



GATEWAY



June 2019 - - Vol. LIV No. 6



Celebrating Hatsumairi at WCBT were: Owen Fiske with his parents Lindsay and Ryan Fiske, Uncle Jonathan Ogino, proud grandparents Leslie and Marty Ogino and grandparents Fiske. Lauren Jucksch with her parents Kendra and Randy Jucksch, sister Jordan and proud grandma Ruby Kagawa. Ty Le with his parents Kimberly and Thomas Le, brother Blake and proud grandma Joy Kitaura.

Thoughts on Meditation

Rev. Nobuko Miyoshi

Last week I was able to attend the 19th Biennial Meeting of the International Association of Shin Buddhist Studies held at Dharma Drum Institute of Liberal Arts (DILA) in Taiwan from Friday, May 24th to Sunday, May 26th. The theme of the conference was, "Buddhist Meditative Traditions and Contemporary Pure Land Thought," and over twenty scholars and researchers from Canada, Japan, Taiwan, and the U.S. gave a twenty minute presentation on various topics. One of the highlights of this conference was enjoying conversation with the participants. Because DILA is located on the top of the mountain, there were not too many places to go outside the campus, however the cafeteria in the college was open twenty-four hours and served freshly

brewed coffee. The cafeteria became our gathering place, and we talked freely with attendees almost every night after each day's program.

During the conference, we truly appreciated the hospitality of the staff who were students, monks and nuns and enjoyed to learn about DILA and their life. DILA is a college complex with a Buddhist monastery. Dormitories for students, monks and nuns, beautiful halls for services and meditation, library, and faculty buildings are situated in extensive grounds richly endowed with nature. When we went into the dining hall of the monastery on Saturday, the room was full of lay people. A monk who guided us told me that they came to attend a weekend retreat, which was held every week. We saw many

young people among the lay attendees for the retreat. I do not speak Chinese at all but was able to catch the word "Namo Amituofo (=Namu Amida Butsu)" for greetings.

Surrounded by a tranquil environment with gentle people, I was convinced that this was the ideal place to pursue Buddhist practices and I could truly respect those who sincerely studied and practiced Buddhism there. And at the same time, they made me reflect on Buddhist practices in my life, which is an entirely different style.

An image of Buddhist for many Americans could be someone like monks and nuns in DILA, who live in a monastery, keep precepts, are vegetarian, and practice meditation.

Please see MEDITATION, con't on page 6



T H E G A T E W A Y

WCBT OBON FESTIVITIES

June 22, 2019

Mark Your Calendars!

WCBT Obon 2019 is almost here! It's a few short weeks away and we can feel the excitement building or maybe it's just stress. Anyway, are we ready to hear the festive music, smell the teriyaki in the air, taste the delicious desserts and savory asian dishes? We look forward to spending time with family and old friends but there's still a lot to do to make this exciting annual event a success.

Obon is officially Saturday, June 22, from 2-9 PM but set-up will begin on Friday, June 21, 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 have been sent out and don't forget your favorite dessert recipes for our renowned West Covina Dessert Booth.

Clean-up will be Sunday morning, June 23.

Contact Bruce at bwhang@earthlink.net to see how you can help.

DHARMA SCHOOL NEWS

June is the busiest month of the year for our Temple. The golf tournament, Father's Day, graduations, and Obon are coming up very soon!

Dharma School will honor our fathers and grandfathers with a small gift given with love and gratitude by our students. Father's Day is on June 16.

Graduates will also be honored on June 16. If any of your family members are graduating from elementary school, middle school, high school, or college, please let Sensei know. We would like to recognize their accomplishments.

Lastly, on June 22, Dharma School will be manning our game booth and running our Children's Raffle for our Obon Festival again. We will also put together our Dharma School display in the gym.

Please come and see what our children have done this year! We ask you again to donate a toy for our raffle. It can be for any age (toddlers, on up!). Thank you very much for your support.

Hope to see all of you at all these events!

Gassho,
Claire Hansen



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 June 11 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 but will meet only once in June. 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 16, 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.

Bon Odori Practice

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 4, 6, 11, 13, 18 and 20. Everyone is invited to join in the fun. See you there!



Obon & Hatsubon Service

Obon & Hatsubon Service will be held on July 14 at 4:30 PM. Come and join us for this important Service and remain for the complimentary *otoki* dinner that will follow the service.

