

# BUSSEI SCRIPT

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## COVID-19 Virus

By Rev. Dr. Kenji Akahoshi



Pandemic. This is defined as a worldwide spread of a disease. Since this COVID-19 virus is new, little is known about it. We know that it is highly contagious and has spread rapidly. Since this article is written in March, the situation in April may be

more dire.

When our personal lives are relatively comfortable, we may neglect and ignore the fundamental truths of the Buddha. Religious and spiritual issues may be secondary. However, when there is a threat to our health and life and a disruption to our usual way of life, we may begin to see the valuable relevance of the Buddha's Teaching.

Disease, physical threats, and death have always been a part of our human existence. Modern science, technological advancements, and sophisticated social arrangements have provided us with a contemporary American society where much of these threats seem distant. Unless an earthquake, flood, storm, fire or other disaster occurs near us or our loved ones, we may not feel personally affected. So, the idea of "interdependence" remains a theoretical one. The short history of this pandemic reveals a different story.

Our national leadership also was complacent about our interconnected world. As the countries of China and Italy suffered the initial effects of this dangerous virus, we seemed to feel that it was a world away. However, the highly contagious nature of this virus has caused it to spread rapidly. Now, we find ourselves with many in our population already affected with this virus. With insufficient testing capability we don't know who has the virus. Therefore, we must assume that each of us is a potential infected carrier. This new virus has no known cure and has a higher rate of serious illness and death among the elderly. The threat of death makes us pay attention.

How can the Dharma help us in this real-life emergency? The Teachings become real to us when we practice the Teachings. Our inter-connected life has caused the virus to spread quickly. However, this same interdependence can also help each of us. The Buddha described Indra's net, where each knot of the net represents each of us. Movement of any part of the net affects all others. The BTSD temple is in a process of making the theory of interdependence into an actual practice by creating a network of connections of temple members and friends by email or telephone.

The state of California has mandated that everyone stay at home with a minimum of social contact. This may prove very difficult for many of us in the coming weeks. Having an actual connection of members in a network system gives each person the security and sense that they are not alone. The intention is to ensure that older members, who don't use computers and email, will still have a means of connection. This will provide a 2-way communication as the temple could forward important safety information. In turn, each member will have a person and phone number to contact, if any assistance is needed. Interdependence becomes a practice and not just a concept.

The activities provided by a temple are important elements for all of us. These activities and services are means of describing the truths of the Dharma. The forms of these activities must change to meet the needs of the sangha. Our services in America are different from those in Japan. In this unprecedented time of a world pandemic, traditional services and activities are suspended in deference to the truth of the virus. Please stay home and keep your social distance from others in order to limit the spread of this virus. Since each of us could be an unsuspecting carrier of this virus, we stay apart for the sake of others. We may infect others, even if we do not feel the symptoms of illness. The evidence of China and Italy shows us the potential damage of unheeded warnings.

Practical Buddhist practices can also help in this crisis. Mindfulness means that we are aware of places that our hands touch (faces, doorknobs, switches, countertops). We are mindful of our physical distance and interaction with others. Meditation can calm the mind. Patience with ourselves and others is important. Kindness and respect for others can be in the form of avoiding physical contact but staying connected by telephone, facetime, or email. We are fortunate and grateful to have these modern means of communication.

This pandemic is serious. It has exposed the shallow nature of much of our behavior. We may respond by the awakening to the truth of the Dharma. The state of our future will depend less on "hopes and prayers" and more upon our mindfulness, concern, and conduct. Let us practice the Dharma by mindfully caring for each other from a physical distance.

*Namo Amida Butsu*

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## Special Message from the Bishop:

I would like to express my deepest concern over everyone's physical and spiritual wellness. Due to the Covid-19 pandemic, many temple and church services and events have been cancelled or postponed until further notice.

Though you are not able to physically be at your temples and churches, you can listen to the chanting of Juseige, Sanbutsuge and Junirai on our website. When we put our hands together and recite the Nembutsu, we are reminded that we are always within the compassionate heart of Amida Buddha.

Shinran Shonin teaches us that we are always with the Buddha no matter where we may be or what condition we are living in. Though we live in this world of uncertainty, the Nembutsu teaching makes us realize that we are constantly grasped by the realm of Oneness. Nothing can destroy our Life. Let us continue to live our lives in accord with the compassionate heart of Amida Buddha.

