



GATEWAY



June 2017 - - Vol. LII No. 6



The WCBT Sangha welcomed & congratulated baby Evan Hiroshi, son of Wesley & Connie Hamachi and baby Blake Kimio, son of Thomas & Kimberly Kitaura Le at their Hatsumairi Ceremony on May 21, 2017

Perception

Michael Jitosh

In optometry school we are lucky to learn from various disciplines of optometry such as primary care, ocular disease, contact lens, low vision, pediatrics, optical and vision therapy. During a vision therapy discussion I came across a segment of our patient education that astounded me and is the source of inspiration for my talk today. Vision therapy is a subset of optometry which in part enables a patient to become more aware of what the eyes are doing. It involves eye focusing, teaming and perceptual skills that often go unnoticed for most patients and is the focus of most therapy visits.

I was working with a young patient that had trouble focusing in school. We often use a demonstration

to make the vision issues easier for parents to understand the challenges that their child faces. In this case we use a coffee mug and a large cut out of the letter "b" for the demonstration. We explain that a coffee mug is still a mug no matter which way you look at it. You can place the handle to the left or right side and even flip it upside down and it is still a mug. However, with the letter "b" how we perceive the orientation of the letter determines the meaning. If we rotate the letter "b" 180 degrees it becomes a "q". If we flip "b" around itself it becomes a "d". If we flip "b" over the horizontal axis it becomes a "p". Depending on the orientation and how we look at it can change the meaning. A coffee mug on the other

hand makes no difference no matter which way we orient it. My mind was blown by this point after hearing this exact therapy spiel 10 different times by my preceptors. This time something stuck. I began to think to myself, what else can be applied to this idea of rotating or flipping something around to change its meaning?

Please see PERCEPTION, con't on page 4

Temple Event Highlights:

- June 3 Oldies Dance
- June 1, 6, 8, 13, 20 & 22 Bon Odori Practices
- June 11 Board Meeting
- June 24 OBON FESTIVAL
- Please See Temple News



T H E G A T E W A Y

DHARMA SCHOOL NEWS

June is a busy month for our Dharma School and the whole Sangha. We will be celebrating Father's Day, congratulating our graduates, and, (the biggie), working hard to make our Obon festival meaningful and successful!

On June 18 we will honor our fathers and our graduates. Dharma School will be presenting all fathers a small token of our appreciation.

Obon will take place on June 24th this year. Dharma school will have 5 games in the game booth. We will also have the Children's Raffle. We would appreciate a small toy or book as a donation to our raffle.

The staff will explain the significance of Obon to our students by the retelling of the story of a disciple of the Buddha, Mokuren. We will emphasize that during Obon, we remember and thank our departed ancestors for all that they have done for us. We will explain the significance of the Bon Odori or Obon Dance and will encourage our students to participate in it.

See you at our Obon!

Gassho,
Claire Hansen



IT'S OBON TIME

Obon Committee Co-Chair: Bruce Whang

With the weather getting warmer, it can mean only one thing: IT'S OBON TIME! West Covina Buddhist Temple (WCBT) will be celebrating their Obon Festival on June 24, 2017. The Obon festival hours are from 1:00 pm to 9:00pm. Save the date!

According to Rev. Patti Usuki, Obon is traditionally a time to show our gratitude to the loved ones that have passed on. If it were not for those loved ones, we would not be who or what we are today. Obon is also known as the "Gathering of Joy". The main attraction to the Obon festival is Bon Odori, or dancing. The dancers, from WCBT and dancers from around the United States, will gather in rings around the a yagura, a raised platform and dance to traditional Japanese music accompanied by a taiko drum. The dances tell stories of the work that was done in Japan, such as fishing and farming. Participants are dressed in colorful kimonos or happi coats that represent the various temples. You don't have to be Buddhist or have any rhythmic dancing ability, the important thing to do is lose your ego and show your joy and gratitude for life and your passed loved ones.

In addition to the enthusiastic dancing, the West Covina Buddhist Temple will also be offering demonstrations of various Asian art forms ranging from karate demonstrations and Japanese dancing. If you get hungry, the Temple is serving the best teriyaki chicken around, as well as other tasty foods and deserts. A variety of adult beverages will also be available, as well as shaved ice. What else could be better on a hot day!

So come to the West Covina Buddhist Temple Obon Festival and share a day of the "Gathering of Joy".





