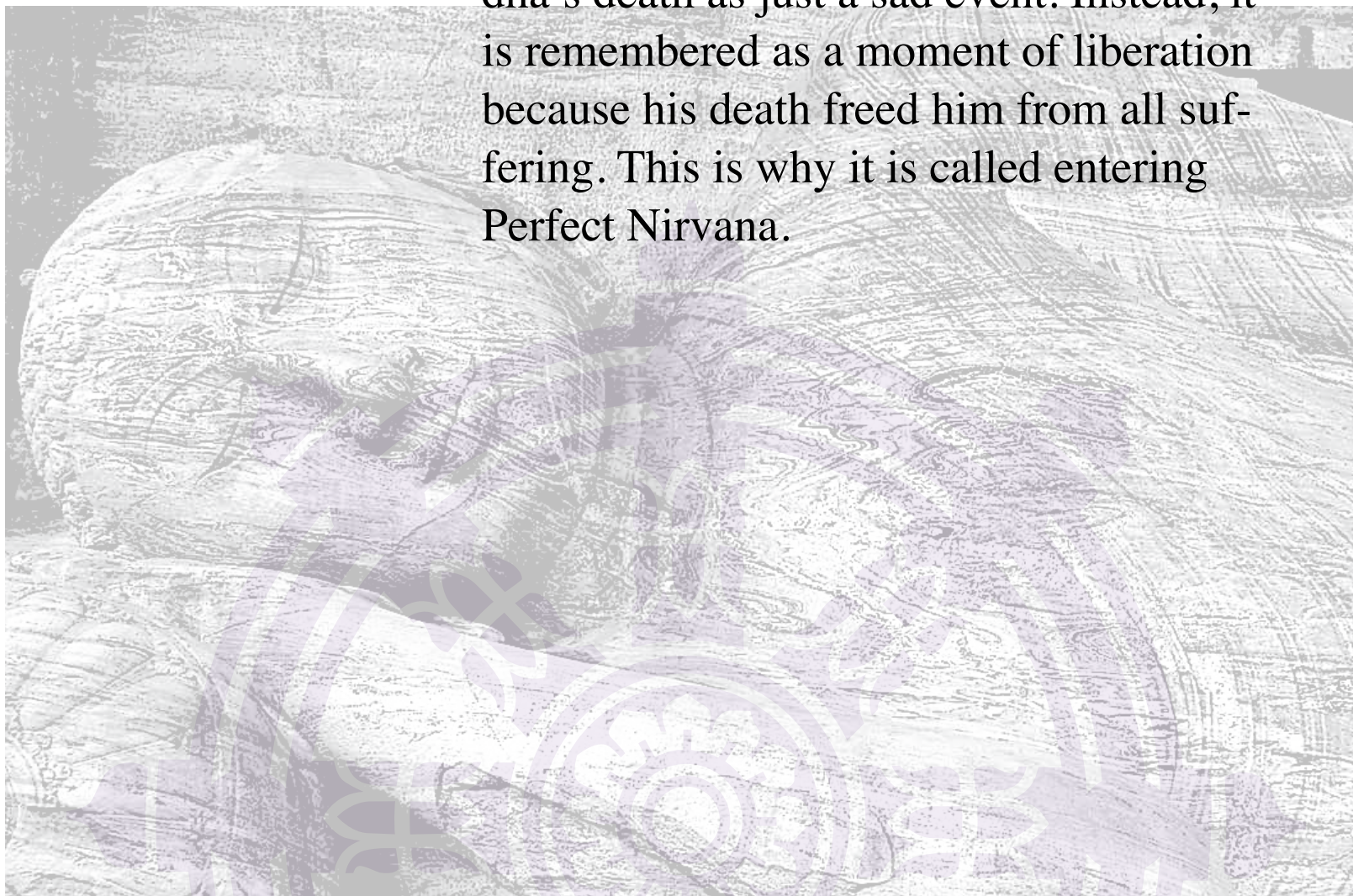


Nirvana Day is a memorial service for Shakyamuni Buddha, the founder of Buddhism who lived about 2,500 years ago. In the Mahayana tradition, Shakyamuni Buddha's death is observed on February 15th.

FINDING GRATITUDE AND PEACE: REFLECTIONS ON NIRVANA DAY

Buddhists do not see Shakyamuni Buddha's death as just a sad event. Instead, it is remembered as a moment of liberation because his death freed him from all suffering. This is why it is called entering Perfect Nirvana.



The Sanskrit word *Nirvana* means “the flame is blown out.” The flame represents our ego-driven desires and passions, called *Bonno* in Japanese. When we extinguish our *Bonno*, we reach *Nirvana*—a state of perfect calm, peace, and freedom. In some contexts, *Nirvana* is referred to as the Pure Land, which

symbolizes a world without ego. Without ego, there is no conflict or suffering, only peace.