In Gassho,  
Kodo Umezu

Please follow these links on the <https://www.buddhistchurchesofamerica.org/> website to access recordings of the following:

[Juseige](#)

[Sanbutsuge](#)

[Junirai](#)

[Ondokusan](#)

## IMPORTANT NOTICE TO THE SANGHA

Following the recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and the issuance of executive order by the state of California, N-33-20, "Stay at Home" non-essential travel, the Buddhist Temple of San Diego will remain closed and all activities suspended until further notice due to COVID-19. The temple's Board of Directors and affiliated organizations complied with this directive during a special video meeting held on March 22.

Activities affected by the temple's closure include:

- Sunday family services (April 5, 19 and 26) and Hanamatsuri (April 12)
- April and May Shotsuki Hoyo (monthly memorial) services typically held on the first Sunday.
- Committee and organizational group meetings.
- Temple/Community activities including Buddhism 1-2-3 (Wednesdays), Introduction to Buddhism (April 26), Taiko (Sundays and Wednesday), BINGO (April 18), Minyo (Wednesdays), Tai Chi (Thursdays), Japanese Coordinating Council (JCC) Keiro Kai luncheon (April 26). The Friday Villa Gardens (Kiku) lunch program has been canceled until further notice.
- Furniture sale originally scheduled for May 2.

The Sangha is urged not to visit the temple as it is considered "non-essential" until further notice. Please contact the temple by phone (619) 239-0896 or email [info@btsd.net](mailto:info@btsd.net) if you have any questions or concerns.

If the services of a minister is required, under extreme circumstances, please contact Rev. Dr. Kenji Akahoshi at (408) 610-0022, Ralph Honda (619) 885-3788 or the temple.

If you wish to schedule or reschedule a memorial service, please contact the temple..

When phoning the temple, in the event your call is not answered in person, please leave a message and your call will be returned at the earliest opportunity.

During this period of uncertainty, the temple will do its best to support the needs of the Sangha. Please refer to the temple's website <http://www.buddhisttemplesandiego.org/> for up-to-date information. If you do not have access to a computer and internet, please keep in close communication with family members and friends or call the temple for updates. Kenji Sensei has several Dharma messages that can be viewed online. Please copy and paste either link in your browser to access Kenji Sensei's messages:

<http://www.buddhisttemplesandiego.org/v-dharma>

<https://youtu.be/1Br1WQrtHbk>

We apologize for any inconvenience but with the COVID-19 situation, changes must be made at this time. The board will continue to monitor and re-evaluate the situation when it reconvenes for its meeting in mid-April to determine future actions. Thank you very much for your patience and understanding during this very difficult and challenging time.

Namu Amida Butsu,  
Board of Directors

*(Editor's note: This notice was last updated on 03.23.2020)*

## PRESIDENT'S MESSAGE

By LuAnn Lee, Board President



As I start this today, I know the main topic on all our minds is the Coronavirus (Covid -19).

It's hard to get away from it when it's on the radio and TV where you see stores with long lines just to get in and pictures of empty shelves where the toilet paper, antibacterial soap/wipes, rice and meats used to be. Cancelled sporting events, schools and theme parks closing, Limited store hours to allow employees time to restock, all adding to the frenzy that so many are feeling. As you probably know, BTSD was also among the many religious groups that have cancelled or postponed services, events and meetings.

On Saturday, March 7, I was in voluntary quarantine out of an abundance of caution, due to a co-worker's husband being tested for the virus. He came back from overseas and wasn't feeling well so went in to get tested. Since the test results were going to take two to three days, the accounting department that I work in closed down until we found out the results. Luckily, the test came back negative and we went back to work within a day. I'm glad to report that he and his family are doing fine.

My self-quarantine came the same time the San Diego and Vista Jr. YBA's hosted a Southern District Seminar. I was really looking forward to seeing what they had planned and helping with whatever needed to be done. I heard the kids and adults really enjoyed listening to the youth guest speaker CBE Youth Coordinator Koichi Mizushima. We appreciate his time to come down from the Sacramento area to inspire our young and older adults. Thank you to the Junior YBA members, parents and friends for putting on a great seminar.

