



WIPING THE TABLE AND BUDDHISM

By Rev. Ryoko Osa

People in countries with a high population of Buddhists may practice Buddhist teachings in their daily lives without even being aware of it. Have you ever noticed yourself behaving differently from non-Buddhists because you are a Buddhist? When I came to America, I was shocked to see people using dish sponges to wipe tables—a sentiment shared by many who have come from Japan.

For example, at the Berkeley Higashi Honganji, we use different cloths for wiping dishes and those used for tables as rags. In Japanese households, there are three types of rags (or cloths): one for dishes, one for tables, and one for cleaning. I learned in a recent Buddhism class that in America, cloths are not always distinguished in this way, and that the treatment of these rags can also be considered a Buddhist practice.

I learned this story, in my Buddhism class. In Zen monasteries, as part of their training, monks and nuns carefully wipe tables with rags. The rag is folded to the width of the hand and moved

horizontally along the edge of the table, following the grain of the wood. This act goes beyond mere cleanliness, symbolizing a deep respect and careful attention to the environment. One day, an American Catholic nun joined the Zen monastery's training for study. After meals, each person would take turns wiping the part of the table that is directly in front of them. When it was her turn, she slightly balled up the rag and grasped it tightly and drew circular patterns over the table. The sun shining on the table's surface highlighted random marks left by the damp rag. Some areas were wiped, while others were untouched.

This incident highlighted that even the seemingly simple and common task of wiping a table with a rag carries a deep meaning and practice beyond mere cleanliness, symbolizing a careful attention and respect for the environment.

Buddhism teaches the Eightfold Path as a practical guide to liberation from suffering. The Eightfold Path includes Right View

- understanding the truth correctly, Right Intention - having correct thoughts and intentions, Right Speech - using truthful, kind, and constructive words, Right Action - acting in a way that does not cause harm, Right Livelihood - living ethically and honestly, Right Effort - actively doing good and avoiding evil, Right Mindfulness - being consciously aware of one's body, emotions, thoughts, and sensations in the present moment, and Right Concentration - practicing meditation to stabilize and focus the mind.

The act of wiping the table with a rag can be seen as a practice of these Eightfold Paths. Zen Buddhism teaches that judging objects as pure or impure, sensual or not, is not the act of a Buddha; instead, all beings should be treated as if they possess Buddha-nature. This teaches us that not only humans and pets but everything and anything, when viewed and treated correctly, can be embraced and received as manifestations of the Buddha's wisdom and compassion.



CALENDAR OF EVENTS

April 2024



Date	Day	Time	Event
7	Sunday	10:00 a.m.	Hanamatsuri service
14	Sunday	10:00 a.m.	Shotsuki/Dharma school service
16	Tuesday	7:00 p.m.	Board meeting
21	Sunday	10:00 a.m.	Family Service/Dharma School
28	Sunday	10:00 a.m.	Family service/Dharma school

Please check out more detail the calendar on our website. <https://www.bombu.org/>

UPCOMING EVENTS

APRIL TOBAN

(Toban #1) *Janice Adachi, Wendy Adachi, Nina Costales, Satoko Davidson, Alice Horio, Doreen Imada, Elsie Lum, Denice Nakano, Diane Nishioka.*

Hatsue Ouye, Seigo Ouye, Hideko Nagatoshi, Hiro Fujii, Maruo Fujii, Sam Toshiaki Yokota, Hisako Yokota, Yoshio Nakai, Yoshikazu Hirota, Reiji Yanagishita. We hope you'll attend this month's Shotsuki service.

members. The scholarship fund was established by Shigeru Morita in memory of his father, Mr. Sajiro Morita. Sajiro never had a chance to complete his education in Japan, and he came to the US to work and secure a better life. He always wanted his own and other children to do their best to complete their education and, if possible, to go on to higher education. It has been funded by the Morita family to help qualified young people pursue their educational and career goals. Anyone can make contributions to the scholarship fund so that we can continue to support members who wish to pursue their educational goals. Applicants must be individuals who are in the immediate family of a Berkeley Higashi Honganji Buddhist Temple member. Individuals can apply while a high school senior or after they have left high school. The funds can be used for any formal educational or training program after high school. At the committee's discretion, scholarships can be awarded to

HANAMATSURI SERVICE

On Sunday April 7, a Hanamatsuri Buddha's Birthday service will be held at our temple. Guest Speaker will be Rev. Kodo Umezu.

