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
DHARMA SCHOOL NEWS

April 9th will be our Hanamat-suri 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
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 $2 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.
The two seemingly different events are about Buddhism. But truly these 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 continue to seek the Truth. Namu acknowledges my humbleness. Amida Butsu acknowledges that I am nourished and freed because of the Dharma.
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 presentation 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!
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!
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).
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

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”
人生は自尊心を打ち砕くような試練を与えることがあります。まるで臼に入れられ杵でぺ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が、これが一生続くのか、と思ったりもします。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思っています。

「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たどり着きました。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関心を、仏法で満たされた時にその変化は起こる。という言葉で、それは仏教が自分自身を変える教えである、仏法で満たされた時にその変化は起こる。という道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱり自己中心的な人間に変わりはないのです。仏法はそのような自分を否定するのではなく、痛みや苦しみを引き受けて、そのままの自分を見つめて、痛みを乗り越えて、その道ではないことを教えています。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っぱ
**April**

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<td>Shotsuki Service</td>
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<td>6</td>
<td>7:30 pm</td>
<td>Howakai Japanese Service</td>
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<td>8</td>
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<td>LABTF Hanamatsuri</td>
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<td>Hanamatsuri Service</td>
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<td>Study Class</td>
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<td>15</td>
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<td>NAD Local Retreat</td>
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**May**

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<td>Howakai Japanese Service</td>
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<td>5</td>
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<td>WCBT Golf Tournament</td>
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2017年4月行事予定

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<td>祥月法要</td>
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5月行事予定

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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