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YOISHO  
AND  
NAMANDAB



The Japanese word, “*Yoisho*,” is popular among Japanese Americans. I saw a *Gosei* (Fifth generation of Japanese ancestry) young girl saying “*Yoisho*” when she was standing up at the side of the basketball court. “*Yoisho*” has been used in the U.S. for over a century. The *Issei* (first generation) brought this word from Japan and the later generations have contin-

ued using it. I think it is as popular as “*Okagesama* (thanks to everyone)” and “*Shikataganai* (that’s the way it is).” But unlike *Okagesama* or *Shikataganai*, “*Yoisho*” does not have a meaning. We say that when we do something; especially when we need to use extra strength such as lifting a heavy box or pounding *mochi* or going up the stairs. When we say, “*Yoisho*,” somehow we feel

like we have enough strength to do whatever we are doing. According to the dictionary, the English translation of “*Yoisho*” is, “One, Two, Three!” or “Heave Ho!” but I think it does not convey the feeling of “*Yoisho*” very much. Therefore, “*Yoisho*” is not translated.

*Yoisho* has several variations depending on the areas of Japan. *Dokkoisho*, *Yokkoisho*, *Yokkorasho*, *Oisho*, are other forms. *Yoisho* does not have a meaning, but it is said that originally, it had a meaning. It meant purifying six organs and the original word was “*Rokkon Shoji*.” *Rokkon* is a Buddhist term and it means six organs; eyes, ears, nose, tongue, body, and mind. *Shoji* means to purify. The word came from Japanese Buddhist practitioners. When they walked around in the mountain for their practice, they chanted “*Rokkon Shoji*” repeatedly with the wish that they are able to purify their heart, mind and body to attain enlightenment. They chanted it step by step very fast, so it corrupted and became “*yokkoisho*” or “*dokkoisho*,” and it changed to “*yoisho*.” In several mountains in Japan, the practitioners still chant “*Rokkon Shoji*,” as they hike.

When we repeat a word orally or in mind, we begin to breathe in rhythm. It is helpful as we walk and run. When I hiked a mountain, I tried to chant “*Rokkon Shoji*,” right foot “*Rokkon*” left foot “*Shoji*.” It was helpful, but I found that to me “*Namandabu*” works better. It is easier to say and feels like I gain extra strength.

*Namandabu* is a short form of *Namo*

*Amidabutsu*. If we walk fast, *Namo Amidabutsu* will become *Namandabu*. One meaning of *Namandabu* is “you are ok, as you are.” Even though we cannot reach the summit, it is ok. If we can reach the summit, it is ok. As we are, we are accepted by Amida.

Shinran Shonin wrote a *wasan*,

“*Seeing the sentient beings of the nembutsu throughout worlds, countless as particles, in the ten quarters, The Buddha grasps and never abandons them; and, therefore, is named Amida.*”

Shinran Shonin focused on “The Buddha grasps and never abandons them,” and he called it “*Sesshu (Setsu shu) Fushya*.” He put a note on this word, “*Setsu*” means take in, “*shu*” means to receive and embrace.

We are received and embraced by Amida. This is one of the meanings of *Namandabu*. No matter what happens, we will not be rejected. This idea helps us to bring about peace, relaxation, and comfort. Our lives are sometimes compared to mountain climbing or running in a marathon. It is a long way and we may feel out of breath. If we can keep going fast, it is okay. If we want to walk slowly, it is okay too. We can go with *Namandabu*. The *Nembutsu* gives us the power to live our lives peacefully.

*Namandabu*,

REV. RYUTA FURUMOTO

## よいしょと念仏

私たちはよく「よいしょ」と言います。年をとると、よいしょを言う回数が多くなると言われてます。このメッセージを読んでもくださっている何名かの方は多分、このプラジュナを手にとって読もうとされるときに、「よいしょ」と言ってソファに座られたかもしれません。腰をあげるとき、重い荷物を持つとき、餅をつくときなど「よいしょ」

と言うと力が出てくるような気がします。

一説には「よいしょ」はもともと「六根清浄（ろっこんしょうじょう）」という言葉で、仏道修行者が山を登るときに繰り返し唱えていたそうです。六根とは眼耳鼻舌身意の六つの感覚器官をいいます。修行者は俗世間を離れて山にこもり、美味しい食べ物やエンターテインメントなど、感覚器官に刺激を与え執著を引き起こすようなものから遠ざかります。それで神聖な山を歩き六根を清めようとするのです。「六根清浄」と言いながら歩くと、それが縮まって「よっこいしょ」となり、最終的に「よいしょ」となった、ということです。

歩いているときや走る時など、リズムカルな息づかいによって効率的に動けるようになります。それで「よいしょ」と言いながら歩くと楽に歩けるようになるといえます。私はハイキングやランニングする時など「六根清浄」と「よいしょ」を、口で言ったり心の中で唱えた事があります。でも私は「なまんだぶ」と