Another thing that I missed but not due to illness, was the National Council Meeting held in Seattle on February 20-23. We implemented a new program at work so I was unable to get enough time off to attend. I always look forward to this weekend because you meet others from different temples and see friends like Reverend Mukojima and even some past Junior YBA members when I was in the group back in the mid -70's. The BCA is still dealing with the loan of the Jodo Shinshu Center and now the upkeep of the older and newer buildings plus the Bishop's residence. Be on the lookout for a blurb from one or more of the attendees Bill Teague, Reverend Smitty and Kenji Sensei.

In closing, for the next few weeks, we will monitor the status of the Coronavirus and will take into consideration the recommendations of the CDC, Local, State and National Governments as well as the BCA to decide on how long we will be closing the temple and the fate of the upcoming events. Check on our website for updates at <http://www.buddhisttemplesandiego.org/>

In times like this, we want to be close and get together to talk but knowing that would put other at risk, this is a good time to call or e-mail people that we think about but don't have time to connect with. Also, a good time to go through closets, boxes and clean up a bit (rummage sale is coming in August). Whatever you do to pass the time, please be safe and stay well.

If you have human contact, stay six feet away if possible, as we just don't know how many of us may have it without knowing. It is uncertain times but know that we are here for each other to call the temple (619) 239-0896 or e-mail the temple at [info@btsd.net](mailto:info@btsd.net).

Namo Amida Butsu.

## BOARD OF DIRECTORS MEETING

The Board of Directors met on March 12th:

1. To safeguard the Sangha from the COVID-19 outbreak, the Board approved cancelling and/or postponing planned March activities and meetings, with the Board re-assessing the situation at the end of the month.
2. The Board approved subscribing to a web-based meeting/conference call service so that if unable to attend in person, people could participate remotely
3. Condolences to the families of Mike Doi, Ned Iguchi and Rodney Oyama.
4. A summary of the 2020 BCA National Council meeting was provided by attending delegates.

## BWA NEWS

Due to the potentially widespread infection of the Novel Coronavirus Covid 19, all BWA activities have been put on hold or canceled for the month of March for the safety of our members especially those who are over 65.

Although the Temple is closed, Reverend Akahoshi has provided us with an ability to listen to his Dharma message on the Temple's website by launching the link called **V-Dharma**. His message about Buddhism and the Coronavirus is thoughtful in terms of understanding this disease, and how its presence helps us to better understand the fragility of human life, and how we all share the human conditions of sickness, old age and death.

Please continue to take good care and use the necessary health precautions to prevent the spread of this pandemic. Washing hands with soap and water for at least 20 seconds, not touching one's face, keeping social distances when dealing with others, and for those 65 and over, to stay at home for non-essential activities.

In Gassho,  
Mani Ryan

## DHARMA SCHOOL NEWS

We entered uncharted territory with the Coronavirus (COVID-19) public health crisis last month; Dharma School teachers and staff hope everyone continues to stay healthy and in good spirits during this time. Due to COVID-19 concerns, the Federation Dharma School Teachers League Conference, originally scheduled for April 22-24 in Orange County, has been officially postponed to a date in the Fall.

We want to make sure we are doing our part to help flatten the curve and protect those in our community who may be of higher risk to the COVID 19 virus. With that in mind, following all prevention and social distancing guidelines issued by the state and federal officials is imperative. Continuing to minimize face-to-face contact and maximize communication through online opportunities is ideal.

In light of the constant influx of information and changes to our day-to-day schedules we will be sure to continuously update families about any changes to Dharma School events throughout the months of April and May. Please take care and stay healthy!

Thank you in Gassho,  
Lisa

## JR. YBA NEWS

Hi everyone!

Hopefully everyone is doing well! Although we don't have many upcoming chapter events, last month was quite busy for us.

On March 7, we hosted the Southern District Jr. YBL Seminar 2 with Vista's Jr. YBA, which we had been planning for since September. Our theme was "Impermanent vs. 'I'm Permanent,'" and in three workshops, we talked about the fact that life is fleeting in order to encourage the Jr. YBA members to live their lives to the fullest. It was great bonding experience for the delegates, and we hope we were able to inspire them to live a life of no regrets.

We'd like to thank all the parents and adults who helped in both the planning and the actual day of the seminar! This event could not have been a success without everyone's help, and we're very grateful. We'd like to especially thank our advisors, Ms. Sharyn Kang and Mr. Ken Muraoka, as well as our Dharma School teacher, Ms. Sara Matsumoto, for their incredible help on the seminar, and especially on our workshops.

