

The Obutsudan as Our Mind's Window (cont'd)

(Continued from page 1)

scended on their neighborhood and they were forced to evacuate, they carried their **Obutsudan** (family Buddhist altar) and their dog out first. I am sure that there were many important items inside the house full of precious memories, and many expensive things as well. But their first impulse was to protect the Obutsudan, which had been handed down by their grandparents. Even the devout Jodo Shinshu Buddhist in a panic might not be able to think and react as this family did, however. I deeply respect their great devotion.

As soon as all the guests had arrived at the new home, I chanted **Jusei-ge** with the family and their friends in front of the Obutsudan. Even now, I can see people wiping tears from their eyes as they recited the Nembutsu. I will never forget such a precious day during which we all shared our happiness and joy.

I believe that most of our members have an Obutsudan at home. Inside the Jodo Shinshu Obutsudan, we can see Amida Buddha, the central object of our reverence, enshrined in the center. Because Amida Buddha represents enlightenment and truth itself, it has no color nor form. However, it is difficult for even the most devout follower to envision the invisible truth when we put our hands together. We need something to direct our attention towards. That is why Amida Buddha manifested the Dharma body as compassionate means to provide a concrete embodiment – such as a wooden statue, a picture, or the

written name Namo Amida Butsu – to show us where to direct our attention when we put our hands together.

In Jodo Shinshu tradition, we call the Obutsudan our mind's window. Does your house have windows? Of course, it does; I don't believe that there are any which don't have them. Why then do all houses have windows? =

Actually, there are two important reasons. First, a window lets sunlight into the house. Sunlight makes the room bright. Even if we have excellent eyesight, we are not able to see anything at all without light. No matter how much we know the interior of our house, it is really difficult to walk around in the dark. Even going to the bathroom, we might bump into the wall or a table and hurt ourselves. Without light, we wouldn't know how messy the room is. If there is a golf ball on a floor, we might slip on it, fall and be injured. But when sunlight enters the house through the window, the dark room brightens. We are able to see any obstacles and avoid them. We don't bump into or stumble over anything. If the room is littered with trash, we are able to see it and clean the room.

Just as houses need windows, so do our minds. In other words, the Obutsudan is the precious window that shines light on our minds. It is the light of wisdom from Amida Buddha. By lighting the candle in the Obutsudan, the light of wisdom shines on our dark, deluded minds. This light allows us to see the trash and dust

(our selfishness and ego) cluttering our minds, and encourages us to clean them out.

The window also has one more important function that is to air out the room. If kept closed for a long time, the air in a room will become polluted with mold and bacteria, causing damage to both our belongings and to our bodies. Ventilating a room by opening a window allows fresh air to circulate, so we can keep our good health. In our daily lives, our minds also get dusty, filling with stale air. This is when complaints build up, we become irritated, the feeling of anger rises, and we no longer act rationally. If the stress and dissatisfaction continue to build, we might lose control and burst out with a cry of anger, or break something in our frustration.

On these occasions, it is very important for us to touch the life of Amida Buddha's compassion through the flowers in the Obutsudan. This is why we should offer flowers and burn incense each day in order to make our minds calm and at peace. When we do this, we are able to feel the warmth of Amida Buddha's compassion, which always understands our feelings and embraces us gently. By feeling the Buddha's compassion through the flowers in the Obutsudan, our minds are able to be healed naturally.

How many days do you go busily through your week without enjoying peace of mind? That is why each day it is most important for us to place our hands together and recite the Nembutsu calmly

(Continued on page 5)



Obutsudan always has a candlestick, flower vase and incense burner

The Obutsudan as Our Mind's Window (cont'd)

(Continued from page 4)

before the Obutsudan, so that we can encounter the light of wisdom and the life of compassion of Amida Buddha.

The Obutsudan, full of Amida

Buddha's virtue, serves as our domestic spiritual base. It is always there as our spiritual support to lead us to the way of the truth. The great working of Amida Buddha allows us to live happily and peacefully each day. I sincerely hope each of you, with

the deepest feeling of gratitude, treasures your Obutsudan as your mind's window.

