



January 2011

New Year's Greeting

"Immeasurable Light and Life."



At the beginning of the new year, I would like to send you my greetings from Hongwanji in Kyoto.

Finally, 2011 has begun, the year when the Hongwanji in Kyoto will observe the Seven hundred fiftieth Memorial for Shinran Shonin. Since the four overseas districts of South America, Hawaii, BCA, and Canada already conducted the *Daionki* memorial in their respective districts, many of you must have already had a chance to confirm the significance of this observance by fellow Nembutsu practitioners which is conducted only once every fifty years. I see that each generation appreciates the same occasion in different ways. It is surely incomprehensible how and when each of us encounters a certain occasion.

BTSA Minister: REV. YASUO IZUMI
403.382.7024 • yasuo123@telus.net
sensei@thebtسا.com

470 - 40th Street South
Lethbridge, AB T1J 3Z5
403.327.1260 • www.theBTSA.com

We can find the essence of the *Daionki* memorial in praising the virtue of Shinran Shonin and sharing the joy of expressing our gratitude to his benevolence. Shinran Shonin is the founder who established the Jodo Shinshu teaching. His teaching has guided many persons to becoming Nembutsu followers, and they, in turn, formed Sanghas and our institution. Nembutsu followers are tied to each other as fellow practitioners with the common belief that everyone is equally saved through the working of Amida Tathagata, not through the supernatural power of a special person. Another significance of Shinran Shonin's benevolence is that he taught us the most important thing in life and he is the one whom we can always rely on. In this sense, we regard Shinran Shonin as our master teacher of life.

Although I am looking forward to having as many of you as possible come to visit the Hongwanji on this occasion, it is likely that it is difficult for overseas members to come here. It is my hope that you will be able to recollect or imagine the Hongwanji Founder's Hall through the pictures on the Internet or by visiting your nearby temple, and by doing that, you will be able to share the joy that Shinran Shonin's teaching enables us to recite the Nembutsu and follow the path to the Pure Land where we are able to attain Buddhahood.

OHTANI Koshin
Monshu
Jodo Shinshu Hongwanji-ha

年頭の辞

光寿無量 新しい年の初めにあたり、京都の本願寺よりご挨拶申し上げます。

いよいよ、本願寺で大遠忌法要をお勤めする年となりました。南米・ハワイ・北米・カナダの四教団では、すでに、この法要をお勤めされましたから、多くの方が、お念仏の朋がつどって、五十年に一度の大法要をお勤めすることの意義を確かめられたことと思えます。年齢に応じて、味わいが違うところに、縁の不思議さを感じます。

大遠忌の根本は、親鸞聖人のお徳を讃え、そのご恩に報いる喜びを共にすることにあると言えます。親鸞聖人は浄土真宗を開いてくださった宗祖です。聖人のみ教えに導かれて、多くのお念仏の朋が生まれ、教団ができました。特別の人間の力で救われるのではなく、皆が平等に、阿弥陀如来のはたらきで救われるところから、御同朋御同行という繋がりができます。もう一つ、大事なことは、私の人生にとって一番大切なことを教えてくださった方、今も私の支えとなってくださっている方だということです。ですから、親鸞聖人は、私の人生の師と味わえます。

この機会に、できるだけ多くの方に本願寺にお参りに来ていただきたいと期待しておりますが、海外の方にはなかなか難しいことでしょう。インターネットの映像やお近くのお寺で、御影堂に思いを馳せ、親鸞聖人の教えにより、お念仏とともに、往生成仏への道を歩む私だとの思いや喜びを共にしていただきたいと願っております。

2011年1月1日

浄土真宗本願寺派
門主 大谷光真

I wish you all Happy New Year in 2011.
May peace and tranquility prevail in our lives through the Dharma!

We Create Our Own Life.

The other day I went to a Chinese restaurant after a memorial service. At the restaurant, a gentleman who sat to the right side of me said, "Reverend, could you please move a little bit away from me?" I said, "Why? We have enough room between us. You don't like me?" I laughed. He said, "No, no. I am left-handed. You are right-handed, right? We might hit each other while we are eating." "Oh, I see." I said. So, I moved away a little bit to the left of him.

