



October 2011

## **PEACE from Individual Mind**

**From each sign and mark, a hundred thousand  
Rays of compassion are sent forth to the ten quarters;  
All Buddhas preach the wondrous Dharma always,  
And lead the beings into the Path of Buddhahood, the realm of peace and tranquility.**

– Shinran Shonin (Venerable Master Shinran)

Religion is a double-edged sword.  
It can kill an enemy or save a friend.  
Whichever way it goes, religion based on  
our small ego mind and ego attachment  
creates great problems and makes people  
suffer and miserable.

Jodo Shinshu followers listen to the  
Nembutsu teaching. It is the teaching of  
Amida Buddha's universal compassion by  
which we are able to experience spiritual  
liberation and freedom.

In Shinran Shonin's time, there was a  
dispute about whether the nembutsu  
teaching caused birth in the Pure Land.  
Some followers came all the way from  
the Kanto (Tokyo) area to ask Shinran  
Shonin who was living in Kyoto at the  
time about this. Shinran Shonin simply  
responded that "whether you accept the  
nembutsu teaching, entrusting yourself to  
it, or reject it, that is your own decision."  
Here, we can see his strong conviction in  
the nembutsu teaching. At the same time,  
we can see that he wanted others to entrust  
themselves to the same teaching and find  
peace in their individual minds as soon as  
possible.

It is said that he often told his followers:  
"When I ponder on the compassionate vow  
of Amida, established through five kalpas\*  
of profound thought, it was for myself,  
Shinran alone."

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**www.theBTSA.com**

When Shinran Shonin says "The Dharma,  
the teaching of the nembutsu, is for me and  
for me alone" and "Whether you take it or  
not it is entirely up to you", he is not making  
statements of selfish individualism or selfish  
subjectivity. This means that each person,  
each individual should say "Dharma is for  
me. Buddha's compassion is for me and  
for me alone!" I think this is a genuine and  
humble attitude of Jodo Shinshu follower.

One time, a gentleman came to me and  
said, "Sensei, I don't care about myself but  
I worry about my children whether they  
will become Buddhists." "I don't care  
about myself" sounds good but I said, "I  
think we'd better worry about ourselves.  
We should ask ourselves if we are humble  
listeners of the Dharma. Leave them alone.  
It is their choice whether they become  
Buddhists or not."

I think the important thing is to know the  
Dharma is for ourselves, for our ignorant  
self. "Five kalpas" Shinran Shonin  
mentioned to his followers actually refers  
to the great depth of human ignorance that  
stems from self-centered minds. If we miss  
this crucial point, it might be useless to gain  
knowledge of Buddhism. A great teacher,  
Kukai (774-835) of Shingon School said,  
"if you are not aware of the fundamental  
point of Buddhism, enlightenment will  
never become yours!" Kukai said the  
fundamental point was to know ourselves.  
We talk about suffering, the cause of  
suffering and cure of the suffering, but for  
whom? We talk about impermanency and  
non-ego self, but for whom? The Buddha  
is an enlightened being and an awakened  
one but we are not. The Buddha is a great

physician and we are patients. A physician  
attends to sick people, to a patient. In  
the Buddha's eyes, we are sick. We are  
afflicted by the disease of a self-centered  
mind. And yet, we are not able to see  
it. We are patients in need of medicine.  
The great medicine of the dharma and  
the nembutsu teaching are for me and for  
me alone! Amida Buddha, the Buddha  
of wisdom and compassion, is working  
to liberate all beings from the world of  
delusion created by the selfish mind to  
the realm of enlightenment. We, each  
individual, take Amida's compassion  
personally. The sun is equally reflecting  
on each morning dew. Each morning  
dew receives the light of the sun with its  
entirety and shines fresh and lively. The  
Buddha is encouraging us to find and  
receive Namu Amida Butsu, truth calling,  
in us, personally. Namu Amida Butsu , a  
compassionate call of Amida is a medicine  
for us sick children. Out of the great  
compassion, Amida's call echoes back and  
forth and day and night, throughout the  
universe. We listen to it in our suffering  
and sorrow, in our happiness and joy,  
personally and individually. A call of  
Amida always brings us a sense of peace  
and joy. We receive the heart of oneness  
of Amida, find peace in our own heart,  
personally and individually and share it  
with others in our own way. Peace must  
start from the individual. How can we see  
peace in our community and world if we  
ourselves do not have peace within.

