



# GATEWAY



March 2015 - - Vol. L No. 3



*The combined WCBT and Berkeley sanghas enjoyed perfect weather, delicious food and a chance to listen to the Buddhadharmā at our wonderful Family Retreat at the San Luis Obispo Buddhist Temple during the Presidents' Day weekend.*

## WCBT Family Retreat Report Laughing, Learning & Eating

Reiko Ikehara-Nelson

When friends ask me what we do on the Family Retreat, I always seem to describe it with the words laughing, learning and eating, and this year was not an exception.

Taylor, my niece, and I arrived at 9:30 pm Friday night. As I've done the last 4 times coming to the San Luis Obispo Temple, I made a wrong turn after getting off the freeway exit and had to make a u-turn. We finally found the entrance and made our way up the long driveway, quickly unloaded and settled in for the night. Well at least I did; Taylor stayed up late with Aiko, Ben and 2 Berkeley sangha members, Scott and Cole. I could hear them breaking out in laughter and enjoying themselves as they played cards and

board games downstairs.

At 7am Saturday morning, Taylor was startled awake when Rev. Miyoshi loudly rang the bell which was located just outside our assigned room. This was the official start of the retreat. Downstairs I could hear a lot of laughter from the breakfast crew. We started the day with the morning service. It was a beautiful morning and we had wonderful sunny weather for the whole weekend.

After a breakfast that included delicious homemade scones, we settled in for the lecture by Rev. Marvin Harada of Orange County Buddhist Temple. The theme was The Primal Vow – Living with a Deep Wish for our Life. The Primal Vow comes from the Larger

Sutra. It is a story of a king who, after encountering Buddha Lokeśvararāja, renounces his kingdom and becomes a truth seeker named Dharmakara. Dharmakara's inner most aspiration was to become a Buddha like his teacher. After countless kalpas he made 48

*Please see RETREAT, con't on page 2*

### Temple Event Highlights:

- Mar. 1 Shotsuki Service
- Mar. 5 Howakai Shotsuki
- Mar. 15 Ohigan Service
- Mar. 28 Oldies Dance
- April 2 Howakai Shotsuki
- Please See Temple News



# T H E G A T E W A Y

## DHARMA SCHOOL NEWS

Have you noticed the beautiful blooming flowers lately? The flowers mean that spring is just around the corner. The middle of March is always the beginning of spring and is also when the number of daylight hours will equal the number of nighttime hours. This is called the equinox and it is the time for our Spring Ohigan service. Hope to see all of you at our afternoon service and evening otoki on March 15.

Dharma school is planning on having an activity based on ohigan and spring. We will also start getting ready for Hanamatsuri. Since we've been learning about Prince Siddhartha, the celebration of his birth will be exciting for the children (we hope!).

Continuing with the lessons of the life of the Buddha, the children will be learning about Prince Siddhartha's search for enlightenment. We will introduce the concept of the Middle Way and will explain the significance of the Bodhi tree.

Wishing you a Happy Spring!

Gassho,  
Claire Hansen



### Quote of the Month

"The lotus does not grow in the solid ground of lofty plateaus, but in the muddy ponds of lowland marshes."  
*Vimalakirti Sutra*

### RETREAT, con't from pg. 1

primal vows to save all beings and then becomes Amida Buddha.

Rev. Harada emphasized that we should all live life with Hongan –which means aspiration, vow or wish like Dharmakara. He gave a great example by showing us parts of a movie by Akira Kurosawa called *Ikiru* (To Live). It tells the story of a man who once had dreams and ambitions of making a difference. But life as a city bureaucrat whittled down his ambitions. He is now a middle aged man who finds out he has stomach cancer and has 6 months to live. He reflects on his life and realizes he has not truly lived for a very long time. He wishes to live a dynamic life but does not know how to do it. He asks his co-worker how she lives with such joy in her life. She's not sure how she does it but suggest that he find a purpose for his life. He realizes that he can still make a difference not for himself but for others. He decides to help a group of women who asked the city to turn a cesspool into a playground for their children. He devotes his remaining time making the playground happen. At the end of the movie he dies contented as he sits on a swing he helped to build.

After the lecture we had some free time and some of us took advantage of the sunny weather and took a walk down to Avila Beach on the Bob Jones Trail. It was a good 2.5 mile walk. The beautiful scenery, slower pace of SLO and the com-

pany of fellow sangha members were reminder for me of all the wonderful things we have to appreciate here and now.