Please look forward to welcoming a wonderful New Year!

In Gassho,

BWA Actities

COAST DISTRICT BWL CONFERENCE

The Coast District Buddhist Women's League Conference, scheduled for March 10, 2018, has been changed to Saturday, March 17, 2018, to be held in Mountain View. Our English guest speaker will be **Rev. Candice Shibata**, currently of the Berkeley Buddhist Temple. Our own **Rev. Yushi Mukojima** will be the Japanese speaker. MVBT BWA will be very busy preparing for the conference. It is with deep gratitude that our Temple Sangha has offered their help with the conference.

BWA MEMORIAL SERVICE, Sunday, Nov 26

Our BWA Memorial Service will be on Sunday, November 26, 2017. The service is for Esshinniko, Kakushinni-ko, Lady Takeko Kujo, Lady Yoshiko Ohtani and past MVBT BWA Members. **Rev. Kenji Akahoshi** from the San Diego Buddhist Temple will be our guest speaker.

UDON FUNDRAISER December 3, 2017 - Pick-up Only.

Udon tickets went on sale

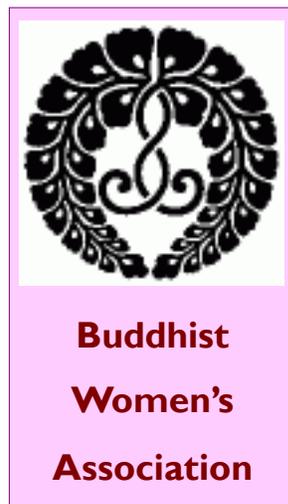
November 12, 2017. The cost is be \$6.00. Pick up from 11:00 am - 2:00 pm in the Sangha Hall. Tickets are available from BWA members.

JOIN BWA

Anyone interested in joining our BWA, contact **Reiko Murakami** at 408-257-0687 or at reikomurakami@comcast.net.

NEXT MEETING

Saturday, December 16, 2017, at 9:00 am in YBA Hall.



150 Club News	Toban & Echo Schedule			
Our November winners are Mason & Kendall Inouye .		Toban	Echo Article Deadline	Echo Print Date
Congratulations to our winners and thank you to all our participants!	DEC	Zones 9 & 10	N/A	N/A
You can also be a future winner. Talk to your Zone Chair for a 150 ticket for 2018.	JAN	Zones 11 & 12	Dec 15 (Fri)	Dec 20 (Wed)
Thank you to all those who participate in the 150 Club.	FEB	Zones 13 & 1	Jan 12 (Fri)	Jan 17 (Wed)
Please note the revised article deadline, printing dates and email submission process. This will provide time to layout and production. Thank you.				
Email all articles to echo@mvbuddhisttemple.org				

マウンテンビュー仏教会「回向」 二〇一七年十二月法話

— お仏壇はこころの窓 —

駐在開教使 向嶋謙史

先月の十月、カリフォルニア州北部で大規模な山火事がありました。この山火事は、強風で倒れた送電線が原因となつた可能性が高く、今年は深刻な干ばつと猛暑、更に強風に見舞われたことから記録的な山火事と発展しました。残念なことに、この山火事によつて、二十一万人以上も延焼し、八千以上の家屋、建物も消失、更に、少なくとも四十二人の方が犠牲になられました。これは、カリフォルニア州における過去最大級の山火事だと言われています。被災された方々が一日も早く平常な生活を取り戻されるよう心から願っています。

私がサンディエゴに滞在していた時も、何度か大きな山火事が発生し、ご門徒の方々が仏教会へ避難されたことがありました。また、自宅が全焼し、多大な被害にあわれたご門徒さんもおられました。

数年後、その門徒さんから新築祝いパーティーに招待されたのですが、当時の話を聞いてみますと、周りから驚いかかる火災で、避難を余儀なくされた際、真っ先に持つて逃げたのが、お仏壇と愛犬だつたそうです。家の中には、家族の思い出がたくさん詰まつた大切な物や非常に高価なものまで多数あつたことだと思います。しかし、祖父母から受け継がれたお仏壇だけは何となくも護らなくてはならないという強い思いが火災から逃れることを可能にしたのです。たとえ敬虔な浄土真宗の門徒であつても、誰にでもできることではありません。ただただ頭の下がる思いでした。