Although these last few weeks have been tough, we hope everyone is staying safe and keeping their hopes up. Remember to wash your hands and to be mindful of your actions!

Lastly, thank you to everyone who continues to support the Jr. YBA! We would not be able to host events like Seminar 2 if it weren't for the Sangha.

In Gassho,  
Zoe Yamamoto, Co-president

## POSTPONEMENT OF RELIGIOUS SERVICES

I know that many members are concerned with the postponement of religious services. As a temple, it is our job to provide spiritual guidance. The rituals, services, and traditions are very important. However, because of this COVID-19 crisis, we are unable to gather as a group. Now, our separation from each other is more important than religious tradition. The serious and deadly consequences of this virus would be especially dangerous for our older members. So, we must all be patient until the health authorities allow us to gather again. The postponement may be for months as the pandemic is still increasing and spreading.

In these challenging times, I encourage everyone to review the Teachings in books, pamphlets, and many sites on the internet. A home altar (*Obutsudan*) is important now as a family may conduct their own service. In the beginning, Shinran's followers gathered in homes as there were no Shin temples. This is an important time to assess our own depth of spirituality and connection with Amida Buddha. Shin rituals are not intended to request Amida's Compassion into our lives. Our rituals are intended to wake us up to the reality that our lives have been supported by Wisdom and Compassion.

We will honor all past *shotsuki* and other services at some future time. Until then, I can only offer talks on video and in print. Take care.

Gassho,  
Kenji Sensei

## SANGHA TEEN NEWS

Due to our Temple's decision to cancel all activities, our Spam Musubi Fundraiser will be postponed to a later time. We thank everyone who helped us with the fundraiser's planning as well as their words of motivation and advice. Our March meeting was cancelled as well as our April gathering to comply with the temple's policy.

Please follow all the steps needed to keep you and others around you protected. We wish everyone a safe and healthy few months ahead.

In Gassho,  
Andrea Covarrubias, President



## SCRIP NEWS

I hope that everyone is doing well and staying safe during this coronavirus time. Many of you probably won't be needing gift cards during this time of self-isolation. I will check with Linda and will make gift cards available to you. Just call the office and arrangements to see how you may pick up the gift cards you have ordered.

We don't know how long this will last, but we do want to be safe and healthy. Take care of yourself and your families!



## APRIL SHOTSUKI (MONTHLY MEMORIAL) LIST

*The Temple and Sangha offers sincere condolences to the family and friends of:*

*Mike Doi ~ February 8, 2020*

*Ned Iguchi ~ March 2, 2020*

*Rodney Oyama ~ March 9, 2020*

This month's Shotsuki Hoyo (MEMORIAL SERVICE), scheduled for April 5 has been postponed due to the temple's closure.

Families and friends of anyone who passed away during the month of April are urged to burn incense at your home O Butsudan and Gassho in memory of your deceased loved ones. Families will be notified when the April memorial will take place. Thank you very much for your understanding. If there are any errors in the list, please notify the temple at (619) 239-0896 or e-mail [info@btsd.net](mailto:info@btsd.net)