Shakyamuni Buddha discovered the way to attain Nirvana at the age of 35. For 45 years, he shared his teachings with others. At the age of 80, when he passed away, he entered Perfect Nirvana. While he had achieved inner peace earlier, his physical body still experienced pain. Only at his death did he become completely free from all suffering.

Some Buddhists suggest that Shakyamuni Buddha may have experienced natural human emotions like anger. However, his anger never turned into grudges or hatred. He was able to let go of negative feelings quickly and avoid retaliating.

Shakyamuni Buddha famously said: *“I would not be hit by the second arrow.”*

The “first arrow” refers to the initial pain or anger we feel—like being insulted or hurt. The “second arrow” is when we hold onto those feelings, turning them into hatred or resentment. These emotions cause more suffering, like being struck repeatedly by additional arrows.

Unlike most people, Shakyamuni Buddha avoided the second arrow. He could release his anger or sadness and focus on gratitude instead. While we are not Buddhas, we can learn from his example and try to let go of anger and find things to be thankful for.



ill. At 80 years old, his body couldn't recover, and he understood that his time had come.

He also told his disciples, *“Do not blame Chunda. He made a great offering. His meal became my last in this world; and thanks to him, I can now enter Perfect Nirvana. I am deeply grateful to him.”*

After giving his final teachings, Shakyamuni Buddha passed into Perfect Nirvana.

When we experience something unpleasant, like food poisoning, our first reaction might be to blame others—perhaps leaving a bad review or a warning

in Yelp. But Shakyamuni Buddha, having attained *Nirvana*, did not blame Chunda. Instead, he thanked him.

Although we are not Buddhas, we can strive to follow Shakyamuni Buddha's example. As Jodo Shinshu followers, we believe that we can attain *Nirvana* in the Pure Land through the compassionate power of Amida Buddha.

Shinran Shonin teaches that achieving *Nirvana* during our lifetime is beyond our ability as foolish beings. He states:

“Beyond our ability to attain it in the state of foolish beings, We will realize it on reaching the land of peace.”

(Hymns of the Pure Land, CWS, p. 350)

The “land of peace” refers to the Pure Land, where we are born after death. In the Pure Land, we can attain perfect Nirvana, just as Shakyamuni Buddha did.

While we are alive, we receive the power of Nirvana by learning the Nembutsu teaching. The Nembutsu helps us reflect on our self-centered nature and encourages us to let go of ego-driven thoughts. By doing so, we can live more peacefully, with a spirit of gratitude and humility.

Namoamidabutsu

REV. RYUTA FURUMOTO

涅槃会、感謝と安らぎ「第二の矢は受けない」

涅槃会 (Nirvana Day) は、約2,500年前に亡くなられたお釈迦さまを偲ぶ法要です。お釈迦さまが亡くなられたことを入滅と言い、大乘仏教の伝統では、入滅の日を2月15日としています。

仏教徒はお釈迦さまの入滅を単なる悲しい出来事としてでは

なく、完全な悟りに至ったという意義深い出来事として受け止めています。それは、全ての苦しみから解放されることを意味し、「完全なる涅槃 (Perfect Nirvana) に入る」、または、苦しみが減じた状態や世界に入る、ということで「入滅」と言います。

サンスクリット語の「涅槃 (Nirvana)」は「炎が吹き消される」という意味です。この炎は、煩惱と呼ばれる私たちの欲望や執着心を象徴しています。煩惱を消し去ることで、涅槃、つまり完全な静寂と平和、そして自由の境地に至ることができます。涅槃が場所の表現をとると、浄土となり、それは「我執のない世界」を象徴しています。我執がなければ争いや苦しみもなく、平和と安らぎがあるのです。

お釈迦さまは35歳の時に涅槃に至り、ブツダとなりました。その後45年間、多くの人々に涅槃に至る道を伝え続けました。そして80歳でご入滅され、完全なる涅槃に入られました。生きているときに心は涅槃の境地に至ったのですが、肉体があるので、痛みなどの苦しみや、生きるために必要な欲がありました。そのため、完全に苦や生存欲などから解放されたのはご入滅された後でした。

一部の仏教徒は、お釈迦さまも生きておられるときは、自然な人間の感情、例えば怒りを経験されただろうと考えています。けれども、お釈迦さまの怒りは恨みや憎しみに変わることはありませんでした。すぐに怒りの感情を手放すことができ、心は安らかなのです。

お釈迦さまは「私は第二の矢に射られることはない。」とされています。

「第一の矢」とは、侮辱されたり傷つけられたりしたときに反応する、最初の怒りや痛みを指します。「第二の矢」とは、その感情を引きずり、憎しみや恨みに変えることを意味します。このような感情はさらなる苦しみを生み、追加の矢で何度も射られ、さらに傷ついていくのです。

