

Dharma Service with Rev. Aoki on Zoom

Please contact Rev. Aoki at:
rev.aoki@gmail.com
to receive the Zoom link
or check the temple website

(Service takes approximately 30
minutes - Meditation, Sutra Chanting,
and Dharma Talk)



Saturday, March 5 at 10AM
Saturday, March 19 at 10AM
Saturday, March 26 at 10AM
Saturday, April 2 at 10AM

Sunday, March 6th
@ 10:00 a.m.

Spring Ohigan and Shotsuki/ Memorial

If you would like to attend the service,
please call 604 253-7033
or email temple.vbt@gmail.com
to RSVP. There will be limited seating.

The Zoom link is:
Meeting ID: 692 059 0986
Passcode: shinran

Vancouver Buddhist Temple



220 Jackson Avenue
Vancouver, BC, V6A 3B3

Phone:
604-253-7033

Email:
temple.vbt@gmail.com

Website:
vancouverbuddhisttemple.com



Bodhi Mind



Vancouver Buddhist Temple

March 2022, Issue #458

Let go...



It has been over a year since we started our weekly services on Zoom. During the online services, I frequently repeat the phrase "Let go!" What I mean by this, is to let go of our thoughts and let go of our attachments. There is an analogy for the burden of our calculating minds that we keep carrying around with us.



Question: How heavy is carrying a rock?

Answer: The longer you hold it, the heavier it gets.

It's not heavy if you stop carrying it around with you. It's not heavy if you let it go. The longer we hold it, the heavier it gets. However, if we just let go, it is no longer heavy, and we are free of these burdens. It is as if we are carrying a heavy rock. After a while, we begin to feel its weight, but we don't know how to let go. Therefore, we endure this heavy burden all the time.

If someone tells us to throw it away, we say, "If I throw it away, I won't have anything left!" So we keep on carrying this heavy rock until we become so weak and exhausted that we can no longer continue, then we drop it.

Having dropped it, we suddenly experience the benefits of letting go. We immediately feel better and lighter and we realize for ourselves how much of a burden carrying a rock can be.

Before we let go of the rock, we couldn't possibly know the benefits of letting go. So, if someone tells us to let go, an unenlightened mind would not see the purpose of it. He would just blindly clutch the rock and refuse to let go until it became so unbearably heavy that he simply had to let go. He is then able to feel for himself the lightness and relief and thus realize for himself the benefits of letting go.

Later on we may start carrying burdens again, but now we know what the results will be, so we can now let go more easily. This understanding that it's useless to carry burdens around and that letting go brings ease and lightness is an example of knowing ourselves.

I hope to see many of you back at the temple very soon.

In gassho,

Tatsuya Aoki



Message from the VBT Board

Even though the COVID pandemic has been, and continues to be, a real and serious threat to us all, the hard-working board of directors has met once a month without fail for the past two years using Zoom online to make decisions for the health and well-being of our temple. In addition, the annual general meeting of members was held recently, to rectify services, events and activities held in the past year. Understandably, in-person activities and observances were kept to a bare minimum following COVID pandemic protocol. Hopefully, before long we can commence regular activities and events. In fact, members have been gathering at the temple for manju-making and making of bentos for fund-raising. At the AGM, it was noted that a significant source of revenue has come from rentals of unused space in the temple. The net effect of total revenue over expenses has provided for a small positive result. The 2022 budget for the temple was approved. It is similar to that of 2021. Next year will be the election of the executive officers and a new slate of directors. A committee has been struck to find a more effective voting process to get the most able and willing members to join the board. The committee will report back with their recommendations. The Toban (team) system has been re-activated for maintenance and up-keep of our temple. The toban is especially useful in providing food services for our events and gatherings. Please refer to the Bodhi Mind for the current toban team list. The captains of each of the five toban can answer any questions you may have. Please join us for activities and for volunteering, whether you have been phoned to help or not. We never turn down anyone. Lastly, a huge thank you to Greg and Dave for playing major roles looking after 'operations and maintenance' of our temple these past years. Much appreciated!