\* Kalpa: incredibly long duration

In Gassho,  
Yasuo Izumi, Minister of BTSA



## お仏壇

日本からの宗教雑誌に、ある方が「お仏壇屋さん  
は開教使さんです。」とありました。普通、開教使  
とは、私たちのように海外に出てきて布教活動を  
している僧侶を指します。ですから、お仏壇屋さ  
んを開教使と呼んだことに興味を持ちました。面  
白いことをいわれるなあ、と思ったのです。日本  
では、核家族のため、長男はお仏壇を持っていて  
も、他の子供は持っていないという現象がありま  
す。また、家が小さいから、という事でお仏壇を持  
たない家庭が多くなった様です。以前は、お仏壇  
が家庭の中心になっていました。うれしい時も悲  
しい時も、お仏壇を中心に、家族全員が一緒にな  
って、仏様のやさしい、温かい心を思い、感謝を  
したのです。ところが、お仏壇を持つことが少な  
くなった為、家庭そのものが心の中心、生きる支  
えを失い、殺伐とした雰囲気になってきました。  
それで、お仏壇屋さんを開教使、つまり、教えを  
開き、伝える使いと呼んだのでしょうか。

当地では、二世の多くの方々は親からのお仏壇  
を大切にされています。今後も、その方々の子  
供、孫にも、そして出来るだけ多くの方々に、この  
美しい仏教徒の伝統が護られ、伝えられていくこ  
とを願うこの頃です。 合掌 泉康雄

## ANSWER BOX QUERIES

Just a reminder that the BTSA has what is known as an "Answer Box" in the foyer for feedback from temple members. Please feel free to direct any inquiry or comment to specific individuals if you so wish by indicating their name on inserted, sealed notes to insure confidentiality. Thank you.

## BTSA NOTES

A busy October is in store beginning with an Introduction to Buddhism session scheduled on Oct. 5 at 7 p.m. for anyone interested in a primer on the topic. Izumi sensei will speak for a bit, followed by a Q and A period, with the class not to exceed an hour. Please get in touch with Roland Ikuta (rolikuta@shaw.ca or 403-317-0078) if you're interested.

Then, the fall chow mein supper is scheduled for Oct. 15 at 2 to 5 p.m. Members are encouraged to give a helping hand for the major fund-raiser which again will be a drive-through event. All tickets have been distributed, but please let us know if you've any available in time for re-distribution.

Dharma speakers later in the months include Prof. Jeff Wilson who will be giving a free public lecture on Oct. 21 at 7 p.m. and Don Castro sensei of the Seattle Buddhist Betsuin Temple a week later. Castro sensei is the guest for this year's Alberta Buddhist Conference. Please refer to the updated article next to the registration form for the conference. We ask that interested persons register as soon as possible to assist the organizing committee.

Additionally, those who viewed the feature film, "Pay It Forward" during barbecue/movie night on Sept. 24, could try to make the connection between the contents of the film and the upcoming ABC with the same theme.

The Jodo Shinshu Buddhist Temple of Canada made its presence known last month when both the Ministerial Association and the Board held their fall meetings at the temple. Please see an account by David elsewhere in the Hikari, along with news about JSBTC Dana Day. Also note the article about the World Buddhist Women's Convention in Calgary in 2015.