Betsuin Obon Festival

The Betsuin Obon will be held on the weekend of July 27-28. 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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P. O. Box 1616
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(626) 689-1040

Website: www.livingdharma.org

Facebook: facebook.com/westcvinabuddhisttemple

E-Mail: wcbt.livingdharma@gmail.com



JUNE BIRTHDAY

Laurie Hansen, Kiyoshi Earley, 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, Mark Masai, Sumie Kinoshita, Toshio Tawatari, Allan Wexler, Xavier Godoy, Sadako Sogioka, Jeanne Kawawata, Kalia Hendrickson

Our deepest condolences to the family and relatives of...

Mr. Yukio Oda (83)
May 6, 2019

Namu Amida Butsu



T H E G A T E W A Y



WEST COVINA BUDDHIST TEMPLE presents

Obon

FESTIVAL 2019

BON ODORI DANCING

public invited to participate

**MARTIAL ARTS
DEMONSTRATIONS**

**CULTURAL EXHIBITS
AND ENTERTAINMENT**

TAIKO DRUMMING

**DELICIOUS FOOD
GAMES • PRIZES**

**JUNE 22 SATURDAY
2 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, 7-8:30 pm starting Tuesday, June 4. (June 4, 6, 11, 13, 18 & 20)
- **WHERE:** the East San Gabriel Valley Japanese Community Center parking lot, 1203 West Puente Avenue, West Covina, 91790
- **THE OBON FESTIVAL:** Saturday, June 22, 2-9 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

MEDITATION, con't from pg. 1

Obviously, Jodo Shinshu ministers do not fit that image, not only because of their lifestyle but also as Buddhists who do not have meditative practice. Some may claim that not having any set form of meditative practice is a disadvantage for Jodo Shinshu Buddhist in America where meditation has become more and more popular among many non-Buddhists. Through the debate, we, as Jodo Shinshu Buddhist in America, need to consider the purpose of meditation as a Buddhist practice.

One of the reasons why meditation is widely accepted is it positively works for us. Our life is busier and busier, and we are always pressed for time and feel stressed. There is no doubt that meditation is effective for the relief of stress, calming us down, and enhancing inner health by focusing on our mind and body. Medical and scientific researches now prove those effects.

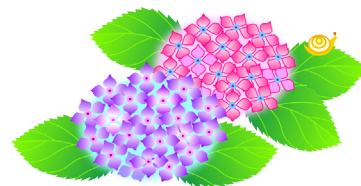
When we see meditation as a Buddhist practice, though, it has another important purpose which is awakening to the truth, just like Śākyamuni Buddha attaining enlightenment through sitting meditation. Calming our minds down and relieving stress is part of the process to lead us to the ultimate goal. However, in this sense, if we are just happy with positive results brought by meditation and the ultimate purpose is forgotten, meditative practice is no longer Buddhist practice. It is a useful tool to satisfy our desire but does not help us to go beyond our desire and ego.

Shinran Shonin walked the path of Buddhism for awakening to the truth. And it is Shinran who profoundly revealed that the path is not cultivated by our effort. Instead, it is open already, and all aspects of our life make us realize it. This does not mean that Shinran Shonin negates meditative practices. What

he meant is that for both those who devote themselves to meditative practices, and those who strive to live their daily life, the path for awakening to the truth is open equally. At the conference, Dr. Toshikazu Arai, Professor Emeritus of Soai University, introduced a quote from *Tannisho*, "As I deeply consider the Vow which Amida established after a five-kalpa-long contemplation, it was solely for myself Shinran alone" and stated that it shows that Shinran was in communication with Amida Buddha. In other words, this is his declaration of his experience of awakening. Following this, Dr. Arai also said, "On this level, the meditator perhaps does not need to take the set form of meditation, but every aspect of his life is meditation." The truth Shinran Shonin awoke to is the truth of himself. He was imperfect, and no matter how hard he tried, he was unable to get rid of his desire and ego. However, once he firmly settled down to that truth, simultaneously, he genuinely accepted the teaching of Buddhism, which showed him that all sentient beings are equally invaluable as they are. This realization made him aware that all experiences are necessary in

order for him to reach to the moment. Because he failed to practice at Mount Hiei after twenty years, the encounter with his teacher Honen became a great joy. Without the experience of exile, Shinran Shonin would not have met ordinary people who struggled with their life and would not have witnessed how Jodo Shinshu teachings gave strength and meaning to live their life.

