



# GATEWAY



November 2018 - - Vol. LIII No. 10



Once again the West Covina Buddhist Temple's teriyaki chicken booth at the ESGVJCC Akimatsuri Festival was a success due to the help of our hardworking sangha members.

## Talk About What You Know

(Dharma Message at Sunday Service on September 23rd)

**Reiko Ikehara-Nelson**

WCBT Member

Good morning everyone.

It is always a challenge to come here and speak but this was more difficult because I wasn't given a theme. I don't know how writers come up with stories to tell. I looked at this blank page and wrote "talk about what you know" which is the advice Karen Ezaki gave me long ago. But what do I know? Not very much. I know I need to listen, listen and listen some more. During last week's lecture on Buddhism 101 I realized that I wasn't applying what I've been learning these last 9 years.

Sensei referenced information from a children's book about Buddha's Teachings. The title was What is Evil? There was a list of bad things

we must never do. Such as

To kill living creatures unduly  
To steal – not just material items but time as well.  
To lie  
To spread false rumors  
To say mean things about people  
To use bad words

and so on.

After she read each item I found myself adding – like Trump after each line.

Then I caught myself. I realized I was doing exactly what the teachings tell us not to do which is to apply the lesson/teachings to others or judge

others and not apply them to myself. The teachings are for me to realize, me to embrace, and me apply to my daily life. At that moment I realized how much I still need to learn.

I'm no better than anyone else and I need to remind myself to treat people as a I or Thou, a living breathing person who deserves my attention and respect and not as an It or a non-being with no feelings.

As I sat in class, I thought of a former co-worker who was hard for me to work with. He was negative, he was difficult, he was a repetitive complainer. I didn't like to be around him.

I realized over time I was treating

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



# T H E G A T E W A Y

## DHARMA SCHOOL NEWS

On November 18 our temple is having a special late afternoon service that will start at 4:30 pm. This memorial service for Shinran Shonen is called Hoonko. The word Hoonko means a gathering of the Sangha to show our gratitude to Shinran Shonen and his teachings.

The Dharma School staff will have a special lesson for our students on the life of Shinran Shonen. The children will also be doing an activity that will reinforce their understanding of Hoonko.

Just a reminder to our parents and grandparents: Dharma school will be presenting lessons during each of our temple's special services. Each lesson will teach the youngsters about the importance of that particular special service. The lesson will include a fun activity as well. The fall Ohigan's lesson was about the six paramitas. The students created a booklet featuring the six paramitas—they had a great time!

We welcome all children to our afternoon services to learn about Buddhism. We think they will enjoy these experiences! See you at the Hoonko service and have a Happy Thanksgiving!

Gassho,  
Claire Hansen



*TALK, con't from pg. 1*

him as an It. When I treated him as a person of value he became easier to work with. It didn't happen overnight and it wasn't easy trying to talk to him but slowly it became a much more enjoyable work environment. He turned out to be an extremely helpful and knowledgeable person and giving with his knowledge. What I learned from him years ago is now helping me out right now. It feels like a giant circle that is coming back around.

My favorite example from the Buddhism 101 class was a picture of a circle. Miyoshi Sensei drew a circle. It was complete and whole – she said this is how we imagine our life should be. Perfect and complete. Then she took out a section and it looked like a pie with a slice missing. This is how life actually looks. Life is never fully complete, it is never perfect – if we can accept that there will always be missing pieces and things that need to be done or issues we need to face, then maybe we'll be able to enjoy our day to day life more. Every moment does not have to be perfect to enjoy the company of friends or enjoy the beauty of the day.

My niece Michelle asked a couple of weeks ago if life will get less hectic once she graduates from grad school and finds a job. I said no. Life will always be like this, it will always be a bit hectic. But it doesn't mean you won't be able to slow it down a bit and enjoy yourself.

