



## Happy New Years!

Happy New Year, everyone! At the beginning of this New Year, I would like to extend my best regards to you all.

Last year again, following the year before, Japan, as well as many other countries in the world, was struck with

### Calgary Buddhist Temple:

658 1 Ave NE,  
Calgary, AB T2E 3Y1  
p: 403-263-5723  
w: [calgary-buddhist.ab.ca](http://calgary-buddhist.ab.ca)  
Sensei Robert Gubenco  
e: [bgubenco@shaw.ca](mailto:bgubenco@shaw.ca)

multiple natural disasters. I would like to convey my deepest condolences to those who lost their lives through those disasters and express my sympathy to everyone affected. In addition, we must never forget that armed conflicts and terror attacks as well as severe starvation is making it difficult to live, and lives are being lost every day.

Last September I had an opportunity to make an official visit to the temples of the Buddhist Churches of America as Monshu for the first time. This allowed me to complete the first round of visitations to all of the overseas districts which include Canada, Hawaii, South America, and the US mainland.

Although every temple and district has its own history and background, many of the overseas Jodo Shinshu temples were established and have been cherished by the Japanese immigrants and their descendants. Reflecting on how sincerely our predecessors entrusted themselves to the Buddha Dharma and how importantly they thought of their temples while facing many difficulties such as World War II, I cannot help but feel grateful and even awe for their tremendous efforts as well as many other wondrous circumstances that have allowed the Jodo Shinshu teaching to be handed down to us today.

However, a considerable amount of time has passed since the Japanese emigrated overseas, and the lifestyle of their descendants, as well as the world situation have changed greatly. In accordance with these changes, quite a few people who are not of ethnically Japanese origin have also come to appreciate the teaching clarified by Shinran Shonin, and attend our overseas temples.

What caused this is nothing but the universality of the Jodo Shinshu teaching that transcends time and space. In other words, Amida Buddha's compassion equally reaches and nondiscriminatively embraces everyone in the midst of all sorts of pain and agony.

In this year, let us continue to listen to the Dharma, considering it is directed to each one of us, and keep moving forward to share it with many other people as possible.

January 1, 2020

---

**OHTANI Kojun**

Monshu

Jodo Shinshu Hongwanji-ha

*Japanese translation on following page*

## 年頭の辞

新しい年のはじめにあたり、ご挨拶申し上げます。

昨年も日本をはじめ世界各地で多くの自然災害が起こりました。災害によってお亡くなりになられた方に謹んで哀悼の意を表しますとともに、被災された方に心よりお見舞い申し上げます。また、これら以外にも紛争やテロ・飢餓などによって、日々多くの方が犠牲となり、困難な生活を送っておられることも忘れてはいけません。

さて、昨年9月に、門主として初めて北米開教区を訪問させていただきましたが、これによって、カナダ・ハワイ・南米・北米の開教区を門主としてお参りさせていただいたこ

とになります。各開教区、また各お寺によって、その歴史や現在の状況は異なりますが、多くのお寺が日本から移住された日本人の方とその子孫によって建立され、護持されてきました。第二次世界大戦をはじめとする様々な困難な状況にあっても、み教えを依りどころとして、お寺を大切に護ってこられた先人の方々に思いを致すとき、今日の私たちにまで浄土真宗のみ教えが受け継がれてきたことの尊く、また不思議なご縁をととも有り難く思います。

一方で日本人の方が最初に海外へ移住されてから相当の年数がたち、日系人の方々の生活も大きく変化し、また、時代状況も大きく変わりました。そのような中で、親鸞聖人が説かれた浄土真宗のみ教えは、日本人や日系人だけではなく、世界中の多

くの方に伝わり、各開教区においても、様々な方がお寺へ来られるようになってきました。それは、浄土真宗のみ教えが、時代や場所を越えた普遍的な教えであるからです。すなわち、様々な悩みや苦しみを抱えるすべての人々を包み込み、摂め取ってくださる阿弥陀さまのおはたらきが普遍的であるということです。

本年も自分のこととしてみ教えを聞くとともに、多くの方にみ教えが伝わるよう努めて参りましょう。

---

2019年1月1日

浄土真宗本願寺派  
門主 大谷光淳

## 2020 New Year's Greeting from Office of the Bishop



On behalf of the Jodo Shinshu Buddhist Temples of Canada, I wish to thank all of you for your support and understanding throughout the year 2019.