After evening service and a wonderful dinner by the Berkeley Temple of tri-tip and miso salmon we had a fun filled night of Bingo, Hawaiian hula and line dancing.

We wrapped up Sunday with a group exercise discussing Innermost aspiration (See page 6). It was lead by the iBuddhist group made up of Aiko, Ben and Taylor. They drew a tree and our answers represented different branches of the tree. They reminded us that all of our answers were actually inter-connected with each other.

The idea of the tree and the discussions we had reminded me that there was not one answer or way to live a dynamic life. All of us have unique views and life experiences. The beauty is that when we are at the retreat we can all learn from each other while laughing and eating.



## LABTF Hanamatsuri Celebration

The annual Los Angeles Buddhist Temple Federation Hanamatsuri Celebration will take place on Sunday, April 12 at 1:00 pm at the Koyasan Buddhist Temple. This year's theme is "Birth," and is meant not only to celebrate the birthday of Sakyamuni Buddha but also to reflect upon our birth as human beings as well. With a special emphasis on children, there will be an art contest/exhibition on children's artwork on the theme, "My Flower."

A special feature of the afternoon will be a performance of children's stories by the Grateful Crane Ensemble, following the colorful Hanamatsuri service conducted by the ministers of the seven member temples. One of the plays will be "the Rabbit in the Moon," an old tale from Buddhist folklore about compassion. We encourage you to bring your children and grandchildren to this year's celebration.

For more information, please call the temple office (213-626-4200) or the Koyasan Buddhist Temple (213-624-1267). We hope to see you all there.



T H E G A T E W A Y

T E M P L E N E W S

**The Study Class**

The Study Class will meet on March 10 and 24 at 10:00 AM. Discussions will be based on selected articles that vary from week to week. The class meets on the second and fourth Tuesday of every month. For more information, please contact Rev. Miyoshi at (626) 689-1040

**Spring Ohigan Service**

Spring Ohigan will be observed on March 15 at 4:30 PM. Rev. Fredrick Brenion will be our speaker. Please join us for this special service and stay for the complimentary otoki dinner following the service.

**Oldies Dance Five-0**

**"Yo! It's Oldies Five-0!"** will be held on Saturday, March 28 and believe it or not, it's our 50<sup>th</sup> Oldies! We are celebrating this auspicious occasion with a Hawaiian theme (Hawaii Five-0... Get it?), appetizers and much more. We're asking all Sangha members to bring their Aloha spirit and wear their Hawaiian attire.

Steve Kikuchi & High Resolution will again be providing favorite hits from the 60's, 70's and 80's. The dance begins at 8:00 PM and will end at 12:00 AM with lots of dancing and fun in between.

Presale tickets for this dance are \$20 or \$25 at the door and this includes a small appetizer plate. For info and song requests, call Joanie at (626) 300-8947 or Lillian at (626) 780-9866

Your Toban chairs will contact you about work shifts and assignments. Plan to come by the center about 6 PM to help with the set-up. Donations are welcome for raffle prizes and drinks. Sign-up sheets for drink donations will be at the Sunday service.



**Cherry Blossom Festival**

WCBT will **not** have a booth this year at the West Covina Cherry Blossom Festival on Saturday, March 21, from 12 noon – 6:00 PM. Volunteers are still needed to help with set-up and clean-up at the festival which will be held at the South Hills Plaza (1420 S. Azusa Ave., West Covina) on the corner of Azusa Ave. and Aroma Dr. Please contact Merry Jitoshō if you can donate your time and come out to support the Center and the City of West Covina.

**WCBT Hanamatsuri**

West Covina's Hanamatsuri Service will be held on Sunday, April 12, 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!

**2015 Membership Dues**

A friendly reminder from treasurer Frank Tanji that you can send in your 2015 WCBT membership dues at anytime. Single member dues are \$100 and \$125 for family memberships. Please make checks out to West Covina H. H. Buddhist Temple and indicate that it is for the 2015 membership dues. Mail the check to WCBT, P.O. Box 1616, West Covina, CA 91793.