招待された方々が集まる中、無事であつたお仏壇の前で家族や友人の皆さんと一緒に重寶をあげさせていた

だきました。その時の涙を拭いながらお念仏を称えておられたご家族の姿が今でも心に深く残っています。何とも忘れがたい難い時間でした。

さて、皆さんもご自宅にお仏壇を持つておられると思いますが、浄土真宗のお仏壇の真ん中には、ご本尊として阿弥陀仏が安置されています。阿弥陀仏は悟りであり、真実そのものです。ですから本来、色も形もありません。しかし、真実を見ることのできない凡夫の私達には、何も無いところに手を合わせることは大変難しいことです。その為、阿弥陀仏が、方便法身という具体的なお姿、すなわち、「御木像」や「御絵像」、または「お名号」となつて私達に手を合わせる方向を示して下さっているのです。

また、浄土真宗ではお仏壇を「こころの窓」と呼んでいます。みなさんのお家には窓がついていて、どううか。窓のない家をお持ちの方はいいと思います。では、何故全ての家に窓があるかと言いますと、それには大きな理由が二つあります。

一つは、光を家の中に入れるということです。私達はどれほど視力が良くても、光がなければ何も見ることはできません。どれほど知り尽くしている家の中でも、暗闇の中では歩くことも困難です。お手洗いに行くだけでも、壁やテーブル等に何度もぶつかつて痛い思いをするでしょう。また、光がないと、部屋の中がどれほど散らかつているか分からないので、床の上に転がっているゴルフボールに気づかず、転んで怪我をすることもあるでしょう。しかし、窓があることによつて、太陽の光が家の中に入るので、暗い部屋が明るくなり、何かにぶつかつたり、つますいたりすることはありません。また、散らしたゴミを見ることができれば、掃除をしようという意識も出てきます。

このように、全ての家に窓があるように、私達の心にも窓が必要なんです。つまり、このお仏壇こそが私達の心に光を取り入れて下さる尊い窓なのです。

そして、その光は阿弥陀仏が智慧の光明として私達一人ひとりに届けて下さっています。ですから、お仏壇の蠟燭に火を灯すことによつて、智慧の光が闇に包まれた私達の心を照らし、心にこびりついているゴミや垢(ごみ)を掃除に気づかせ、心の掃除をするよう促して下さいます。

また、窓にはもう一つ大切な役目があります。それは、空気を入れ替えるということです。密閉した部屋の中に入ると、空気が汚れ、カビや細菌等が繁殖し、体に大きな被害を与えます。換気をすることで、新鮮な空気を部屋の中に取り入れることができ、健康を保つことができます。私達の心も同じように日々の生活の中で、もやもやした気持ちや立ち込めます。例えば、愚痴がたまると、イライラする、怒りが募るなどといった不満な気持ちやどんどんたまってくると、しまいに感情が爆発して自分を見失い、大声で泣いたり、ものに当たるなどしてしまいます。

そのような時は、お仏壇のお花を通して、阿弥陀仏の慈悲のいのちに触れさせていたたくことが大切です。ですから、お花をお供えし、お香を焚いて心を落ち着かすことで、いつも私達に寄り添つて下さる阿弥陀仏の慈悲の温もりが気づかされ、自然と心が癒されていきます。

私達は、日々心休まることなく働きたい生活を送っています。だからこそ、お仏壇の前で、静かに手を合わせ、お念仏を称えていく中で、阿弥陀仏の智慧の光と慈悲のいのちに遇わせていただくことが何よりも大切なことです。

阿弥陀仏のお徳がまつたお仏壇は、私達の心の拠り所、また、家庭の精神基盤となつて、常に私達の人をを支え、真実の道へと導いて下さっています。どうか、お仏壇を「こころの窓」として、いつまでも大切に相続していただきたいと切に願っております。

それでは皆さん、よいお年をお迎えください。

YBA News

SPAGHETTI DINNER

YBA's annual Spaghetti Dinner and Bingo fundraiser is right around the corner! Please save the date for Saturday, February 10, 2018. We hope to see everyone there, and thank you in advance for all of your support!

