

---

## TREKKING TO THE UNKNOWN

By Joseph Deschenes

---

Around mid April I get itchy feet, or the need to become nomadic. This stems from the time of school year which involves lots of grading and nearby summer vacation. A few summers back itchy feet brought me to southern Oregon, and fifty miles along the Pacific Crest Trail. Before every trek I'm like a blank canvas, then end as a mess. This year, it was a journey of frailness, isolation, and weakness. Two knots appeared on my neck, refusing to vanish. A CT scan revealed a nodule on my left thyroid as well as a parathyroid issue. I would be having my first invasive surgery, weeks after moving into a new home with Alba.

Impermanence became the norm leading to surgery. I wanted calmness, so I embraced the calm among family and friends, thinking maybe it wasn't a big deal. This was going to be a quick and easy.

Seven hours later, I reappeared. Alba was there with graham crackers. They'd found cancer on my thyroid which took priority. My entire thyroid was gone, but the parathyroid issued remained, meaning a second surgery in the future.

Before my surgery I was an avid hiker. I rode my bike between Berkeley and El Sobrante. I did yoga. At school, I'm the energetic teacher; impossible to ignore. But now

I was fragile, unable to move about my new home or doing anything alone. This weak state lasted forever. For days I lay on a mattress. My dog wondered why I wasn't fun, while my cat wondered why I was taking up all his space. On fourth of July, I did not find myself in Oregon. I was in a dark room, with my understanding and frightened pets, as fireworks, and some gunfire, erupted for hours.

I did bounce back, which was good because the new house needs work. We were lucky also to take a trip to Maui where I swam with a sea turtle before we both parted our separate ways. I was feeling better and excited to return to work. Just as I get itchy feet before summer vacation, my mind grows hungry before the school year, longing to teach.

However, Karma. After a week and a half I would receive an RAI: a radioactive nuclear blast in the form of a pill. Wearing gloves for my protection, I found it ironic that this dangerous pill that would be consumed orally required us being so protected. Three days of isolation followed, and Alba would need to spend a week with my family in Marin because somehow we created a new heartbeat.

From a Buddhist perspective, this was both humbling and awakening. It's easy to enjoy the Dharma when life is good, when we are young and strong. The weakness I experienced

frustrated me, but the vulnerability revealed how loved I am. An outpouring of visits, phone calls, letters—apparently loved ones were more worried than they said—so much love came my way that I could see—I actually don't know what I saw from my painkiller haze. If there was some important lesson to be found in the Dharma during this I can't say for sure if I found it. Like most of my ramblings I've presented for our Sangha, I'm at a loss when it comes to tying it together.

From a mattress I could only see orange and black skies, the silhouettes of trees, the loving faces, the return to the Sangha. I have changed much, and soon my life will change even more when our child arrives. Before Buddhism, I always tried to make sense of the chaos encountered on this trek, but now I see that the chaos is trying to make sense of me.

I did go on a trek this summer; one with danger and uncertainty as any other. It even left me a scar across my throat like a branch snagged me. I'm sore, my muscles are weakened, but I'm improving. This one still hasn't ended, but I've been on it awhile now. One should not trek to reach the end; but few enjoy the stroll, coming through each moment a blank canvas, with two feet grounded in the Nenbutsu.



# CALENDAR OF EVENTS

## November 2019



Date	Day	Time	Event
3	Sunday		Daylight Savings ends Family service & Dharma school
10	Sunday	8:30 a.m.	WBA meeting
		10:00 a.m.	Shotsuki/Family service & Dharma school
14	Thursday	1:00 p.m.	Omigaki altar ornament polishing
16	Saturday	9:00 a.m.	Hoonko lunch food preparation
		5:00 p.m.	Concord Howakai memorial service/potluck
17	Sunday	10:00 a.m.	HO-ONKO SERVICE Dharma Panel Discussion (after the lunch)
19	Tuesday	7:30 p.m.	Temple Board/ABA meeting
24	Sunday	10:00 a.m.	Family service & Dharma school
28	Thursday		Thanksgiving Day

## December 2019

1	Sunday	10:00 a.m.	No Service
8	Sunday	10:00 a.m.	Bodhi Day service & Shotsuki & Last Dharma school

For the latest calendar updates, please check out our website at [bomбу.org](http://bomбу.org)

## UPCOMING EVENTS

**NOVEMBER TOBAN**  
(group #3) Naomi Yamada, Kim Chew, Mashi Eshima Johnson, Julie Kihara, Galyn Lum, Connie Morita, Dorise Ouye, Kellie Ouye, Lesli Jo Sawada, Carrie Yoshida, Lorraine Yoshikawa.