PLEDGE DONATION

The upkeep, repair and maintenance of our temple, as well as various programs and activities depend on the support and generosity of our members and friends. Unlike other organizations, we don't require a membership fee, however we do rely on voluntary pledge donations from our members and friends. If you'd like to make a pledge, simply send a check for any amount, marked "2024 pledge" to the temple, payable to Berkeley Higashi Honganji. To everyone who has pledged already for this year, we thank you very much.

SUNDAY SERVICE

We will continue Hybrid services, but encourage you to come to your temple. No RSVPs are needed. Masks are required. We recommend you come to the temple, but if you cannot attend in person for health reason or you live far away, you can join via Zoom. (Meeting ID: 854 0846 8091 Passcode: 539501)

HOTSUKI MEMORIAL SERVICE

The following families will observe memorials for family members who passed away this month: *Chiyoko Araki, Dorothy Kinue Otani, George Nakamura,*

MORITA SCHOLARSHIP APPLICATIONS AVAILABLE

The temple has a scholarship available for eligible temple

(Continued on page 3)

(Continued from page 2)

more than one applicant in a year. Only one scholarship per person. Applications are due by September 30th and will be awarded at the

following Hoonko service in November. Recipients are selected by the Scholarship Committee of

the Temple. If interested, please contact Rev. Osa by email: ryoko.osa@gmail.com.

ACKNOWLEDGEMENTS

BIG THANK YOU TO THE FOLLOWING:

The WBA sends a HUGE THANK YOU to all of you that were “everything everywhere all at once” at our Spring Bazaar 2024! We couldn’t help but feel our interconnectedness when we worked together like that. You worked tirelessly behind the scenes, at the scenes and after the scenes to put on a very successful bazaar. We send some special shout outs to our Dharma friends and partners in the ABA and Jr. YBA, who made the tasty chicken, udon and baked goods. We also appreciate everyone that supported us by purchasing our food and crafts. Again, MANY MANY THANKS from your WBA to all of you for making lots of people happy as a result of your hard work making and distributing (and eating) our delicious specialties!

DONATIONS

2024 Pledges

Steven & Kim Chew	50
Dick & Alice Horio	500
Robert & Julie Kihara	200
Wayne Kurahara	50
Denise & Steven Nakano	600
Ricky & Yoko Tsuno	200
Lynn Wade	200

Donation

Nobuo & Tomoko Haneda	100
Ohtani High School	211.43
Sentimental Strummers Via Tom Morioka	240

Shotsuki

Ann Baugh (In memory of Haruo Aoki)	100
Shizuko & Gary Asazawa (In memory of Teruo Asazawa)	50
Jane Fujii (In memory of Shige Fujii)	50
Nina Costales & Robert Garvey (In memory of Ed Garvey)	50
Nina Costales & Robert Garvey (In memory of Robert Garvey Sr.)	50
Dick & Alice Horio (In memory of Riichi Imada)	50
Doreen Imada (In memory of Lee Imada)	50
Diane & Michael Nishioka (In memory of Mami Ito)	50
Wendy Adachi (In memory of Mami Ito)	50
Anna & George Hightower (In memory of Maia Hightower Johnson)	50

Naomi & Ken Yamada (In memory of Jack Kanbara)	100
Helen Kanbara Hinson & Charles Hinson (In memory of Jack Kanbara)	100
Michael Yatabe (In memory of Carl Kurahara)	50
Irving Yamashita (In memory of Carl Kurahara)	50
Nina Costales & Robert Garvey (In memory of Hanayo Miyagi)	50
Robert & Julie Kihara (In memory of Nakano)	50
Dick & Alice Horio (In memory of Fukuji Tanji)	50
Gregory Takahashi (In memory of Cathy Takahashi - 35th Year)	50
Eiko Iwata (In memory of Shizuko Uyeno)	50
Naomi & Ken Yamada (In memory of William Yamada)	100
Michael Yatabe (In memory of Joseph Yatabe)	100
Teru Hirano (In memory of Akira and Hisa Yokota)	100
Masaye Yokota - Arima (In memory of Hisako Yokota)	20
Tazuko Jitoshō (For March Shotsuki)	50