**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

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*E-Mail:* [dharma@livingdharma.org](mailto:dharma@livingdharma.org)



**MARCH BIRTHDAY**

Brandon Kawaguchi, Kendra Kagawa, Brion Martinez, Edward Miyashiro, Cathy Nakano, Karolyn Fujimoto, Joy Kitaura, Kelley Sakoda, Kathy Masai, Bob Yamashita, Danny Iwama, Lee Ezaki, Karen Ezaki, Andrew Kenji Ezaki, Clare Hansen, Dick Koga, Leo Kowalski, Miki Fukusumi, Tamara Teragawa, Alyssa Arnheim, Dana Yamada, Gavin Godoy, John Erickson, Bruce Whang, Emi Wexler, Reiko Ikehara-Nelson, Mitsuru Oshita, Tatsuo Okamura



T H E G A T E W A Y

## Happy Memories of SLO Family Retreat 2015



The weather was warm and the skies were clear for the 2015 WCBT Family Retreat held on February 14-15. Once again, we were fortunate to hold the retreat at the idyllic natural setting of the SLO Buddhist Temple and thank you to Rev. Naomi Nakano for welcoming us. Special thanks to Rev. Marvin Harada who made time in his extremely busy schedule to be the guest lecturer this year and who generously gave a signed copy of his book, 'Discovering Buddhism in Everyday Life', to all those in attendance. Sincere gratitude and kudos to the WC Temple Communication Staff for all their time in planning the retreat, the wonderfully prepared meals, the photographs, and all retreat activities. Thank you Berkeley Sangha for the very special and delicious dinner of miso salmon and tri-tip and the entertaining game of BINGO. Thank you to the iBuddhist group and



Berkeley young adults for helping plan this year's retreat exercise. Thank you to some special people for the Valentine Day's floral center pieces, birthday cakes (with entertaining candle), home-made cookies, scones and for all those treats brought and shared. Of course, thank you to all participants in the retreat and for your efforts to clean and put back the SLO Temple as we found it. It was the Sanghas working together that allowed everyone the opportunity to listen, to share the Dharma and to enjoy a wonderful weekend retreat.

Pat Sato





T H E G A T E W A Y



How many WCBT cooks does it take to make one bowl of salad?