While quietly reflecting on 2019, how quickly a year passes. At such times, I wonder what causes us to lose sight of what is truly of value. "What is the big picture of life that Buddhism tries to encourage us to keep in mind, as we live?" When we lose sight of the big picture, without thinking, we just feel we know what we value, and we know what is right. But the essential point of Buddhism is very simple: What we must value most in life... is life itself. We must value this opportunity to live and appreciate this experience that we share together.

My studies for academic advancement through Nishi Hongwanji was successfully completed in June, 2019. Earlier in the month of April, I started a programme to learn Japanese tea ceremony, "Sado" or "Chado". While I was learning how to make and serve green tea, I also learned about the philosophy of tea ceremony. There is a Buddhist saying that is closely associated with the Tea Master, Sen No Rikyu (1522-1591). The phrase is, "Ichigo-Ichie." Literally, it means, "One Moment-One Meeting." Within the tea ceremony, it implies that our coming together in this moment happens but once in our lifetime; let us appreciate this time together.

Ultimately, in the big picture of things, it is certainly not about winning or losing a hockey game. It is not about getting what we want or having our way. Ultimately and most essentially, it is about valuing life and this time we have together. When our Dharma eyes are open, we cannot help but see that we must not take for granted this very moment of life we are living. As I have often asked, "How many months

of Decembers will be ours to enjoy?" However many, that number is limited. Realizing this, let us try to live together and work together harmoniously in the spirit of "Ichigo-Ichie." Let us live knowing that each day is new and fresh and at the same time, each moment may be our last. With our Darma eyes open, let us try to enjoy this winter holiday season, letting go of our complaints, our anger, and resentments and embrace each moment and each meeting with others, knowing that they will never come again. In Jodo Shinshu, we would call a life of Ichigo-Ichie, "A life of Nembutsu."

Thank you for your kindness and support throughout the last year. We look forward to another wonderful year together. I would like to wish everyone a very happy and healthy Holiday Season!

In gassho,  
Tatsuya Aoki

Bishop,  
Jodo Shinshu Buddhist Temples  
of Canada

## Happy New Year 2020



I would like to wish everyone a happy New Year and to acknowledge the Sangha with thanks and appreciation for all of your support in the success of the Temple.

We have entered into the year 2020 by reflecting on the past and endeavoring to live this New Year

rooted ever deeper in the Buddha Dharma. One way to do this is with reminders to keep us focused. Such as the single strand beads “Nenju” that encircles our hands when our palms are placed together or the variation of those beads worn on our left wrist as a reminder to be mindful of the Buddha.

Another is the cut flowers on the altar that are used to represent impermanence and is a reminder to awaken to the truth of the Buddha Dharma. How about the numbers in the year 2020 as a reminder? I can think of three reminders for the numbers 2020 and they are reflection, clarity, and harmony. The first is that hindsight is 20/20; hindsight means “to think about things after they have happened”, which can be translated as reflecting on the past and 20/20 means to see clearly. In other words, it is a reminder that by reflecting on the past we are able to see with clarity the results of causes and conditions which were not previously so obvious.

The second is from 20/20 vision; which is a standard of measure expressing the clarity of vision. In other words, it is a reminder that it takes clarity to realize how one’s dissatisfaction is caused by a life of self-centeredness. The third is simply the numbers 2020; because the first two numbers are a mirror of the last two numbers they remind me of the aspiration to bring into harmony one’s inner and outer world. In other words, we have to pay attention to our thoughts and actions in order to bring them into harmony.

A quote from Mahatma Gandhi captures the importance of working towards harmony; “*Happiness is when what you think, what you say, and what you do are in harmony.*”

All the best in health and happiness!