Eitaikyo Perpetual Memorial

Mieko & Ken Nakano (In memory of Moto, Ichiji, Fumiko, Noriko & Kaz Yanaba)	\$200
May Kaneko (In memory of Shigeo & Midori Kaneko)	50
Arthur & Patti Yamashita	50
Ricky & Yoko Tsuno (In memory of Yoshinori Tsuno)	40

Ray & Junko Morodomi	30
William & Enid Yamamoto (In memory of Kanichi, Tame, Wataru, Yoshio, Bill Yamamoto)	250
Michael & Pamela Yanaba (In memory of Bob & Arlene Sasaki)	50
Michael & Pamela Yanaba (In memory of Yanaba Family [Mitsuzo, Moto, Fumiko, Ichiji, Noriko, Kaz])	100
Shizuko Asazawa	50
Lily & Gaylan Ishizu (In memory of Paul, Fumiko & Jeanne Yokota)	100
Michael Yatabe (In memory of Kuranoshin, Ito, Joseph & Ayako Yatabe)	100
Anna & George Hightower (In memory of Joyce & Bill Ho, Annie Hightower, Maia Hightower Johnson)	50
Naomi & Kenneth Yamada	250
Tazuko Jitoshō	50
Dick & Alice Horio (In memory of Toshiye & Fukuji Tanji)	100
Jane Fujii	50
Constance Morita	50
Sachiye Toyofuku	50
Eiko Iwata	50
Gregory Takahashi (In memory of Cathy, Yoshihiro, Shigeru Takahashi)	50
Toyoko & David Araki	30
Shoji Kasegi	50
David & Deborah Yatabe	50
Alan Yanaba (In memory of Ichiji, Fumiko, Moto, Kazuo, Noriko Yanaba)	100

* Other donations will be continued to be shown in next issues.



Berkeley Higashi Honganji
Annual Dick Fujii Memorial Tournament
Chardonnay Golf Club. Saturday, May 11, 2024
9:00 am Shotgun Start

Format: 4 person scramble
Registration starts at 7:30 am

Cost: \$160 ea. [adult] \$110 ea. [18 & under]
Includes green fees, cart, range balls, lunch,
and post-round appetizers

Entry Deadline: Friday, April 26, 2024

Send or Email Entry to: Patti Yamashita,
1861 Drake Drive, Oakland, Ca. 94611
Make checks payable to "Berkeley Higashi Honganji"

Prizes: Longest Drive, Closest to Pin, and other prizes

Questions: Patti Yamashita - 510-339-9867 or email - pbaba@berkeley.edu

Please Print Clearly

Golfer # 1 _____ NCGA Index _____

Phone # _____ Email _____ GHIN # _____

Golfer # 2 _____ NCGA Index _____

Phone # _____ Email _____ GHIN # _____

Golfer # 3 _____ NCGA Index _____

Phone # _____ Email _____ GHIN # _____

Golfer # 4 _____ NCGA Index _____

Phone # _____ Email _____ GHIN # _____





Berkeley Higashi Honganji
**Annual Dick Fujii
Memorial Tournament**
Saturday, May 11, 2024

4 Person Scramble Tournament
Chardonnay Golf Club - Shotgun Start at 9 am

Cost: \$160 ea. [adult] \$110 ea. [18 & under]

Cost includes: green fees, cart, range balls, lunch,
and post-round appetizers

Prizes: Long Drive, Closest to Pin,
and other prizes

Questions: Patti Yamashita 510-339-9867
or email pbaba@berkeley.edu

If you would like to sponsor a hole or donate
prizes it would be welcomed and appreciated,
please contact Patti.