I pinpoint my Buddhist journey

Quote of the Month  
Blindness  
separates people  
from things;  
deafness  
separates people  
from people.  
-Helen Keller

25 years ago when my father passed away at the age of 90. At his funeral service was the first time I remember hearing White Ashes. The words *"Thus our bodies may be radiant with health in the morning, but by evening they may be white ashes."* stayed with me.

Ten years ago, my husband Ken passed away quite suddenly and I was a mess. He was in the middle of surgery to remove a pituitary tumor but there were complications and he never woke up. He was 49 years old. Ken's passing was my greatest sorrow but in passing away he was also my greatest teacher. Those words from White Ashes 25 years ago brought me to this teaching.

Today, ten years later I am enjoying my life more and truly appreciate my friends and family. I still get annoyed with other drivers on the road and with my friends and family. I am frustrated with the bureaucracy when I try to help customers resolve their issues. And I still get stressed but over all my life has been pretty good.

In the mornings I enjoy the time I spend outside as I eat my breakfast. I feel the sunshine, I admire the blue sky, I hear the birds, pet my cat and look at my flowers and vegetables. My mornings are my quiet time. Even the rumbling and honking horns from the freeway don't disturb my mornings. This was not so 10 years ago.

I just want to say thank you to all of you. I couldn't have imaged this life I have now. The Dharma has helped transform how I see my life and live my life. As a Sangha your example, your dedication and your laughter and joy is something I truly appreciate.

I am also grateful for all the Senseis that I have listened to. Hearing the different voices has helped me understand the teachings better. Thank you and I hope you have a great rest of the day.





# T H E G A T E W A Y

## T E M P L E N E W S

### Kiku Crafts & Food Fair

WCBT will hold our 10th Annual Kiku Crafts & Food Fair on Sunday, November 4, from 10 AM–3 PM. We will offer Asian inspired crafts, clothing, jewelry, giftware, original artwork to be purchased just in time for the holidays. And of course, lots of delicious food to be consumed. Each vendor will be handling their own sales and not all take credit cards so come prepared. WCBT members are welcome to shop early from 9:30 AM. Come for some holiday shopping. Stay for the fun and food!

For more information or if you can help, please contact Hisako Koga 951-818-8740 or hskoga@gmail.com.

### November Shotsuki Service & Board Meeting

November Board Meeting will be held on November 11 at 8:30 AM followed by the Shotsuki Service at 10 AM.

### The Study Class

The Study Class will meet on November 13 & 27 at 10:00 AM. Discussions will be based on selected topics 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 (213) 219-6140.

### Ho-on-ko Service

Our Ho-on-ko Service (a memorial service for Shinran Shonin) will be held on Sunday, November 18 at 4:30 PM. Our guest speaker will be Rimban William Briones from Los Angeles Nishi Hongwanji but we will also have several guest reverends, including Bishop Noriaki Ito, attending the service. The Dharma School staff will have a special lesson and activity focusing on Ho-on-ko for the children. Please join us as we welcome all the reverends and stay

for the complimentary *Otoki* dinner that will follow the service.

### 7-5-3 Service

7-5-3 or Shichi-go-san Service will be held on Sunday, November 25 at 10 AM. This special service is to recognize anyone who has reached the age of three, five or seven this year. Please inform Rev. Miyoshi if you have a family member or know of someone who will be the perfect age for this service.

### Mochitsuki

WCBT's annual *Mochitsuki* will be held on Sunday, December 9. The special *mochi* rice, which will be passed out to Sangha members beforehand, should be washed and soaked the night before and brought to the Temple ready for steaming at 7:00AM. When the *mochi* rice is steamed to perfection it is ready to be poked and pounded and eventually shaped into smooth traditional *mochis*. Some are filled with sweet bean *an* and others are made into the traditional New Years symbolic offering, *okasane*. Come and join us in this annual tradition.

### Year-end Service & Oseibo

Our Year-end Service, Oseibo gift presentation and potluck dinner will be held on Sunday, December 16 at 4:00 PM. Entertainment will be provided by the Dharma School and other members of the Sangha. If you have a talent you'd like to share, please contact Rev. Miyoshi. The potluck assignments are as follows: If your last name begins with A-K, please bring a main dish and a salad; L-N, bring a main dish and rice dish; O-Y, bring a main dish and a dessert.