Part of the JSBTC weekend coincided with mein-noodle making, co-chaired by Jan Okamura and Pat Sassa, preparatory to the chow mein supper mentioned above. Our thanks to all those who volunteered their time to mix and cut dough, shape it for the presses and cutters, deep-frying it, then cooling the finished noodles.

Similar appreciation to those who manned the Casino in September. We should find out shortly how the temple did financially. The proceeds which it will receive helps to run temple operations.

**Another mein-making session is scheduled for Nov. 12, this time for a bake sale that's in the works as well as for sale to members. Interested buyers can purchase a maximum of five (5) bags. There is a sign-up booklet at the temple, but if you can't make it in person, call either Jan Okamura (327-0406) or Pat Sassa (329-3015) to be added to the list.**

Akira Ichikawa

## ABC and “Pay It Forward”



October 28 thru 30, dates of the Alberta Buddhist Conference, are rapidly approaching and BTSA encourages interested persons to register via the adjoining form. The theme, “Pay It Forward: Dana in Daily Life”, will focus on the importance and meaning of Jodo Shinshu in our lives.

Don Castro sensei, rinban (head minister) of the Seattle Buddhist Betsuin Temple, is the guest speaker, beginning with a public lecture at the temple on Oct. 28 at 7 p.m., entitled “The Great Physician.” His theme will be about his own journey into Buddhism.

In his talk on Oct. 29, “Static Buddha/Dynamic Buddha”, he will explore why Jodo Shinshu is too often presented in a passive way, asking why then did Shinran write the gatha, “Ondokusan” and to whom are we to repay our “debt of gratitude.”

James Martin sensei also will present a primer on Buddhism, entitled, “I Owe, I Owe, Off to Work I Go.” The day also will include a discussion session with a panel, and various presentations by students, Dharma class children, Margaret Benson, and the BTSA choir.

Castro sensei’s third talk during the closing service on Oct. 30 is titled “Little g gratitude – Big G Gratitude.” Children, he says, tend to draft a list of things that please them when they are asked what they are grateful for. He asks what happens when you, as a Buddhist, introduce a teaching of non-self into the picture?

While the registration fee is \$65, anyone may opt just for the conference at \$35 which excludes the banquet. Or, those wishing to attend only the banquet may do so for \$30. Please complete the registration form and remit with fee to John and Donna Dubbelboer as soon as possible.

## ALBERTA BUDDHIST CONFERENCE

October 28, 29 & 30, 2011

Buddhist Temple of Southern Alberta  
470 – 40th St. S.

Lethbridge, Alberta T1J 3Z5

## PAY IT FORWARD:

### *Dana in Daily Life*

#### REGISTRATION FORM (Please Print)

First Name(s): \_\_\_\_\_

Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Church /Temple: \_\_\_\_\_

Children’s Names & Ages (if applicable): \_\_\_\_\_

Special food requirements or additional information: \_\_\_\_\_

#### Please check appropriate box:

- Cost is \$65/person for the entire Conference  
 Conference Only (without banquet): \$35     Banquet Only: \$30  
Children under 3, free; ages 3 to 10, \$10; over 10, \$30, same as the cost of an additional meal. Please indicate if a vegetarian meal is preferred for the banquet.

(Cheques payable to: Buddhist Temple of Southern Alberta)

#### Please email or mail registration prior to October 14, 2011:

ABC Registration  
c/o John/Donna Dubbelboer    Email: jdubbelboer@shaw.ca  
27 Mt. Blakiston Place W.    Phone: 403-381-7643  
Lethbridge, AB T1K 6M4

**Hotel Information:** Rooms have been reserved until Oct. 14, 2011 at two motels near the temple. Please indicate you will be attending the ABC. **(1) Hampton Inn & Suites**, 4073 2nd Av. S., Lethbridge T1J 1Z2, Tel: 1-403-942-2142, Fax: 1-403-942-2707, \$109 per night plus applicable taxes for conference delegates. **(2) Quality Inn & Suites**, 4070 2nd Ave South, Lethbridge T1J 3Z2, Tel: 1-888-331-6444, Fax: 1-403-331-6442, email: gm.cn828@choicehotels.com, \$ 95.99 + tax per night, based on double occupancy.