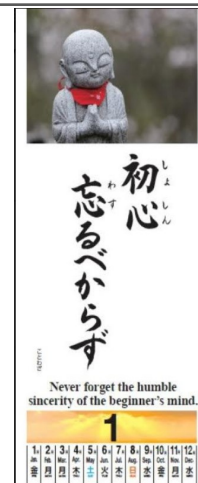
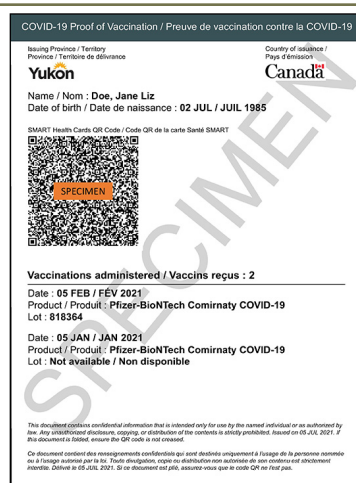
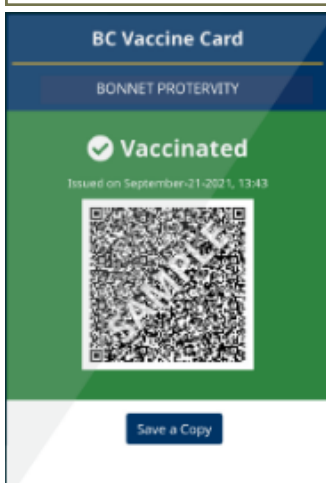
From the Board

Vaccine Passports Now Required at the VBT

Due to the ongoing pandemic, the Vancouver Buddhist Temple will require all service attendees and volunteers to show their vaccine passport. ID may be asked to be presented.

2022 Calendars Are Available

The 2022 Buddhist calendars are available for pickup from the temple. If you are unable to pick it up and you live in the Vancouver Metro area, Rev. Aoki may be able to deliver it. Please email the temple if you would like one.



Greetings from the Valley...



Greetings from the Valley, whether the groundhog saw his shadow or not on February 2nd, it seems that an early spring may be possible as the weather has turned less forbidding and more gentle. Hopefully this is an indication of a positive outlook for this year, not just climate, but also life.

Our February shotsuki service was held on February 12th with Reverend Ikuta officiating. It was good to see people on-line, but in person would be even better. Although we had planned the March service to be held on March 12th as Zoom, after the changes were made by public health on February 15th, we are happy to have the March service as an “in person service”. We still require masks and will follow all the precautions set out

by Dr. Henry. The annual general meeting will be held immediately after the service. Please consider taking out your membership now for 2022 and joining us at the meeting. We have so many events to look forward to this year.

Our temple Senior Wellness program, Itadakimasu, is underway and our gratitude to the caregivers and the restaurants who are participating to help our senior seniors enjoy a familiar Japanese meal. We will also be starting the Family Movie program in March so watch for more information.

Our temple has also joined with the Tru Earth fundraising program to help preserve our planet from unnecessary plastic and global warming carbon emissions by selling zero-waste laundry detergent. If you are interested please check out Tru Earth on line or contact us.

Again, we hope to see you on March 12th for our shotsuki service and the annual general meeting. Year 2021 was a difficult year but there were many positives that did come out of it, please join us to plan for an even better 2022.

In gassho,

Fraser Valley Buddhist Temple

Fraser Valley Buddhist Temple Donations Received in Gratitude

JSBTC Day & October Shotsuki Memorial Service

Byron Kiyokazu Kagawa

Denise Cork

Mrs. May Mukaida

Stan & Lucy Yoshioka

Reiko Cheryl Honkawa - In memory of Fumi Honkawa

Joanne McAllister

Eitaikyo & November Shotsuki Memorial Service

Jean Nakatsui

Mrs. May Mukaida

Roberta Nasu - In memory of Fumi and Ken Honkawa

Bodhi Day & December Shotsuki Memorial Service

Ajira Ichikawa

Chieko Takasaki - In memory of Tak Takasaki

Joanne McAllister

John (Shoichiro) & Masuko Kamimura

Naomi Shikaze

Ron & Marilyn Fujita - Dad's Memorial & Eileen's Memorial

Stan & Lucy Yoshioka - In gratitude of Satsuki-kai

Stan & Lucy Yoshioka - In memory of Roy Muraki

Tom & Yoko Matsuno

Reiko Cheryl Honkawa - In memory of Ken Honkawa

Bodhi Day & December Shotsuki Memorial Service

(continued...)