T H E G A T E W A Y

T E M P L E N E W S

Bon Odori Practices

Bon Odori (dance) practice will begin in June, every Tuesday and Thursday, from 7:00 to 8:30 PM. All you need to bring are your kachi-kachi (castanets) and tenugui (Japanese towel) or fabric of equivalent size. The fans will be provided. The dates again are June 1, 6, 8, 13, 20 and 22. There is no practice on June 15. Everyone is invited to join in the fun. See you there!

The Study Class

The Study Class will meet on June 13 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.

Dads & Grads Family Service

A Father's Day & Graduation Family service will be held on June 18, at 10:00 AM. All graduates will be honored so please contact Rev. Miyoshi (213) 219-6140 with the names of graduates in your family. Join us for this special event.

OBON FESTIVAL!

Our 2017 Obon on June 24 is just a few weeks away and the excitement is building. We look forward to seeing all our fellow sangha members share in the hard work of another successful Obon. Preparations are in the works but there's still a lot to do to make this fun annual event a success.

Set-up will begin on Friday, June 23, at 1:00 PM. We'll need help setting up inside the gym, social hall and parking lot. We'll also need help in the kitchen with food



preparation.

In the mean time, we are accepting donations for rice, chili and children's and regular raffle prizes. Raffle tickets will be sent out and don't forget to get your favorite dessert recipes out for our famous West Covina Dessert Booth. *Manto-e* lanterns will again be available for those wishing to honor the memory of departed relatives and friends. A custom made Japanese lantern will be personalized with the name of your loved one with each \$20 donation.

Sign-up sheets will be passed around at Sunday Services or contact Merry (714) 271-3803 or co-chair Bruce at bwchang@earthlink.net to see how you can help.

Obon & Hatsubon Service

Obon & Hatsubon Service will be held on July 16 at 4:30 PM. Come and join us for this important Service and stay for the complimentary *otoki* dinner that will follow the service.

Betsuin Obon Festival

The Betsuin Obon will be held on the weekend of July 29-30. WCBT will again be selling our delicious tamales. Sign-up sheets will be at upcoming services so please find a time you can help out in the tamale booth and join in the dancing and festivities at the Betsuin Obon.

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:

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West Covina, CA 91793
(626) 689-1040

Website: www.livingdharma.org

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JUNE

Laurie Hansen, Joshua Gutierrez, Kay Yamashita, Ray Maekawa, Sam Meites, Mia Lynn Meites, Justin Toshiro Ezaki, Kiyoshi Earley, Jerry Earley, Nicholas Ishibashi Jung, Noah Kowalski, Terri Shams, Tor Ormseth, Craig Yanase, Richard Nakawatase, Andrew Jung, Ikuo Matsukiyo, Linda Chen, Mitchell Kozono, Joshua Gutierrez, Mark Masai, Sumie Kinoshita, Toshio Tawatari, Allan Wexler, Xavier Godoy, Sadako Sogioka, Jeanne Kawawata



T H E G A T E W A Y

PERCEPTION, con't from pg. 1

What cannot be applied?

I first thought about criticism, family and volunteerism. The first thing that came to my mind was criticism because it's at my doorstep every day. It says, "good morning" to me as I grow as an optometric clinician. Criticism taken personally will eat my soul and prevent me from ever opening the front door again tomorrow. Criticism can also be viewed with optimism and aid in self growth. Teachers like my sister would call it "constructive criticism". If I want to improve I have to embrace it. My teachers come in many forms and honestly show me what I am. My attitude towards criticism determines my own outcome. Will I arise and seek self-development or be crushed under fire of my critics?

Next I thought of family and holidays. Most families get together, exchange pleasantries and break bread around the dining room table during the holidays. I am lucky to have had these enjoyable experiences. On the other hand, holidays can be the most depressing time of the year for others. Just think of those that are not close with their family by choice or by fate. Like soldiers that are separated from their families due to service to their country or people that have lost a relationship with family or never

even had others to call a family of their own. The circumstance in one's life can define one's perspective even when it comes to cultural events like holidays which most associate to be the most joyful time of year.

I also thought about volunteerism. I was recently tasked to reach out as a graduate student to help inspire high school students to reach for the stars in their own career paths. At first I thought this request to be such a taxing chore. I thought I had no time to do anything more than what I had on my plate. But little did I know I was thrown in a position into which volunteerism just happened naturally. An eager acquaintance approached me and asked how can I do what you are doing? I shared with him my experiences to help excite him about his own journey ahead. The main advice I offered him was to surround himself with diverse experiences and discover what motivates him. Long nights of studying and high stakes exams will often pull one down and without true motivation, success is near impossible. A task I once deemed unbearable, changed the life of a young man who is now passionately pursuing a dream.