# 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: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

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

## LET'S EXPAND THE CIRCLE OF THE DHARMA!

### Shotsuki Hoyo

September 2011

Jane Judy Fukushima  
Shirley Higa  
Akira & Lorita Ichikawa  
Rumiko Ibuki  
Sadae Kanegawa  
Hiroshi Kitagawa  
Takeshi & Sue Koyata  
Emi Minemoto  
Kaz & Setsuko Ohno  
May Ohno  
Heidi Oishi  
Lilly Oishi  
Sut & Neva Oishi  
Yumiko Osaka  
Noboru & Kazuko Sugimoto  
Tomiko Sugimoto  
Masaye Tanaka  
Toshiko Tanaka  
Bob & Shirley Taniguchi  
Jean Tatebe  
Joe & Sumiko Tomiyama  
Fujio & Yoshiko Tsukishima  
Tak & Yoko Tsujita  
Marlene Wiest

**Total \$910**

### Memorial and Other Donations

September 2011

Roy & Nancy Adachi  
Richard & Val Boras  
Hiroko & Lockwood Dennis  
Merri-Ann Ford  
Mika Fukuma  
John Fukushima  
Chiduka Hamabata  
Susan & Chris Huntley  
Akira & Lorita Ichikawa  
Kazuya & Fusako Ichikawa  
Sat & Grace Ichikawa  
Shinya & Jayne Ichikawa  
Susumu & Teruko Ikuta  
JSBTC Ministerial Association  
John & Alice Kanashiro  
Sadae Kanegawa  
Noriko & Milnes Kurashige  
Joyce Miyashita  
Jack & Rie Nagai  
Raymond & Lan Nakano  
Tsutomu Nakano  
Nishi Hongwanji  
Mitsuko Oga  
Dave Ohori  
Peter Oka

Etsuko & Herb Osaki  
Roy & Pat Sassa  
Florence Senda  
Eiji & Irene Tsukijima  
Ron & Kathryn Yoshida

**Total \$4,690**

## New Member WELCOME

BTSA welcomes new members who have joined our sangha since the beginning of the year. We look forward to your ongoing participation in all temple activities. (Please let us know if we've overlooked any other new members.)

Katie Ainscough	Bonnie Caldwell
Roger Metz	Jack Panesar
Lora and Norman Beazer	Jeanine Hayashi
Paul Moses	Samantha Scheper
Margaret Benson	Daniel Manson
Dave and Wanda Okamura	Julie Talerico

## JSBTC Day in October

BTSA will be observing Jodo Shinshu Buddhist Temples of Canada Day at its regular Sunday service on Oct. 16. The annual event commemorates the founding of Jodo Shinshu in Canada, now more than 100 years old.

Please see Socho Grant Ikuta's message on the temple website (Go to thebtsa.ca and follow the link to the Bishop's Update). His message ran a bit long for this month's Hikari, but a short excerpt notes:

*It was on October 12th, 1905 that Rev. Senju and his wife Tomie Sasaki arrived from Japan to Vancouver as the first minister appointed by the mother temple Nishi Hongwanji to serve as the first overseas minister in Canada. Rev. Sasaki was sent by the Hongwanji as the result of many requests from Japanese immigrants who had settled in the Lower Mainland B.C. area at the turn of the 20th Century.*

Donation (Dana) envelopes are available for this occasion, with all receipts being sent to the JSBTC for propagation purposes. Please consider a donation by making cheques payable to the BTSA, with a notation that it is for JSBTC Day. Proceeds will be sent to the JSBTC headquarters. Amounts will be included of annual tax receipts which will be sent out at the end of the year. BTSA is grateful for any dana that may be provided.