### SHOTSUKI MEMORIAL SERVICE

We will hold the Shotsuki monthly memorial service on Nov. 10 at 10 a.m. The following families will observe memorials for loved ones this month: Chio Tominaga, Isono Hiratsuka, Joe Goto, Kaz Yanaba, May Yamashita,

Minoru Higuchi, Sataro and Kinuyo Hiwano, Shigeru Morita, Yoko Sugiyama, Tamaye Nakano, Umemoto.

### HO-ONKO SERVICE (SHINRAN SHONIN ANNUAL MEMORIAL)

Literally the most important service in our Jodo Shinshu tradition is Ho-onko, the annual memorial service for Shinran Shonin. In Japan at the main Higashi Honganji temple, thousands of people will attend Ho-onko services. Here in

Berkeley on Nov. 17, we will have a guest speaker Rev. Akiko Rogers who is a minister assistant of Berkeley Buddhist Temple (AKA: Sangha). A luncheon follows the service. And immediately after the lunch, we will have a Panel Discussion organized by our temple Dharma Seeds. See the flyer. Please try to attend this important observance.

### CONCORD HOWAKAI FAMILY GET-TOGETHER

As part of our monthly gathering in Concord, we will have a family

(Continued on page 3)

*(Continued from page 2)*

get-together and potluck on November 16, Saturday at the Japanese American Religious and Cultural Center, 3165 Treat Blvd. Concord. The evening will begin with service at 5 p.m., which will include a general memorial for Howakai families. A potluck dinner begins at 6 p.m. Howakai members are encouraged to bring spouses, children, grandchildren and friends. This gathering is a chance to enjoy an evening together, strengthen our ties to one another, and listen to the Buddha Dharma. All are invited. For information, call Rev. Ryoko.

### TEMPLE BOARD ELECTIONS

Ballots will soon be sent out to elect our temple's board of directors for 2020. The board oversees the general management and administration of the temple. If you are interested in serving on the temple board, please contact the temple office.

### HAPPY THANKSGIVING!

Although not officially a Buddhist observance, the

Thanksgiving holiday reflects the Buddha Dharma, the Buddhist teachings. We gather together with family and friends to give thanks for the food that we eat and for the people around us, for without such support, we could not live. The words "Namu Amida Butsu" express this interdependence and sense of gratitude. That's why before eating, it's nice to put our hands together and say the Nembutsu. And don't forget to say "itadakimasu" (I respectfully receive life of this foods. And I gratefully receive this food.) There will be no service on December 1st because of Thanksgiving weekend.

### PLEDGE REMINDER

Only two months left to make your 2019 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. Unlike other organizations, we don't require membership dues, however we rely on voluntary pledge donations from our members.

If you haven't yet made your pledge for this year and would like to do so, simply send a check in the amount of your choosing, marked "2019 pledge" to the temple, payable to Berkeley Higashi Honganji. To everyone who already pledged, we thank you very much.

### GO GREEN AND SAVE THE POSTAGE

There are e-mail subscription for this Bombu Bombu. If you have email address, and accept paperless subscription. Please let Rev.Osa know. ryoko.osa@gmail.com"

### COME AND JOIN

#### Mah-Jong

First and third Wednesday  
12:30pm to 4:00pm

#### Tai-Chi Class

Every Wednesday 11:30 am  
Every Thursday 8:30 am

#### Japanese language beginners class

Every Tuesday 9:30 to 10:30 am  
(Students will need text book)

## ACKNOWLEDGEMENTS

---

### BIG THANK YOU TO THE FOLLOWING

**GARDENING DAY** *Dennis Makishima*, his students and the Aesthetic Pruners Association for pruning and shaping trees and generally enhancing the Japanese-style of our temple garden, (hauling) *Jimmy Kihara*, (helpers) *Tom Morioka*, *Anna Hightower*, *Nina Costales*, *Ryoko*, *Yuuki Hayashi*, *Kenta Hasui*, *Takumu & Rinako Osa*, *Artie Yamashita* (Lunch preparation) *Wendy Adachi*, *Satoko Davidson*, *Denice Nakano*, *Michi Takata*, *Janice Adachi*



Thank you everyone for your donations, time, energy and support. Because of you, our temple exists for us and for future generations. Help us by calling or emailing the temple if names are inadvertently omitted from acknowledgements or donations. Domo arigato gozaimashita!



# **Dharma Panel Discussion Buddhist Perspectives—Past and Present**

***With Rev. Ryoko Osa, Rev. Ken Yamada, Rev. Akiko Rogers  
and the Dharma Seeds***

**Date:** Sunday, November 17, 2019

**Time:** 1 pm – 2:30 pm (after Hōonkō service & lunch)

**Place:** Berkeley Higashi Honganji, Social Hall

Open to the public

- Bring a friend.
- Enjoy sharing and discussion about the Dharma in your life.