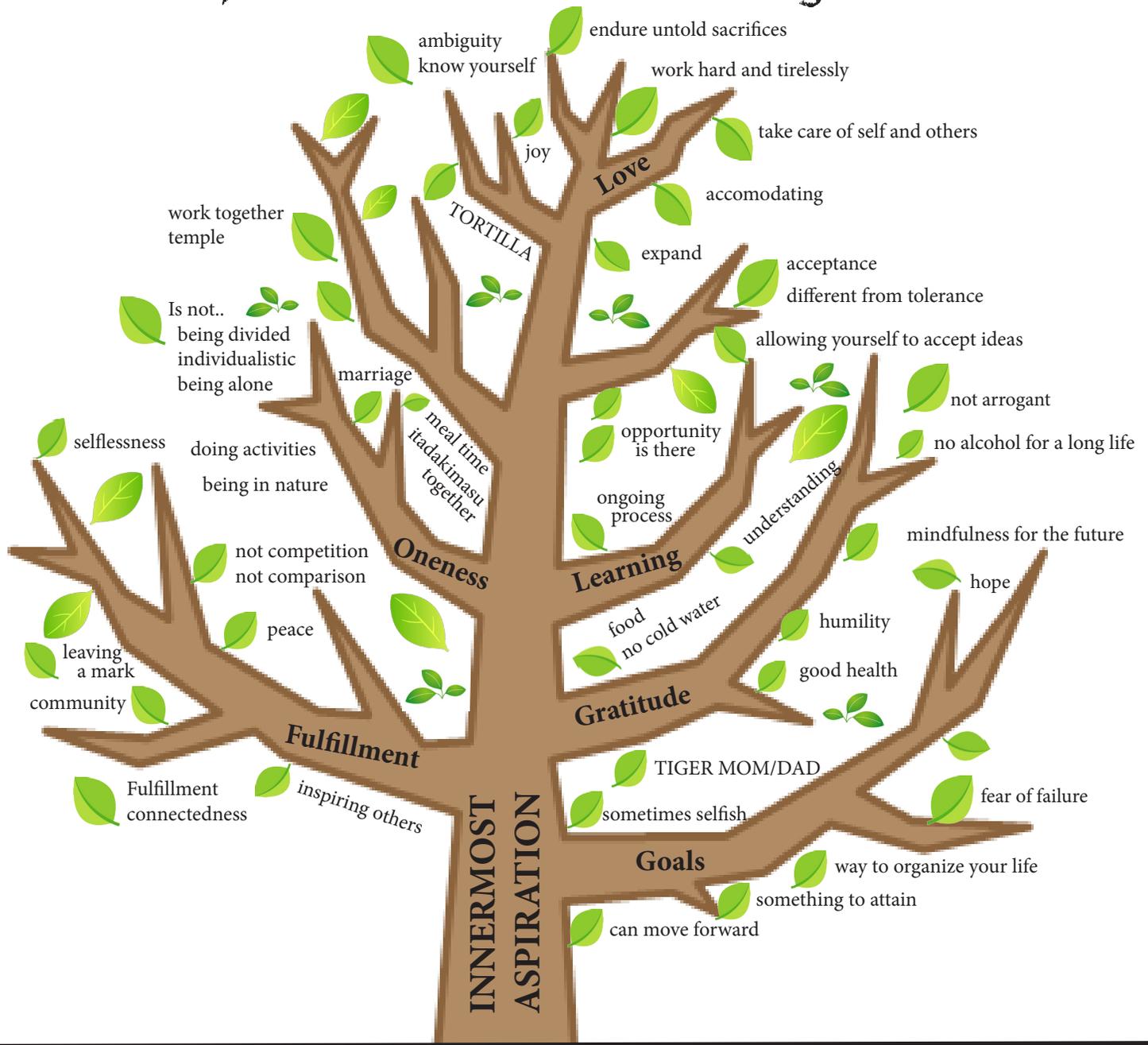
Answer: Six





T H E G A T E W A Y

# A Tree of the Primal Vow Growing within Us...



The group activity on the last day of the retreat was to divide into six groups. Our assignment was to have each of the groups come up with a single word that described our innermost aspiration as explained to us in Rev. Harada’s Saturday lecture. We consolidated the data from all six groups to create a tree. The tree trunk represented Innermost Aspiration and each branch represented the different aspiration of each group.

Each aspiration usually has a positive and negative aspect. For example, the innermost aspiration of “GOALS” can be to live a goal driven life. This can result in the ability to move forward, to organize our life well and these are positive attributes. However, the negative side of a goal driven life can be selfish, narrow-minded and can result in the Tiger Mom syndrome. Fear of failure can result in preventing us from moving forward and achieving our goals. Goals are important, but we should not lose sight of the process we work through in order to achieve our goals.

On an individual level each person has his own “innermost aspiration tree”. Just as each branch can represent more than one aspiration, positive and negative, the number of branches for each individual is determined by that individual himself or herself.



T H E G A T E W A Y

# Sushi Cooking Class & Youth Hoshidan Report



At the Feb. 22 Sunday Service, Noah Kowalski gave a slide show report to the sangha on the Youth Hoshidan Tour he took with his older brother Leo to Kyoto and Hiroshima in July of last year.



The recent sushi class taught by the Toyoshima Family was wonderfully instructive, mouth wateringly delicious and thoroughly awesome!



Mike and Steve Toyoshima, and Cyndi Toyoshima



**19th Annual Golf Classic**  
**Friday, May 8, 2015**  
 Industry Hills Golf Club  
 At  
 Pacific Palms Resort The "Babe" Zaharias Course

11:00 am Registration  
 1:00 pm Shotgun start

Entry Fee: \$160.00

Tee Sponsorship  
 \$800 Platinum Plus Sponsor  
 \$500 Platinum Sponsor  
 \$300 Gold Tee Sponsor  
 \$125 Silver Tee Sponsor  
 \$25 Patrons Sponsor

For more information, call Roy Takemura (909)594-3400

**Buddhism Quiz**

Here is another one of our quizzes to test you on "How well you know your Buddhism." We hope that it will continue to be informative and entertaining for our readers.

Difficulty Level: Easy, Easy, Oh, So Easy

- A bombu is
  - a stupid person
  - a person clouded by ignorance and filled with self-centeredness
  - another word for "Enlightened Buddha".
- Shinran's understanding of Pureland Buddhism was that
  - Amida was a mythical Buddha who promised salvation to anyone who repeated his name.
  - Amida was a symbol of the Dharma itself.
  - it was a path to enlightenment open only to those who could devote themselves to study and meditation.

