



# GATEWAY



October 2019 - - Vol. LIV No. 9



*The West Covina Buddhist Temple Sangha celebrated the Fall Ohigan Service with guest speaker Rev. Ryuta Furumoto who spoke engagingly about his journey into Buddhism.*

## Finding Strength in the Dharma

**Michelle Harrison**

WCBT Member

Buddhism has enriched my life in more ways than I probably know. It has been a source of comfort and stress relief; a constant, unwavering support system that I can fall back on whenever I am foolish enough to forget what I have learned. I believe there is a Michelle before Buddhism and a Michelle after Buddhism. Since I haven't been able to attend Sunday services due to work constraints, I feel a difference in how I deal with challenges on a small scale. I find myself yelling at my boyfriend about the car that tailgated me the whole way home, or the people who drag their feet in front of me - don't they know I have 2 minutes to get to work? When I was regularly going to temple I was able to let go of all of that which was out of my control much faster and with less anger. As far as the

big challenges go, even now, the Dharma always manages to return to the forefront of my mind and provide me with the support I need along the way.

Buddhism came to me during a time of much difficulty. My uncle had just died suddenly, and I was confronted with my own mortality as a 16-year-old. I decided to accompany my Auntie to church and temple to address the existential crisis I was facing, and to be her companion in a time so very dark. West Covina Buddhist Temple felt so much different than going to bible study or a Christian church. It felt like home. Listening to the Dharma and being part of the Sangha gave me a sense of community and belonging that I had not felt before. Years later when my dad died, it did not send me into the spiritual crisis I experienced

with my uncle. It felt instead like the impermanence of life coming full circle. Having the privilege of going to temple and receiving support from the Sangha during that time helped me in innumerable ways. During the first family retreat I went to after my dad died, I talked to a fellow Sangha member in front of the altar for hours into the night. She shared her experience of losing her dad and it helped me understand and process my grief with someone who had lived what I was going through. Experiences like that perfectly embody the importance of Buddhism in my life.

Having experienced so much change over the years, having Buddhism in my spiritual arsenal has irrevocably altered the way I cope with adversity and hard-

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





# T H E G A T E W A Y

## DHARMA SCHOOL NEWS

I hope you all had a great summer and a good start to the new school year!

The Fall Ohigan service was held on September 15. The Dharma School staff had an Ohigan project for the children. If you were not able to attend the Ohigan Service, your youngster(s) will be able to finish the project whenever they come to the temple. A big Thank You to Mrs. Pat Sato for designing the project.

In October, the staff is planning to have our next project based on the interconnection of life. The activity will be designed to make the children aware of how they are dependent on all living things in the world. Since the children are of different ages, there will be several kinds of activities based on the ability of each child. We think this will be a fun way to teach one of the important concepts of Buddhism.

October 27 will be our Dharma School/Halloween Party. Time to dress up and enjoy the games and goodies of our party. Hope to see all of you there!

Gassho,  
Claire Hansen



*Bishop Ito presented Michelle Harrison with the 2019 NAD scholarship. Michelle is the first from WCBT to receive this scholarship. Read her winning essay on page 1.*

*DHARMA, con't from pg. 1*  
ship. Early last year, my family and I had to move out of the home we had lived in for 25 years. At the same time, I was studying for the GRE and about to begin an intensive prerequisite program for Speech-Language Pathology. I truly thought that going through my dad's old things and so many relics from my childhood would force me to tears and keep me from making the decisions I needed to make. I thought I would surely resist all the change I was faced with, but I did not. I remembered that change is simply that, and what makes it good or bad are what we choose to project onto it, not change itself. That simple, yet profound concept helped me get through everything I was confronted with and come out the other end victorious. I was able to get through the move, get the score I needed on the GRE, as well as complete the first semester of my program with good grades. I believe that I have Buddhism to thank for the resilience I have cultivated over the years. Without it, I may have followed a path that prevented me from moving forward.