Please join us for a fun evening of entertainment and feasting on the delicious potluck spread from the West Covina Temple members.

## GATEWAY Staff

*Layout & Editing:* Rev. Nobuko Miyoshi, Hisako Koga, Claudia Haraguchi, Richard Kagawa

*Contributors:* Reiko Ikehara-Nelson, Claire Hansen, Michael Jitosho, Joanie Martinez, Phillip Underwood

*Circulation:* Rev. Fred Brenion, Joy Kitaura

*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](http://www.livingdharma.org)

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

*E-Mail:* [wcbt.livingdharma@gmail.com](mailto:wcbt.livingdharma@gmail.com)



## NOVEMBER

Travis Hamachi, Erika Haraguchi Haines, Kyle Sato, Brandon Kanemaru, Jennifer Higa, Michelle Harrison, Jill Kato, Jean Nakatani, Hiroko Takemoto, Wesley Kawaguchi, Frank Tanji, Andrew Kochi, Lauren Oshiro, Lynette Godoy, Kaylyn Godoy, Kaz Uyechi, Shinuki Okamura, Brian Endo, Sany Nafarrete, Jordan Jucksch



T H E G A T E W A Y

# WEST COVINA Higashi Honganji BUDDHIST TEMPLE

October 22, 2018

Dear Members and Friends,

The West Covina Buddhist Temple and its Board of Directors cordially invite you to attend the Hoonko Service which will be held on Sunday, November 18, 2018. The schedule for the service is as follows:

Date: Sunday, November 18, 2018  
 Time: 4:30 P.M.  
 Dharma Message: Rimban William Briones  
 (Los Angeles Homba Hongwanji Buddhist Temple)

We will be serving Otoki dinner immediately following the service.

Hoonko is the annual memorial service of the founder of Jodo Shinshu, Shinran Shonin. Shinran lived from 1173-1262 and devoted his life to studying and sharing the teaching of Nembutsu. On this occasion we gather to express our appreciation to Shinran Shonin.

Gassho,

Rev. Nobuko Miyoshi  
 Johnny Martinez, President  
 Board of Directors

拝啓  
 晩秋の候、皆さまにおかれましては、お元氣にお過ごしのことと存じます。さて今年も報恩講の季節がやってきました。報恩講は親鸞聖人のご命日法要で私どもの信仰生活を見直す機会とされてまいりました。本年は左記の如く法話会におきまして日本語報恩講法要並びに十一月祥月法要を併せて厳修いたしますのでご案内申し上げます。

## 日本語報恩講法要

二〇一八年十一月一日(木)

午後七時半

法話 見義 信香

前述の予定となっております。どうぞご家族お揃いで法要にお参りください。

合掌

ウエストコビナ東本願寺  
 開教使 見義信香  
 理事長 マルチネス ジャニー



# T H E G A T E W A Y

## 2018 MEMBERSHIP

The following is a list of our paid 2018 members as of October 1, 2018. In the case of an inadvertent omission, please contact Rev. Miyoshi. Those listed below have already paid their 2018 membership dues. If you are not listed and would like to become a member, please use the application below.