**Sensei Robert Gubenco**  
Namo Amida Butsu



## Call for Recipes!

To our cooks, foodies, and friends,

You may have heard that we are launching a Calgary Buddhist Temple Cookbook to compile and share our Sangha’s best-loved recipes that bring joy to our family and friends. If you have some favourite recipes to donate, we would love to hear from you! We will collect them at Temple or by email at [cbtcookbook@gmail.com](mailto:cbtcookbook@gmail.com). Please include your name. If you would like to share a story of how your recipe is special to you, please include that as well.

Thank you,  
Temple Cookbook Committee

---

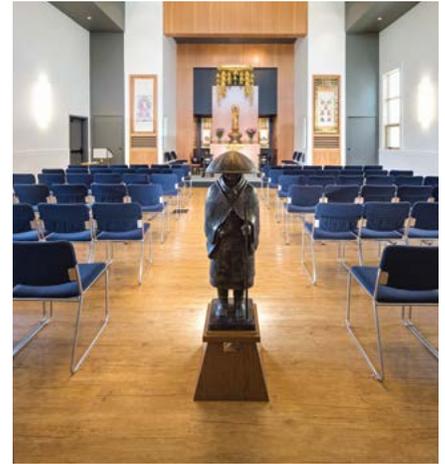
## Thank You from the Women’s Shelter

Our 2019 Holiday Toy Room, was accessed by almost 4200 women and children!

Thanks to the support of our incredible donors, those who organized and hosted toy and gift drives, and the hard work of almost 300 volunteers we provided gifts to:

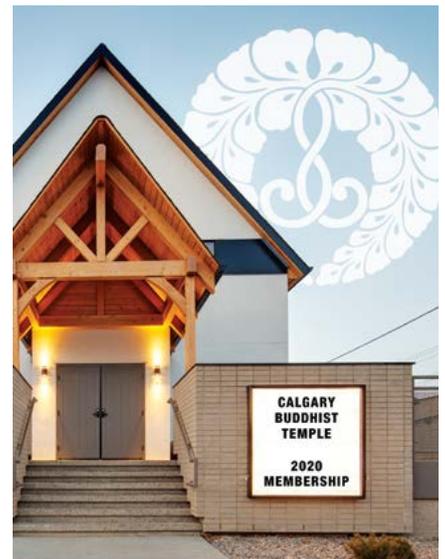
1341 women & 2855 children

We would like to thank everyone who contributed to the success of this program, including our incredible community of volunteers, women, donors and supporters. This program would not be possible without your commitment. Your support makes a difference in the lives of women in your community. We wish you a Happy Holiday Season and all the best for the New Year!



## Hōonkō

A memorial service for Shinran Shonin, founder of the Jodo Shinshu sect of Buddhism will be held at the temple on Sunday, January 19 starting at 10AM. There will be a potluck lunch served afterwards. Please mark this on your calendar!



## 2020 Temple Membership

The 2020 Calgary Buddhist Temple Membership form will soon be available online and at the temple. Membership fee is \$100 for adults with students, children and seniors free. Please consider supporting the temple by filling out the membership form and returning it to the temple.

## Listen, Learn and Fellowship

The ladies of the Temple have scheduled a Cooking/Food Demo on Manju Making for **Sunday, Jan 26, 2020**. Prior to the demo, there will be a short meeting for an update on the Jodo Shinshu Buddhist Temples of Canada Women's Federation (WF) which is our national organization. It will also be a great opportunity to provide input on what you'd like to see the Calgary ladies do in 2020. Bring your thoughts and ideas for both women specific activities as well as ones the ladies can coordinate for the entire Sangha!

After the meeting, there will be a **Cooking/Food Demo – Yaki Manju** which is a traditional manju that mom would make on special occasions. Yaki means 'to cook' and manju is a sweet Japanese confection like mochi but it uses regular flour instead so it's more cake or cookie-like.

This demo is open to EVERYONE (men, women, and families)! There's a nominal fee of \$5/person and children (12 and under) are free. Come and enjoy the company of the sangha as we learn together!

There is also a **Cooking/Food Demo - Mochi Making** (open to everyone) scheduled for **Sunday, Feb 23** and on **Sunday, Mar 8**, there will be a workshop called **Getting to the Bottom of It – Pelvic Floor Dysfunction in Women**.