For those who practice in DILA, not only sitting meditation but conducting services, keeping precepts and simply eating, are also meditation which will lead them to awaken to the truth. In the same way, everything that happens, and every meeting with people in our life becomes an opportunity for us to be aware of the truth of teachings. The path we walk may look different, yet, through the experience in Taiwan, I now feel a bond with those who are in DILA as Buddhists who equally receive an opportunity for awakening together.





T H E G A T E W A Y

(「瞑想」9ページからの続き)

ことになってしまうのではないのでしょうか。

親鸞聖人も真理に目覚めるということを求道の歩みとされた方です。そして、その目覚めの道は瞑想を通して自らが開いていくのではなく、生活のあらゆる面において私たちの思いを超えて開かれてくる道であるということを教えてくれた方ではないかと思うのです。これは瞑想を否定しているわけではありません。瞑想を通して道を求める人にも、それができない生活をしている人にも、目覚めの道は等しく開かれているということを教えてくれているのです。今大会の発表者の一人である相愛大学の名誉教授新井俊一博士は『歎異抄』の中の親鸞聖人のお言葉「弥陀の五劫思惟の願をよくよく案ずれば、ひとえに親鸞一人がためなりけり」を紹介し、これは聖人と阿弥陀仏との直接対話である、とされています。言い換えるなら、これが聖人の目覚めの表白であるということでしょう。そして新井博士は続けて「目覚めを求める者にとっては、瞑想という決まった型を取る必要は必ずしもないであろう。なぜなら、人生のあらゆる側面が目覚めを開く道となるからである」とおっしゃっ

ています。比叡山での二十年の修行とそれに敗れて山を下りたという経験があったからこそ、法然上人との出遇いが大きな慶びとなったのではないのでしょうか。また、流罪の経験がなければ、田舎の人々と出遇うこともなく、真宗の教えが自らを含めて本当にあらゆる人々を生き活きと生かす教えであるという深い領きはなかったかもしれません。

法鼓山で修行をされている方にとっては、坐禅はもちろん、朝夕の法要、戒律を守る生活、食事な

ど生活のあらゆることが真理に目覚めるための道であるのでしょうか。同じように、私たちは生活の中に起こるあらゆる出来事、あらゆる出遇いを通して、私たちを目覚めさせるはたらきに出遇うのです。今までは瞑想修行をする仏教徒と真宗の僧侶である私を分けて考えていました。今回のたくさんの方との出遇いを通して、目覚めを開く道をそれぞれの生活の中で歩む者としての深い繋がりを感じることができました。



(Above) At our Mother's Day Service, Haruko Maeda spoke affectionately about her mother and representing the Dharma School, Koa DeLeon passed out carnations to all the mothers.
(Bottom) The Hatsumairi families offered incense during the service.



Quote of the Month
As you walk and
eat and travel,
be where you are.
Otherwise,
you will miss
most of your life.
-Śākyamuni Buddha



T H E G A T E W A Y



Buddhism Quiz

Today's Buddhist quiz: Getting back to basics.

Difficulty Level: Easy-Peazy

1. Obon is
 - a. A Buddhist Memorial Day
 - b. A time when we reflect with gratitude on our interdependence to our ancestors and rejoice in our chance to encounter the Buddha's teachings
 - c. The joyous celebration to greet and commune with the spirits of our ancestors who return from the Other Shore once a year
 - d. A time when we dedicate our efforts to living as Buddhists according to the Six Paramitas
 - e. a and b
 - f. c and d
 - g. all of the above

Answers: e

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Happy shopping!



T H E G A T E W A Y

瞑想と浄土真宗 見義信香

5月24日から26日にかけて台湾の法鼓文理学院で開催された第19回国際真宗学会学術大会に参加するご縁をいただきました。今大会では「仏教の瞑想と現代の浄土思想」というテーマが掲げられ、二十数名の発表者の研究に耳を傾けました。また大会期間中は法鼓文理学院付属の寮に宿泊していましたので、同じく宿泊していた参加者の方々と日程終了後にコーヒーを飲みながら自由に話ができて、学びの多い時間でした。