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**Anyone wishing his/her name not be acknowledged in print in the donation lists, please inform us so it may be omitted. Thank you.**

## REGULAR EVENTS

### Dharma Study

10 - 10:20 am Sundays

(except first Sunday of the month, please note calendar)

Contact: Rev. Izumi at 403.382.7024

### Southern Alberta Buddhist Choir

Thursdays 7 - 8:30 pm

Contact: Katie at 403.327.4296 or katieinak@shaw.ca

### Tonari Gumi

Tuesdays 12 - 3 pm

### Taiko Class

Tuesdays 7 - 8:30 pm • Youth 6:30 - 7pm

Contact: David Tanaka at 403.330.1548 or david@eyesquared.com

### The Lethbridge Karaoke Club

Begins October 12

Wednesdays 1:30 - 4 pm

All interested are welcome to join or just listen and enjoy

**Flowers or fruit basket** will be delivered to those in hospital. If you know of someone who is in hospital for at least one week please contact Sumi & Joe Tomiyama at 403.327.3110 or sumi.tomiyama@gmail.com

## PROGRAMS

### Gentle Yoga for Seniors with Val Kunimoto

8 sessions Thursdays at 10:25 - 11:30 am

Runs through November 24

No classes October 20 or 27

Due to cancellations there are still one or two openings.

### Aiki Breathing Class with Lincoln Chew

8 sessions Mondays at 11am - 12 noon

Runs through November 21.

No class October 10

All are welcome as there is still room. Drop in to observe if you wish.

For further information on **Toban, Special Events or Programs**,

Contact: Lorita at 403 327 1668 or lorita.ichikawa@gmail.com

## ANNOUNCEMENTS

Congratulations to the couples married at the temple in the month of

September: Sept 3 **Martin Horst Baender & Kameko Amanda Higa**

Sept 4 **Tyler James Richard Boras & Kelsey Michelle Reed**

### INTRO TO BUDDHISM on Oct. 5 at 7 p.m.

Izumi sensei will speak for about 20 minutes at a class that is open to everyone interested finding out about the basics of Buddhism and Jodo Shinshu. The format will be informal with an emphasis on questions and answers and discussion. The hope is to conclude within an hour to keep the session manageable. The gathering will be in the board room.

## BUDDHIST Q & A

### What is o-but sudan (お仏壇)?

"O" is a popular honorific prefix to show our respect and gratitude. "Butsudhan" means a shrine or altar for the Buddha. It represents the realm of enlightenment of wisdom and compassion. A home shrine is the centre of all home activities. Buddhists express their respect and gratitude every day in front of the shrine.

## TOBAN UPDATE

### Toban Schedule

Please help out anytime you are available but especially when your Toban is scheduled.

**October: Toban 4**

**November: Toban 1**

**December: Toban 2**

**January: Toban 4**

Please note that Toban 3 is skipped the first month of this coming new year. One toban is skipped each January so that we don't have the same monthly assignments each year.

**Mein-Making on November 12** - Please let your Toban leader know that you can help. She can relay this to Jan Okamura and Pat Sassa, coordinators for work planning.

**Chow Mein Supper on October 15** - There are many assigned tasks so again be sure that you let your Toban leader(s) know you can help. Leaders can relay their lists to the co-chairs. For casual volunteers, make sure that one of the co-chairs Pat, Jan or Roland, know you wish to help.

### SOUP KITCHEN

Toban leaders (or their designates) will coordinate four Soup Kitchen dates in the new year. Please note that participants do not have to all be from the same toban and that friends and supporters of BTSa are welcome to volunteer for these important events. Let the coordinator of the date you wish to participate know you are available.

January 24 Toban 2 (Sumie)

February 22 Toban 4 (Jan)

March 21 Toban 3 (Pat)

April 4 Toban 1 (Lilly)

## Fall JSBTC MA and Board Meetings in Lethbridge

Your ministers and board members met September 15-18, at the Buddhist Temple of Southern Alberta. We combined the semi-annual minister meeting on Thursday with the interim board meeting on Saturday. In between, we had a team-building workshop with everyone.