This reminded me of a Buddhist story in China I read many years ago. The story describes the difference between Pure Land and Hell. A man wants to see what both realms are like. First, he visits Hell at lunch time. He sees many hungry ghosts sitting at a round dinner table, using arm-length chopsticks and preparing to eat. It is a very noisy place. All hungry ghosts are angry and discontented. Meal time should be happy and enjoyable; instead, they are constantly fighting, yelling and complaining. Why? Because every time they try to get food for themselves, their chopsticks bump and knock against each other. Their chopsticks make it difficult to eat. They complain, get frustrated and angry, and finally fight with one another. And they are not able to get food. Things do not go as they desire! They become hungrier and begin yelling and fighting even more.

The next day, the man goes to the Pure Land, again at lunch time. He sees many people sitting around a round dinner table and eating. They also are using arm-length chopsticks. But the place is quiet and people are enjoying eating. The difference is that they are helping each other to eat. Using long chopsticks they get food and put it into the mouths of others rather than their own. They are not trying to feed themselves but others who are sitting across the table, who in return feed them! They are sharing the food with one another. The man sees the realm of hell and the realm of Pure Land before his eyes.

This is an easy story to understand, even for children. The chopsticks do not create Hell or Pure Land. Our minds create Hell. Since our minds are quite selfish we only create Hell. Who creates the Pure Land then? The Buddha creates the Pure Land or rather Buddha's mind of pure compassion produces the Pure Land. Buddha's compassion of oneness creates it.

At any rate, our actions based on our selfish minds bind us to Hell. We are tied up by our own negative karma and create Hell. Venerable Master Shinran almost never talked about Hell. He did not need to. In his deep reflection he saw IT in his everyday life and he deeply lamented over it. We are chained and bound by our actions of ignorance and create Hell.

Buddha Dharma talks about spiritual liberation from ignorant self, a strong tie by which we are bound. In the midst of our life we create our lives with our actions; however, we are liberated by encountering the Dharma, the working of Amida, to the life which is true and real.

In his "wasan" (Japanese religious poem) Shinran wrote in joy and happiness:

*The radiance of enlightenment, in its brilliance,
transcends all limits; thus Amida Is called the
"Buddha of the Light of Purity. Once illuminated
by this light, we are freed of karmic defilements and
attain emancipation."*

In Gassho,
Yasuo Izumi, Minister
Buddhist Temple of Southern Alberta

あけまして おめでとうございます。本年も よろしくお祈りします。

ある方が、「あけまして」とは人生が「明るくなった」ということである、と語っています。人生が明るくなって、私たちは、はじめて「おめでとう」と言えるということです。「明るくなる」とは、文字どおり、太陽や、月にの光に照らされているということでしょう。明るくなると、人の心は、広くなり、温かくなるものです。毎日が、明るく、広く、温かくなるのが、本当におめでたいことでもあります。

一月一日を「元旦」と語っていますが、「旦」と言う字は、光が地平線から現れる姿です。光が現れると、闇が一瞬にして、明るくなります。心が、広くなり、温かくなります。仏教では、心の闇ということ語っていますが、心の闇とは、「自分さえよければ」という我執の心のことです。この心が闇を造るのです。光に背を向けている私たちの姿が、闇を造るのでしょうか。仏様とは、智慧の光から、私たちの闇に働きかけておられる方のことです。仏様の働き（これを慈悲と申します）に出会うとき、わたしたちは明るく、広く、温かい日々を生きることが出来るのではないのでしょうか。

新年を迎えて、いよいよ聞法にいそしみましょう。合掌。
泉康雄

BTSA NOTES

Happy 2011 Year of the Rabbit everyone. BTSA begins a new year on a strong foundation, with a solid sangha supporting temple activities and outlook. The major milestone in 2010 came early in February with the welcoming news that BTSA retired its mortgage, barely a year after it took possession of the new building. Perhaps more importantly, continued member and volunteer diligence throughout the year remained the bedrock of the organization, keeping BTSA vital and meaningful to so many. Thank you everyone for your perseverance which promises success in whatever BTSA undertakes.

A sterling example late in the year came in December when the Membership Committee under Roland Ikuta presented the third movie night, with the Korean film "Spring, Summer, Autumn, Winter...and Spring." A curry dinner prepared by volunteers was served to close to 70 persons in attendance. The chance to socialize and to watch together a stunningly-beautiful film added up to a relaxing and enjoyable evening. Please see a story about this elsewhere in the Hikari.