Who knew when I first began attending temple that Buddhism was going to be so helpful to me in the years to come. Processing the death of my father, coping with so many changes, and staying resilient along the way – I attribute all of that to the lessons I have learned and internalized through the Dharma. My co-worker recently asked me what Buddhists believe, which is a question I always found hard to answer. What I said to him reinforced why Buddhism resonates with me so much and why it has been the foundation of all my choices thus far: Life is suffering; Everything is impermanent; Everything is interconnected; Live in the present. Those four teachings encompass what Buddhism means to me. They are teachings I am always able to find solace and strength in because they are universal truths. I take great comfort in knowing that whatever karmic conditions I may encounter in the future, I will always have Buddhism there to help guide me along the way. The Dharma has not led me astray so far – I doubt it ever will.





# T H E G A T E W A Y

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

### Akimatsuri

The ESGVJCC Akimatsuri will be on Saturday, October 5, from 12:00-8:00 PM and WCBT will be in charge of the Teriyaki Barbecue. Sign-up sheet will be out for your signatures at upcoming services so please find a time when you can help.

We'd like to see everyone come out and support the Temple and the Center.

### Fall Study Center Lecture Series

West Covina Buddhist Study Center & Dharma Seeds Program presents their Fall Lecture Series "Why I think Jodo Shinshu is Going to Disappear" with special speaker Rev. Masao Kodani. The series will be held on two consecutive Mondays, October 7 & 14, from 7:30 – 9:00 PM at the Center in room 3. The fee for the series is \$20.

### The Study Class

The Study Class will meet on October 8 and 22 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 (626) 689-1040.

### Halloween

Our annual Halloween party will follow the Sunday Service on October 27. There will be lots of fun and games and prizes so come dressed in your favorite costumes and get in the Halloween spirit! There will be refreshments for everyone so join us in the fun!

### Kiku Crafts & Food Fair

WCBT will sponsor our 11th Annual Kiku Crafts & Food Fair on Sunday, November 3, from 10 AM–3

PM featuring Asian inspired crafts, clothing, jewelry, giftware, ceramics, original artwork with many **new** and exciting vendors. New for 2019 is womens clothing! And of course lots of delicious food will be offered for sale and consumptions. 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](mailto:hskoga@gmail.com).

### November Shotsuki Service & Board Meeting

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

### Ho-onko Service

Our Ho-onko Service (a memorial service for Shinran Shonin) will be held on Sunday, November 17 at 4:30 PM. Our special guest speaker will be Rev. Akiko Okada from NAD. Please join us as we welcome Rev. Okada 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 24 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.



## 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

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

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

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## OCTOBER

Ethan Ezaki, Kelly Yamashita, Sachi Ena, Traci Takemura, Glenn Nakatani, Diane Hata, Jane Earley, Kimio Earley, Miyo Takahashi, Erik Akuna, Melissa Kozono, Lauren Yanase, Mitsue Oshita, Yukiko Kovacs, Yukiko Tsuruda, Tewlyn R. Underwood, Koa DeLeon, Chase Logue, Daren Godoy, Linda Nafarrete, Amelie Kagawa



# T H E G A T E W A Y







# T H E G A T E W A Y

(「仏法」7頁からの続き)

の教えは、何の問題もない時に聞くととてもシンプルな教えです。けれども困難な経験を通してその言葉は初めて意味のある言葉となり、その状況を生き抜く力となってくれるのではないのでしょうか。結果として引越しも無事に済み、試験にも合格しました。そして一学期目を上々の成績で終えることもできました。なにがあっても、そこからもう一度立ち上がり、歩き出す力、その力を長年にわたり培ってくれたのが仏教だと思っています。

お寺に通いだした頃、仏教が将来これほど私を助けてくれるとは誰が想像したでしょう。父の死を受け入れること、たくさんの変化との付き合い方、そして立ち上がり続ける力—聞いてきた教えが私となり、進むべき道を教えてくれました。最近仕事の同僚が仏教

徒はなにを信じているの、と聞いてきました。答えるのにいつも苦労する質問です。彼の質問に答えることを通して、なぜ仏教がこれほど私の心に響くのか、そしてなぜ自分の行動や選択の基準となっているのかに改めて気づくことができました。「人生は苦である」「すべては移り変わっていく」「あらゆるものはつながっている」「今この瞬間を生きる」—この4つの教えが、なぜ仏教なのかという問いへの答えを網羅しています。これらが普遍の教えだと領く時、そこに癒しと強さを見出すことができます。この先どんなことが起ころうとも、仏教が私と共にあり進むべき道を照らしてくれる、そのことが分かるということとは大きな安心となっています。仏法が私を迷わせることはありませんでしたし、これからも決してないでしょう。