For planning purposes and since space may be limited, pre-registration is required:

Cooking/Food Demo – Yaki Manju on Jan 26/20  
<https://www.signupgenius.com/go/10c0849a5a82fa3f49-cooking>

Cooking/Food Demo – Mochi Making on Feb 23/20  
<https://www.signupgenius.com/go/10C0849A5A82FA3F49-cookingfood1>

Getting to the Bottom of It on Mar 8/20  
<https://www.signupgenius.com/go/10C0849A5A82FA3F49-getting1>

If you have any questions or if you would like to be added to the Temple Ladies email distribution list, please contact Susan at [jsbtcwf.shuntley@gmail.com](mailto:jsbtcwf.shuntley@gmail.com). You don't want to miss out on all the fun!

## Monthly Donations

Apologies for any errors or omissions

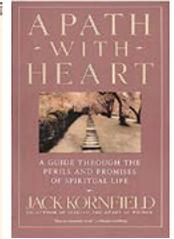
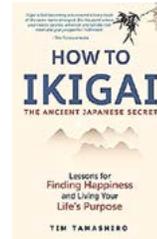
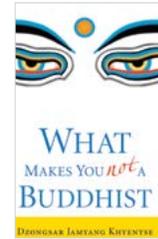
### November

Anonymous  
 Alexander, Robert  
 Auld, Belle  
 Caldwell, Doug and Cheryl  
 Chen, Nicole  
 Delisle, Yuri  
 Dooge, Frank  
 Gomyo-Miller, Yoshiko  
 Horiguchi, Tam  
 Huntley, Susan  
 Ichii, Any and Daniel  
 Miquelon, Dixie  
 Nagata, Kerry and Erin  
 Nitta, Kayo  
 Pittman, Craig and Cathy

Riel, Victoria  
 Robb, Barrie & Jackie  
 Ryan, Danielle  
 Tanaka, Shig  
 Wray, Sandra

### November - Online

Melanie Giggs  
 Bob McCullagh  
 Laura Sugimoto  
 Richard Edwards  
 James Martin  
 Matthew Stewart  
 Sher and Howie Shikaze



## Temple Library

Come for tea, stay for a book!

The library will be open on **January 19th**.  
 Come downstairs to browse through the  
 Temple library while you have a cup of tea.  
 We also invite you to sit and talk about a  
 Buddhist book you've read.

Thanks to those who have donated books.  
 Please let us know if there is a book you  
 would like the Temple to buy.

## TEMPLE CALENDAR - JANUARY 2020

S	M	T	W	R	F	S
			1 New Year's Day Shusho-e 2:00-3:00PM	2 Evening Service 7:30-8:30PM	3	4
5 Meditation 9:00 - 9:30AM Shotsuki Service 10:00 - 11:00AM	6	7	8	9 Evening Service Shotsuki 7:30-8:30PM	10	11
12 Meditation 9:00 - 9:30AM Service 10:00 - 11:00AM	13	14	15	16 Evening Service Hoonko 7:30-8:30PM	17	18
19 Meditation 9:00 - 9:30AM Hoonko Memorial Service/ Library 10:00 - 11:00AM	20	21	22 Meditation Service 7:00-8:00PM	23 Evening Service 7:30-8:30PM	24	25
26 Meditation 9:00 - 9:30AM Service 10:00 - 11:00AM Cooking Demo 11:00AM - 2PM	27	28	29 Meditation Service 7:00-8:00PM	30 Evening Service 7:30-8:30PM	31	



DONOR RECOGNITION  
**CALGARY**  
 BUDDHIST TEMPLE  
 CAPITAL CAMPAIGN

As we are nearing the completion of our capital campaign, we have compiled a list of donors. Please take minute to read through. If you notice any errors or omissions or would like to make a capital campaign donation, please send an email to Doug Hironaka at [doughironaka@gmail.com](mailto:doughironaka@gmail.com). We hope to have a final list completed by January in order to begin planning for a perminant instillation at the temple.