M/M Ariza, Sally	M/M Kagawa, Richard	Mr. Okamura, Shinyuki
M/M Arnheim, Bruce	M/M Kamimura, Akitoshi	M/M Okamura, Tatsuo
Ms. Chen, Mei-Ling	M/M Kato, Ted	Ms. Oku, Michiko
M/M De Leon, James	Mr. Kinjo, Katsuhide	M/M Ormseth, Tor
M/M Earley, Jerry	Ms. Kinoshita, Sumie	Mr. Ortiz, Manuel
M/M Earley, Mikio, Kimie & Kiyoshi	Ms. Kitaura, Joy	Mr. Oshima, Eichi Larry
(Supporting Membership)	Ms. Kobayashi, Sachiko	Ms. Oshima, Miyoko
M/M Endo, Brian	Ms. Kovacs, Yukiko	M/M Oshita, Mitsuru
M/M Ezaki, Leroy	M/M Kuwahara, Steven	M/M Sakaue, Masato
Mr. Fujimoto, Glen	M/M Maekawa, Raymond	M/M Sato, Ken
M/M Godoy, Jose	M/M Martinez, Johnny	M/M Shiota, Jon
M/M Gonzalez, Mario	M/M Masai, Chikara	Ms. Sommers, Jane
Ms. Hansen, Claire	Ms. Mayeda, Haruko	Ms. Takemoto, Margaret
M/M Haraguchi, Richard	Ms. Mita, Susan	M/M Takemoto, Takashi
Mr. Hatakeyama, Kris	Mr. Miyashiro, Henry	Dr/M Takemura, Roy
M/M Hiroshima, Richard	M/M Miyashiro, Marc-Mitchell	Ms. Takemura, Vickie
M/M Hombo, Russell	M/M Murakami, Akira (Supporting Membership)	Mr. Tanji, Frank T.
M/M Horie, Mark	M/M Nakakihara, Toyomi	M/M Tawatari, Toshio
Mrs. Ikehara, Hideko	M/M Nakasone, Eddie	M/M Teragawa, David
Ms. Ikehara-Nelson, Reiko	Ms. Nishihara, Lillian	M/M Underwood, Phillip
Mr. Ishikawa Tadashi &	M/M Oda, Kazuo	Ms. Uyechi, Kazumi
Ms. Kato, Kazuko	M/M Oda, Yukio	M/M Wear, Jack
M/M Iwama, Danny	M/M Ogino, Martin	M/M Wexler, Allan
		M/M Yamashita, Bob

\*Please make your check payable to WEST COVINA HH BUDDHIST TEMPLE

### 2018 MEMBERSHIP APPLICATION

FAMILY MEMBERSHIP	(家族護持会費)	\$ 125 ( New / Renewal )
SINGLE MEMBERSHIP	(個人護持会費)	\$ 100 ( New / Renewal )
SUPPORTING MEMBERSHIP	(賛助護持会費)	\$_____ ( New / Renewal )
NAME:(名前)	_____	Birth Month _____
Husband/Wife:(夫・妻)	_____	Birth Month _____
Children:(子供)	_____	Birth Month(s) _____
ADDRESS:(住所)	_____	
CITY, STATE, ZIP CODE:	_____	
TELEPHONE #:(電話番号)( )	E-Mail: _____	

\*Would you like to receive the "Gateway" and other announcements by E-Mail instead of mail? ( Yes / No )

P.O. Box 1616 West Covina, CA 91793  
 Telephone (626) 689-1040  
[www.livingdharma.org/wcwt\\_livingdharma@gmail.com](http://www.livingdharma.org/wcwt_livingdharma@gmail.com)  
[www.facebook.com/westcovinabuddhisttemple](http://www.facebook.com/westcovinabuddhisttemple)



## T H E G A T E W A Y

(「如是我聞」7頁からの続き)

の父が亡くなった25年前です。葬儀の時「白骨の御文」を初めて聞きました。そして「されば朝には紅顔ありて夕べには白骨となれる身なり。」という言葉が心に残りました。

そして10年前、夫のケンが急逝したとき私はただ呆然としました。下垂体腫瘍の切除手術の最中に息を引き取ったのです。49歳でした。ケンの死は大きな悲しみでした。けれども同時に彼が亡くなったという事実を通してケンは私の大切な先生となりました。25年前に聞いた白骨の御文の言葉が私を仏法に出会わせてくれました。10年がたった今、私は自分の人生を楽しみ、友人や家族に深く感謝しています。フリーウェイでの乱暴なドライバーにイライラすることはあります。友達や家族に文句を言いたくなることもあります。顧客の問題解決に伴う煩雑な事務作業にうんざりすることもあります。ストレスの多い毎日が私の人生です。けれどもその人生はそれほど悪いものではありません。