Speaking of membership, the same committee has been meeting regularly to find ways to keep current members engaged while at the same time encouraging others to re-engage or to join. Inevitably, we lost many Dharma friends during the year; but we have been pleased to see new faces at our Sunday services week after week. A few have become regular attendees and on occasion have given their time at events like mein-noodle making or regular clean-up sessions.

The temple depended throughout the year on volunteer energy and the generous tendency to offer assistance eagerly. The toban system continued to operate smoothly, with all groups keeping the premises spic and span, the naijin beautiful during Sunday and special services, the after-service Dharma gatherings enjoyable, and generally the temple a pleasant place to be. Thanks, too, to all those whose unheralded and quietly-offered voluntarism assured that our regular services run without a hitch. Please see elsewhere for a new schedule of service chairs and audio assistance for the first half of 2011.

As the new year begins, BTSA asks for everyone's continued help to maintain a strong Jodo Shinshu presence in southern Alberta so that the Buddhadharma might be available to whoever wishes to hear it. BTSA's important spiritual task is to insure that the message of gratitude that refreshes and endures may be regularly heard. To do this, we need everyone's on-going generosity when major fund-raisers like the chow mein supper and bake and craft sale are planned. As in 2010 and years past, we will count on you in 2011. Please join us for Ho-on-ko on Jan. 9 at 2 p.m., followed by the New Year's Party.

New programs in yoga and breathing begin soon. Please check the schedules on the last page.

At its December meeting, the BTSA board:

- set its annual general meeting for March 6, immediately following Sunday service;
- retained Moriyama and Company for a review engagement of 2010 BTSA finances;
- approved the purchase of a mechanized screen at a special price of \$500;
- received a report on the Funeral Fair, showing a profit of \$926.50;
- approved the purchase of a \$1350 portable electric piano for the BTSA choir;
- agreed to collect food items for the Lethbridge Interfaith Food Bank and to match their value with a monetary donation; and,
- decided not to allow parking on the temple parking lot by neighboring businesses.

Please remember that all BTSA minutes and related reports are available for member perusal. They are shelved binders by identified by years in the board room.

Akira Ichikawa

BTSA BOARD NOMINEES SOUGHT

Members interested in serving on the board, beginning in March, 2011, are asked to stand as nominees for elections which are scheduled for the annual general meeting (AGM) on March 6.

The two-year term of the current board members expire at that time, and the hope is to put into place a staggered system whereby half the board will be elected for two years and the other half for one year. This would allow annual elections for half the board, providing some continuity.

Several members of the current board already have indicated they will not stand for election in March. While the by-laws stipulate there must be at least three board members and no more than 12, BTSA has had 12 since its inception. The practice of a dozen board members appears to have worked well.

Please offer to be nominated when approached or if there is an interest to serve. A new and refreshed board guarantees innovation and new directions for the temple. Besides nominations prior to the AGM, nominations will be entertained from the floor during the meeting. It would be appreciated if interested persons inform any member of the current board of their willingness to be nominated.



BUDDHIST TEMPLE OF SOUTHERN ALBERTA

470 - 40th Street South, Lethbridge, AB T1J 3Z5 | 403.327.1260 | www.thebtsa.com

2011 Membership Form

- Full Membership (\$100 for each member) Student Membership*

Last Name: _____ First Names(s): _____

Last Name: _____ First Names(s): _____

Home Address: _____

City, Province, Postal Code: _____

Telephone No.: _____

Cellphone No.: _____

Email: _____

- Check to receive The Hikari newsletter by Email only.

Please send this form and your remittance to:
 Buddhist Temple of Southern Alberta Treasurer
 470 40th Street South
 Lethbridge, AB, T1J 3Z5

Notes

*Student membership is limited to persons 18 years or older who are currently registered in a recognized educational institution. It is free of charge with a valid student ID card. Student Members are not entitled to vote at general meetings or to hold office in the BTSA and this category of membership does not include membership in the Jodo Shinshu Buddhist Temples of Canada.

LET'S EXPAND THE CIRCLE OF THE DHARMA!