In Gassho,  
 Lester Ikuta  
 President,  
 Calgary Buddhist Temple

**LOTUS**

(\$100,000 and up)

Ikuta, Sus (Rev.) & Terrie

**WISTERIA**

(\$99,999 - \$50,000)

Edo Japan  
 Ikuta, Lester & Mickey  
 Kanegawa, Richard & Suyeko  
 Sugimoto & Company

**MAPLE**

(\$49,999 - \$20,000)

Fukumoto, Joe & Kinuyo  
 Hurley, Neil & Debra Nishida  
 Ikuta, Mak  
 Masuda, Aki & Misae  
 Nishi, Ken & Mary  
 Robb, Jackie and Barrie  
 Sugimoto, Tom & Laura

**CHRYSANTHEMUM**

(\$19,999 - \$10,000)

Gahlinger, Trudy  
 Hironaka, Marshall & Sally  
 Hironaka, Tsuyoshi & Mariko  
 In memory of Rev Ikuta  
 In memory of Amy Kitagawa  
 JSBTC Women's Federation  
 Kawamura, Toyo  
 Kitagawa, Mike and Amy  
 Kitagawa, Susan  
 Kondo, Lido & Echi  
 Madden, Ken  
 Robertson, David  
 Toronto Buddhist Church  
 Tsukishima, Lloyd

**PEONY**

(\$9,999 - \$5,000)

Buddhist Temples of Southern Alberta  
 Caldwell, Doug & Cheryll  
 Cameron, Mari & Huston  
 Cruickshank, Doug & Elaine Kaga  
 Fitch, Chris  
 Fujiwara Family  
 Huntley, Susan & Chris  
 Ikuta, Grant (Rev.) & Noriko  
 Ikuta, Roland & Brenda  
 In memory of Bruce Kimura  
 In memory of Yoichi Oishi  
 JSBTC, Living Dharma Centre  
 Kimura, Bruce & Alice  
 Martin, James (Rev.)  
 McCormack, Dan & Kim  
 Oishi, Jits  
 Ota, Fumi  
 Prowse, Geoff & Kayla  
 Steveston Buddhist Temple  
 Takeda, Toshiko

**SAKURA**

(\$4,999 - \$1000)

Anonymous  
 Alexander, Robert & Tracee Sano  
 Amandine Bakery  
 Ambedian, David & Elizabeth  
 Anonymous  
 Bowman, James  
 Burylo, Rod  
 Calgary Buddhist Temple Dharma School  
 Delisle, Yuri  
 Der, Judy  
 Dodds, Darlene  
 Fraser Valley Buddhist Temple  
 Fujiwara, Fumi  
 Gubenco, Robert & Lori  
 Hinatsu, Keiko  
 Hironaka, Doug  
 Howard, Leslie  
 Ichikawa, Akira & Lorita  
 In memory of Brian Aranas  
 In memory of M Hironaka  
 In memory of William Kikuchi  
 Kaminishi, Edward  
 McMullen, Randy & Brenda  
 Nagata, Erin & Kerry  
 Nagata, Roy & Luri  
 Nakatsu, Jean & Ted  
 Oda, Harold(Rev.) & Kay  
 Odagaki, Earl & Sekiko  
 Odagaki, Yo  
 Oishi, Heidi  
 Oishi, Rocky & Jean  
 Oishi, Sylvia & Terry Hanna  
 Ono, Yuko & Jon Rozhon  
 Parkan, Damla  
 Phillips, Victor  
 Sakamoto, Louise  
 Sakamoto, Tobie  
 Saruwatari Family  
 Sassa, Pat & Roy  
 Sekiya, Brian  
 Senda, Florence  
 Shikaze, Ben & Florence  
 Sohn Family  
 Sugimoto, Pamela  
 Sugimoto, Takako  
 Taguchi, Noris & Sachiko  
 Tanaka, Alan & Margaret  
 The estate of Kiyoe Nakamura  
 Tsukishima, Sumie  
 Uyeno, Thomas & Anna  
 Vancouver Buddhist Temple  
 Vuia, Simone

**FRIENDS OF THE DHARMA**

(\$999.99 or less)