<u>DECEASED</u>	<u>FAMILY MEMBER</u>	<u>DECEASED</u>	<u>FAMILY MEMBER</u>
Toyosaburo Yanagihara (4-23-1930).....	Yanagihara Family	Setsugo Taniguchi (4-14-1993).....	Wilbur Takashima
Saburo Sugiyama (4-10-1936).....	Sugiyama Family	Yoshiko Sueyoshi (4-2-1995).....	Sueyoshi Family
Seihachi Tsurudome (4-2-1943).....	Tamio Tsurudome	Shizuko Yanagihara (4-30-1995).....	Yanagihara Family
Shizuko Kasubuchi (4-27-1947).....	Naoye Kasubuchi	Ai Yamada (4-27-1996).....	Keisuke Yamada
Masaichi Kuroda (4-30-1948).....	Toshio Kuroda	James Kasubuchi (4-12-1998).....	Naoye Kasubuchi
Yoshitaro Matsumoto (4-19-1952).....	Eiji Matsumoto	Muneo Torimaru (4-30-1998).....	Ricky Torimaru
Yukichi Okuma (4-16-1953).....	Okuma Family	Hazel Ito (4-13-2000).....	Ito Family
Yohichiro Torio (4-24-1954).....	Betty Torio	Shigenori Tsurudome (4-30-2000).....	Tsurudome Family
Hiromi Moribe (4-26-1954).....	Lee Moribe	Taro Matsui (4-29-2001).....	Matsui Family
Mansaku Shinohara (4-6-1956).....	Shinohara Family	Kenshi Tachiki (4-30-2001).....	Lewis Tachiki
Yoshiko Haseyama (4-5-1958).....	Noboru Haseyama	Haruko Muraoka (4-13-2002).....	Takenori Muraoka
Saburo Oyama (4-5-1963).....	Oyama Family	Yoshiko Takashima (4-21-2002).....	Wilbur Takashima
George Kozuma (4-9-1966).....	Tomiko Kozuma	Shinichi Okuyama (4-07-2003).....	Mai Kawaguchi
Shinzaemon Fujii (4-28-1967).....	Katsumi Kida	Kosaburo Ochi (4-27-2004).....	Emi Ochi
Shizuyo Izumo (4-1-1970).....	Yanagihara Family	Toshio Hayakawa (4-11-2005).....	Emiko Hayakawa
Ume Inouye (4-10-1970).....	Inouye Family	Yoshiko Miyazaki (4-29-2005).....	Madoko M. Miyazaki
Iwaguma Tsuneyoshi (4-9-1973).....	Motoo Tsuneyoshi	Armando Leal (4-11-2006).....	Rubio Family
Buheiji Tanaka (4-12-1975).....	Yoko Ozawa	Kaneko Houdek (4-09-2006).....	John Houdek
Hajime Kyutoku (4-10-1978).....	Tamio Tsurudome	Kikuo Uyeji (4-21-2006).....	Chieko Takeguchi
Ryohei Tsujimura (4-5-1980).....	Roy Tsujimura	Kattie Magotsugu Uyeji (4-15-2007).....	Masako Uyeji
Kuzo Sugiyama (4-23-1980).....	Sugiyama Family	Hidetoshi Akiyama (4-25-2007).....	Terry Akiyama
Magoichi Hamano (4-3-1983).....	Toru Hamano	Masao Santohigashi (4-06-2008).....	Kiku Graeber
Isao Imaizumi (4-27-1983).....	Imaizumi Family	Judi Shigeko Shinohara (4-18-2009).....	Janice Shinohara
Kazumi Sugioka (4-29-1985).....	Sugioka Family	Shimako Uda (4-26-2009).....	Georgiana Uda
George Yukio Kodama (4-19-1986).....	Vivianne Jones	Setsuko Himaka (4-24-2011).....	Lynn Fuchigami
Chiyo Yamagata (4-27-1987).....	Harold Yamagata	Earl Isoki Osaki (4-21-2013).....	Gail Furuya
Mike Hagio (4-7-1988).....	Quimico Hagio	Robert C. McDonald.....	Bruce McDonald
Frank Tachiki (4-6-1989).....	Les Tachiki	Kazuo Kiyono (4-6-2014).....	Norman Kiyono
Terry T. Doi (4-28-1989).....	Patrick Doi	James Noboru Nakashima (4-7-2014).....	Tomoye Nakashima
Mine Takeshita (4-27-1991).....	Takeshita Family	George Tachiki (4-22-2014).....	Miyako Tachiki
Zenbei Iwashita (4-11-1992).....	Iwashita Family	Hiro Tsurudome (4-19-2015).....	Joanne Tsurudome Garcia
Benso Tsuji (4-6-1993).....	Laura Katsue Tsuji	Mildred Pocock (4-2016).....	Claudia Poquoc

### MEMORIAL SERVICES

MEMORIAL SERVICES allow us to pay homage to loved ones who have passed away. In our Jodo Shinshu tradition, family members hold a service at certain intervals following a relative's death to express gratitude for and acknowledge their continuing influence in our lives. If you wish to schedule a memorial service for a loved one, please call during weekly office hours.

**2020 is the memorial year for those who passed away in:**

1st Year Memorial	2019	13th Year Memorial	2008	27th Year Memorial	1994
3rd Year Memorial	2018	17th Year Memorial	2004	33rd Year Memorial	1988
7th Year Memorial	2014	25th Year Memorial	1996	50th Year Memorial	1971

The Buddhist Temple of San Diego is grateful to the following individuals and organizations for their recent donations to the Temple and its affiliated organizations. "IMO" means "In memory of." For a correction, please inform our secretary at (619) 239-0896 or [info@btsd.net](mailto:info@btsd.net).