多くの人と違い、お釈迦さまは第二の矢を避けることができました。「自分」ということに執着をされないことで、すぐに怒りや悲しみを手放すことができたのです。そしてお釈迦さまは、怒りを感謝の気持ちに転じられていたことが伺えるお話があります。

それはお釈迦さまが入滅された原因のお話です。弟子の鍛冶屋のチュンダが、お釈迦さまが町を訪れたと知り、食事を供養してもてなしました。ところが食後、お釈迦さまは食中毒にかかり、体調を崩されてしまいました。80歳だった御釈迦さまの体は回復せず、ご自身でも死期が近いことを理解されました。

入滅の前に、お釈迦さまはチュンダにこう語られました。

「あなたの食事が私の死の原因ではありません。私の死の原因は、この世に生まれたことにあります。自分を責めてはいけません。」

また他の弟子たちにも「チュンダを責めてはなりません。彼はとても尊い供養をしてくれました。彼の供養は、この世で私にとって最後の供養となり、そのおかげで私は完全なる涅槃に入ることができます。心から感謝しています。」と言われました。

そして、最後の教を説かれた後、お釈迦さまは完全なる涅槃に入られ

た、というお話が伝わっています。

私たちは食中毒のような不快な経験をすると、つい他人を責め、怒り、恨みを持ってしまいます。しかし、涅槃に至ったお釈迦さまはチュンダを責めることなく、感謝の意を示されたのです。

私たちは仏ではなく凡夫なので、お釈迦さまのようにはできません。第三、第四、第五、...と多くの矢を受けます。けれども、お釈迦さまにならって、できるだけ怒りを手放し、感謝の心を持つようにしてみたいと思います。

浄土真宗は、阿弥陀仏の力によってお浄土で涅槃を得ることができるという教えです。

親鸞聖人は浄土和讃で、「**凡地にしてはさとられず、安養にいたりて証すべし**」と

生きている間に、凡夫の身で涅槃を得ることはできないが、死後、お浄土に生まれ、涅槃に至ることができると言われます。浄土ではお釈迦さまと同じように完全なる涅槃を得ることができるのです。

涅槃に至るのは死後ですが、生きている間は、念仏の教を学ぶことで涅槃の力を受け取ります。お念仏の教えは、自己中心的な考えを反省し、できるだけ我執を手放すよう促してくれます。その結果、感謝と謙虚さを持って、より平和に生きることができるのです。