Answers: b, b



T H E G A T E W A Y

WEST COVINA  
HIGASHI HONGANJI  
BUDDHIST TEMPLE

February 20, 2015

Dear Members and Friends,

The West Covina Buddhist Temple and its Board of Directors cordially invites you to attend the Spring Ohigan Service which will be held on Sunday, March 15, 2015. The schedule for the service is as follows:

Date: Sunday, March 15, 2015  
Time: 4:30 P.M.  
Dharma Message: Rev. Frederick Brenion  
(Associate Minister of North America District)

We will be serving Otoki dinner immediately following the service.

Higan, meaning the Other Shore (of enlightenment), is a service conducted on or about the vernal and autumnal equinoxes. At these times of the year, we endeavor to strengthen our commitment of the Buddhist life.

門信徒の皆様へ

春を感じる今日このごろ皆様にはお元気でお過ごしのことと存じます。さて春のお彼岸法要を下記の如くお勤め致しますのでご案内申し上げます。お彼岸は古く聖徳太子の時代より行われてきた伝統ある法要です。私ども先達はこの機会を仏様の教えを聞く良き機会としてまいりました。ご家族で一緒にお参り下さい。

記

春のお彼岸法要

日 時 2015年3月15日 午後4時半  
場 所 日系コミュニティセンター  
法 話 ブレニオン・フレデリック師 (北米開教区開教係)

\*法要後当番の皆様によるお齋がございます。

合 掌

Nobuko Miyoshi, Minister  
開教使 見義信香

John Martinez, President  
理事長 マルチネズ ジョン



T H E G A T E W A Y

West Covina Buddhist Temple presents

# Yo! It's OLDIES Five-O!

Yes, it's our 50th dance. Please come celebrate with us and get in the spirit if you'd like and dress Hawaiian

**Saturday, March 28, 2015**

-  At the ESGV Japanese Community Center
-  Tickets: \$20 presale, \$25 at the door
-  Music by High Resolution
-  Drinks available, must be 21 or over
-  Dressy Casual
-  For tickets and/or information  
Call or Text:  
Joanie: (626)300-8947  
Lynette: (909)374-1156  
or email: wfescrow@aol.com



|                     |   |             |
|---------------------|---|-------------|
| Irwindale Ave       | WCBT/ESGVJCC<br>1203 West Puente Ave<br>West Covina | Vincent Ave |
| Sunset Ave          | West Puente Ave                                     |             |
| Map and<br>to scale | San Bernardino (10) Freeway                         |             |
|                     | West Covina Fashion Plaza                           |             |

WCBT/ESGVJCC is located about a mile north of the West Covina Fashion Mall. Parking in rear of buildings.

**NO HEELS on the dance floor  
unless ballroom dance shoes.**



T H E G A T E W A Y





# T H E G A T E W A Y

家族リトリートレポート

## 食べて、笑って、学びの 2日間

池原・ネルソン・礼子

友人から「毎年参加している家族リトリートってなにをするの?」と聞かれることがあります。そんなとき私は決まってこう答えます。「笑って、食べて、学ぶの」と。そして今年のリトリートも全くその通りの2日間でした。

姪のテイラーと私がサンルイスオビスポのお寺の着いたのは夜の9時半でした。もう4度目の参加になりますが、暗くなってからお寺を見つけるのは至難の技で、案の定曲がり角を間違えてUターンする羽目になりました。荷物を降ろし、一息ついてその日を終えました。正確には、私はそうでした。テイラーはウェストコヴィナのメンバーのアイコやベン、それにバークレーからの参加者スコットとコールと明け方近くまで起きていました。階下からは彼らの大笑いする声や、楽しそうにゲームに興じる様子が伝わってきました。

翌朝7時。割り当てられた部屋の真横には喚鐘があります。見義先生が大音量で喚鐘を打ち、ほんの数時間前に眠りについたテイラーは叩き起こされました。この鐘の音でリトリートの日程がスタートしました。キッチンでは朝食担当の人たちの賑やかな笑い声が溢れていました。