**BUDDHIST TEMPLE**

Kawasaki, Trace & Mildred --  
60th Wedding Anniversary  
Nimura, Saburo  
Hara, Ruby  
Hara, Ruby - Brocade Alter  
Cloth  
McDonald, Marianne

**DHARMA SCHOOL**

Nakamura, Jake K. & Patty  
Otsuji, Dennis & Elaine  
Ota, Laurine  
Matsumoto, Akiko

**FLORIAL OFFERING**

Nakamura, Jake K. & Patty  
Hashiguchi, John and Tsune  
Otsuji, Dennis  
Ota, Laurine  
Matsumoto, Akiko

**GENERAL MAINTENANCE**

Nakamura, Jake K. & Patty  
Otsuji, Dennis  
Ota, Laurine  
Matsumoto, Akiko

**HANAMATSURI**

Ryan, Mani and  
Yamaguchi, Laura  
Benson, Agnes  
Ohara, Ann  
Ota, Laurine  
Spears, Margo  
Coppock, Roger  
Iwashita, Setsuo and Jan  
Iwashita, David & Katie

**MAP (Ministers Assist)**

Nakamura, Jake K. & Patty  
Otsuji, Dennis & Elaine  
Ota, Laurine  
Matsumoto, Akiko  
Amemiya, Mary O.

**MEMBERSHIP PLEDGES**

*We thank the following individuals / families for their recent renewals:*

Bradford, Qamar A.  
Martinez, Nancy  
Hotta, JoAnn Katsuda & Eugene  
Nakamura, Jake K. & Patty  
Otsuji, Dennis & Elaine  
Ota, Laurine, Ken and Tomiyo  
Fuchigami, Lynn S. & Stephen  
Amano, Takeko  
Sumida, Ann & Ted Johnson  
Family  
Amemiya, Mary O.  
Amano, Nobuko  
Honda, Ralph & Avis  
**OTHER**  
Matsumoto, Akiko

**NIRVANA DAY SERVICE**

Graeber, Kiku  
Masumoto, Chiyoko  
Koga, Florence  
Tsuneyoshi, Motoo & Angie  
Ohara, Fumiko

**OHIGAN SERVICE**

Tomiyama, Steve & Aki  
Shigehara, Wilbur  
Sumida, Floyd & Kaytee  
Graeber, Kiku  
Yamamoto, Jane  
Otsuji, Dennis & Elaine  
Hendrix, Hiroko  
Nogata, Yuriko  
Sakai, Jeffery & Kathy  
Suyenaga, Irene  
Kuwada, Howard Kanji  
Tanaka, Kelvin & Lara  
Tsuji, Masako  
Estes, Toshiye  
Moncrief, Mayko  
Moriyama, Chieko  
Sugiyama, Yukiko  
Yamamoto, Kengo  
Amemiya, Mary O.  
Kawasaki, Kiyoshi & Itsuko  
Koga, Florence  
Honda, Ralph & Avis  
Masumoto, Chiyoko  
Morikawa, Kazuhiko

**SCHOLARSHIP FUND**

Nakamura, Jake K. & Patty  
Otsuji, Dennis  
Ota, Laurine  
Matsumoto, Akiko

**SHOTSUKI HOYO**

Ohara, Fumiko  
Inouye, Jeanne M.  
IMO Fred Nabeta  
IMO Shimeno Nabeta  
Muraoka, Roy  
IMO Saburo Muraoka - Aug.  
IMO Aiko Muraoka - Oct.  
IMO Haruko Muraoka - April  
Araki-Kawaguchi, Corinne  
IMO Uncle Kazuto Kawaguchi  
Yonekura, Roy & Susan  
IMO Tommy Yonekura  
Driscoll, Christine  
IMO Susumu Yagi  
Torio, Betty  
Yamanishi, Miyoko  
Yanagihara, Sumiko  
IMO Masaru Yanagihara  
Baker, Carol  
IMO Masaru Yanagihara  
Kawamoto, Yukio and Mitsuo  
IMO Yayoi Kubota  
IMO Michael Kawamoto

Tomiyama, Sayoko  
IMO Kiyotaro Osaki  
Honda, Mikiye  
Sugiyama, Chiyeko  
IMO Mark Kasubuchi  
Suyenaga, Irene  
Amano, Takeko  
IMO Sam Amano  
Amano, Nobuko  
IMO Mitsuru Amano  
IMO Yaeno Amano  
Kawasaki, Kiyoshi & Itsuko