南無阿弥陀仏

Monthly Memorial February 2025

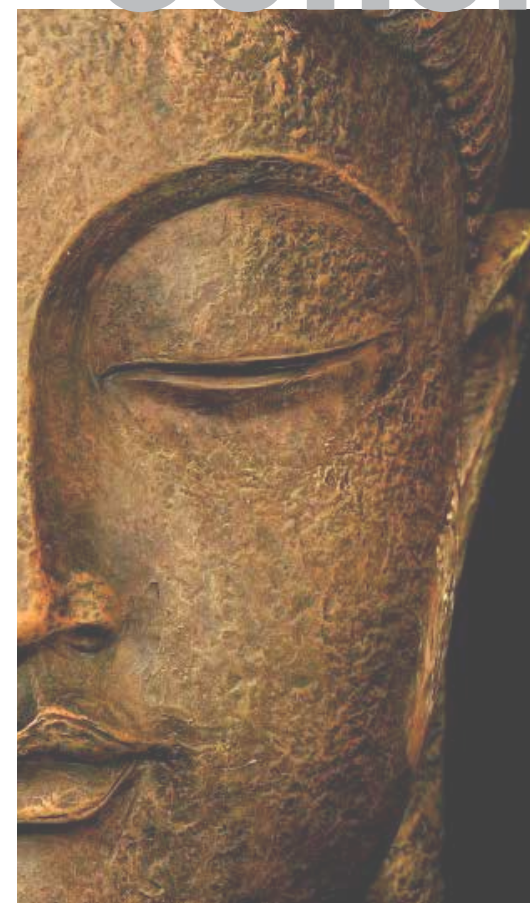
Shotsuki Service, February 2 at 10a

Seshu (Observant)
Deceased Relation To Obervant, Deceased

Aihara, Doug <i>Mother Aihara, Yae</i>	Meigneux, Kate/Teia and Emma <i>Mother/Grandmother Kerr, Gwendy</i>	Takemoto, Jon <i>Grandfather Fujiura, Itashiro</i>
Akahori, Julie <i>Father Akahori, Ted</i>	Mori, Wendy <i>Brother Sahara, Fred</i>	Terakawa Family <i>Father Terakawa, Hiroji</i>
Akahori, Julie <i>Aunt Akahori, Jean</i>	Munekata, Yoko <i>Father Matsubayashi, Rev. Shushin</i>	Toji, Suzanne <i>Mother Totsubo, Kazue</i>
Akahori, Julie <i>Grandmother Uyetake, Kazuko</i>	Nagano, Lance <i>Father Nagano, George</i>	Toyama, Beverly <i>Grandfather Murata, Daisaku</i>
Akahori, Julie <i>Family Friend Murata, Sachiko</i>	Nagatani, Wendy <i>Father Yoshitomi, Roy Rentaro</i>	Ushirogata, Yukie <i>Mother-in-law Ushirogata, Mitsuo</i>
Gleeson, David <i>Mother Gleeson, Mary Kathleen</i>	Nakamura, Bob <i>Mother Nakamura, Kimiko</i>	Usui, Jim <i>Father Usui, Otojiro</i>
Hori, Robert <i>Mother Hori, Lilly</i>	Nakashita, Arthur <i>Father Nakashita, Ben</i>	Usui, Jim <i>Mother Usui, Kiyono</i>
Huey, Celia <i>Mother Kanagawa, Elso</i>	Nishikawa, Kelvin <i>Mother Nishikawa, Edith</i>	Usui, Suzuko <i>Father Ariyoshi, Matabei</i>
Inatomi Family <i>Father Inatomi, Kiyohiko</i>	Nishisaka, Merrie, Nishisaka Scott <i>Mother Nishisaka, Yuri</i>	Uyeno Family <i>Father Uyeno, Masato</i>
Inatomi Family <i>Mother Inatomi, Lily</i>	Nishiyama, Dexter <i>Father-in-law Matayoshi Takeo</i>	Uyeno Family <i>Grandmother Uyeno, Ren</i>
Isomoto, Glen <i>Father Isomoto, Sam</i>	Oda, Cindy <i>Grandmother Tomita, Natsu</i>	Uyeno Family <i>Aunt Nishida, Masako Marsha</i>
Kato, Douglas <i>Father Kato, Kay Sadao</i>	Onishi, Randy & Susan <i>Father Onishi, Masato</i>	Uyeno Family <i>Mother Uyeno, Matsuko</i>
Kiyohara, Ruby <i>Father-in-law Kiyohara, Sasaichi</i>	Sawada, Harry <i>Wife Sawada, Nellie</i>	Wakinaka, Bernice <i>Mother Nagaoka, Chiyono</i>
Kojima, Chikako <i>Grandmother Takaki, Miyo</i>	Shimabukuro, Marilyn <i>Father Shimabukuro, Shigeichi</i>	Wakinaka, Bernice <i>Brother Nagaoka, Dick</i>
Kunitake, Kimiyo <i>Husband Kunitake, Saburo</i>	Takashima, Wilbur <i>Great Grandfather Takashima, Bunshiro</i>	Wakinaka, Bernice <i>Husband Wakinaka, Asa</i>
Kunitake, Kimiyo <i>Uncle Wada, Fred</i>	Takashima, Wilbur <i>Great Grandfather Sato, Kaisouyemon</i>	Wakinaka, Vickie <i>Father Wakinaka, Fred</i>
Matsuda Family <i>Mother Matsuda, Misao</i>		Yokota, Carole <i>Mother Yokota, Sanaye</i>
Matsumura, Henry <i>Father Matsumura, Isamu</i>		Yoneda, Kiyoko <i>Father-in-law Yoneda, Sanji</i>
		Yoshioka, Karen <i>Father Taniguchi, Mitsugi</i>
		Yoshioka, Karen <i>Mother Taniguchi, Yuriko</i>

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 2025



Nirvana Day Service

Sunday, February 16th

February 15th is Nirvana Day, which marks Shakyamuni Buddha's passing. Traditionally, his death is referred to as "Entering into Great Nirvana."

This year, we plan to serve Zenzai to commemorate this special day.

涅槃会

2月16日に涅槃会を営みます。涅槃会はお釈迦さまが亡くられた日(2月15日)をご縁として仏法を聴聞させていただく法要です。善哉を用意しますので、みなさまどうぞお参りください。

Senshin Bukkyo Gakuin Class Basic Buddhism

Wednesdays, February 5, 12 and 19

6:30 – 7:15p (On-line)

Sunday, February 2, after service (in-person)

Rev. Ryuta Furumoto

The class covers the fundamental thoughts and concepts of Buddhism including the **life of Shakyamuni Buddha, the Four Noble Truths, the Six Paramitas** and more. The classes are online and those who have not attended previous sessions are welcome to join. Please contact the temple. Those who have joined previous classes will receive the link to the classes.