The meetings were terrific which should increase our productivity in the coming months. This was due to an excellent team-building workshop facilitated by Trudy Gahlinger, a Calgary Buddhist Temple member who led us through the team-building. And to the openness of all the ministers and the board members and the BTSA members who catered to our needs during a very busy week for them.

In order to work together we have to trust, respect, encourage and challenge each other. That is what we accomplished last week.



Front, from left: Rev. Miyakawa, Ikuta Socho, Ray Nakano, Trudy Gahlinger, Rev. Ulrich, Rev. Hayashi, David Major. Second row: Susan Huntley, Rev. Fujii, Rev. Izumi, Dave Ohori, Rev. Aoki; Third row: Rev. Martin

A couple of the initiatives we are working on include a strategic plan that will help improve the ministers' training requirements and retirement issues, and setting up a teleconference line that the different committees and affiliated organizations (Ministers Association and Women's Federation) can use to have teleconference meetings.

Thank you to MA Chair Rev. James, President Dave, Trudy, members of the BTSA and everyone who made this a memorable week and made us proud to be members of your board. We all hope we can continue to build on our progress.

David Major, JSBTC Secretary

### Department of Religious Studies Guest Speaker



Professor Jeff Wilson  
Department of Religious Studies  
Renison University College  
(University of Waterloo)

#### *Abortion, Zen, and the Cross-Cultural Transformation of Buddhist Ritual*

Zen, like other forms of Japanese Buddhism, is highly ritualistic in its native setting. But what happens to rituals when they cross geographic and cultural boundaries, where the context is vastly different and practitioners bring new assumptions and conditioning with them to the temple? This talk examines the process of ritual adaption in North American Zen temples and meditation groups, using the example of mizuko kuyo, a ritual designed to placate the angry spirits generated by abortion and other pregnancy loss.

Dr. Jeff Wilson is an assistant professor of religious studies and East Asian studies at Renison College, University of Waterloo. He is the author of *Mourning the Unborn Dead: A Buddhist Ritual Comes to America* (Oxford University Press, 2009) and the forthcoming *Dixie Dharma: Inside a Buddhist Temple in the American South* (University of North Carolina Press, 2012). His most recent publication is "What is Canadian About Canadian Buddhism?" in the journal *Religion Compass*.

**Friday, October 21, 2011  
3:00 p.m.  
Room Location: PE-250**

**Everyone Welcome**



**Dr. Jeff Wilson** will be speaking at the BTSA temple on **Friday October 21 at 7pm**. He is a professor of religious studies from The University of Waterloo. This will be open to anybody who would like to attend. He is the author of several books on Buddhism in North America. He is also the contributing editor for "Tricycle Magazine" and on the editorial board of "The Journal of Global Buddhism."

Dr. Wilson will also be speaking that Friday afternoon at the University of Lethbridge on a different topic. For those interested or unable to make the evening talk, the session is open to the public (see poster).





**Fall is here and the Dharma room is busy again** after a quiet summer. Newcomers are familiarizing themselves with the space, learning about the Obutsudan and its elements, and how to do oshoko from fellow students. There are lots of fun activities we hope to plan, and the students have created a list of ideas.

**As always, we welcome volunteers** to join us in the Dharma room and share a lesson, story or activity. The students also love to prepare food in the kitchen, so if you have any project ideas in that area, we would love to hear them.

**All children and youth are welcome in the Dharma room.** There is a broad range of ages, and we are trying to make sure there is something for everyone. We understand schedules are busy and the same students may not be present week to week, but please come by when you can! We try to have students experience some of the Sunday service, but sometimes we will conduct our own brief service in the Dharma room. This is often based on the number of students that Sunday, and who is available to be with them.