法鼓文理学院は大学と仏道修業の場との複合施設です。法鼓山の頂にある広大な敷地にはキャンパスと僧侶が瞑想や朝夕の法要を勤めるお堂が併設されています。毎週末には一般向けのリトリートも開催されているとのことで、土日は参加者で食堂がいっぱいでした。若い方も多く参加されている印象でした。日程中、学生や僧侶の方々がお世話をしてくださいました。また、会場までの道すがら灰色の僧衣に身を包んだ僧侶や一般の皆さんとすれ違いました。合掌しながら「Namo Amitufo (南無阿弥陀仏)」と挨拶をしてくださったことやスタッフの穏やかな物腰が印象的でした。都会の喧騒から離れ、川のせせらぎや風の音、カエルの鳴き声に囲まれた場所は時間の流れすらも違って感じられました。ここはあらゆる面で瞑想や仏道修業に最適な環境として整えられていることを感じました。

このような環境に身を置き、戒律を守り、真摯に仏道修業に努める姿は清らかで、敬いの気持ちが私の中に自然と起こります。同

時に、同じ僧侶として生活様式の違いの大きさに改めて驚かされました。

多くのアメリカ人がもっている仏教徒の印象は法鼓文理学院で学ぶ僧侶のような姿ではないかと思えます。浄土真宗の僧侶がそのイメージから大きくかけ離れているのは明らかです。また僧侶の姿だけでなく、坐禅のような定まった瞑想の修行形態がない、ということもアメリカの人が驚くところです。特に現代のように瞑想が宗教を離れて一般に広く受け入れられ、流行ともいえる昨今においては、あらためて仏道としての浄土真宗の意義が問われているように思えます。

瞑想がこれほどまでに人気となったのは、数々の効能があげられるからでしょう。千々に乱れる心を鎮める、感情をよりよくコントロールする、心身の声に耳を傾けることで内側からの健康を促す、などその効果は医学的にも科学的にも証明されてきています。生活のペースも上がり、大人も子供も時間に追われる現代では、瞑想を通して心の健康を保つことは大切なことなのだと思います。

その一方で、仏道修行としての瞑想にはもう一つ大切な目的があります。それは、仏陀釈尊が瞑想を通して覚りを得たように、真理に目覚めるということです。つまり仏教的視点から言えば、心を鎮めたり、集中させることは、この目的に到達するための過程であり、瞑想の目的そのものではないということが言えるのではないかと思います。逆に、有益な効能が得られるという結果に満足して止まってしまうということは、自分を満足させてくれる便利な道具として瞑想を利用しているという

(「瞑想」7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22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 4日（火） 6日（木）
11日（火） 13日（木）
18日（火） 20日（木）

父の日・卒業記念家族礼拝

6月16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22日（土）に開催いたします。本年も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。どうぞよろしくお願い申し上げます。

また、23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。

7月祥月法要 / 法話会

7月11日（木）

午後7時半より

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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DATED MATERIAL

THE WEST COVINA BUDDHIST TEMPLE

GATEWAY

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June

- 1 7:00 pm Oldies Dance
- 2 10:00 am Shotsuki Service
- 3 10:00 am WCBT Golf Tournament
- 4 7:00 pm Bon Odori Practice
- 6 7:00 pm Bon Odori Practice
- 6 7:30 pm Howakai Japanese Service
- 8 9:30 am Dharma Seeds Retreat
- 9 8:30 am Board Meeting
- 9 10:00 am Sunday Service
- 11 10:00 am Study Class
- 11 7:00 pm Bon Odori Practice
- 13 7:00 pm Bon Odori Practice
- 16 10:00 am Father's Day Family Service
- 18 7:00 pm Bon Odori Practice
- 20 7:00 pm Bon Odori Practice
- 21 1:00 pm Obon Set-up
- 22 2-9 pm OBON FESTIVAL
- 23 9:00 am Obon Clean-up

2019年6月行事予定

- 1日 午後7時 オールディーズダンス
- 2日 午前10時 祥月法要
- 3日 午前10時 ゴルフトーナメント
- 4日 午後7時 盆踊り練習会
- 6日 午後7時 盆踊り練習会
- 6日 午後7時半 法話会
- 9日 午前8時半 理事会
- 9日 午前10時 日曜礼拝
- 11日 午後7時 盆踊り練習会
- 13日 午後7時 盆踊り練習会
- 16日 午前10時 父の日家族礼拝
- 18日 午後7時 盆踊り練習会
- 20日 午後7時 盆踊り練習会
- 21日 午後1時 お盆祭り準備
- 22日 午後2時—9時 お盆祭り
- 23日 午前9時 お盆祭り後片付け

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念仏ということによって、
どうにもならない煩惱の生活が、
そのまま菩提の道となる

金子大榮