DECEMBER DONATIONS

Glenn and Harumi Kawaguchi *Nokotsudo*
Yoshifumi Sugita
Shelly Okamura *Nokotsudo*
Jean Minami *Nokotsudo*
Kelvin & Yoko Nishikawa
Use of copy machine

Russell Okamura *Dana*
Toshiko Yamaguchi
Keiro Kai, 7th anniversary service for
Kikuye Imamura

Duane and Joy Hirayama
Nokotsudo

Wendy and Nick Nagatani
Nokotsudo

Kubota Nikkei Mortuary
2024 Year End Donation

California Wellness Foundation/Debra Nakatomi
Dana

Kiyo Yoneda *Dana*

Katherine Otamura
In memory of
Roy Otamura & Yomiko Murakami

Elaine Motokane & Joe Warhula
In memory of Ed Motokane

Duane & Joy Hirayama
In memory of
Kikuye Imamura

Duane & Joy Hirayama
In memory of
Toshiyuki Yoshimura

Nancy Kodama
Nokotsudo, In memory of
Malcom Kodama

Craig Wong
In memory of Gayle Wong

Dennis & Celia Huey *Dana*
Hideo Sugita *Donation*

Geraldine Koyanagi
In memory of father
Frank Usui

Susie Usui
In memory of husband
Frank Usui

Kenny and Teresa Wong
Nokotsudo

Reiko & Kenny Koyanagi
Nokotsudo

Susie Usui *Nokotsudo*

Mayumi Kodani *Dana*

Keith Sawada
In memory of Annie Yee

Paul Hiramoto
October Shotsuki Hoyo
Sumiko Hiramoto

Qris Yamashita
Bukkyo Gakuin

DECEMBER FLOWER DONATIONS

Lori & Russell Nishida

Merrie Nishisaka

Chikako Kojima

Jean Minami

Marty and Kathie Umemoto

Anonymous

Mark and Reiko Sunday

Toshiko Yamaguchi

DECEMBER SHOTSUKI HOYO

Julie Akahori
Yoshiko Uyetake

Miki Fujimoto
Mary Fujimoto

Lisa Hashimoto-Elardo
K. Hashimoto

Donna & Glenn Hiraga
Ted & Sayko Nishisaka

Bruce Hirayama
Glenn Hirayama

Jane & Keith Hirayama
Glenn Hirayama

Joy & Duane Hirayama
Glenn Hirayama

Emi Kamikawa
Violet Kamikawa

Glenn & Kristine Kawaguchi
Glenn Hirayama

Chikako Kojima
Harry Uneda

Lisa Ann Maeda
Tsuchiyo Domoto

Kazuo & Ikuko Matsubayashi
Moriichi Matsubayashi

Jean Minami
Yoshimi Minami

John & Wendy Mori
Sam Mori & Hiroshi Sahara

Nick & Wendy Nagatani
Hannah Yoshitomi

Lori Nishida
Ritsuko Nishisaka

Robert & Leah Nishida
John Nishida

Russell & Lori Nishida
John Nishida

Merrie Nishisaka
Ritsuko Nishisaka

Merrie Nishisaka
Tsuta Sanada

Cindy Oda
John Tomita

Ronald & Fujie Ohata
Father Shigetoshi Ohata

Tom, Denise & Fujito Okabe
Tsuchiyo Domoto

Satomi Saneto
Glenn Hirayama

Janice Shigaki
Alfred & Doris Shigaki

Wilbur & Iris Takashima
Grandfather Hikokichi Yasuda

Akira Ron & Mayako Takemoto

Rev. Art Takemoto

Akira Ron & Mayako Takemoto
Toyosuke Takemoto

M. Beverly Toyama
John Toyama,
Yoneo Ohbayashi,
May Ohno Toyama,
Kiniige Ohbayashi

Marty & Kathie Umemoto
Kazuo Umemoto

Yukie Ushirogata
Naruko Hagiwara

Bernice Wakinaka
Father Tokuzo Nagaoka

Bernice Wakinaka
Yorinosuke & Tane Wakinaka

Vickie Wakinaka
Mother Esther Wakinaka

Susan Shigaki & Edmond Young
Alfred & Doris Shigaki

DECEMBER OSEIBO

Anonymous

Anonymous

ABA

Madalyne Adams

Chris Aihara

Julie Akahori

Don Akamine

Roy & Jane Asahi

Stacey Camara

James & Karen Harada

Kenneth Hatai

Sumiko Hayamizu

Dorothy Higa

Deb & John Hiramoto

Jane Hirayama

Paul Hiramoto

Catherine Hisamune

Patti Honkawa

Edna Horiuchi

Janice & Victor Huey

Denise Ishitani

Janis Ishitani

Cathy Iyemura

Emi Kamikawa

David & Judy Kanagawa

Richard & Denise Kodani

Chikako Kojima

June Kondo

Tom Kuwata

Carrie Maeda

Natsuko Masushige

Tammy & Dale Matsubara

Ikuko & Kazuo Matsubayashi

Doug Matsuda

Laraine Matsuyama

Jean Minami

Richard & Yoko Miyagawa

Lillie Miyagishima