唱えるほうが言いやすく、楽になるような気がします。六根を清めている、というイメージよりも、阿弥陀さまに受け入れられている、というイメージを持つ方が楽になる気がするのです。

十方微塵世界の 念仏の衆生をみそなはし 摂取して捨てざれば 阿弥陀と名づけたてまつる

と親鸞聖人がご和讃で阿弥陀様の摂取不捨というお徳を讃えておられます。念仏をする者を収め取って捨てない、というのはたつきがあるので、阿弥陀（無量の光と命）と呼ばれていると言われます。無量の光と命とは、私がどこにいてもどの時間でもどの時代にいても、受け入れられ、捨てられないということです。本当は六根が清浄にならないと仏になれないのに、そういう力のない者を助けたい、ということで阿弥陀様の願いが起こされました。その願いの力が私に届き、六根が清浄でない私が、お浄土で仏になることが決まるのです。それをそのままの救いと言います。「そのまま阿弥陀様に受け入れられている」というのが南無阿弥陀仏の一つの意味です。

人生は登山にたとえられ、楽な時もあれば、苦しい展開になることもあります。念仏とともに安らかに生きていけるとよいです。

南無阿弥陀仏

古本龍太





# Monthly Memorial Service MARCH

Sunday, MARCH 1, 2020 10:00am

SESHU (OBSERVANT)	DECEASED'S RELATION TO OBSERVANT	DECEASED
Akahori, Ted	Brother-in-law	Kawaye, Harry
Domoto, Lily	Husband	Domoto, Toshihiro
Hashimoto, Miwako	Mother	Nishimura, Tsuruyo
Ikegami, Sumiko	Father-in-law	Ikegami, Makitaro
Inouye, Chiyo	Husband	Inouye, Tadao
Iriye, Joji	Mother	Sakai, Mitsue
Iriye, Joji	Nephew	Sakai, Daniel
Kato, Douglas	Mother	Kato, Jessie
Kodani, Richard	Mother	Kodani, Motome
Koike, Alyssa Lugo	Father	Lugo, Peter
Kojima, Chikako	Husband	Kojima, George
Kojima, Chikako	Grandfather	Takaki, Teruji
Kojima, Chikako	Uncle	Kojima, Fred
Masada, Michiko	Father	Takahashi, Toyojiro
Matayoshi, Gene & Connie	Mother	Matayoshi, Yoneko
Matsuda, Michael	Aunt	Fujikawa, Sachi
Matsuda Family	Brother	Matsuda, Manabu Ronnie
Matsumura, Henry	Aunt	Nakano, Kimiko
Miyamoto, Dennis	Grandmother	Kawai, Yuri
Nakawatase, Yasuko	Father	Kuramura, Nisuke
Nishida, Kikuko	Mother-in-law	Nishida, Yasuye
Nishida, Russell	Grandmother	Nishida, Yasuye
Nishikawa, Edith	Mother-in-law	Nishikawa, Sekiyo
Ogawa, Jerry	Aunt	Kikunaga, Shizue
Ogawa, Jerry	Aunt	Nagata, Kiyomi
Ota, Toshie	Mother	Matsumura, Fuyuno
Shimohara, Ellen	Father	Shinoda, Michio
Sonday, Reiko	Grandfather	Nimi, Kamezo
Sugano, Michiko	Father-in-law	Sugano, Takuya
Sugano, Michiko	Grandmother-in-law	Sugano, Tsugi
Takashima, Iris	Grandmother	Yasuda, Shige
Takashima, Iris	Grandmother	Jinde, Itsu
Takemoto, Jon	Mother	Takemoto, Chiyo
Takemoto, Jon	Grandmother	Fujiura, Osano
Takeuchi, Yoshiko	Daughter	Takeuchi, Sharon
Tanezaki, Barbara	Husband	Tanezaki, Takashi
Toji, Suzanne	Father	Totsubo, Jack Muneo
Ushirogata, Yukie	Father	Matsushita, Ichitaro
Usui, Aiko	Daughter	Usui, Gina
Wakinaka, Asa & Bernice	Son	Wakinaka, Mike
Yoneda, Kiyoko	Mother	Nakamura, Itono
Yoneda, Kiyoko	Sister	Iwasaki, Hatsuye

The monthly memorial service is usually held on the first Sunday of each month in memory of those who have passed away in that month. At the service, the list of names of the deceased, the person observing the memorial and the person's relation to the deceased is read. The Monthly Memorial List is also published in the Prajna newsletter. To have a name entered into the Monthly Memorial List, please call the office as names may not automatically be entered after a funeral.

# SENSHIN SPRING OHIGAN Seminar

Our Spring Ohigan (equinox) Seminar will take place on **Saturday March 21**, from 9:30am. The guest speaker will be **Rev. Dr. Mark Unno**, University of Oregon.