Marion Fujita - In memory of Kiyoshi and Eileen Fujita

Denise Cork - In memory of Bernice and Phillip

Stan & Lucy Yoshioka - December Shotsuki re: Dad

Ho-onko & January Shotsuki Memorial Service

Denise Cork

Mrs. May Mukaida

Bodhi Day & December Shotsuki Memorial Service

Amy Nagamatsu

Ho-onko & January Shotsuki Memorial Service

John (Shoichiro) & Masuko Kamimura

Nirvana Day & February Shotsuki Memorial Service

Carole Hamanishi

Stan & Lucy Yoshioka

Denise Cork

Correction: Please accept apologies for previous misspelling...

Hanamatsuri & April Shotsuki Memorial Service;

Gotanye & May Shotsuki Memorial Service; and Obon &

July and August Shotsuki Memorial Service

Sam & Pat Yoshioka

Upcoming Events	2022 Service and Meeting Dates			
Saturday, March 5 th - Dharma Service @ 10:00	Sunday, March 6 th	10:00 a.m.	Spring Ohigan and Shotsuki	Toban 1
	Saturday, March 12 th	10:00 a.m.	Toban and Board Meeting	Toban 1
Sunday, March 6 th - Spring Ohigan & Shotsuki Memorial Service @ 10:00 am VBT (RSVP) & on-line	Saturday, April 9 th	10:00 a.m.	Board Meeting	Toban 2
	Sunday, April 10 th	10:00 a.m.	Hanamatsuri / Keirokai / Shotsuki *Combined (we used to have separate Shotsuki service)	Toban 2
Saturday, March 12 th - FVBT Shotsuki Service @ 2:00 pm (in-person)	Sunday, May 8 th	10:00 a.m.	Gotane (Shinran's Birthday) and Shotsuki	Toban 2
	Saturday, May 14 th	10:00 a.m.	Toban and Board Meeting	Toban 2
Saturday, March 19 th - Dharma Service @ 10:00	Saturday, June 11 th	10:00 a.m.	Board Meeting	Toban 3
	Sunday, June 12 th	10:00 a.m.	Family Day and Shotsuki	Toban 3
Saturday, March 26 th - Dharma Service @ 10:00	Saturday, July 9 th	10:00 a.m.	Toban and Board Meeting	Toban 3
	Sunday, July 10 th	TBA	OBON / Shotsuki	Toban 3
Saturday, April 2 nd - Dharma Service @ 10:00	Sunday, August 7 th	10:00 a.m.	August Shotsuki & Japanese Canadian Memorial Service	Toban 4
	Saturday, August 13 th	10:00 a.m.	Board Meeting	Toban 4
*** All services, except where indicated, will be via Zoom. The Zoom link is: Meeting ID: 692 059 0986 Passcode: shinran	Saturday, September 10 th	10:00 a.m.	Toban and Board Meeting	Toban 4
	Sunday, September 11 th	10:00 a.m.	Fall Ohigan and Shotsuki	Toban 4
	Sunday, October 2 nd	10:00 a.m.	JSBTC Day and Shotsuki	Toban 5
	Saturday, October 15 th	10:00 a.m.	Board Meeting	Toban 5
	Sunday, November 6 th	10:00 a.m.	Eitaikyo and Shotsuki	Toban 5
	Saturday, November 12 th	10:00 a.m.	Toban and Board Meeting	Toban 5
	Sunday, December 4 th	10:00 a.m.	Bodhi Day and Shotsuki	Toban 1
	Saturday, December 10 th	10:00 a.m.	Board Meeting	Toban 1
	Saturday, December 31 st	11:00 p.m.	New Year's Eve Service & Bell Ringing at UBC	Toban 1
	Sunday, January 1 st	10:00 a.m.	New Year's Service	Toban 1

Memorial Years of 2022

1st Year - 2021
3rd Year - 2020

7th Year - 2016
13th Year - 2010

17th Year - 2006
25th Year - 1998

33rd Year - 1990
50th Year - 1973

Thank You to...

A lot of work is required to keep the temple in working order. From time to time things break-down or we need assistance in the kitchen. As well as the board of directors, we are very fortunate to have volunteers answer the call for help.