Memorial Donations

December 2010

- Etheline Blind
- Jean Fujii
- Floyd & Yoko Gillies
- Shirley Higa
- Janet Hinatsu
- Jim & Linda Hubbell
- Mary Huuomonen
- Akira & Lorita Ichikawa
- Gail Ikebuchi
- Irene Karia
- Eleanor Katakami
- Gene & Shannon Kawade
- Katoye Maruno
- Roy & Luri Nagata
- Shig & Katie Nakagawa
- Susumu Nakamura
- Teiji Nakamura
- Roy & Minnie Nakatsuru
- Hideko Nishi
- Mitsuko Nishi
- Saburo & Kimino Nishi
- Danny & Yoko Nishimura
- Sway & Toshiko Nishimura
- Frank & Kimi Ohno
- May Ohno
- Hideko Oishi
- Sut & Neva Oishi
- Tak & Jan Okamura
- Shig Sakamoto
- Florence Senda
- Takaaki & Hajime Shigemi
- Noboru & Kazuko Sugimoto
- Masato & Miyo Sunada
- Tom & Tsuyako Tajiri
- Kazuko Takaguchi
- Sonoko Takasaki
- Toshiko Takeda
- Elaine Tanaka
- Glen & Pamela Tanaka
- Dr. Frances Tatebe & Ralph Arnold
- Bill Teshima
- Fujio & Yoshiko Tsukishima

Total - \$4 590.00

2011 Buddhist Memorial Service

仏教徒の年忌法要

Year of Death (死亡年)

- 2010 First annual memorial1 year from death
- 2009 3rd2 full years from death
- 2005 7th6 full years from death
- 1999 13th12 full years from death
- 1995 17th16 full years from death
- 1987 25th24 full years from death
- 1979 33rd32 full years from death
- 1962 50th49 full years from death

A memorial rite marking the death of the deceased not only calls for the adornment of the shrine and the reading of the sutra but also is a precious occasion for recalling the cherished memories of the beloved and the most of all to realize the blessings of the Light of Wisdom and Life of Compassion which embrace us all. (from Jodo Shinshu Handbook for laymen)

On the first or near the first Sunday of every month, the BTSA observes a monthly memorial service in memory of those people whose date of death (meinichi-命日) falls in that month. Please bring a Homyo of your loved one.

REGULAR EVENTS

Japanese Conversational Language Class

Instructor: Rev.Izumi

Will tentatively resume in late February or early March.

Please contact Denise Takao at 381.1187 or detakao@telus.net

Chanting (Shoshin-ge) and Study/Discussion Group

Sundays (except first Sunday of the month) 9:40am

Everyone welcome. The purpose of meeting is to deepen understanding and appreciation of Jodo Shinshu revealed by Shinran Shonin. Join morning chanting anytime. Each word is explained by your minister. Please contact Renae Barlow (renaeb@telus.net) or Rev. Izumi 382.7024

Southern Alberta Buddhist Choir Thursdays 7pm

Please contact Katie Nakagawa 403.327.4296 or katieinak@shaw.ca

Tonari Gumi Tuesdays 12 – 3pm

Tonarigumi Bingo will start on January 11, 2011

Taiko Class Tuesdays 7 - 8:30pm

Please contact David Tanaka 403.330.1548 or david@eyesquared.com

The Lethbridge Karaoke Club

Wednesdays 1:30 – 4pm

All interested are welcome to join or just listen and enjoy

Minyo (Folk Dance)

Wednesdays, 6:30 – 8pm

Contact: Aya Hironaka at 403.752.4065

PROGRAMS

New Dance Group - MINYO

A new dance group, under the sponsorship of the Nikkei Culture Society of Lethbridge and Area (NCS of LA) is planned for the new year. Minyo (Folk Dance) will commence lessons on Wednesday, January 12 at 6:30pm in the multi-purpose Room at BTSA. Minyo, a folk dance group will hold practices the 2nd and 4th Wednesday in January.

Everyone is welcome to join. Men, women and children of all ages are encouraged to learn folk dancing that is easy and fun. Participants are asked to bring a Yukata if they own one. A limited supply is also available for loan. Other accessories will be supplied as required by the NCS of LA. Membership is \$20 for the year.

For further information call Aya Hironaka at 403.752.4065

Aiki Breathing Class

Mondays 10:45am - 12pm

January 24 – March 21, 2011 (No session Feb 21)

Suggested donation is \$40 for eight sessions. There is still room for a few participants to a maximum of 20.

