - d. Dali Lama



T H E G A T E W A Y

杵と臼 地頭所マイケル

人生は自尊心を打ち砕くような訓練を与えることがあります。まるで臼に入れられ杵でべしゃんこにされるようなもので、誰もが経験したことがあるのではないのでしょうか。私にとっては検眼医の養成学校が臼であり、指導教官が杵でした。誰一人同じ症状はないように、毎週私は新しいことを学びます。30年以上の経験をもつ指導教官たちからまだまだ知るべきことは山ほどあると知らされると、自信をすっかり失ってしまいますし、これが一生続くのか、とったりもします。大変なことに直面する時、私はいつも「なぜ」という問いに立ち返ります。なぜこの道を選んだのか、なぜ今こうしているのか、その問いに答えることは私にとって非常に大切なことで、それが続ける原動力になっているのを感じるからです。そして、仏教についても同じことが言えるのではないかと考えています。

「なぜ」という問いの答えを仏教に求めた時、お寺のウェブサイトにとどり着きました。最初に私の目に留まったのは「仏教は他者を変える教えではなく、自分を変える教えである。この身が仏法に目覚め、仏法で満たされた時にその変化は起こる。」という言葉でした。まるで自分のための言葉のように感じました。この私が、そして私のエゴが仏法に目覚める一番の妨げなのです。仏教は自己嫌悪や自分をけなすことに終始する教えだなあと感じることも以前はありました。サンガティーンのディスカッションの時間に指導をしてくれていたハンセン・クレアさんが「私は凡夫です」とよく言っていたのを思い出します。ダルマスクール先生も務めてくれていた彼女でしたからそういう言動を示してくれたのだと思います。けれども私

は自分のことを凡夫とと思っているのでしょうか。時にはそれ以外にないと思う時もあります。仏法は自分の間違いに私の目が開かれた時が、文字通り解放される時であるということを知っています。もちろん簡単なことではありませんし、これで大丈夫というゴールもありません。けれども本当の私について自分こそが大きな思い違いをしていたということに気づくことは、大きな一歩でありスタートであると思います。

人生は楽なことばかりではありません。特に年をとれば辛いことの方が多い場合もあります。誰もが老いと病、そして死に直面しなければなりません。私たちは変化をなかなか受け入れることができません。誰もが居心地の良い状態にずっといたいと思うからです。そしてこんなに苦しいのはその変化のせいだと思います。それは結局のところ、苦しみの根源は変わり続ける人生ではなく、自分自身であるということに気付けないままです。最大の敵は自分自身であり、自分のエゴなのです。『観無量寿経』は、よりよい人間になろうとして人生で感じる痛みを消してしまおうとするのは正しい道ではないと教えています。なぜならそんなことは不可能だからです。どんな努力をしても私はやはり自己中心的な人間に変わりはないのです。仏法はそういう自分を否定するのではなく、痛みや苦しみを引き受けて、ありのままの自分を見つめるよう促してくれています。地位や人からの評判など着飾っていたものを脱ぎ捨てた時に見える自分の姿と向き合うのです。それは無明の闇が破られる瞬間であります。その時、退治したい敵ではなく良き友として、苦しみと付き合えるのではないのでしょうか。

どんなに頑張っても自分の努力や才能でその目覚めを起こすことはできません。目覚めとは起こすものではなく、起こるものだからです。だからこそ私には良き師が必要なのです。うまくいかなくて匙を投げそう

な時に手を差し伸べ今の状況を明らかにしてそれを受け止められるよう背中を押してくれる人が必要です。それはクリニックで私の間違いを指摘し、弱点を明らかにしてくれる指導教官のような存在です。他力とは私がありのままの自分の姿を見つめる力となってくれるはたらきのこと

(「杵と臼」4ページに続く)

お寺ニュース

花まつり法要

本年の花まつり法要は4月9日(日)午前10時よりお勤めいたします。この花まつりでは、毎年皆様にご持参頂いたお花で花御堂を飾り、お釈迦様のご誕生をお祝いいたします。また4月8日(土)午後1時半より、小東京の西本願寺別院にて仏教連合会合同の花まつりがお勤めされます。ご家族お誘い合わせの上、ぜひご参詣下さい。

WCBT 基金募集ゴルフ大会

お寺の第21回基金募集ゴルフ大会が、5月5日(金)、インダストリー・ヒルズ・ゴルフクラブにて開催されます。午前11時より受付開始、午後1時よりショットガンスタートとなります。

参加費はお一人160ドルで、夕食費などが含まれております。ただ今参加者とティースポンサー、そしてブックレットの広告を募集しております。大会の収益はお寺の青少年教化活動や寺院維持費に使用させていただきます。皆様のご協力を賜りますよう、よろしく願い申し上げます。詳しくは、見義信香開教使までお問い合わせ下さい。

母の日家族礼拝

5月14日(日)午前10時より、母の日家族礼拝をお勤めいたします。例年のように、メンバーの方による母の日のメッセージがございませぬ。どうぞ皆様ご一緒にお参り下さい。

East San Gabriel Valley
Japanese Community Center, Inc.

West Covina Buddhist Temple
1203 W. Puente Avenue, West Covina, CA 91790
P.O. Box 1616, West Covina, CA 91793

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RETURN SERVICE REQUESTED

DATED MATERIAL

THE WEST COVINA BUDDHIST TEMPLE



GATEWAY



April 2017 - - Vol. LII No. 4

April

- 2 10:00 am **Shotsuki Service**
- 6 7:30 pm **Howakai Japanese Service**
- 8 1:30 pm **LABTF Hanamatsuri**
@ Nishi Hongwanji LA Betsuin
- 9 8:30 am **Board Meeting**
- 9 10:00 am **Hanamatsuri Service**
- 11 10:00 am **Study Class**
- 15 9:30 am **NAD Local Retreat**
- 16 10:00 am **Sunday Service**
- 23 10:00 am **Sunday Service**
- 25 10:00 am **Study Class**
- 30 10:00 am **Sunday Service**
- 30 11:00 am **WCBT Family Reunion**

May

- 4 7:30 pm **Howakai Japanese Service**
- 5 11:00 am **WCBT Golf Tournament**
- 7 8:30 am **Board Meeting**
- 7 10:00 am **Shotsuki Service**

2017年4月行事予定

- 2日 午前10時 祥月法要
- 6日 午後7時半 法話会
- 8日 午後1時半 仏連花祭り
(於 西本願寺羅府別院)
- 9日 午前8時半 理事会
- 9日 午前10時 花祭り法要
- 15日 午前9時半 南加地区同朋研修会
- 16日 午前10時 日曜礼拝
- 23日 午前10時 日曜礼拝
- 30日 午前10時 日曜礼拝
- 30日 午前11時 お寺家族パーティ

5月行事予定

- 4日 午後7時半 法話会
- 5日 午前11時 ゴルフトーナメント

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同じ地獄をどの国の誰にも
絶対に再現してはなりません。

藤森俊希
日本原水爆被害者団体協議会事務局次長