Dennis & Marilyn Miyamoto

Nobuko Miyamoto

Stephanie Mizutani

Eugene & Elaine Murakami

Julia Murakami

Bob & Sumie Nagano

Judy Nakatani

Richard & Helen Nakawatase

Russell & Lori Nishida

Kelvin & Yoko Nishikawa

Merrie Nishisaka

Sachie Oda

Lauren Ohata

Ron & Fujie Ohata

Shelly Okamura

Michael & Carol Okuda

Randall Onishi

Michiko & Richard Sakakura

Dana & Ann Saneto

James & Yuriko Segawa

Marilyn Shimabukuro & Gilbert Leong

Ellen Shimohara

Paula Shirasago

Mark & Reiko Sunday

Kiyoe Suzuki

Tamiko Tada

Wilbur & Iris Takashima

Lynn Taketomo

Yo Takeyama

Suzanne Toji

Kathie and Marty Umemoto

Yoko Uneda

Yuki Ushirogata

Nancy & Jim Usui

Bernice Wakinaka

Vickie Wakinaka

Marsha Watanabe

Juriko & Yoshiyuki Yamada

Toshiko Yamaguchi

Betty Yamashita

Qris Yamashita & Chris Komai

Michael & Lily Yanagita

Arlene Yokoyama

Amy Yukawa

DECEMBER ANITYA DONATIONS

Susan Asamura

James & Karen Harada

Paul Hiramoto

Patricia Honkawa

Celia Huey

Doug Matsuda

Joy Mido

Merrie Nishisaka

Senshin BWA

Wilbur & Iris Takashima

Marty & Kathie Umemoto

Koichi Uyemura & Linda Wong

Chris Komai & Qris Yamashita

Mike & Lily Yanagita

Alice Yokota & Rodney Cooley

JANUARY ANITYA DONATIONS

Doug and Chris Aihara

Sumiko Hayamizu

Edna Horiuchi

Masao Kodani

Garren and Stephanie Mizutani

Alice Yokota

Anitya Update January 2025

I'm pleased to report that the Anitya Fundraising drive is continuing to do well. As of January 19 we have raised more than \$120,000 in new funds since beginning our drive in October. The total project budget remains at \$250,000 until we receive the quotes for the paving work for our two parking lots.

The Hondo work is nearly complete. Some glass work remains. We are considering options for replacing the hand rails. There is some question about whether or not they are needed. If you have an opinion about the handrails, please speak with me or Russell Nishida and share your thoughts.

Thank you for your continued support as we endeavor to preserve the structures and grounds of Senshin.

Gassho,
NEIL KOMAI
Anitya Fundraising Chair

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. 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.

洗心仏教会

2025年2月

12月感謝録:

寄付:R岡村,K米田,D/C.Huey,H杉田,M小谷,Kubota Mortuary Calif. Wellness Fd-D中富

故R岡村,Y村上追悼:K岡村
故E元金追悼:E元金,J.Warhula

納骨堂:G/H川口,S岡村,J南,D/J平山,W/N永谷,K/T.Wong
R/T小柳,S白井,N小玉

故K今村,T吉村追悼:D/J平山
故G.Wong追悼:C.Wong

敬老会7周年—T山口

故F白井追悼:G小柳,S白井

コピマシ使用: K/Y西川

故A.Yee追悼:K沢田

2月法要スケジュール:

1日(土)	9:30A 2p	納骨堂掃除 南加地区YBAセミナー	
2日(日)	8:30a 9:45a 10a 11a	婦人会例会(hybrid) 日本語法話 祥月法要 ドーナツ	
4日(火)	7p	婦人会例会(ZOOM)	
5日(水)	6:30-7p	仏教学院(オンライン),浄土真宗入門: 古本先生	
7日(金)		南加地区BCA代表者会議	
8-9(土、日)		念仏レトリート(Palm Garden Hotel)	見義信香開教使 (West Covina)
9日(日)	10a 11:30a	家族礼拝 Jr.YBA,Sangha Teens,ABA会議	
12日(水)	6:30-7p	仏教学院(オンライン),浄土真宗入門:	古本先生
15日(土)	11a	ABA新年ランチ	Gold Hibachi (Alhambra)
16日(日)	10a 11:30a	家族礼拝,涅槃会法要 ABA会議	
19日(水)	6:30-7p 2p	仏教学院(オンライン),浄土真宗入門: 南加地区Jr.YBAセミナー	古本先生
23日(日)	10a 11:30a	家族礼拝 BWA新年宴会	
28-3月1日	(金,土)	BCA総会、Bay Area (Zoom)	
毎水曜日	10a-2:30p	本願寺プレイス	

2月法要当番: BWA

当番主任は、1/5日祥月法要の後のドーナツと飲み物,1/12日理事会のスナックとお茶を用意してください。

2月本堂当番: J森,D相原,D江畑,Q山下

2月お花当番: 1日J駒井,L赤嶺8日L/K植村15日S東司,22日C家村,3/1日W/J森

もし予定日に当番ができない時は、Iris(310-951-0160)またはitakashima@aol.comまでご連絡ください。

3月の予定: 2日人形の日(ひな祭り),22日春のお此岸セミナー、23お此岸法要(Henry Adams開教使)

供花-月: C小島,M西坂,J南,T山口,L/R西田,M/K梅本,R/M.Sonday,匿名

Updates

& ANNOUNCEMENTS!