Now how in the world does all this relate to Buddhism you may

ask? Buddhism encompasses all of life. Everyday life, everyday Buddhism. With more experience in life I am beginning to sense when those moments of conflict arise and I think back to the rotating letter "b". I tell myself I can use this moment to improve myself or cause more pain. How many times have I been in senseless arguments because I was too hot-headed to concede? I bury my feet in the ground and put up a fight. Looking back it is embarrassing how many fights I have had in the grocery store parking lot with my sister to win the main event prize of sitting in the front seat of a hot minivan. It was never worth it. Now I find myself judging people before really getting to know them? I often make excuses by telling myself this is only a natural, biological mechanism of protecting my self. My EGO is more like it. Will it ever end? Will I ever be able to stop making life more difficult than it already is for myself? I am still a work in progress.





T H E G A T E W A Y

2017 WCBT Golf Classic Makes an Ace

Dr. Roy Takemura

The weather could not have been more perfect for the 2017 WCBT Golf Classic, held at the Industry Hills Golf Resort on the “Babe” Zaharias course. A field of 71 golfers participated in the scramble format and had the opportunity to show their skills in the putting contest prior to the start of the tournament. The tournament also included special contest holes which included closest to the pin, longest drive, accuracy drive and a hole-in-one for \$10,000.

Immediately following the tournament everyone gathered to the Cherry Hill Room for the awards dinner and raffle.



The team of Mark Komoda, Bobby Jefferies, Curt Masuhara and Terry Komatsu captured the low gross title. The rest of the field was divided into 3 groups based on their scores and a winning team was selected by Rev. Miyoshi from each group. From Group 1 the team of George Sugimoto, Dick Goto, Larry Saika and Roger Nakano was selected. The team of Steve Murata, Brian Lish, Chris Oliva and John Nehrig was selected from Group 2 and the team of Merry (Jitosh) Hiroshima, Richard Hiroshima, Frank Tanji and Doug Iwanaga from Group 3. The Sportsmanship winners were Tommy Taoda, Roy Yoshioka, Eddie Itagaki and Keichi Masada.

The special contest holes winner for the women was Cheryl Teragawa for the longest drive and accuracy drive. There was no winner for the women’s closest to the pin hole.

On the men’s side, longest drive contest winner was AJ Kamimura, accuracy drive went to Chris Oliva and Jerome Thibodeau won closest to the pin contest.

The winner of the putting contest held prior to the tournament was Lee Ezaki.

Congratulations to all the winners!

The Golf Classic was a tremendous success and it could not have been possible without the support of the Sangha and friends of WCBT. Thank you to all the golfers for taking time away from their personal busy schedules to participate in the tournament. To all the people who donated raffle prizes and or items for the player’s goodie bag, and to our generous sponsors a big heartfelt thank you.

On the day of the tournament several Sangha members volunteered to help with players registration duties. Thank you to Richard and Ruby Kagawa, Barbara and Jon Shiota, Emi Wexler, Mitzi Oshita, Reiko Ikehara, Yukiko Kovacs and Joy Kitaura. On course volunteers for the hole-in-one contest were Jack Wear and Julie Griffith and for the buy a drive hole were Rev. Nobuko Miyoshi and Judy Takemura. Thank you for staying out on the course for the duration of the tournament.

The backbone of this event of course is the golf tournament committee and a mere thank you is really not enough for all the hard work these individuals put in to see that this event is a big success. To Rev. Nobuko Miyoshi, Barbara Shiota, Lillian Nishihara, Denise and Steve Underwood, Jack Wear, Phil Underwood and Judy Takemura a big hug, a pat on the back, a hardy handshake and a thank you for making our Golf Classic an ACE!



Thank you volunteers!