One of the major tenets of Buddhism is having gratitude and appreciation for what we have. And Hōonkō means “Gathering to express our appreciation to Shin Buddhism teaching.” Just before we celebrate “Thanksgiving”, we will have a panel discussion focused on Buddhist Perspectives, our temple’s Past and Present, and how our Temple is part of our life.

Organized by Dharma Seeds





# GOT MOCHI?

Eating mochi rice cakes is a Japanese New Year's tradition. **On Dec. 15**, the Berkeley Ohtani basketball teams, Berkeley Higashi Honganji Adult Buddhist Association and Jr. YBA, will make mochi the old-fashioned way: by steaming sweet rice, kneading and pounding it, then shaping it by hand. To order this freshly made mochi, please use the form below and mail it by November 30 to the address below. You may also order online at [http:// bit.ly/mochi2019](http://bit.ly/mochi2019)

## Berkeley Higashi Honganji Temple

1524 Oregon St.

Berkeley, CA 94703

Please make your checks payable to Berkeley Ohtani ABA. Info:510 843-6933

Note: Everyone is responsible for picking up orders from the temple's social hall on **December 15, Sunday, from noon to 3 p.m.** Senior citizens unable to drive may request delivery locally.

**Mochi Essentials:** Komochi - *small individual size mochi cakes*, Okasane - *a large mochi stacked atop a medium-size mochi*. These are typically placed on Buddhist altars, along with a tangerine, as a traditional offering at New Year's time (also called Kagami mochi, because they are shaped like old-fashioned Japanese mirrors); Noshimochi: a sheet of mochi cut into squares for family size servings.

恒例の大谷壮年会、バスケットボール・チームの合同基金募集「もちつき」が、12月15日（日）に行われます。「こもち」は、1ポンドにつき4ドル、「おかさね」も1セットにつき4ドルです。「のしもち」は一枚につき20ドルです。下記の申し込み用紙に注文を記入し、代金を同封して、11月30日までにお寺（1524 Oregon St., Berkeley, CA 94703）まで返送してください。チェックの支払先は、BERKELEY OHTANI ABA としてください。

また、シニア・シチズンで配達を希望される方は、その旨、申し込み用紙に記入してください。その他の方には配達また冷蔵庫に保存しかねますので、「もちつき」の当日午後3時ごろまでに、必ずお寺まで取りに来てください。

..... cut 切り取り線 cut .....

NAME (名前) \_\_\_\_\_

ADDRESS (住所) \_\_\_\_\_

TELEPHONE NUMBER (電話番号) \_\_\_\_\_

KOMOCHI (こもち) : \$ 4.00/lb \_\_\_\_\_ lb.....\$ \_\_\_\_\_

KASANE (かさね) : \$ 4.00/set \_\_\_\_\_ set(s)..... \$ \_\_\_\_\_

NOSHIMOCHI (のしもち) : \$ 20.00/sheet(5lb) \_\_\_\_\_ sheet(s) ..... \$ \_\_\_\_\_

TOTAL (合計) \$ \_\_\_\_\_



# バークレー東本願寺会報

## 2019年 11月号

### 11月お寺の行事予定

3日(日)	午前10時	日曜礼拝
10日(日)	午前8時半	婦人会会議
	午前10時	祥月法要
14日(木)	午後1時	おみがき
16日(土)	午後5時	コンコード法話会追弔法要、法要後、家族の集い
17日(日)	午前10時	報恩講
19日(火)	午後7時半	仏教会定例理事会
24日(日)	午前10時	日曜礼拝
28日(木)		感謝祭休日
12月1日		お休み
12月8日	午前10時	成道会法要、祥月法要、ダルマスクールパーティ

11月当番(当番3):山田直美、チュウキム、えしま Johnston マシ、木原 ジュリー、ラムGalyn、森田カーニー、大上ドリス、大上ケリー、さわだレスリージョー、吉田カーリー、芳川ロレイン(敬称略)

祥月法要: 11月10日(日)午前10時より、祥月法要が勤められます。今月の施主は、ゴトウ、肥和野、森田、中野、永利、樋口、富永、ウメモト、高田、柳場、山下、杉山の諸家です。お誘い合わせお参り下さい。

報恩講: 来る11月17日(日)午前10時より、「報恩講」が厳修されます。浄土真宗の年中のお勤めとして、今日まで最も大切に受け継がれてきている法要が「報恩講」です。宗祖親鸞聖人のご命日を偲び、お念仏のみ教えが私たちの生活の力となっていることを感謝し、聖人の恩徳に報いる法要です。皆様でお参りしましょう。御講師はロジャースあき子先生です。