Anonymous  
 Akune, Robert & Molly  
 Akune, Roy & Itoko  
 Alexander, Wayne & Linda  
 (Continued)



DONOR RECOGNITION  
CALGARY  
BUDDHIST TEMPLE  
CAPITAL CAMPAIGN

Continued from previous page

Aoki, Eiko  
Aoki, Michiko (Japan)  
Aoki, Tatsuya  
Aoki, Tatsuya (Rev.)  
Auld, Belle  
Azuma, David  
Baba, Marie  
Baker, Bruce & Judy  
Banno, Martha  
Berlinggnette, Jocelyn  
Chen, Nicole  
Chor, Greg & Gina  
Chow, Nobu & Suzone  
Dubbelboer, John & Donna  
Edwards, Richard  
Fujii, Tomofumi & Naoko  
Fujikawa, Orai (Rev.)& Minako  
Fujita, Marion  
Fujitani, Shigeaki & Mary  
Fukushima, Judy  
Gibson, Anna  
Goudie, Marie  
Hamanishi, Frank & Pat  
Hamaura, Masako  
Hayes, Diane  
Ho, Jackie  
Horiguchi, Tam  
Ibuki, Rumiko  
Ikeda, Jean  
Iwata, Genevieve  
Janice Martin  
Kamachi, Shigeaki & Yoshiko  
Kamizuru, Yotsuo & Fumiko  
Karia, Irene  
Katsumi, Debra  
Kawabata, Albert & Arlene  
Kawamura, Nao  
Kelner, Leslie  
Kimori, Hiromu & Teruyo  
Kimura, Chizuko  
King, Betty Hiroko  
Kitazaki, Betty  
Knude, Naomi & Thomas  
Kokubo, Alice  
Kuwahara, Kiyonobu & Hitomi  
Low, Henry & Izumi  
Manitoba Buddhist Association  
Masuda, Jay  
Masuda, Jean and Larry Henderson  
Matsuno, Kinuko  
Minato, Harvo  
Miquelon, Dixie  
Miyakawa, Yasuhiro (Rev.) & Valerie  
Miyaniishi, Kiyoko  
Morishita, Elmer & Sofia  
Motomura, Lily  
Nagata, Brian  
Nakagawa, Katie  
Nakamatsu, Roy & June  
Nakanishi, Michael & Frances  
Nishikawa, Catherine  
Nishimura, Toshiko  
Oga, Mitsuko  
Oga, Noriko  
Oishi, Lilly

Oishi, Mituko  
Okamura, Tak & Jan  
Okamura, Wanda  
Okano, Miyoko & Joseph  
Oregon Buddhist Women Association  
Quan, Toshiko  
Rahim Ladha Professional Corp.  
Ryan, Jeanne & Larry  
Sakai, Mitts & Keiko  
Sangregorio, Micheline  
Shigemi, Joyce  
Shinde, Michiko & Yasunari  
Skingle, Nancy & Ken  
Steveston Buddhist Temple Dharma  
School  
Sugimoto, Carol  
Sugimoto, Danny  
Sugimoto, Harris & Alice  
Sugimoto, Noriko  
Suzuki, Kanao  
Szeman, Chris & Amy  
Takashima, Kay  
Takeda, Fugi  
Takeda, Yumiko  
Takeyasu, Reiko  
Tanaka, Harvey  
Tanaka, Masaye  
Tanaka, Shigeiko  
Tanaka, Yoshiko  
Teshima, Bill  
Teshima, Roger & Evelyn  
Tomiyama, Sumiko & Joe  
Tomiyama, Wanda  
Tsujita, Tak & Yoko  
Tsukishima, Fujio & Yoshiko  
Tsukishima, Jim  
Tsukishima, Toshiko & Keith  
Uchida, Toshiya & Christopher  
Uno, Kosho and Yoko  
Vernon London Drugs  
Wakisaka, Amy & Larry  
Westerhoff, Diane  
Yakumo, Keiko  
Yamashita, Robert  
Yip, Kenneth & Karen  
Yoshida, Tomoko  
Yoshihara, Kenneth & Hiroko