A huge shout-out and thanks to:

- ◆ Dave Otori for painting over the graffiti on the outer walls and parking garage gate.
- ◆ Manju making: Joyce Chan, Haruyo Chiba, Satsu Kanegae, Taki Kawasaki, Alamy Liu, Akemi Mizuta, Kazumi Nakano, Keiko Oyama, Sumie Takahashi, Michiyo Teranishi, Kazue Tsurusaki, Christine Yoshida, Kaz Yoshida, and Margaret Yoshida



VBT Membership Renewal

A gentle reminder to submit your 2022 VBT membership fee.

For 2022, the membership fees are as follows:

- Adult member \$100
- Family including 2 adults and children up to 19 or the year of graduation from grade 12 \$200
- Student member (attended full time post secondary education during the last 18 months) \$25 per member

Thank you for your ongoing support of the Vancouver Buddhist Temple.

Toban 1 will be responsible for...

- Sunday, March 6th - Spring Ohigan & Shotsuki/Memorial Service @ 10:00 am

Toban 2 will be responsible for:

- Sunday, April 10th - Hanamatsure/Keirokai & Shotsuki/Memorial Service @ 10:00 am
- Sunday, May 8th - Gotane & Shotsuki/Memorial Service @ 10:00 am

Volunteers Needed

If you are available the temple will need help for the following events. Please call or email the temple if you can help.

- Manju making (yaki manju) - Sunday, March 13th @ 9:00 am
- Bento making preparation - Saturday, March 26th @ 8:00 am



		<p>Joint Celebration</p> <p>850th Anniversary of Shinran Shonin's Birth & 800th Anniversary of Establishment of Jodo Shinshu Teaching</p>	<p>2023</p> <p>Session 1 March 29 - April 3 Session 2 April 10 - 15 Session 3 April 24 - 29 Session 4 May 6 - 11 Session 5 May 16 - 21</p>
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Shin Buddhism Online Course - February - December 2022 with Dr. Ken Tanaka

Title: "Ocean 2: Further Introduction to Shin Buddhism in the West and Beyond. (The Seven Phases of the Pure Land Way)"



In this once a month ten-part course, Dr. Tanaka hopes to build on the original Ocean book to present a deeper and fuller dimension of this tradition. This course offers a "birds eye view" through the lens of the story of the "Sailor and the Ocean." This approach makes it easier to understand the uniqueness of Shin Buddhism, which many find difficult to grasp when it is described as "a form of Buddhism in which a person is saved merely by reciting the Name."

This course is for those who want to learn more about 1) Shinran (the founder of Shin Buddhism), 2) the deeper meaning of Amida, Pure Land, Shinjin, Nembutsu, practice, social engagement, and other main teachings, and 3) tips to deal more effectively with the ups and downs of ordinary lives: family, work, school, and human relations. It is also meant for those who 1) experience the challenges and difficulties of living, 2) have become more aware of their personal imperfections, and 3) are in a sincere search for greater meaning and fulfillment in their lives.

If you are interested, please join others with similar aspirations as we share our stories and support each other in our struggles and hopes in order that "we may all attain perfect peace"!

For more information and to **REGISTER**, please go to the Vancouver Buddhist Temple website or to:

<http://www.vancouverbuddhisttemple.com/content/shin-buddhism-online-course-february-thru-december-2022-dr-ken-tanaka-sign-information-here>

March Shotsuki (Memorial) List

The March Shotsuki monthly memorial service will be held virtually (via Zoom) on Sunday, March 6th at 10:00 am.

1953
UYEYAMA, Toyokichi

1957
NATSUHARA,
Kamenosuke

1958
*NAKATANI, Tatsumatsu

1959
*KONDO, Iwa
*KAZAO, Heikuro

1960
*KOTANI, Kumataro
*SUGIE, Shosaku
*YOSHIDA, Sei

1961
*MAEDE, Yuji
SAIMOTO, Kiku

1962
OKANO, Kiyoko
*SHINDE, Matsunosuke
*YAMADA, Kiju

1963
NUKINA, Shorin

1964
*FUJIOKA, Yashiro
*NISHI, (baby)
*OMORI, Hideko

1965
*TANAKA, Hisao
*YADA, Sutejiro

1966
*SAKIYAMA, Genshiro

1968
*ISHIDA, Matsugoro

1969
*KAMEI, Tsurumatsu
*KITAGAWA, Tsuneki
*NISHI, Shigetaro
*OKANO, Yoshihiro

1970
*TERASHITA, Tsutomu

1971
*ARAKAWA, Sukeyemon
*HAMA, Yoshizo
*MATSUMOTO, Saki
*TAKAHARA, Kiyotada
*URABE, Toyemon