春のお彼岸セミナー  
並びにお彼岸法要の  
ご案内

3月21日(土)にお彼岸  
セミナーを行います。セ  
ミナーのご講師はオレゴ  
ン大学准教授の海野マー  
ク師です。みなさま、お  
誘い合わせの上ぜひお参  
り下さい。

## “Living in the Vow of Great Compassion”

Great Compassion is always unfolding, regardless of whether we are aware of it or not. Yet, how do we live in a way that we can feel and be touched by the great gift of compassion? In this seminar, **Rev. Mark Unno** will explore with us the unfolding of Great Compassion in the rhythms of everyday life, throughout our lives.

Speaker **Rev. Mark Unno**

**9:30a** Gathering 集合

**9:40a** Opening Service 開会のお勤め

**10a** Lecture 1 講義 1

**10:50a** Break 休憩

**11a** Lecture 2 講義 2

**12noon** Lunch\* 昼食\*

**1p** Lecture 3 講義 3

**1:30p** Lecture 4 講義 4

**2:30p** Closing Service 閉会のお勤め

\*Prepaid bento lunch (\$10) will be ordered. Please call the temple or Patti Honkawa to order. The deadline is Sunday, March 15.

(昼食のお弁当の申し込みをお寺に電話するようお願いします。)

# SPRING OHIGAN Service

**Spring Ohigan Service, Sunday 3/22**

Guest speaker **Rev. Mark Unno**

**9:30a** Japanese Study Class

**10a** Ohigan Service

**11a** Study Class / Dharma School

**12noon** Otoki

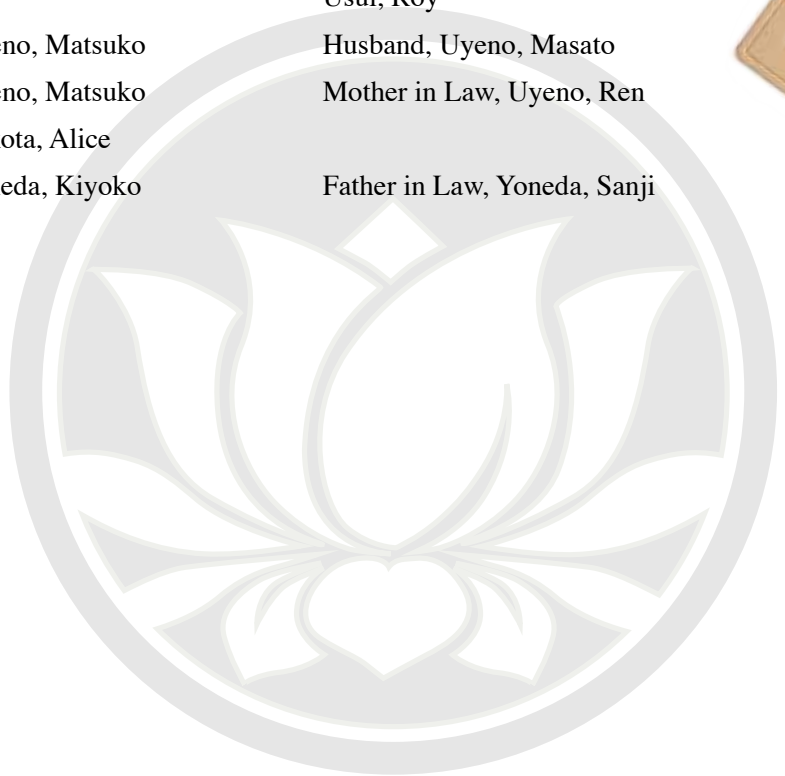


Listed are donations handled by the Regular Treasurer:  
**Special:** donation received with no specific reason given  
**Orei:** donation for use of temple facilities, equipment, etc.  
**Nokotsudo:** donation by families who have family cremains in the **Nokotsudo** (columbarium)  
The Regular Treasurer is required to send receipts for donations of \$250.00 and over. Receipts for all other donations will not be sent unless requested by the donor.