Contact Lorita at 403.327.1668 or lorita.ichikawa@gmail.com

Gentle Yoga For Seniors

Tuesdays 10:30 – 11:30am

January 25 – March 22, 2011 (No class February 22)

This program is full. Contact Lorita to be put on waitlist.

ANNOUNCEMENTS

Condolences

The Buddhist Temple of Southern Alberta expresses heartfelt sympathy to those who have lost loved ones.

Mr. Bob Miyagawa (78) Nov 21, 2010

Mr. Harry Minoru Osaka (89) Dec 16, 2010

Mr. Richard Sunao Nishijima (81) Dec 24, 2010

Onenju (Ojuzu) For Sale

New Onenju from Japan are available. (\$15 for male onenju. \$18 and \$20 for female onenju) Excellent gifts for your children and grandchildren. **The scrolls of Amida Buddha are also available.**

Flowers are delivered to those in hospital.

Please contact Kay Tsukishima, 403.327.9786 or Kaz Takaguchi, 403.328.3190 if you are aware of a BTSA member who has been hospitalized for a week or more.

TOBAN UPDATE

Toban Schedule 2011

January	Toban 3
February	Toban 4
March	Toban 1
April	Toban 2
May	Toban 3
June	Toban 4
July	Toban 1
August	Toban 2
September	Toban 3
October	Toban 4
November	Toban 1
December	Toban 2

An updated Toban phone list is available at the temple or by contacting lorita.ichikawa@gmail.com

Toban 1 had a quiet month of December and thanks Pat, Roy, Flo, Sut and Sumie for assistance with the monthly clean up. All Toban groups participated in the successful Bodhi Day Bake and Craft Sale which raised a net of approximately \$6,700.

Toban 3 will prepare a chow mein supper for the Hoonko/Shotsuki/New Year's party, Sunday, January 9 at 2 pm,

Soup Kitchen Schedule

Jan 19	Toban 2
Feb 02	Toban 3
Mar 24	Toban 4
May 23	Toban 1

MOVIE NIGHT at the temple

The last movie night of the year occurred on Dec. 10th. There was a great turn out of over 70 people who enjoyed the beautifully filmed *Spring, Summer, Fall Winter and Spring*. There was a great supper of Curry rice, Takuan, Beer and Wine. Dono Sushi also donated a plate of sushi. We enjoyed the new projector approved by the board. Thanks to Harry & Yvonne Sugimoto, LaVerne Hamabata & David Major, Lila Takeda and Roland & Brenda Ikuta for making the meal for everybody. A total of \$375 was received as donations. The next movie night will be in February 11th, 2011. Please look for further announcements in the next Hikari.

Sunday Service CHAIR SCHEDULE January & February 2011

Jan 02 NO SERVICE

Jan 09 HOONKO/SHOTSUKI

Chair: Robert Takaguchi

Audio: Roland Ikuta

Jan 16 REGULAR

Chair: Sway Nishimura

Audio: John Dubbelboer

Jan 23 REGULAR

Chair: John Dubbelboer

Audio: Akira Ichikawa

Jan 30 REGULAR

Chair: Brenda Ikuta

Audio: Sway Nishimura

Feb 06 SHOTSUKI

Chair: Mas Terakita

Audio: Lorita Ichikawa

Feb 13 NIRVANA DAY

Chair: Mac Nishiyama

Audio: Roland Ikuta

Feb 20 REGULAR

Chair: Akira Ichikawa

Audio: Lorita Ichikawa

Feb 27 REGULAR

Chair: Robert Takaguchi

Audio: Roland Ikuta

Please contact Renae Barlow if you are interested in chairing a service.

HAPPY NEW YEAR! A HAPPY & HEALTHY 2011 TO YOU

January & February Observances

New Year's Day Service (Shusho-e)

January 1

This is a gathering to reflect upon and learn from past mistakes, and with renewed resolution, endeavor to live a life in the Nembutsu.

Hoonko (Memorial Honoring Shinran Shonin)

January 16

As the most important Jodo Shinshu observance, this is the date chosen to commemorate Shinran Shonin's passing. Traditionally, seven days of services are conducted at *Honzan*, culminating on January 16. During that period, numerous activities are held, recalling the legacy that the Founder has left. This gives practitioners a chance to "hear the light" through listening to sermons, talks, rituals and sangha fellowship.