Kashima, Jeanie  
IMO Tetsuyo Kashima  
Moriyama, Chieko  
IMO Bruce Riyou Moriyama  
Rubio-Torres, Arturo  
IMO Armando Leal  
Yamamoto, Jane  
IMO Mary Yagura  
Oto, June  
IMO Motono Oto

**Buddhist Education in April –****Namo Amida Butsu**

Bill Teague, Chair

With activities at the temple canceled in April, we will certainly alert you when public meetings will resume. We will post items of interest on the website in the meanwhile. For those of you who have subscribed to the weekly email newsletter (usually sent out early in the week) about Buddhism 1-2-3, we will continue to send out that email and hope to supply new content.

**Worship at Home and Namu Amida Buddha.**

We hope you will be able to engage in home worship if you are sheltering in place at home. Some of us have formal shrines but it is the quality of worship that counts, and not the quality of the shrine. Something as simple as an image of Amida Buddha, or the Chinese characters (kanji), which will be posted on website, and a candle or fruit or rice offering in a kitchen dish, are more than adequate. To pay one's respects once or twice a day will be a tremendous boon to getting through the day.

**Our Portable Religious Practice.**

Our *Nembutsu* tradition in Jodo Shinshu is remarkably portable and endures through almost any circumstances. At such times as these, we appreciate our *Nembutsu* practice more than ever. Namu Amida Butsu.

**Website to Host New Videos**

During the time the Temple remains closed, we hope to post new videos each week on our website. Open up [www.buddhisttemplesandiego.org](http://www.buddhisttemplesandiego.org) and choose **V-Dharma** from the menu.

You can also search for the YouTube Buddhist Temple of San Diego Channel to find our videos posted there too.

# マウンテンビュー仏教会「回向」 二〇二〇年四月法話

## 女性は偉大

駐在開教使 向嶋裕史

当仏教会の伝統として、毎年三月はガールスカウトが日曜礼拝の司会を担当し、礼拝後の軽食の用意や後片付けをする事になっています。今年は、当仏教会のガールスカウトから六名の子供達が高校を卒業することになっていますが、その内の三名は当仏教会のガールスカウトが十三年前に設立された当初から所属して長いこと活躍してくれています。私が七年前に当仏教会に赴任して以来、彼女達の成長を見守ってきましたが、ガールスカウトのプログラムを通して、責任感や行動する勇氣、そして、課題を克服する自信を身につけ、さらに豊かな個性を伸ばして一人ひとりが立派に成長している姿に接し深く感動させられています。

彼女達が責任を持ってお寺の行事や日曜礼拝の司会を一生懸命こなしている姿を見ていると、より多くの女性が地域社会のみならず、世界でもっと活躍できるような環境を整えていかなければならないと強く感じました。仏教は二五〇年前に説かれた教えですが、今日まで絶えることなく伝えられてきたのは、男性の努力のみならず、女性のさまざまな貢献があったからだというのは紛れもない事実です。その長い歴史から見ても、多くの偉大な女性が仏教を広めるために多大な尽力をされました。例えば、仏陀の母親であるマヤー夫人を始め、仏陀を育てたマヤー夫人の妹、マハープラジャパティ。そして、仏陀に乳粥を供養した村娘のスジャータ。六年間の苦行で力尽きた仏陀がスジャータに差し出された乳粥によって心身共に回復し、その後、菩提樹の下で瞑想に入った仏陀は四十九

日後に悟りを開かれたというのは大変有名な話です。もしスジャータの施しが無ければ、仏陀は悟りを開くこともなく、私達は仏の教えに出遇えなかったかもしれせん。

浄土真宗の歴史においても偉大な女性がたくさんおられます。まず、宗祖親鸞聖人の妻であった恵信尼公は、互いに自立と信頼で夫婦の絆を深め、六〇年もの長きに渡って親鸞聖人の伝道活動を支えてこられ、その後の浄土真宗における住職の妻の Handbook ももされてきました。また、親鸞の娘である覚信尼公は、親鸞聖人の他力念仏の教えを守るために親鸞聖人の遺骨を納めた廟堂を建立し、それが後の本願寺の礎となりました。また、第二十一代門主の娘である九条武子夫人は、仏教婦人会を設立し、また、女性が社会で平等に活躍できるような女子教育の重要性を唱えて京都女子大学を創立されました。そして、一九三三年に起きた関東大震災による被災者に対し医療支援を行い多くの人命を救済し、その後、この活動があそか病院開設のきっかけになりました。更には、震災によって完全に倒壊した築地本願寺を再建され、今なお首都圏における浄土真宗の教義を広める拠点として大きな役割を担っています。