KEIRO KAI LUNCHEON

YBA will help serve tea and desserts at this year's Keiro Kai Luncheon on Sunday, November 19. We are thankful for and happy to honor our Keiros at this wonderful event!

DONATION

We would like to express our deepest gratitude to **Ms. Suzanne Doi** for her generous donation to YBA!

**In Gassho,
Maddie Matsumoto
2017 - 2018 YBA President**



YBA Spaghetti Dinner Fundraiser

**Saturday,
Feb 10, 2018**

Mochi-Tsuki — Sunday, December 10

Mochi-Tsuki time is here again and we look forward to seeing everyone at this annual get-together. Come and have fun helping and participating in the activities that make this cultural event and fundraiser a success.

Tickets have been distributed to each zone and **the final count is due Monday, December 4, 2017**. Tickets are also available at the MVBT office or through your zone chairperson.



WORK SCHEDULE IS:

- SAT, Dec 2 8:00 amPre-preparation, test equipment & hang plastic
- FRI, Dec 8 8:00 am Wash barrels & rinse rice
- SAT, Dec 9 8:00 am Final setup, clean area & move equipment
- SUN, Dec 10 **Mochi-Tsuki Day**
 - 5:00 am..... Start steamers
 - 5:30 am Start cooking rice
 - 6:00 am Start pounding
 - 6:30 am Start shaping mochi
 - 11:00 am - 3:00 pm Mochi Pickup
 - ~ 3:00 pm Clean up
- WED, Dec. 13 8:00 am Final clean up

If you have any questions, please contact **Glenn Kitasoe** at 408-749-9925 or email at gkitasoe@gmail.com.

Mochi Prices

Komochi
\$ 4
(1-pound pkg)

Okasane
\$ 6
(Kagami)
(1-pound pkg)

Noshimochi
\$ 16
(4-pound pkg)

Dharma School



Dharma School News

FAMILY FUN NIGHT

This month, Dharma School presented the Fall Family Fun Night on November 3 in the Sangha Hall. Thank you to the wonderful organizers, **Traci & Mike Inouye** and **Christine & Hideki Hirabayashi**.

KEIRO KAI LUNCHEON

On November 19, Dharma School will organize and serve (along with YBA) coffee, tea, and cake during the Keiro Kai Luncheon. A big thank you to **Dana Nakagawa**, **Debbie Kitani**, **Grace Kosakura**, and **Yumi Higa** for coordinating.

NOVEMBER 26th SUNDAY SERVICE

Carol Harbin will supervise the activity for the November 26th Sunday Service. Dharma School

students and parents will sew fleece blankets for the children of the victims of the Santa Rosa fires. Carol has a contact in Santa Rosa to arrange the donation to families. Terrific job, Carol!

ONENJU

And thank you to Richard Endo for obtaining **onenjus** for Dharma School. We have quite a few new Dharma School students this year, and I've been holding off on announcing them to the Sangha because Dharma School didn't have enough onenjus to give to each child.

DHARMA SCHOOL NEEDS YOUR HELP

Join the Dharma School team! Dharma School is looking for someone to be Assistant Superintendent. You get to work

with wonderful people and help the children in our Sangha. Dharma School is also looking for two Parent Volunteer Coordinators. Keep our Dharma School vibrant, help out!

DONATIONS

Donations are gratefully acknowledged:

San Jose Buddhist Women's Association

Kimberly Takemoto

Zoey & Kiley Millard's Birthdays

**In Gassho,
Curt Fukuda
Dharma School Superintendent**

October Birthday

Tyson Colin with Reverend Mukojima



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ABA News

ABA & BISHOP'S MEMORIAL SERVICE

Thanks to everyone who participated in and donated to the ABA/Bishop's Memorial Service.