私たちは朝のサービスをお勤めしました。朝日が輝く美しい朝が私たちを歓迎してくれているようでした。

ウェストコヴィナ名物の絶品スコーンをはじめ、手作りの朝食を楽しんだ後、私たちはオレンジカウンティー仏教会からお招きした原田マーヴィン先生の講義を受け

ました。先生は「本願-深い願いに生きる」というテーマでお話下さいました。そして本願と生きることの大切さを強調されました。講義の後半では、本願に生きる人の姿を黒澤明監督の「生きる」という映画を通して教えて下さいました。

講義の後はフリータイムです。それぞれが思い思いに散策を楽しみました。アヴィラビーチまでの2マイル半のサイクリングコースは、晴れた気持ちの良い天気の中を歩くのに最適でした。美しい景色やサンルイスオビスポのゆっくりとした時間の流れ、そして仲間と過ごす時間は、普段どれほどの素晴らしいことを見逃しているのかを私に気づかせてくれました。

夕事勤行の後はバークレーの人たちが用意してくれたステーキ肉とサーモンをお腹いっぱいいただきました。今回の夕食は参加者が一番楽しみにしていたイベントです。どれも本当に美味しかったです。

夕食を終えると私たちはビンゴとハワイアンダンスを一緒に楽しみました。

翌日曜日の午前中は本願についてお互いの理解を深めました。iBuddhistsのメンバーがプログラムを考えてくれました。私たちは少人数のグループに分かれ、昨日聞いた本願について話し合うとともに、それを別の言葉で表現することを試みました。こうして本願を幹として、四方により身近な言葉の枝が伸びる一本の木の絵を完成させました。

本願のイメージを木で表現するこのディスカッションの時間を通して、私は本願からの願いというのは様々な形で私たちの目の前に表現されているということに気づきました。決して一つの決まった答えはないのです。一人一人が自分の経験をもとに自由に本願を表

現していました。

家族リトリートの素晴らしさは、思い切り笑ったり、お腹いっぱい食べたりという時間の中で、お互いに学び合う時間をいただいているということだと思います。



## お寺ニュース

### 日本語春のお彼岸法要

日本語春のお彼岸法要は3月法話会、祥月法要を兼ねて3月5日午後7時よりお勤め致します。

また英語によるお彼岸法要は3月15日午後4時半よりお勤めいたします。ブレニオン・フレデリック師をお招きして法話を聴聞します。英語法要にもご家族で是非お参りください。

### センター桜まつり 参加見送りのお知らせ

今年のセンターの桜祭りは3月21日(土)に開催されます。今年も会場はSouth Hills Plaza(1420 S. Azusa Ave.)です。例年照り焼きチキンとお寿司をもって参加しているこの桜祭りですが、今年は諸般の事情により参加を見送ることになりました。

来年以降は再び参加を予定しておりますので、その節は例年通りのご協力を賜りますようお願い申し上げます。

質問がございましたら見義開教使(626-689-1040)までお問い合わせください。

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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**DATED MATERIAL**

THE WEST COVINA BUDDHIST TEMPLE

 **GATEWAY** 

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**March**

- 1 8:30 am Board Meeting
- 1 10:00 am Shotsuki Service
- 5 7:00 pm Howakai Japanese Service
- 8 10:00 am Sunday Service
- 10 10:00 am Study Class
- 15 4:30 pm Ohigan Service
- 21 12:00 pm Cherry Blossom Festival
- 22 10:00 am Sunday Service
- 24 10:00 am Study Class
- 28 8:00 pm Oldies Dance
- 29 10:00 am Sunday Service

**3月行事予定**

- 1日 午前8時半 理事会
- 1日 午前10時 祥月法要
- 5日 午後7時 法話会祥月法要／お彼岸法要
- 8日 午前10時 日曜礼拝
- 15日 午後4時半 お彼岸法要
- 21日 正午 センター桜祭り
- 22日 午前10時 日曜礼拝
- 28日 午後8時 オールディーズ・ダンス
- 29日 午前10時 日曜礼拝

**April**

- 2 7:30 pm Howakai Japanese Service
- 5 8:30 am Board Meeting
- 5 10:00 am Shotsuki Service
- 12 10:00 am WCBT Hanamatsuri Service
- 12 1:00 pm LABTF Hanamatsuri Service  
(at Koyasan Buddhist Temple)

**4月行事予定**

- 2日 午後7時半 法話会
- 5日 午前8時半 理事会
- 5日 午前10時 祥月法要

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高原の陸地に蓮を生ぜず、  
卑湿淤泥に蓮華を生ず。

『維摩経』