1972
*TATSUMOTO, Akino
UYEYAMA, Shina
*YAMAMOTO, Haru

1974
*HAGIHARA, Katao
*IMAMURA, Mary
*MIZUNO, Natsu
*YAMAZAKI, Kunizo

1975
*OGAWA, Yoshihisa
*JOWETT, Roy

1976
*CHIBA, Koichi
*MISHIMA, Mima
*MOCHIZUKI, Tajiro
*SUYEYOSHI, Yuzo

1977
UYEYAMA, Inosuke

1979
*HAYASHI, Tamejiro

1980
*NISHI, Chiyoye

1982
*OMOTO, Minoru
*SARUYAMA, Danjo

1983
*KOBAYASHI, Masako

1984
KAWABATA, Yoshi
*MATSUBARA,
Tatsushiro
*YOSHIDA, Kanichiro

1985
TANAKA, Kimi

1986
*HANAZAWA, Haru
*OTSUJI, Kihei

1987
*HARADA, Masuhiro
*NISHI, Nikichi
*SOKUGAWA, Toji
*TAKESHITA, Kazuo
*TAKEUCHI, Naoki
*YAMAKE, Hatsuye
*YAMASHITA, Kozue

1988
*MORISHITA, Masaru
*YAMASHITA, Fumiye

1989
*FURUGORI, Sumeko
KITANO, Kono
*TERANISHI, Yoshiye

1991
*MIZUYABU, Toshio
*TAKAHASHI, Tamiyo

1993
*HAGANE, Toshio
*HAYASHI, Shomi
*KONDO, Hideo
*NODA, Jiroemon
*OYA, Hitoshi

1994
*KUROZUMI, Takuyo
OKADA, Shigeto

1995
MORRIS, Jeff
TAKEDA, Masaichi
TAKII, Ryuzo
TAKIMOTO, Shichiro
YABUNO, Taiichi

1996
HORII, Ryotaro
*SHIMIZU, Tami (Jpn)

1997
HAYASHI, Yosaburo
MUKUDA, Yone
*RICHARDSON, Sachiko
*UI, Shigeyo

1998—25th Year
ITO, Aki
*KAITA, Sue
TOMIYE, Takashi
*EJIMA, Frank
KATSUMOTO, Sato

1999
YAMAKAMI, Onobu

2000
SOGA, Yoshiharu
CHIBANA, Hiroko
TANAKA, Matsuo
OKANO, Chie
MIYASHITA, Archie

2002
KOBAYAKAWA, Toshikazu

2004
OKUBO, Haruye
TATSUMI, Miyako

2005—17th Year
HIRAI, Fujiye
SHIMIZU, Toshio
MATSUBARA, Toshio
*ASAOKA, Ryoko

2006
MAEKAWA, Yoshiko

2007
KAKINO, George
SHOJI, Misao

2008
HIKIDA, Sadako

2009
SAKAI, Iwao
NISHIMOTO, Kiyoshi

2010—13th Year
OKAHASHI, Shizuko
UYESUGI, Emiko
YOSHIHARA, Lillian Reiko
HAMADE, Roy Ryuzo
SHINKODA, Fusako

2011
MIZUYABU, Kayoko

2012
IWANAKA, Suyeko

2013
ISHIGURO, Florence
WATANABE, Hisako

2014
YAMAOKA, Robert
CHIJIWA, Shigenobu
MORITA, Tokiye
CHAKI, Kiyoshi
YUNOUE, Hiroki
KATO, Waka

2015
PEACOCK, Nobue
YAMADA, Yukio

2016—7th Year
OKAMURA, Yoshiyuki
SAKAI, Kiyoe

2017
LEONG, Nancy
DAHL, Stan
OKANO, Yukiko

2018
HARADA, Toshiyo
NAKAMURA, Ryoichi

2019
IWANAKA, Robert

2020—3rd Year
HAYASHI, Noburo
SAKATA, Akiko

2021—1st Year
TANAKA, Minoru

Passings

Our deepest
condolences go to the
families and friends of

Mrs. Miyako Kuromi
(96 years old)
February 15th

**The Shotsuki Service will
be held on Sunday, March 6th
at the temple (RSVP) & via
Zoom @ 10 am.

The Zoom link is:

Meeting ID: 692 059 0986
Passcode: shinran

Also, you can dial-in to the
service.