コンコード法話会追弔法要: 毎月一回、コンコードのJapanese American Religious & Cultural Centerにて法話会がおこなわれています。11月はコンコード地方の先達を偲び、報恩謝徳をあらわすため追弔法要がお勤めされます。今月は16日(土)午後5時より法要が勤められ、午後6時より、ポットラック・デイナーで、家族の集いが行われます。この日には是非、お子さん、お孫さんを誘ってお参り下さい。詳しくは長良子開教使までご連絡下さい。



# 予測不能な山歩き

私は春から夏にかけてサイクリングや山歩きを楽しむのを恒例にしていますが、今年はいつもととは違う初夏を送りました。首にしこりを発見したのでCTスキャンの検査を受けたところ、甲状腺と副甲状腺に腫瘤が見つかり37歳で初めて手術を受けることになったのです。新しい家に引っ越してたった数週間後のことでした。手術までの日々は無常という仏教の教えと瞑想を生活の中心にしました。これまで、死ぬことや生活が一変することへの恐れは一度も感じたことがなかったのですが、手術台の上では恐怖と心配の感情に襲われました。それでも看護師の優しい手が私の頭を支えてくれた瞬間、私は落ち着きを取り戻すことができました。

7時間後、麻酔から目を覚ましましたが、甲状腺の内側と外側に多くの癌腫瘍が発見され私の甲状腺は取り除かれたことと二回目の手術が近々必要だということを知りました。

手術前の私はハイキングが大好きで、エルソボランテからお寺まで楽々と自転車で出かけましたし、週に三度はヨガをしていました。そして学校での私は熱血教師でした。しかし、手術後の私は弱々しくて自分一人では何一つ出来なくなりました。引っ越して間もないのでまだ片付けも終わっておらず、床の上にマットレスを敷いて横になっていました。飼っている猫と犬も不思議そうに私を見ていました。その後、体力も回復しマウイ旅行も出来て、9月の新学期を楽しみにしていました。RI内服療法という飲み薬で腫瘍に放射線を浴びせる治療を受けましたが、医師は手袋とマスクをはめて銀色のトレーの上の薬を入れ運んできました。その薬は鉛のケースに入っていてまるでミサイルのようでした。医師も私から2メートル程離れて立ち、私も手袋をはめました。自分を守るためにこのような危険な物質を口から摂取するとはなんと皮肉なことだろうと思いました。3日間私は家族から隔離されました。しかし死と直面する局面の中、春には私たち夫婦に新しい命が訪れることとなり、さらなる変化を迎えることになったのです。2週間後、なんとか仕事に復帰することができましたが、生徒たちは教室までの階段や授業中に私の疲れている姿を見ることになりました。

仏教を聞いて喜ぶことは、自分が元気な時にはとても簡単なことでした。若くて元気な時、自分で自分の人生や生活をコントロールできると信じていました。弱さは、私に焦りと恐怖をもたらしました。しかし同時に弱さによって、いかに私が愛されていたのかを知ることとなったのです。数多くのお見舞い、手紙、電話など、もちろん友人や家族は私の体調を心配していました。今まで私はお寺のサンガに向かって私の経験を発表したりエッセイを書いたりしてきましたが、この期間に私は仏法から何を学んだのだろうか振り返ると、正直良く分からないのです。痛み止めによって頭はボーッとしいつもの様に考えをまとめることができないのです。

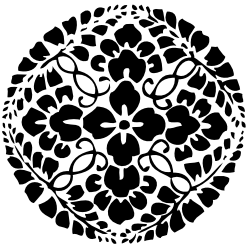
横になったマットレスからは朱色と黒い空だけが見えました。そして木のシルエット、私の愛する人たちの顔、お寺のサンガが見えました。私の生活は一変しました。子どもが誕生したらさらに変化することでしょう。このお寺を見つけるまでの私は人生の無秩序さに意味づけをしようとしていました。でも、意味を見つけようとする事自体が無秩序な事なのかもしれません。

身体に傷跡も残っています。痛みもあり筋肉も弱まっています。しかし以前より自分の眼が開かれていったように思います。回り道はしない方が良く人は言うでしょうが、念仏という地面にしっかりと二本の足で立つならば、回り道をして周りを眺めたり、行きつ戻りつしながら歩むことを楽しむことが出来るのではないのでしょうか？ （抄訳）

*The 850th Anniversary of Shinran  
Shōnin's Birth and the 800 th Anniversary  
of the Establishment of Jōdo Shinshu.*

*Theme: 南無阿弥陀仏 人と生まれたことの意味をたずねていこう*

*Namu Amida Butsu—To Discover the Meaning of Being Born as Human Beings*



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

Address Correction Requested