朝食の時外に出るのが好きです。日の光を身体で感じ、抜けるような青い空に感動します。小鳥のさえずりを聞き、ペットの猫を撫で、家庭菜園の花や野菜を見ます。朝はとても静かな時間が流れます。フリーウェイの喧騒も気になりません。10年前にはなかったことです。

今日はみなさんにありがとう、と

言いたいのです。こんな人生は想像もしませんでした。仏法を通して、人生に対する見方、どのように私の人生を生きるのかという考えが変わっていきました。そして僧伽としての皆さんの献身と笑顔は私にとってかけがえのないものです。

開教使の先生方にもお礼を言いたいのです。それぞれの言葉で仏法を語ってくださるおかげで、より教えを深く味わうことができます。

聞いてくださりありがとうございます。どうかよい1日をお過ごしください。



## Buddhism Quiz

**Today's Buddhist Quiz: Getting back to basics.**

**Difficulty Level: Moderate**

*When we deeply meditate on the transient nature of this world, we realize with sorrow that life is fleeting. It is like an illusion from beginning to end.*

1. The previous passage is the opening two sentences from:

- a. The Coming Winds of Impermanence
- b. On White Ashes
- c. On Faith as Fundamental

2. The above passage was written by:

- a. Shinran Shonin, the founder of the Jodo Shinshu tradition
- b. Honen Shonin, Shinran's teacher
- c. Rennyo Shonin, the eighth Abbot of the Honganji

Answers: b, c







## T H E G A T H E R I N G

## 如是我聞

池原 - ネルソン・礼子

(\* 今月は10月23日の日曜礼拝での法話を紹介します。)

おはようございます。

皆さんの前に立ってお話するのはいつも勇気のいることですが、今回は特に緊張しています。好きなことを話していいよ、と言われたからです。こういう状況になって、作家はどうやってストーリーを紡ぎ出すのだろう、と考えたりもしました。真っ白なページに「私の知っていること」とだけ書かれています。これは江崎カレンさんが随分前に私にアドバイしてくれた言葉です。けれども、実際私が知っていることなど微々たるものだと感じています。

聞法が大切なことは知っています。聞けば聞くほどますます自分にとって必要だと思えてきます。先週は仏教入門講座がありました。仏教を学ぶようになって9年が経ちますが、これまで本当の意味で生活の中で仏教を聞くということをしてこなかったということに気づかされました。講義では子供向けの仏教の本が紹介されました。その中に「悪とは？」というコーナーがありました。そこには私たちが慎むべき悪い行いが列挙されていました。それは次のようなものです。

- ・むやみに生き物の命を奪う
- ・盗む（物質的なものだけでなく時間なども含まれます）
- ・うそをつく
- ・間違った噂を広める
- ・人の悪口を言う
- ・汚い言葉を使う

などです。

これが読まれている時、心の中で「トランプ大統領のように」という言葉を一つひとつに付け加えていました。その時気づいたのです。私が

今していることは、仏教が慎みなさいと言っていることそのものである、と。教えを他人を評価するために利用し、自分自身をその教えに照らして考えるということをしていませんでした。仏教の教えはこの私を明らかにし、私を包み、そして私の生活の中で確かめられていくものでしょう。このことに気づいた時、もっと仏教の教えを聞いていかなければならないと思いました。

私も周りの人たちと同じ問題を抱えています。常に相手を血の通った人として、丁寧に接していかなければ、と思います。

講義を受けている時、以前の同僚のことを考えていました。彼は一緒に仕事をするのに苦労する人でした。悲観的で難しい性格で、いつも文句ばかり言っていました。当時はできるだけ彼に近寄らないようにしていました。けれども、そのうち私は彼を同じ人として見ていない自分に気がつきました。それから徐々に態度を変えるように気をつけました。そのうち一緒に仕事をするのが苦にならなくなりました。そのような変化は一夜で起こるものではありませんし、彼と会話をすることも簡単ではありませんでした。けれどもゆっくりとその変化は訪れ職場の環境もいつの間にかとてもよい雰囲気になったのです。実際彼はとても仕事のできる、豊かな知識も備えた人でした。彼から学んだことが今私の役に立っています。ぐるりと巡る大きな輪の中にいるような気がしています。