JANUARY 2020 DONATIONS		
1/1/2020	Koichi Uyemura, Linda Wong	Dana
	Satoshi Miyata	<i>Joya-e, Shusho-e</i>
	Jean Minami	<i>Nokotsudo</i>
	Dale Matsubara	Dana
	Craig & Cindy Ogawa	<i>Shusho-e</i>
	Warshal Family	New Year Donation
	Richard & Joyce Yamashita	New Year Donation
	Donald Higashioka	Dana
	Roy & Terry Nakawatase	Dana
	Richard Nakawatase	New Year Donation
	Jerry Ogawa	New Year Donation
	Christine Aihara	New Year Donation
	Henry Inouye	New Year Donation
	Jean Minami	New Year Donation
	Wilbur & Iris Takashima	<i>Shusho-e</i>
	Wilbur & Iris Takashima	<i>Joya-e</i>
	Ronald Nakawatase	Dana
	Vicki Nakawatase-Shimaji	Dana
	Julia Takeda	Friend of Senshin
	Ted Fujimoto, Miki Fujimoto	In memory of Hoppy Fujimoto
	Julie Akahori	New Year Donation
	Ted Akahori	<i>Joya-e</i>
	Ted Akahori	<i>Shusho-e</i>
1/4/2020	Richard & Joyce Yamashita	Dana
	Bob & Patricia Nakawatase	In memory of Sachiko Nakawatase
	Lynn Takemoto	Dana
	Eugene Murakami	<i>Tariki</i>
1/5/2020	Kiyome Hirayama	GreatGrandDaughter, Quinn Rei Tanimoto
	Ikuko Matsubayashi	Special
	Don & Lynn Akamine	Dana
	Susie Usui	Service for Frank Usui
	Susie Usui	Hall Use, Frank's Service
1/9/2020	Young Ae Park	First Fruit of 2020
1/12/2020	Michiko Sugano	Dana
	Keiko Kono	In memory of Frank Usui
1/19/2020	Nakawatase Family	49th day, Sachi Nakawatase
	Hiroshi Ogawa	Dana
	Wasabi-kai	Dana
1/26/2020	Shimabukuro Family	Service
	Shimabukuro Family	Social hall
	Derek Oye	In memory of Frank Usui
	Anonymous	Dana
	Gary & Paula Shirasago	<i>Nokotsudo</i> in memory of George, Sally & Glenn Shirasago
	Alan & Ana-Maria Terakawa	<i>Nokotsudo</i> in memory of Hisaye Matsumune
	Aihara Insurance	<i>Joya-e</i>
	Erica Jean Yee Calzadias	<i>Shusho-e</i>
	Catherine Hisamune	<i>Shusho-e</i>

JANUARY FLOWER DONATIONS	
January	
Denise Kodani	
Reiko Sunday	
Carole Yokota	
FEBRUARY FLOWER DONATIONS	
Aguilar Family	
Julie Akahori	
Anonymous	
Glen & Joyce Isomoto	
Kiyoko Isomoto	
Connie & Gene Matayoshi	
Doug Matsuda	
Nick & Wendy Nagatani	
Marilyn Shimabukuro	
Matsuko Uyeno	
Mutsuo & Yukie Ushirogata	
Hannah Yoshitomi	

SHOTSUKI HOYO FEBRUARY 2020	
<i>Donor</i>	<i>In Memory of</i>
Akahori, Ted	Sister in Law, Akahori, Jean
Akahori, Julie	Grandmother, Uyetake, Kazuko
Harada, James	Mother, Grace Harada
Hori, Robert	Mother, Hori, Lily
Inatomi, Lily	Daughter,Trihey, Diane
Isomoto, Glen	Father, Isomoto, Sam
Kato, Douglas	Father, Kato, Kay Sadao
Kodani, Richard & Denise	Goto, James
Matoyoshi, Connie & Gene	Father, Matayoshi, Takeo
Matsuda, Doug	Mother, Matsuda, Misao
Mori, Wendy	Brother, Sahara, Fred
Cindy & Kenji Oda, Steve & Connie	
Jeanne Akashi, Matsuko Uyeno	
Kiyoko Yoneda, Doug & Marsha Waugh,	
John & Vicki Hallberg, Robyn Ogawa,	
John & Vicki Hallberg, Chris & Gloria Honda,	
Janet Hom	7th Cycle Tomita, John
Shimabukuro, Marilyn	Father, Shimabukuro, Shigeichi
Takashima, Wilbur	Great Grandfather, Takashima, Bunshiro
Takashima, Wilbur	Great Grandfather, Sato, Kaisouyenmon
Tomita, Misao	7th Cycle Tomita, John
	Usui, Frank
	Nakawatase, Sachi
	Usui, Roy
Uyeno, Matsuko	Husband, Uyeno, Masato
Uyeno, Matsuko	Mother in Law, Uyeno, Ren
Yokota, Alice	
Yoneda, Kiyoko	Father in Law, Yoneda, Sanji



## Senshin Vehicle Donation

This is a reminder that Senshin will take any vehicle (car, pickup, truck, motorcycle, and even boat) as a donation to the temple. The funds realized from these donations are earmarked for the Senshin-ji Building Fund. Donors can report the full amount of funds received from the vehicle donation as a deduction on their tax returns.

We work with Harold's Car Donation Service (HCDS) to have vehicles picked up, processed and refurbished as necessary to bring in the highest sale amount for the donated vehicle. Once the proceeds from the vehicle donation are received by Senshin, a letter is sent to the donor to acknowledge the vehicle donation. The letter includes details of the donated vehicle and the amount for which the vehicle was sold or salvaged. All donors will be acknowledged in the *Prajna*. If you have any questions about the program, or wish to donate a vehicle, please contact either Jean Minami (323) 938-0048, or Wilbur Takashima (310) 398-9558.