北米開教区に於いても、女性の活躍が著しく、宇宿パトリシア先生が開教使会の議長を二年間勤めシアトルで開かれた先の開教使会会議では、ヘッドテーブルに四名の開教使が座っていましたが、一人は梅津広道総長で、他の三名は女性開教使、宇宿議長と書記のトンプソン・ダイアナ先生、そして、柴田キャディス先生が会議を進められました。このように開教使会では過去に例を見ないほど女性開教使が新しい見解と強いリーダーシップを持って大きな役割を果たしてくれています。

更に、北米開教区の次期会長に大森テリー夫人が選出され、二〇二〇年には教団の百二十三年の歴史の中で初めての女性会長が誕生します。これはアメリカにおける仏教教団として大変意義深く歴史的な出来事です。

また、私達のコミュニティに目を向けても今年の一月に大変素晴らしいことがありました。それは、私達の友人である阿部・古賀マーガレット夫人がマウンテンビュー市の市長、そして、亀井エレン婦人が副市長に就任したという快挙です。マーガレット夫人は長年に渡って当仏教会を支援して下さっている友人であり、エレン夫人は浄土真宗の門徒であります。マウンテンビュー市の長い歴史の中で日系女性が同時に市議会の中でこのような大きな役職に就くのは初めての事です。先の一月に市役所で開かれた就任式に娘と一緒にこの歴史的瞬間を目にするために参加したのですが、何とも誇らしく感じると同時に、女性が男性と同じように思う存分活躍できる輝かしい社会を実感しました。

念仏に生きる私達は、全ての衆生を分け隔てなく救うと誓われた阿彌陀仏の本願を深く慶ばせていただく中で、男女平等の教えを実践し、女性の人権をより尊重していくことが大切です。仏教が今日まで数多くの女性に護られてきたように、私達の社会も男性と同じようにより多くの女性指導者を生み出すことが、よりよい社会を構築する最善の道だと強く信じています。平等に降り注がれる阿彌陀仏の智慧の光の下、全ての女性が何ものをも恐れることなく自身の才能と能力に誇りと自信を持って、社会福祉に貢献できる指導者となれる素晴らしい世界を皆さんと共に築いていきたいと切に願っています。

南無阿彌陀仏

## Golden Chain of Love

In Amida Buddha's Golden Chain of Love  
That stretches around the world.  
I must keep my link bring  
and strong.

I will try to be kind and gentle to every living thing  
and protect all who are weaker than myself.

I will try to think pure and beautiful thought,  
to say pure and beautiful words,  
and to do pure and beautiful deeds,  
knowing that on what I do now  
depends not only my happiness or unhappiness  
but also that of others.

May every link in Amida's Golden Chain of Love  
be bright and strong  
and may we all attain  
perfect peace.

Everyone is interconnected.  
Everyone is equally deserving of love and care.  
and our compassion must reach out to embrace all life, everywhere.  
I will reach for courage and resilience when times are dark.  
I will do what I can to protect my own health, to stay safe,  
and to provide for those who depend on me.

I will be considerate of others' needs, take only my fair share,  
and be a good steward of resources and of the environment.  
I will follow precautions like social distancing so that I can protect those in my  
community who are most at risk. I will make sure that our society respects and  
provides for those who are less privileged than I am.

I will encourage my mind to focus on finding practical solutions,  
even on a small scale, and release anxiety about events outside my control.  
I will look for ways to support and encourage others in challenging times.  
I will share helpful and accurate information with my community, and offer com-  
fort and compassion to myself and to all who feel anger, frustration, or fear.  
I will seek ways to take actions that benefit others,  
even if that means staying home.

I will make these choices because everything I choose to do today  
will affect my future journey through this life,  
and will also affect the health and well-being of my family,  
my community, humanity, and the Earth.

Let us work together to help all beings  
be comforted, calm, safe, and well,  
so that we can build a world  
governed by peace, compassion, and respect for all.

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