From the Board

Happy New Year!

As we enter the new year, our hearts are heavy with the images of wildfires impacting our communities in Los Angeles and surrounding areas. Yet, in the midst of this destruction, there is a profound opportunity for growth, both individually and as a community. While these fires test our resilience, they also bring the best out of those around us. Thank you all for your generous donations to the Wildfire relief fund. These funds will go directly to those in our Sangha who were impacted from these fires.

We had a great Board Installation in January and want to extend our gratitude to all of the Board members and members of the affiliated organizations for their dedication and contributions to the Sangha for this year. Your commitment and support are truly appreciated and will make a meaningful impact on our community.

In Gassho,
STAN FUKAWA

B W A

The first month of the new year just flew by. *Hoonko* service was held on Jan. 26, and *otoki of nigome* in appreciation of Shinran Shonin was enjoyed by all. Thank you to the *Hoonko* food committee of Kathie Umemoto, JoAnn Komai, and Donna Ebata for coordinating the delicious vegetarian meal. Thank you to all of the BWA members who came out on Saturday and Sunday to prepare and serve the *nigome*.

We are looking forward to the BWA New Year's Luncheon on February 23 after service in the social hall. There will be a sign-up sheet in the lobby after services if you would like to attend. Join us for a nice lunch and a fun time of bingo with prizes!

The BWA welcomes new member Debbie Fukawa. BWA's Membership Drive is underway. If you would like to join the fun and a nice community of women, annual dues are \$20 made out to Senshin BWA. If mailing it to the temple, please label the envelope "BWA Membership Dues".

Thank you for the following donation: Karen Ishizuka *Special*

A B A

Thank you to all the volunteers who came out to KeiAi to help the residents play bingo and to pass out the prizes. The most popular prize was the cute and fluffy stuffed animal dog. Thank you Debbie for purchasing the gifts.

Save the date for ABA's New Year's luncheon. Everyone is welcome to join

Interested in Yoga?

Introductory session with Bob Matsueda

An introduction to yoga will be offered to the Senshin sangha on Tuesday, February 18, 7p (on Zoom) led by Bob Matsueda.

Practicing yoga builds flexibility, strength and reduces stress. Yoga instructor Bob Matsueda has been teaching yoga classes on-line in cooperation with several temples, including Berkeley, Sacramento, and Ogden, Salt Lake City (Utah) Buddhist temples. His classes can accommodate all ages and abilities, and he offers these classes at no charge.

At the introductory session, Bob will share information about his classes, his background and his yoga philosophy. To learn more: <https://www.bobmatsueda.com>

For more information and to receive the zoom link, contact Debra Nakatomi at debra@nakatomipr.com or Chris Aihara at aihara.chris@gmail.com

us on Saturday, February 15, 2025, 11:00 am at Gold Hibachi Buffet, 2223 W Commonwealth Ave, Alhambra, CA 91803. Prices for adults (\$37) and Seniors (\$33) include all you can eat buffet, drink, tax and tip. Please sign up by Sunday Feb. 9th. Make checks payable to Senshin ABA and leave in the ABA mailbox. If you have any questions, call Greg at 626.277.6696. Our thoughts are with all who have been affected by the fires. *Namoami-dabutsu*.

Jr Y B A

This month the Senshin Jr. YBA hosted the Southern District YBL seminar number one. Senshin collaborated with the Nishi and West LA juniors. The theme of the seminar was The Game Of Life, focusing on the intersection of adult life and Buddhism.

If you have any questions or would like to join, please contact our parent advisor, Ms. Juriko Yamada at: afstue@gmail.com, (310) 569-9052.

Sangha Teens

On January 12th, we had a spectacular day with the Sangha teens. We started with the installation of the 2025 officers. Rev. Mas asked us all to remember to say the *Nembutsu* at least once a day. After service we had a talk with Rev. Mas about the movie *My Neighbor Totoro* that we watched together in December. He specifically focused on *Continued on page 11*

HINAMATSURI (DOLL FESTIVAL) C E L E B R A T I O N

SUNDAY
MARCH 2, 2025

Immediately After
Service

Senshin Social Hall



Traditional Japanese Doll Display

Snacks

Crafts

Traditionally in Japan on March 3, Hinamatsuri is observed. The Doll Festival, also known as Girl's Day, is an observance dating back centuries when traditional Japanese dolls depicting the Heian Imperial Court are displayed. We are very fortunate that our members have Girl's Day dolls that they will share with our Sangha.