# Updates & ANNOUNCEMENTS!

## Board News

A belated Happy New Year to everyone! 2019 has been a busy and productive year for the Temple and I hope to keep you up to date on the progress of the temple. So far here are some upcoming events and projects of the temple.

1. The **1327 property house has been demolished**, the trees have been removed and cleaned up.
2. **Rev. Mark Unno** will be speaking at our March *Higan*.
3. The date for **chicken teriyaki has been set for May 3, 2020**.
4. **Obon is coming up in June** and hopefully there will be a meeting soon.
5. A project for a **new fence on the north side of the temple**, where the temple hangs the *makū*, will start soon.
6. **Visioning Committee has been established** to see what the temple can do with the acquired property.

For any questions or problems, please contact any temple board member. I hope to update more information on the temple progress.

Thank you for supporting the temple.

Gassho,  
CHIKAKO KOJIMA

## 1327 37th St. Property Update

If you have visited Senshin recently, you may have noticed that the 1327 37th Street property we acquired from the Love family to secure Senshin's future has undergone some changes. To protect the property, we built a block wall topped by an iron fence that matches the existing wall surrounding the temple's main parking lot. We also cut an access hole in the wall between the parking lot and the 1327 property to provide access for the lot to be cleared of the trees and shrubs. By the time you read this, we expect the house itself will have been demolished and removed. While future use/s of the property is still under discussion, current thinking is to pave the lot to provide additional parking for funerals, special services and special events. The Senshin Visioning Committee is meeting monthly with the goal to present a long-term plan for moving forward in October. The committee is seeking input and ideas for Senshin's future. Please contact Chris Aihara, Robert Hori or Neil Komai if you have any thoughts that you would like to share about Senshin's direction.



## Religious Committee

The 2020 Senshin *Nembutsu* Retreat was held on February 1 & 2 at the Palm Garden Hotel in Thousand Oaks. This year's speaker at the retreat was Rev. Kenji Akahoshi of the San Diego Buddhist Temple. The retreat was well supported with 36 people attending from Senshin, OCBC, and Oxnard Buddhist Temple. Reverend Akahoshi was an engaging leader and presented many thought provoking ideas and encouraged us to try to hear and see the dharma in new ways. The regular attendees were pleased that the hotel is continuing to upgrade the facility. This year the guest rooms were all remodeled making them more comfortable and modern.

## B W A

Warmest welcome to our newest member, Susan Fujimoto. We are grateful to all, new and old, who help contribute to our group so generously with their time and dana. Thank you for supporting us so we can continue to serve our Sangha, family, and community.

Save the date for the Spring *Higan* Service on March 22. The BWA will be making botamochi to be enjoyed after service. Please come and help with the preparations if you can.

It's time to start decluttering and thinking about all those items that no longer spark joy in your life. You can give new joy to someone else by donating to our White Elephant Sale on May 3 that will be held during our temple Chicken Teriyaki Event. We look forward to your donations of gently used treasures. Contact Wendy Mori for more details.

Thank you to our generous donors for their dana:

Kiyome Hirayama, Oiwei, *birth of Great-granddaughter, Quinn Rei Tanimoto*

Linda Uyemura *Return to health of Koichi Uyemura*



Ikuko Matsubayashi, *Hoon-ko*  
Frank Usui Family, *In gratitude for assistance with funeral service for Mr. Frank Usui*

Kiyoko Shimabukuro Family, *In gratitude for assistance with funeral for Mrs. Kiyoko Shimabukuro*  
Gassho, Linda Uyemura

## A B A

March is ABA's *toban*. We will be providing doughnuts on the first Sunday of the month.

ABA will serve the *Ohigan* luncheon on March 22nd. On March 29th, we will have Keiro Bingo after *Osoji*. Please contact John Hiramoto if you are interested. At *Hanamatsuri*, April 12th, we will be selling Chashu Bao for \$8 for a bag of four.

Once again, there is no Turnaround to Morongo and the outlets this year. We will have a signup sheet at the end of the year if you are interested. Please note there will be a price increase.

## Jr Y B A

In February, Jrs. attended the So. District Religious Retreat at Oxnard Buddhist Temple and Rev. Mas was guest speaker. This month, Jrs. will attend the Southern District Seminar 2 titled "Impermanent vs. I'm Permanent" at San Diego Buddhist Temple. They will learn about how they can apply Buddhism to their daily lives and to realize that there is nothing that lasts forever. As always they also have the chance to bond with fellow Buddhist youth in the community.

As usual, Jr. YBA is continuing to sell Scripts (gift cards) again as a general fundraiser. Though the Holiday Season has passed, gift cards are still great for birthdays, thank you's, everyday expenses, and any occasion. Orders are submitted on the 2nd and last Sundays of the month. Forms are available at SENSHINTEMPLE.ORG and in the Temple office. For more info, please call/text Harumi Kawaguchi at (626) 230-1433.