Dial: 778-907-2071

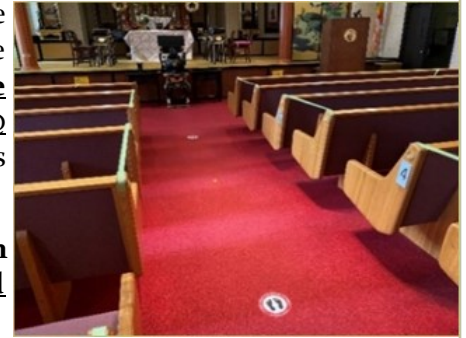
Press Meeting ID#:

692 059 0986 & #

The Temple is Gradually Reopening for Shotsuki Service

It has been a long time since the start of Covid-19 Pandemic restrictions. The province has not moved to Phase 4, at this point. The temple will continue to have limited openings for **in-person Shotsuki Memorial Services. The March 2022 Memorial/Shotsuki Service will be on Sunday, March 6th @ 10:00 a.m.** in the temple's Hondo with adherence to provincial guidelines for physical distancing, self-screening and contact tracing.

The temple will add sessions, if more are required, so please **RSVP well in advance**. The **on-line March Memorial/Shotsuki service will be held simultaneously (Sunday, March 6th @ 10:00 a.m.)**.



Reservations (RSVP) Required

Due to a maximum of 50 attendees (taking into consideration the health and safety of all attendees, the VBT has set 50 as the maximum for an indoor service), those who want to attend must make a reservation and follow the temple's pandemic guidelines. Anyone is welcomed to attend the service. **The final day to reserve a seat is Thursday, March 10th @ 12:00 p.m.**

To make reservations for the March Memorial/Shotsuki service, please contact the VBT office at either (604) 253-7033 or temple.vbt@gmail.com. Only those who receive a confirmation for a specific time and date can attend. For those who would like to join the service on-line. Please use this Zoom link:

Meeting ID: 692 059 0986

Passcode: shinran

Pandemic Guidelines

As restrictions ease, the VBT prefers to take a cautious approach. For the time being and until further notice, there will be socially distant and limited seating in the Hondo.

Upon entry to the building:

- masks/face coverings must always be worn
- sanitize hands
- present vaccine passport (QR code) and picture ID
- complete questionnaire and contact information sheet (one per household)
- follow direction arrows and go directly to your assigned seat
 - ◆ household members may sit together
 - ◆ please do not leave your assigned seat, and remember to stay socially distant (2 metres)

During your visit:

- line up 2 metres between households/bubbles and use incense from the small cups for Oshoko
- one person at a time in washrooms
- the Social Hall and Kitchen are not available for use

Donation to Vancouver Buddhist Temple

via CanadaHelps.org

Upon exiting the building:

- sanitize hands
- exit promptly and do not stay and mingle with others
- exit either onto Jackson Street (Hondo exit) or through the garage
 - ◆ follow the direction arrows



As requirements are constantly changing, please check our website vancouverbuddhisttemple.com for updates...

LET'S ALL BE CAREFUL, CALM and KIND

Bento Box

On the last Sunday of each month, we will be selling bento. A delicious way to support the temple. 😊

To order, please return the order form, with payment to the Vancouver Buddhist Temple via mail, email (temple.vbt@gmail.com) or call (604 253-7033).

For March 27th, the bento will include:

- Takikomi Gohan (aburaage, carrots, gobo, Konnyaku, and shiitake)
- Shoyu-butter sautéed prawns (2)
- Sunomono
- Tsukemono

Cost: **\$15.00**

We will also be offering manju (2 kinds)

Cost: **\$8.00 for 6**

Combo (bento and 6 manju)

Cost: **\$20.00**



Orders must be prepaid (cash, cheque, or e-transfer). Last day to order is **Tuesday, March 22nd**

Pick-up: **Between 11:00 a.m. – 12:30 p.m. on March 27th** at the Social Hall entrance.

March 27th Bento Order Form

Number of: Bento ____ x \$15.00

Manju ____ x \$8.00

Combo ____ x \$20.00

Total cost: ____

Name: _____

Email: _____

Telephone: _____