### ABC Schedule for Kids

There will be activities for Dharma students during the conference on Saturday, October 29. We will look at the idea of “Mottainai”, the Japanese term that reminds us not to be wasteful. A presentation will be planned for the afternoon. We hope to have babysitting for the younger kids, and will announce it to let you know. Should be a fun time and we hope to have a good turnout!

Maya Ichikawa

## Mein Making

Photos by LaVerne Hamabata



Socho Grant Ikuta and David Ohori, JSBTC president



# October & November 2011 Schedule 十月と、十一月の予定表

**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。

OCTOBER: TOBAN 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am Shotsuki Monthly Memorial Service <b>2</b>	11am Aiki Breathing class <b>3</b>	12 noon Tonari Gumi 7pm Taiko (6:30 youth) <b>4</b>	7pm Introduction of Buddhism & Jodo Shinshu <b>5</b>	10:30am Gentle Yoga 7pm SAB Choir <b>6</b>	<b>7</b>	1 <b>8</b>
10 - 10:20am Dharma Study 10:30am Regular Service <b>9</b>	No Aiki class <b>10</b>	12 noon Tonari Gumi 7pm Taiko (6:30 youth) <b>11</b>	1:30pm Karaoke 7pm BTS board meeting <b>12</b>	10:30am Gentle Yoga 7pm SAB Choir <b>13</b>	<b>14</b>	1 - 5pm Chow Mein Supper <b>15</b>
10 - 10:20am Dharma Study 10:30am JSBTC Day Service <b>16</b>	11am Aiki Breathing class <b>17</b>	12 noon Tonari Gumi 7pm Taiko (6:30 youth) <b>18</b>	1:30pm Karaoke <b>19</b>	No Gentle Yoga 7pm SAB Choir <b>20</b>	7pm Prof. Jeff Wilson, public lecture <b>21</b>	<b>22</b>
10 - 10:20am Dharma Study 10:30am Regular Service <b>23</b>	11am Aiki Breathing class <b>24</b>	Newsletter article deadline 12 noon Tonari Gumi 7pm Taiko <b>25</b>	1:30pm Karaoke <b>26</b>	Memorial Service at St. Michael No Gentle Yoga 7pm SAB Choir <b>27</b>	ABC (Alberta Buddhist Conference) <b>28</b>	ABC <b>29</b>
ABC <b>30</b>	11am Aiki Breathing class <b>31</b>					

NOVEMBER: TOBAN 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
10:30am Shotsuki Monthly Memorial Service <b>6</b>	11am Aiki Breathing class <b>7</b>	12 noon Tonari Gumi 7pm Taiko (6:30 youth) <b>8</b>	1:30pm Karaoke 7pm BTS board meeting <b>9</b>	10:30am Gentle Yoga 7pm SAB Choir <b>10</b>	<b>11</b>	8am Mein-making, in preparation for bake sale <b>12</b>
10 - 10:20am Dharma Study 10:30am Regular Service <b>13</b>	11am Aiki Breathing class <b>14</b>	12 noon Tonari Gumi 7pm Taiko (6:30 youth) <b>15</b>	1:30pm Karaoke <b>16</b>	10:30am Gentle Yoga 7pm SAB Choir <b>17</b>	<b>18</b>	<b>19</b>
10 - 10:20am Dharma Study 10:30am Regular Service <b>20</b>	11am Last Aiki Breathing class <b>21</b>	12 noon Tonari Gumi 7pm Taiko (6:30 youth) <b>22</b>	1:30pm Karaoke <b>23</b>	10:30am Gentle Yoga 7pm SAB Choir <b>24</b>	Newsletter article deadline <b>25</b>	<b>26</b>
10 - 10:20am Dharma Study 10:30am Regular Service <b>27</b>	<b>28</b>	12 noon Tonari Gumi 7pm Taiko (6:30 youth) <b>29</b>	1:30pm Karaoke <b>30</b>			