If you are a high school student interested in learning more about Jr. YBA, feel free to contact Debby Fukawa at Debbyfukawa@gmail.com.

## Facilities

The sprinkler system around the *Nokotsudo* has been repaired. All the sprinkler systems have been turned on as we have not had much rain recently.



As some of you may know, I am a self-taught potter. In the early seventies I had a studio in Pasadena and sold my pottery at art fairs and craft shows. It was a wonderful and fulfill-

PLEASE CUT OR TEAR OFF THE FORM AND RETURN WITH YOUR CHECK

## SABA CHA SHU BAO SALE

The SABA is taking pre-orders for our famous **CHA SHU BAO SALE**. The cost of the bao has been increased due to cost of the ingredients. **You can pick up the Cha Shu Bao package on Hanamatsuri Day, April 12, 2020 from 10:30a to 12noon.** We will be accepting orders from now until Sunday, **April 5, 2020** and if you have any questions please contact any of the SABA members or Chikako Kojima (310) 516-0562. As always, SABA greatly thanks the Sangha for their support.

## PRE-ORDER FORM

### 4 Bao for \$8.00

Please Order by: **Sunday, April 5, 2019**

**Pickup Date: Sunday, April 12, 2019, 10:30a to 12noon**

Question? Chikako Kojima: (310) 516-0562 or  
(310) 749-4964 (cell)

Quantity: orders of (4 Bao for \$8.00) = \$

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



Please make checks payable to **SENSHIN ABA**





ing time in my life.

As things change I had to find another way to make a living and began a 35 years career in the Motion Picture industry. I always knew I wanted to return to pottery and about six years ago I began this journey. Rev. Mas told me about Leo Sugano throwing 1000 candle lanterns for *Obon*. This inspired me to do something similar. I decided to join a studio and as a first project decided to throw 300 teacups as a way of relearning proportions, glazes and gift them to the temple. Six years later, I find this gift rarely used. I find paper cups used once and discarded. It is disappointing that in this era of global warming we continue to contribute to landfills and resource waste. The teacups serve as a reminder that we can make a difference. They can be used over and over. Washed by hand or put in a dishwasher to be cleaned and reused. It takes a little effort...join me in making it. *Mottainai!*

I encourage temple members to use their gifted or made ceramic wares when bringing food to pot luck events. They are made to be used, honor them by serving your prepared dishes on them. Be mindful and make the effort. (What are you saving them for?)

I hope you had a chance to view the exhibit of the potters of WasabiKai (Jean Minami, Sue Omori, Ruby Kiyohara, Gayle Wong, Tammy Matsubara, and Amy Yukawa), which has been on the display in the library. We have taken it down so an exhibit of Japanese dolls can be displayed in remembrance of girl's day. Please try to view the

changing exhibits as they become available. Also remember to visit the tokonoma and see the changing flower arrangements as part of our Pottery and Home *Ikebana* classes.

WasabiKai's Pottery and Home *Ikebana* class begins on the 28th. This class will only be offered once this year. The *Raku/ Tea* class schedule will be posted as soon as they become available.

I invite you to visit the WasabiKai studio and see the amazing work done by temple members who have become quite good potters. Open studio Tuesdays and Thursdays 10:30-2:30 available to temple members who have taken classes. Join us!

Bob Miyamoto, WasabiKai  
1bobmiyamoto@gmail.com

## Kinnara Gagaku/ Bugaku Classes

Classes are held at Senshin. Beginners or experienced are welcomed.

*Gagaku* (the music) meets on the 1st and 3rd Wednesdays at 7:30p. *Bugaku* (the dance) meets on the 2nd and 4th Wednesdays at 7:30p. Call (323) 731-4617 for more information.

Kinnara *Gagaku* is looking for several *Okoto*. If you have *Okoto* that you do not use, please contact Rev. Kodani.

## Exercise Class / TBMM Tuesday & Thursday, 9:30-10:30a

*Thinking Body, Moving Mind* (TBMM) (TBMM) is a movement technique/ exercise class, held on every Tuesday and Thursday mornings 9:30am to 10:30a. The class is designed for senior adults, but all are welcomed.

## Beginning Yoga Class for Senshin Sangha Mondays 10a

A beginner's yoga class is now offered at Senshin for temple members.

Practicing yoga will increase your strength and flexibility, improve circulation and help release stress. The class is taught by Riki Aihara on Mondays at 10:00am in the Social Hall. No experience necessary. Classes accompanied with Tibetan sound bowls. Bring a yoga mat, towel or blanket for



knee protection and water. For more information, contact Riki Aihara, call 310-780-6105 or email riki.aihara@gmail.com

## Karate Club Wednesdays, 4:30p

Senshin Karate Club is now gathering on Wednesdays from 4:30p.