バークレー東本願寺会報

2024年4月号

4月お寺の行事予定

7日(日)	午前10時	花まつり法要
14日(日)	午前10時	祥月法要、家族礼拝、ダルマスクール
16日(火)	午後7時	仏教会定例理事会
21日(日)	午前10時	家族礼拝、ダルマスクール
28日(日)	午前10時	家族礼拝、ダルマスクール

日本語法話会(ズーム): 毎週木曜日午後4時からオンライン日本語法話会を開催しています。
ご興味のある方は長開教使までご連絡ください

4月当番((1班): あだちジャニース、あだち ウェンディ、Costales ニーナ、Davidson さとこ、堀尾アリス、
今田ドーリン、Lum エルシー、中野デニース、西岡 ダイアン (敬称略)

祥月法要 4月14日: 今月の施主は荒木、大谷、中村、大上、永利、藤井、横田、中井、広田、柳下の諸家です。



御膳の拭き方と仏教

長 良子

仏教徒が多い国の人々は、意識していなくても、日常生活で仏教の修行を実践していることがあります。仏教徒として、仏教徒ではない人と異なる行動をする自分に気づくことがありますか？

アメリカに来て、皿洗いのスポンジを強く絞ってテーブルを拭くのを目にしたとき、衝撃を受けました。この違いには、日本から来た多くの人も同じ感想を持っていました。

例えば、パークレー東本願寺では、皿を拭く布とテーブルを拭く布が区別されています。日本人の家庭には、お皿拭き用の布巾、御膳布巾、雑巾の三種類の布があります。アメリカでは、布が必ずしも区別されているわけではなく、布巾の扱いかたも仏教の実践の一つだということを、ある仏教のクラスで最近学びました。

禅の寺では、その修行生活の中で、御膳を布巾で丁寧に拭きます。布巾を手の幅ほどに折りたたみ、木目に沿ってテーブルの上縁から水平に動かします。この行為は、単なる清潔さを超え、環境への細やかな注意と尊敬を象徴する深い意味を持ちます。ある日、アメリカ人のカトリック尼僧が勉強のためにある禅寺の修行に参加しました。食事の後、一人一人が順番に自分の前の御膳を拭きます。彼女の番になったとき、彼女は手に布巾を握りしめ、力強く御膳全体に素早く円形の模様を描きました。御膳の表面に当たる太陽が、湿った雑巾が残したランダムな跡を際立たせました。拭かれた部分もあれば、全く触られていない部分もありました。

このことは、御膳を雑巾で拭くという最もありふれた仕事にもその背後には、単なる清潔さだけでなく、環境に対する細やかな注意と尊敬と実践があることを浮き彫りにしました。

仏教には苦しみからの解放を目指す実践的な道筋を示す八正道という仏教の道があります。正見 - 真実を正しく理解すること。正思惟 - 正しい考えや意図を持つこと。正語 - 真実で、優しく、建設的な言葉を使うこと。正業 - 害を与えない行動をすること。正命 - 倫理的で誠実な生き方をすること。正精進 - 善い行いを積極的に行い、悪を避けるために努力すること。正念 - 現在の瞬間に意識的に集中し、自分の身体、感情、思考、感覚に気づくこと。正定 - 心を安定させ、集中させるための瞑想実践。

布巾でテーブルを拭くという行為はこれらの八正道の実践ともいえます。また、禅宗の教えには、純粋か不純か、感覚的かそうでないかを対象に対して判断することは仏の行為ではなく、すべての存在が仏性であるように扱われるべきだという思想があります。

人間やペットなどの生き物だけでなく、私たちが正しい見方をし正しい扱い方をすれば、すべてのものやことを仏の智慧と慈悲として受け取ることができるのではないのでしょうか。



Words of the Month | 今月の言葉

This day, the opportunity of which is indeed difficult to have, is today.

今日である あること難き 今日である



If you have an email address, please consider switching to a paperless subscription. Please contact the temple if you are interested. Thank you.



Berkeley Higashi Honganji Buddhist Temple
1524 Oregon Street
Berkeley, CA 94703
U.S.A.

Address Correction Requested