仏教入門講座で特に私が好きだったのは円の絵です。それはきれいな丸の形でした。そして、これが私たちが期待している人生のあり方だと説明されました。私たちは誰もが自分の人生はこの丸のように完全でありたいと思っています。それから、その横に1ホールのケーキの何切れかがなくなったような形が描かれました。そしてこれが実際の私たちの人生だと言われたのです。つまり人生とは常にかけたものを抱えてい

る、ということです。それが私の人生そのものだと思えることができれば、私たちは人生そのものをもっと楽しむことができるのではないのでしょうか。完璧な人生でなくてもいいのです。それでも私たちは友人と楽しい時間を過ごしたり、1日の美しさに感動できるのです。

姪のミシェルがつい先日私にこう聞きました。大学院を卒業して仕事が見つければ、こんな忙しい毎日から解放されるのか、と。私の答えは「いいえ」でした。人生とは常にそのようなものです。いつも私たちは何かに忙しい日々を送ります。けれども、少し深呼吸をして人生を楽しむことも、その忙しい生活の中で可能だと思うのです。

私が仏教と出会ったのは、90歳

(「如是我聞」6頁に続く)

## お寺ニュース

## 法話会報恩講（日本語）

法話会では11月1日（木）午後7時半より、11月祥月法要と併せて報恩講を厳修致します。報恩講は親鸞聖人への報恩謝徳の為に行われる最も大切な仏事です。どうぞ皆様お誘い合わせの上、ご参詣下さいませようご案内申し上げます。

## 報恩講（英語）

11月18日（日）午後4時半より、本年度の報恩講法要（英語）を厳修致します。講師として西本願寺ロサンゼルス別院よりブリオネス・ウィリアム輪番をお招きしております。法要後には、お斎をご用意いたしております。報恩講は一年の節目となる最も大切な法要です。どうぞ皆様でご参詣下さい。

12月祥月法要 / 法話会

12月6日（木）

午後7時より

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



November 2018 - - Vol. LIII No. 10

## November

- 1 7:30 pm Howakai Shotsuki/Hoonko Service
- 3 10am-2pm Center Health Fair
- 4 10am-3pm Kiku Crafts & Food Fair
- 4 10:00 am Sunday Service
- 11 8:30 am Board Meeting
- 11 10:00 am Shotsuki Service
- 13 10:00 am Study Class
- 18 4:30 pm Hoonko Service
- 25 10:00 am Sunday Service/753 Service
- 27 10:00 am Study Class

## December

- 2 8:30 am Board Meeting
- 2 10:00 am Shotsuki Service/Bodhi Day Service
- 6 7:00 pm Howakai Japanese Service
- 9 7:00 am Mochitsuki
- 11 10:00 am Study Class
- 16 4:00 pm Year-end Service

## 2018年11月行事予定

- 1日 午後7時半 法話会報恩講法要
- 3日 午前10時 センターヘルスフェア
- 4日 午前10時 菊クラフトフェア
- 4日 午前10時 日曜礼拝
- 11日 午前8時半 理事会
- 11日 午前10時 祥月法要
- 18日 午後4時半 報恩講法要（英語）
- 25日 午前10時 日曜礼拝／七五三法要

## 12月行事予定

- 2日 午前8時半 理事会
- 2日 午前10時 祥月法要／成道会
- 6日 午後7時 法話会
- 9日 午前7時 もちつき
- 16日 午後4時 年末家族礼拝

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Hoonko Service	4		

煩は身をわずらわす  
悩はこころをなやますという

親鸞聖人