One of the mottos of the class is "no injury." Seniors, Adults and Children all practice together and teach each other.

Anyone interested in joining the club should contact Rev. Furumoto at the temple.

## Nembutsu Retreat 2020



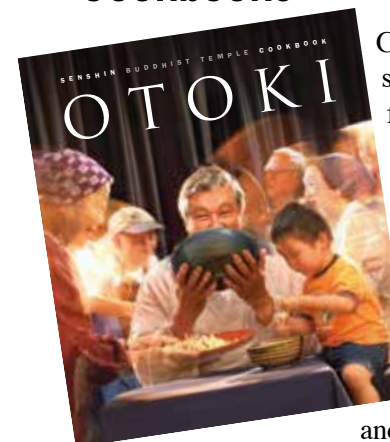
## Aruku-Kai "Let's Walk" Club

Upcoming hikes will be on: March 28, April 18, May 16, and June 13. Join us! Senshin members and friends of all ages are welcome. The goals of Aruku-Kai Club are:

- 1) to strengthen our Sangha and
- 2) to practice mindfulness by exercising our minds and bodies in nature.

Please contact Lauren Ohata at lauren.ohata@gmail.com or Russell Nishida at nishida@cox.net if you are interested or have questions. Let's *aruku* (walk)!

## Cookbooks



Copies are still available from the Hongwanji Place Bookstore, located next to the Library at Senshin. For price and details,

email Hongwanjiplace@gmail.com or call (323) 731-4617.

## B W A Hoonko Otoki Prep...



## Social Media

**Instagram:** Users are now able to not only follow accounts, but hashtags. You can follow #SenshinEverything and also tag your posts of Senshin with the hashtag if you'd like others to see solely your Senshin pics. That's #SENSHINEVERYTHING.

SenshinBuddhistTemple

@senshinji

@senshinji

**SENSHIN JR. YBA FUNDRAISER**

**PLEASE BUY SCRIPS TO SUPPORT!**

Forms Now Available at:  
**SENSHINTEMPLE.ORG**  
And in Foyer or Temple Office

For Mailing Information,  
Please Call or Text

**HARUMI KAWAGUCHI AT**  
(626) 230-1433

**THANK YOU!!**



## 洗心仏教会

2020年3月

## 1月感謝録:

寄付: K植村/L.Wong,D松原,Warshal Family  
R&J山下,D東が丘,R&T中渡瀬,R中渡瀬  
J小川,C相原H井上,J南,R中渡瀬,J赤堀  
L竹本,I松林,D&L赤嶺,M菅野,H小川, J武田  
Wasabikai,匿名  
除夜会、修正会寄付: S宮田,C&C小川,T赤堀  
W&I高島,相原 Insuranc,E.Yee Calzadias  
C久宗

故H藤本追悼:T&M藤本  
故S中渡瀬追悼:B&P中渡瀬  
故F臼井追悼:河野D大江  
ソシャルホール使用: S臼井,島袋一家  
故F臼井葬儀: S臼井  
故島袋葬儀: 島袋一家  
納骨堂:J南,G&P白砂,A&Ana-Maria寺川  
2020新年のお供え:Y.Ac.Park

お祝い曾孫Q.R.谷本:K平山

## 3月日程:

1日(日)	午前 8時半 9時半 10時 11時	婦人会例会 祥月法要 家族礼拝 コヒーノドーナツ キッツ太鼓	Dr.北原玲子
5日(木)	午後 7時半	理事会	
8日(日)	午前 9時 9時半 10時 11時	Jr.YBA会議 日本語法要 家族礼拝 英語勉強会	デイトライトセービングタイムの始まり  Dr.北原玲子,日曜学校
15日(日)	午前9時半 10時 11時	日本語法要 家族礼拝 英語勉強会 キッツ太鼓	小谷正雄名誉開教使 Dr.北原玲子
21日(土)	9:30-3時	春のお彼岸セミナー	マーク海野開教使(オレゴン大学教授)
22日(日)	9時半 10時 11時 12時	日本語法要 お彼岸法要 英語勉強会 キッズ太鼓 おとき(ABA)	マーク海野開教使
29日(日)	9-12時	大掃除／おみがき	

## 3月法要当番: ABA

本堂当番: J中島,C横田,E村上,R勝田

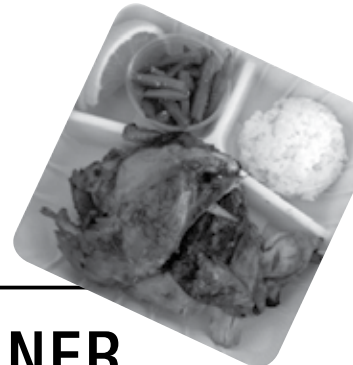
内陣お花当番: 7日:H高島,S.Lovall,14日:J駒井,K.Meigneux 21日:D&J平本, 28日:P本川,D竹原,  
4月4日M藤本,Y古本1&2月供花: J赤堀,M&Y後潟,D小谷,R.Sunday,C横田,Aguilar Family,G&J磯本,K磯本,C&G又吉,  
D松田、N&W永谷,M島袋,M上野,H吉富,匿名4月の予定: 12日: 花祭り法要  
もう初夏の暖かさですね。ロスは住みやすい所です。