T H E G A T E W A Y

 WEST COVINA BUDDHIST TEMPLE presents

Obon

FESTIVAL 2017

BON ODORI DANCING

public invited to participate

**MARTIAL ARTS
DEMONSTRATIONS**

**CULTURAL EXHIBITS
AND ENTERTAINMENT**

TAIKO DRUMMING

**DELICIOUS FOOD
GAMES • PRIZES**

**JUNE 24 SATURDAY
1 PM TO 9 PM**



**1203 W. Puente Ave, West Covina 91790
626.689.1040**

wcbt.livingdharma@gmail.com • www.livingdharma.org
facebook.com/westcovinabuddhisttemple



T H E G A T E W A Y

West Covina Buddhist Temple Announces **Bon Odori Dance Practices**

- **WHAT:** The Bon Odori dancing is the highlight of the Obon because, as a celebratory “group dance,” it symbolizes the world of oneness that is the goal of the Buddhist teaching. It's also just a lot of fun! The public is invited to learn the specific moves of each dance at the free and popular public dance instruction practices.
- **WHEN:** Every Tuesday and Thursday (except Thu. June 15), 7-8:30 pm starting Thursday, June 1.
- **WHERE:** the East San Gabriel Valley Japanese Community Center parking lot, 1203 West Puente Avenue, West Covina, 91790
- **THE OBON FESTIVAL:** Saturday, June 24, 1-9 pm



- **Contact Info:**
 phone: 626 689-1040
 website: www.livingdharma.org
 e-mail: wcbt.livingdharma@gmail.com
 Facebook: facebook.com/westcovinabuddhisttemple



T H E G A T E W A Y



(「見方」9ページからの続き)

しました。その人のことをよく知る前に決めつけることもありました。自分のそうした問題を人間だから仕方ない、と言い訳したこともあります。自分の人生を実際以上に苦しいものにしてているのは他でもない私自身ですが、そうしなくなる日が来るのでしょうか。一つ言えることは、私はまだまだ道半ばということです。

Buddhism Quiz

Difficulty Level: Piece of cake!

1. In mid-summer Buddhists observe a “Buddhist Memorial Day” when we reflect on our interdependence to our ancestors and we express our gratitude by joyously celebrating the teachings of the Dharma. This observance is called
 - a. Summer Ohigan
 - b. Obon
 - c. Summer Dance Festival
 - d. Summer Oldies

2. West Covina Buddhist Temple’s “Buddhist Memorial Day” will be observed in 2017 on
 - a. Friday, June 16, 2017
 - b. Saturday, June 24, 2017
 - c. Sunday, July 9, 2017
 - d. Saturday, July 15, 2017

Answers: b, b



Quote of the Month
 In three words
 I can sum up
 everything I’ve learned
 about life: it goes on.
 -Robert Frost



T H E G A T E W A Y

ものの見方 地頭所マイケル

検眼医専門学校では、初期診療をはじめ、眼疾患や小児科など様々な分野での学びを深めます。その中で視覚療法という分野があります。これは眼がどのように機能しているかを患者に知ってもらうことを目的としたものですが、私にとっては大きな驚きの体験でもありました。

視覚療法では分かりやすく目の仕組みを知ってもらうためにマグカップとアルファベットの「b」が見せられます。マグカップはどこから見ても、逆さにしてもマグカップとして認識されます。一方アルファベットの「b」は、置き方によって「q」にも「d」にも「p」にも見えてしまいます。見え方によって意味も変わってくるのです。この療法については指導教官から10回以上聞いていたはずなのですが、なぜかこの時は目を覚まさせられたような思いがしました。このものの見方の仕組みは他にも応用できると感じたのです。

すぐに思いついたのが批判や家族、そしてボランティアについてでした。一人前の検眼医になるには、批判や批評を受けることは避けて通れないものです。批判を個人的非難と受け取ってしまうと、精神はたちまち疲弊し、批判を受けることに恐怖しか感じなくなります。けれども見方を変えれば、批判は私が成長するのを助けてくれているのです。教師である姉はそれを「建設的批判」と呼んでいます。もし自分がさらなる成長を望むなら、それは受け入れるべきものなのです。私が見えていない自分の姿を教えてくれているからです。批判に潰されてしまうか、成長の糧とするか、どのようにその批判を受け止めるかによってその後の結果が決まってくるのではないのでしょうか。

家族や休日も人によってその捉え

方は様々です。多くの人は休日に家族と集まり、食事を共にして楽しい時間を過ごします。自分自身そのように家族と過ごせることをとても感謝しています。けれども、様々な理由から家族と疎遠になってしまった人や過ごしたくても一緒に過ごせない人にとって、休日はとても辛い時間と感じられます。軍に勤務し家族から遠く離れた地で任務にあたる人はそうした経験を余儀なくされます。置かれている環境や築いている人間関係などで、休日の見え方が変わってくるのです。