MEET & MINGLE

On Friday, November 10, ABA hosted our Annual "Meet and Mingle" dinner and entertainment. Thanks to the committee who

ordered the yummy food from Dishdash, managed the registration, set-up and decorated the Sangha Hall and organized the games. It was another evening of food, fun and Sangha.

KEIRO KAI

ABA was honored to assist with the registration at the annual Keiro Kai Luncheon. Congratula-

tions to the keiro members who were recognized and thank you for your contribution to MVBT and the spread of the Dharma.

**With Gassho,
Jean Shimoguchi
ABA President**



Meet & Greet:

Traditional "Battle of the Sexes" (left);
ABA & Temple Presidents help the ladies and gentlemen battle each other (right)



Seniors Activity Group

PAST EVENTS

A fun, free Bingo event was held on November 16. A special lunch was served. This was our last gathering for 2017 because the holidays are soon approaching.

UPCOMING EVENTS

January 11, Thursday. The Senior Program will resume on this date. This will give you all extra time for the recuperation after the busy holidays. Again mark this date.

January 18, Thursday. We will have **Sandy Wong** demonstrating hands-on about Reiki. She will educate us on Universal Life Energy. Please join us for lunch and learn about Reiki. Lunch will be at 11:30 am and the presentation will be at 12:30 pm.

Reschedule Angel Island Trip.

We are looking to reschedule the Angel Island Trip with **Doug McConnell**. Will keep you all posted.

COOKBOOKS FOR SALE

The Senior Cook Book is still available in the Temple office or from any of the committee member. A perfect gift for the coming holiday, the person that has everything. Price: \$18.

SENIOR CRAFTS

December 3, Sunday. **To-shiko Uyehara** is requesting home made crafts or any donations for our December 3 Boutique. Donations are greatly appreciated. Please support our Senior Craft Boutique. Great

affordable gifts for the coming holiday made by our Seniors. Any donation can be dropped off at the Temple office with your name on the items. Thanking you in advance.

SENIOR HOURS

**Every Thursday,
9:00 am - 12:00 noon**
Light refreshment of coffee, tea and desserts are always provided. Everyone is welcome to join us to share new ideas and to make new friends.

**In Gassho,
Aiko Sugimoto-Miyamoto**



The ECHO



MVBT Girl Scout Troop #60736

DAISIES

We are so excited to have a Daisy troop once again! We even welcomed a third girl into our Daisy level. The girls are learning the basics of being a Girl Scout while getting to know each other and meeting their older "sister" Scouts.

BRONZE AWARD

RECIPIENT

Kendall Ho has earned the Bronze Award, which is the highest award a Junior Girl Scout can earn. The Bronze Award project's objective is to benefit the local community and/or Girl Scouting as a whole. Kendall worked to raise funds which she used to purchase new sports equipment for her former school - Forest

Hills Elementary. Congratulations Kendall!

BECOME A GIRL SCOUT

We are still accepting new Daisy level girls! If you know of a girl in Kindergarten or 1st grade that would love to be a Girl Scout, please contact us!



Kendall Ho working on Bronze Award

MVBT MOCHI-TSUKI FUNDRAISER

Sunday
DECEMBER 10, 2017

JOIN US
ENJOY THE FUN, BE A VOLUNTEER



SAVE THE DATE

Saturday
FEBRUARY 10, 2018

YBA SPAGHETTI DINNER



December Shotsuki Hoyo (Monthly Memorial Service)

The Shotsuki (Monthly Memorial) Services are conducted and sponsored by the Temple in memory of the past members and their family members who have passed away during a given month. It is not meant to be a substitute for families to observe their Family Memorial Service for their loved ones. The **December** Shotsuki loved ones are:



Yoshiko Akizuki	Muriel Izumi	Shunsuke Nakano
Ichiro Chikasuye	Shogo Kaku	Leo Nakayama
Emiko Fujikawa	David Kawamoto	Frank Okimoto
Mamoru Fukuma	Junso Kawamoto	Kelly Sakae
Emiko Furuta	Tsue Kawamoto	Jiro Sakano
James Furuta	James Ichiro Kawaye	Hatsue Sako
Eigoro Hashimoto	Tomiko Kosakura	Chiyo Shimoguchi
Myrna Hayashi	Alice Koyano	Yasuki Shinke
Sato Hiroshige	Tomoe Kumamaru	Laurie Takasugi
Dorothy Horiuchi	George Kunimoto	Robert Taniguchi
June Hoshi	Yoshio Kusaba	Kiyomi Tanouye
Teruko Ikeda	Nobuichi Masaki	Florence Tsukagawa
Amy Imai	Kiyoko Murakami	Hiro Uyehara
Hana Inouye	Jane Nakamura	Edward Yonemura
Harry Ishii	Masazo Nakamura	Teruo Yukawa
IJ Iwamoto	Miyuki Nakano	



If a name has been inadvertently left off or you would like to add a family member to the Mountain View Buddhist Temple list of Shotsuki names, please contact Rev. Mukojima.

E-mail ymukojima@gmail.com
 Phone (Temple office) (650) 964-9426



DECEMBER

 Monthly

 Memorial

 Service

 Sunday

December 3,
2017

10:00 am

MEMORIAL SERVICES

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

2017 is the memorial year for those who passed away in:

1st Year Memorial	2016	3rd Year Memorial	2015	7th Year Memorial	2011
13th Year Memorial	2005	17th Year Memorial	2001	25th Year Memorial	1993
27th Year Memorial	1991	33rd Year Memorial	1985	50th Year Memorial	1968

january 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 7pm - Joya-e Service	1 10am - Shusho-e	2 7pm - Cub Scouts @	3 6pm - Boy Scouts - 7:30pm - Temple Choir	4	5	6
7 10am - Shotsuki Hoyo 12pm - Miroku @ YBA 12pm - Taiko - Kids @ 12pm - YBA General	8 6:30pm - Girl Scouts	9 6pm - Taiko - Adults @ 7pm - Cub Scouts @	10 7pm - Boy Scouts Troop 7:30pm - Temple Board 7:30pm - Temple Choir	11 8am - Senior Activities 6pm - Taiko - Adults @	12 7pm - ABA General 7:30pm - Fuji Club @	13 8am - Girl Scouts @ 9am - BWA Meeting @
14 10am - Hoonko Service 12pm - Taiko - Kids @	15 11am - Senior Group 6:30pm - Girl Scouts @	16 6pm - Taiko - Adults @ 7pm - Cub Scouts @	17 7pm - Boy Scouts Troop 7:30pm - Temple Choir	18 8am - Senior Activities 6pm - Taiko - Adults @	19 5pm - Temple Social	20
21 10am - Sunday Service 12pm - Taiko - Kids @	22 6:30pm - Girl Scouts	23 6pm - Taiko - Adults @ 7pm - Cub Scouts @	24 7pm - Boy Scouts Troop 7:30pm - Temple Choir	25 8am - Senior Activities 6pm - Taiko - Adults @	26	27
28 10am - Sunday Service 11am - Temple General 12pm - Dharma School 12pm - Taiko - Kids @	29 7:30pm - RPC Meeting	30 6pm - Taiko - Adults @ 7pm - Cub Scouts @	31 7pm - Boy Scouts Troop 7:30pm - Temple Choir	1 8am - Senior Activities 6pm - Taiko - Adults @	2	3

Upcoming Events

January 1, 2018, Monday

New Year's Day / Shusho-e Service

January 7, 2018, Sunday

Shotsuki Hoyo

January 14, 2018, Sunday

Hoonko

January 28, 2018, Sunday

Temple General Meeting



Echo Available by Email

What Happens

- ◆ *Get the Echo as a PDF attachment in an email*
- ◆ *Get a color version*
- ◆ *Same information as US mail version*
- ◆ *Save the Temple the cost of assembly, supplies and postage*

How to Do It

- ◆ *Send an email to echo@mvbuddhisttemple.org containing your name and email address*

Highlights in This Issue

What Does Oasaji Mean?	3
Mochi Tsuki	7, 10
Dharma School	8
Girl Scouts	10
-	

TIME DATED MATERIAL

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