# SENSHIN

## CHICKEN TERIYAKI

SINCE 1958

Order Deadline April 19



## FAMOUS CHICKEN TERIYAKI DINNER

Includes: 1/2 chicken, rice, sesame green beans, cabbage tsukemono

SUNDAY, MAY 3, 2020 • \$15 PER DINNER

Pick up between 11a – 2:00p; pre-order only, by April 19

ALSO BWA WHITE ELEPHANT, CRAFT &amp; BAKE SALE

*Featuring Vintage Japanese items*

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First Name	<input type="checkbox"/> Cell (Preferred) <input type="checkbox"/> Home	REQUIRED
Last Name		
Email Address		
Number of dinners at \$15 each	=	
<input type="checkbox"/> Payment included (check/cash)	\$	

## ORDER FORM

Here is the order form for Chicken Teriyaki dinners. No tickets will be printed or mailed. This order form is also available on our website. Chicken Teriyaki is a major fundraiser for Senshin. Many people would purchase all five tickets when we sent them.

**We hope you can still order five dinners, or more, this time as well. Thank you for your continued generous support.**

## QUESTIONS?

Call Marilyn Shimabukuro 818-248-4720  
or email, mshima@charter.net

Please make checks payable to  
**SENSHIN BUDDHIST TEMPLE**

Mail this order form to:  
Senshin Chicken Teriyaki  
1311 W. 37th Street, Los Angeles, CA 90007  
OR drop off your order in the Teriyaki  
mail slot in the temple office.

# SENSHIN-JI 2020 MARCH 2563

1311 W. 37TH STREET, LOS ANGELES, CALIFORNIA 90007 ☎ 323 731 4617 ✱ SENSHINTEMPLE@GMAIL.COM 🌸 SENSHINTEMPLE.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
8:30a BWA <i>Reikai</i> 9:30a Japanese Study Class 10a Monthly Memorial Service / <i>Shotsuki Hōyō</i> 11a Kids' Taiko; Social Hour (coffee & donuts)	10a Yoga Class	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio	7:30p Kinnara Gagaku	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio 7:30p Temple Bd Mtg 7:30p Kinnara Taiko		
<b>8</b> Daylight Savings Tme Begins	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9a Jr. Y B A Meeting 9:30a Japanese Study Class 10a Family Service 11a Study Class / Dharna School\	10a Yoga Class	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio	7:30p Kinnara Bugaku	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio 7:30p Kinnara Taiko		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Spring <i>Higan</i> Seminar
9:30a Japanese Study Class 10a Family Service, Rev. Masao Kodani BCA Minister <i>Emeritus</i> 11a Study Class / Kids' Taiko	10a Yoga Class 7:30p <i>Zadankai</i>	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio	7:30p Kinnara Gagaku	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio 7:30p Kinnara Taiko		9:30a-3p Spring <i>Higan</i> Seminar: Rev. Mark Unno (University of Oregon)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:30a Japanese Study Class 10a Spring <i>Higan</i> Service, Rev. Mark Unno (University of Oregon) 11a Study Class / Kids' Club 12noon <i>Otoki</i> : A B A	10a Yoga Class	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio	7:30p Kinnara Bugaku	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio 7:30p Kinnara Taiko		<i>Aruku Kai Hike</i>
<b>29</b> <i>Osoji</i> (Temple Clean-up)	<b>30</b>	<b>31</b>	April 1	April 2	April 3	April 4
9a-12noon <i>Osoji</i> & Omigaki (alter polishing) No Services Afternoon: A B A Keiro Bingo	10a Yoga Class	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio	7:30p Kinnara Gagaku	9:30a Exercise Class 10:30a-2p <i>WasabiKai</i> Open Studio 7:30p Temple Bd Mtg 7:30p Kinnara Taiko		

## MARCH TOBAN

**Sunday Service** A B A

**Hondo Toban** Jean Nakashima,  
Carole Yokota, Eugene Murakami,  
Richard Katsuda

## MARCH Onaijin Flower Toban

**Mar 7** Sheri Lovall, Henry Matsumura

**Mar 14** JoAnn Komai, Kate Meigneux

**Mar 21** (Spring Higan Seminar) Deb & John Hiramoto

**Mar 28** Paige Morikawa, Denise Takehara

**April 4** Miki Fujimoto, Yoriyo Furumoto

## Upcoming in APRIL 2020

**April 12** Senshin *Hanamatsuri* Service

**All classes subject to change  
without notice.**

*Please call a group member to  
confirm meeting/rehearsal.*