ボランティアについても考えてみました。最近私は大学院生として高校生と彼らが目指すキャリアに到達するための方法についてアドバイスを頼まれました。これはとても骨の折れる仕事だな、と思いました。自分のことで精一杯なのに、そのうえ人の面倒まで…という思いもありました。けれども、いざその立場に身を投じてみると、自然と人の助けになりたいという思いが湧いてきました。やる気にあふれた学生が真剣にどうしたらあなたのようにやりたい道に進めるのか、と尋ねます。自分の経験を通して私が伝えたことは、とにかくたくさんのことを経験してみることで、そしてその中でこれだ、と思う道を見つけることでした。本当にやりたい、という情熱が、徹夜で課題に取り組むことや難しい試験を受けることの大変さを支え、達成へと導いてくれるのです。一旦はその大変さから受けることをためらったその仕事が、一人の学生が自分と同じように夢に向かって歩き出すのを感じさせてくれました。

視覚療法が私に教えてくれたように、仏教もただ一つの正しいものの見方を教えるのではなく、状況によって一つの物事が様々な姿をもって見えてくる、ということを見せてくれていると思うのです。起こった出来事を成長の糧とするか、なぜこんな目にとただ嘆くかは私次第です。短気に身を任せてたくさんの失敗も

(「見方」8ページに続く)

お寺ニュース

盆踊り練習

本年度の当寺院のお盆祭り（6月24日）もいよいよ近づいて参りました。今年の盆踊り練習は以下の予定にて行われます。練習日は火曜日と木曜日、時間は午後7時から8時半までを予定しております。どうぞお誘い合わせの上、お気軽にご参加下さい。

練習日

6月 1日(木) 6日(火)
8日(木) 13日(火)
20日(火)

22日(木)

(6月15日は練習はありません。)

父の日・卒業記念家族礼拝

6月18日(日)午前10時より、父の日・卒業記念家族礼拝をお勤めいたします。お父さんや今年卒業式を迎えられるお子様には、お寺より記念品を贈呈いたします。卒業を迎えるお子様がおられましたら、是非お寺までご連絡下さい。どうぞお誘い合わせの上、ご参詣下さいますようお願い申し上げます。

お盆祭り

今年のお盆祭りは6月24日(土)に開催いたします。本年は法話会の皆様にはそうめんのご協力をお願い申し上げます。詳しくは、別便のお盆の案内状にてご案内いたします。どうぞよろしく願いいたします。

また、25日(日)午前9時より後片付けを予定しています。お力添えをいただければと思います。

お盆祭りは、お寺の大切な基金募集行事です。ご協力賜りますようお願い申し上げます。

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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THE WEST COVINA BUDDHIST TEMPLE



GATEWAY



June 2017 - - Vol. LII No. 6

June

- 1 7:00 pm Bon Odori Practice
- 1 7:30 pm Howakai Japanese Service
- 3 7:30 pm Oldies Dance
- 4 10:00 am Shotsuki Service
- 6 7:00 pm Bon Odori Practice
- 8 7:00 pm Bon Odori Practice
- 11 8:30 am Board Meeting
- 11 10:00 am Sunday Service
- 13 10:00 am Study Class
- 13 7:00 pm Bon Odori Practice
- 18 10:00 am Father's Day Family Service
- 20 7:00 pm Bon Odori Practice
- 22 7:00 pm Bon Odori Practice
- 23 1:00 pm Obon Set-up
- 24 1-9 pm **OBON FESTIVAL**
- 25 9:00 am Obon Clean-up

2017年6月行事予定

- 1日 午後7時 盆踊り練習会
- 1日 午後7時半 法話会
- 3日 午後7時半 オールディーズダンス
- 4日 午前10時 祥月法要
- 6日 午後7時 盆踊り練習会
- 8日 午後7時 盆踊り練習会
- 11日 午前8時半 理事会
- 11日 午前10時 日曜礼拝
- 13日 午後7時 盆踊り練習会
- 18日 午前10時 父の日家族礼拝
- 20日 午後7時 盆踊り練習会
- 22日 午後7時 盆踊り練習会
- 23日 午後1時 お盆祭り準備
- 24日 午後1時-9時 お盆祭り
- 25日 午前9時 お盆祭り後片付け

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悲しみは悲しみを知る悲しみに救はれ、
涙は涙にそそがれる涙にたすけらる

金子大榮『歎異抄領解』