Quote of the Month  
If we learn  
to open our hearts,  
anyone,  
including the people  
who drive us crazy,  
can be our teacher.  
-Pema Chodron

## Buddhism Quiz

**This is just a review of the special Buddhist services we observe during the year.**

**Difficulty Level: Moderately Easy**

- |                   |                                    |
|-------------------|------------------------------------|
| 1. Obon           | A. ____ Dec. 8                     |
| 2. Ohigan         | B. ____ April 8                    |
| 3. Bodhi Day      | C. ____ Nov. 28                    |
| 4. Hanamatsuri    | D. ____ New Year's Day Service     |
| 5. Eitaikyo       | E. ____ January                    |
| 6. Joya-E Service | F. ____ First Day of Spring/Autumn |
| 7. Tanjo-E        | G. ____ July                       |
| 8. Nirvana Day    | H. ____ February 15                |
| 9. Shu-Sho-E      | I. ____ Year End Service           |
| 10. Ho-On-Ko      | J. ____ May 21                     |

Answers: A-3, B-4, C-10, D-9, E-5, F-2, G-1, H-8, I-6, J-7



# T H E G A T E W A Y

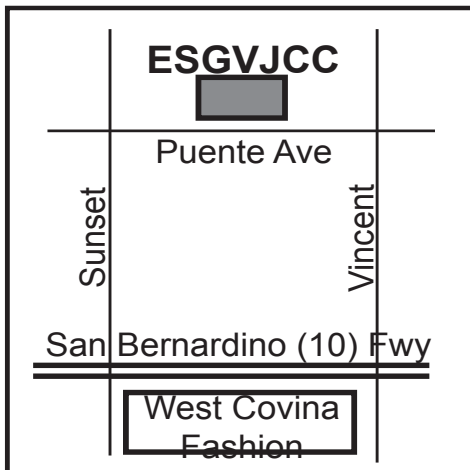


## Kiku Crafts & Food Fair

Sponsored by West Covina Buddhist Temple

**Sunday, November 3, 2019**  
**10:00 AM - 3:00 PM**

Asian inspired crafts, giftware, jewelry, books, original art, kids & adult clothing, womens wear and delicious food!  
 Come for some holiday shopping, Stay for the fun and food!



East San Gabriel Valley Japanese  
 Community Center (ESGVJCC)  
 1203 West Puente Ave  
 West Covina, California

For more information go to:  
[livingdharma.org/CurrentEventsWCBT.html](http://livingdharma.org/CurrentEventsWCBT.html) or call 951-818-8740





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

## 仏法に見出す 生きる力 ミシェル・ハリソン

仏教は私が意識するよりもっと多くの方法で私の人生を豊かにしてくれています。私にとって仏教は安らぎとストレス軽減の素になっています。学んだことを忘れてしまう時はいつでもそばで私をしっかり支え、大切なことを思い出させてくれるのです。仏教と出会うことがなかったら、今とは全く別の人間になっていたように思います。今は週末に仕事があるので、お寺になかなか行く機会がありません。だからでしょうか、ほんの些細なことですが、思い通りにいかないことに対する対処の仕方が、お寺に通っていた頃とは違ってしまっているように感じる場合があります。帰宅途中、車間距離を取らずに後ろをついてくる車にイライラして彼氏に悪態をついたり、遅刻ギリギリの時に前に入ってくる人にカッとしたりということがよくあります。お寺に定期的に通っていた時は、思い通りにいかない状況を思い通りにいかないと受け止めることがもう少しうまくできていたように思うのです。些細なことに対しては学んだことを忘れてしまっているな、と感じることはありますが、もっと大きな困難に直面する時は、今も変わらず仏法が私を支え、教えが私の心の中心に戻ってくるのを感じます。

人生で辛い経験をする時、仏教は私のそばにいました。叔父が突然亡くなった時、私は16歳でした。自分も死ぬ身なのだ、ということを経験した時でした。そのことをとても恐ろしいと思った