Nirvana Day (Nehan-e)

February 15

Although Sakyamuni Buddha had already attained liberation under the Bodhi tree long before his death, this is the day he passed into complete Nirvana, leaving his earthly form behind. Jodo Shinshu followers revere Sakyamuni Buddha because he is the manifestation of Amida Buddha on this earth, so this is an opportunity to show gratitude for the noble teachings that were communicated to humanity through him.

*Jodo Shinshu A Guide
Hongwanji International Center, Kyoto (2002)*





NOVEMBER ACTIVITIES

In December the Dharma class went shopping for items to fill hampers for the Lethbridge Interfaith Food Bank. \$250 worth of Superstore gift cards were purchased from the JSBTC WF fundraiser by the Dharma class. Thank you to Charlotte and Lisa for helping the younger students around the store.



BTSA Food Bank Donations

A large box to collect non-perishable food items for the Lethbridge Interfaith Food Bank has been placed in the multipurpose room for BTSA members to drop off any donations they may wish to make. The BTSA board decided at its December meeting to collect food items through the remainder of 2010 and January and February, 2011.

The approximate monetary value of the collected goods will be matched by a BTSA cheque made out to the Food Bank. At a time to be determined, the goods and the cheque will be provided to the Food Bank.

Please note the kinds of items listed by the Food Bank on its website as “most wanted.” As listed, they are: **Canned Fruit / Vegetables; Canned Meats / Salmon / Tuna; Canned Soup and Soup Mixes; Canned Pasta/Stew; Spaghetti Sauce; Unsweetened Juices; Baby Food in Jars; Infant Cereal; Baby Formula with Iron; Canned Tomatoes; Canned Pork & Beans; Peanut Butter / Jam; Macaroni & Cheese; and Hamburger Helper.** A convenient list may be picked up by the drop-off box.

December and the holiday season would have been the perfect time for this collection, but the board felt the need would be equally, if not more, pressing after the year-end when so many other organizations also were involved in collecting for the Food Bank. Any and all help is greatly appreciated by the BTSA.

January & February 2011 Schedule 一月と二月の予定表

Monthly Shotsuki Memorial Service 祥月法要 Please bring Homyo (Buddhist Name) of your loved one. 法名をご持参ください。

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY							10:30am New Year Day Service 1
	No Service 2		7pm Taiko 3	1:30pm Karaoke 4	7pm SAB Choir 5		
	2:00pm Hoonko/ Shotsuki Monthly/ New Year's Party 9		12 noon Tonari Gumi 7pm Taiko 10	1:30pm Karaoke 6:30pm Minyo (new) 7pm BTSA Board Meeting 11	7pm SAB Choir 12		
	9:40am Chanting 10:30am Regular Service 16		12 noon Tonari Gumi 7pm Taiko 17	1:30pm Karaoke 18	7pm SAB Choir 19		
	9:40am Chanting 10:30am Regular Service 23 30	10:45am Aiki Breathing class 24	10:30am Gentle Yoga 12 noon Tonari Gumi 7pm Taiko 25	1:30pm Karaoke 6:30pm Minyo dance 26	7pm SAB Choir 27		

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY			10:30am Gentle Yoga 12 noon Tonari Gumi 7pm Taiko 1	1:30pm Karaoke 2	7pm SAB Choir 3		
	10:30am Shotsuki Monthly Memorial Service BTSA AGM 6	10:45am Aiki Breathing class 7	10:30am Gentle Yoga 12 noon Tonari Gumi 7pm Taiko 8	1:30pm Karaoke 7pm BTSA Board Meeting 9	7pm SAB Choir 10		
	9:40am Chanting 10:30am Nirvana Day Service 13	10:45am Aiki Breathing class 14	10:30am Gentle Yoga 12 noon Tonari Gumi 7pm Taiko 15	1:30pm Karaoke 16	7pm SAB Choir 17		
	9:40am Chanting 10:30am Regular Service 20	No Aiki class 21	No Yoga class 12 noon Tonari Gum 7pm Taiko 22	1:30pm Karaoke 23	7pm SAB Choir 24		
	9:40am Chanting 10:30am Regular Service 27	10:45am Aiki Breathing class 28	10:30am Gentle Yoga 12 noon Tonari Gumi 7pm Taiko 29				