Join us in celebration.

For more information, contact Chris Aihara, aihara.chris@gmail.com or Jana Yokoyama scoutthesprout@gmail.com

the Buddhist themes and images in the movie. One statue that we talked about was the *Jizo Bodhisattva* statue. *Jizo* appeared when Mei, Satsuki's little sister, was lost. We learned that this statue represents protection for women and children. During the winter people often put a red bib on the statue. The *Jizo* statue is commonly found in Japan.



With the holidays behind us we have resumed our usual schedule of open studio Tuesdays and Thursdays 10:30-2:30. The potters of WasaiKai took a field trip to Laguna Clay, the largest clay manufacturer in Southern Cal to see what's new out there.

We are planning to offer our Japanese dinnerware and plating class again to start the year. It will feature Rev. Mas sharing insights into two cultural classics, pottery and food presentation. The first three classes will explore methods of hand building various forms to create unique dinnerware. The fourth class will be glazing techniques, and the last class will be a kiln opening to reveal finished pieces. We will then plate with various foods provided and enjoy a meal together. You will come away with a new appreciation for ceramics and surprise yourself with your creativity.

These classes will be held on Saturdays, April 5, 12, 19, 26 and May 3, 10a - 1p. I will post a sign up sheet mid February on the bulletin board. The class will be limited to seven.

I will also post interest sheets for a *Kurinuki* class and *Kintsugi* class, dates to be determined.

For information or questions regarding classes contact me at: 1bobmi-yamoto@gmail.com or 323 791-2719.



SENSHIN-JI 2025 FEBRUARY 2568

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:30a <i>Nokotsudo</i> cleanup 2p SD Jr. YBA Seminar
2 8:30a BWA Reikai 9:45a Japanese <i>Howa</i> 10a Monthly Memorial Service (<i>Shotsuki Hoyo</i>) In person study class following service 11a Donuts	3	4 10:30-2p WasabiKai Open Studio	5 10a-2p Hongwanji Place 6:30-7:15p Senshin Bukkyo Gakuin: Basic Buddhism (zoom) Rev. Furumoto	6 10:30a-2p WasabiKai Open Studio 7-9p Kinnara Taiko	7 So District BCA Council Meeting	8 Nembutsu Retr Nembutsu Retreat at Palm Garden Hotel, Speaker Rev. Nobuko Miyoshi (West Covina)
9 Nembutsu Retreat	10	11 10:30-2p WasabiKai Open Studio	12 10a-2p Hongwanji Place 6:30-7:15p Senshin Bukkyo Gakuin: Basic Buddhism (zoom) Rev. Furumoto	13 10:30a-2p WasabiKai Open Studio 7-9p Kinnara Taiko	14	15 11a ABA New Year Luncheon, Gold Hiba- chi, Alhambra
16 10a Family Service, Nirvana Day 11a Youth Kinnara Taiko Class Serving <i>zenzai</i> after service 11:30a ABA Meeting	17	18 10:30-2p WasabiKai Open Studio	19 10a-2p Hongwanji Place 6:30-7:15p Senshin Bukkyo Gakuin: Basic Buddhism (zoom) Rev. Furumoto	20 10:30a-2p WasabiKai Open Studio 7-9p Kinnara Taiko	21	22
23 10a Family Service 11:30a BWA New Year Party	24	25 10:30-2p WasabiKai Open Studio	26 10a-2p Hongwanji Place	27 10:30a-2p WasabiKai Open Studio 7-9p Kinnara Taiko	28	March 1 Friday – Saturday BCA Meeting at Bay Area (zoom)

FEBRUARY SERVICE TOBAN: B W A

Monthly Toban group responsible for:

- **Weekly** Chair February Sunday Service
- **Feb 2** Provide donuts / beverages following monthly memorial service

FEBRUARY

Hondo Toban

Johnny Mori
Doug Aihara
Donna Ebata
Qris Yamashita

FEBRUARY ONAIJIN Flower Arrangement

Feb 1 JoAnn Komai / Lynn Akamine
Feb 8 Linda/Koichi Uyemura
Feb 15 Suzanne Toji
Feb 22 Cathy Iyemura
March 1 Wendy/Johnny Mori

(Note: If you are unable to fulfill the week you are scheduled, please contact Iris at (310) 951-0160

MARCH Upcoming Events

Mar 2 Doll Festival (*Hinamatsuri*)
Mar 22 Higan Seminar (Rev. Henry Adams)
Mar 23 Higan Service (Rev. Adams)
Mar 30 *Osoji* (Temple cleanup)