私は、答えを求めて叔母と一緒に様々な宗教施設に足を運びました。その時期は出口のないトンネルを歩いているような気分でした。ウェストコビナのお寺と出会ったのはそんな時でした。聖書の勉強会やキリスト教の教会に参加した時には感じなかった、故郷のような感じがしたのを覚えています。聞法をし、僧伽の一員となったことを通して、今まで感じたことのない人との繋がり、自分がいるべき場所に出会ったという感覚を体験することができたのです。その数年後に今度は父が亡くなりましたが、その時は叔父が亡くなった時のような精神的危機に陥ることはありませんでした。むしろ、父の死は私が諸行無常の教えに深く頷く縁となりました。確かに辛い時期でしたが、そんな時だったからこそお寺とメンバーの支えが量り知れないほどの助けとなってくれました。父が亡くなってから初めて参加した家族リトリートで、メンバーの一人と夜になるまでずっと話をしました。彼女は私の気持ちを静かに聞いてくれました。そして、自身が同じく父親を亡くした時の話をしてくれたのです。私の思いを受け止め、私が直面している悲しみと生きている人がすでにいるという気づきは、私にとって癒しの大切なプロセスでした。そしてその経験すべてが、まさに仏法が私の人生の中で生きているということを教えてくれているようでした。

生きるということは変化を経験し続けるということです。仏教の教えと出会ってからは困難や逆境との付き合い方が劇的に変化しました。例えば昨年初旬のことですが、私たち家族は25年間住み慣れた家からの引っ越しを余儀なくされました。都合が悪いとい

えば、その頃の私は音声言語病理学を学ぶためGRE（大学院進学適性試験）の試験勉強の真っ最中でした。父の遺品や子供の頃の思い出の品などの片付けは辛く、この直面している思い通りにならない状況に抵抗するだろうと思っていました。けれども、実際にその場に立った私の頭に浮かんだのは、変化をただありのままの変化として受け止める仏教の智慧でした。起こっている変化をどう見るかによって良い経験にも悪い経験にもなるということを改めて私に思い出させてくれました。こ

（「仏法」5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7日（木）午後7時より、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17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。講師として北米監督部より岡田在子師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。

10月祥月法要 / 法話会

10月3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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THE WEST COVINA BUDDHIST TEMPLE

# GATEWAY

October 2019 - - Vol. LIV No. 9

## October

- 3 7:30 pm Howakai Japanese Service
- 5 12:00 pm ESGVJCC Akimatsuri
- 6 8:30 am Board Meeting
- 6 10:00 am Shotsuki Service
- 7 7:30 pm Lecture Series 1
- 8 10:00 am Study Class
- 13 10:00 am Sunday Service
- 14 7:30 pm Lecture Series 2
- 20 10:00 am Sunday Service
- 22 10:00 am Study Class
- 27 10:00 am Sunday Service/Halloween Party

## November

- 210am-2pm Center Health Fair
- 310am-3pm Kiku Crafts & Food Fair
- 3 10:00 am Sunday Service
- 7 7:00 pm Howakai Ho-on-ko Service
- 10 8:30 am Board Meeting
- 10 10:00 am Shotsuki Service
- 12 10:00 am Study Class

## 2019年10月行事予定

- 3日 午後7時半 法話会
- 5日 正午 センター秋祭り
- 6日 午前8時半 理事会
- 6日 午前10時 祥月法要
- 13日 午前10時 日曜礼拝
- 20日 午前10時 日曜礼拝
- 27日 午前10時 日曜礼拝／ハロウィーン

## 11月行事予定

- 2日 午前10時 センターヘルスフェア
- 3日 午前10時 菊クラフトフェア
- 3日 午前10時 日曜礼拝
- 7日 午後7時 法話会報恩講
- 10日 午前8時半 理事会
- 10日 午前10時 祥月法要

## INSIDE THIS ISSUE

Michelle's Essay	1	Acknowledgments	4-5
D.S.News	2	Kiku Crafts Fair	6
Temple News	3	Japanese Page	7

生死は我等の自由に  
指定し得るものにあらざるなり  
清沢満之