
WISH TO BE LIBERATED FROM THE SUFFERING

By Ryoko Osa

Whenever it's requested of me to do a funeral service, I usually ask a surviving family member to express their memory of the deceased. I often hear words like "She was loved by family and friends, and was gentle and loving to others. She was a really wonderful woman." With such words of compliment and appreciation, and knowing about the person by personal history, when I look at photo of the deceased, even though I may never have had an opportunity to meet them, I also become moved by their life and cannot help saying to them "Arigatou gozaimashita - thank you" with Gassho – putting my palms together. In these cases, the family naturally understands that the deceased has become a Buddha; it means that the deceased is our teacher, guiding us to be awake to the truth of life.

But what if it is the case that you were deeply hurt by the deceased? Then it would likely be impossible to respect the deceased as your Buddha. You might understand logically that that person does not exist in this world anymore and you don't have to be afraid of more suffering. But your emotional scars would still be there, and

they may continue to be a source of great suffering.

When someone dies, I naturally imagine the deceased from the time they were born into this world. At first there was an innocent baby. All human beings were once innocent babies and we rightly celebrate all births. But as a baby grows up, people stop seeing them as innocent beings and have expectations of them, evaluating their choices, their ability, their appearance, their efforts and their successes or failures. At the time of death, it is fine for family to say that "he was a great father or mother." But if we're honest, we know some family will think "He or she was not a good person and hurt me." The feeling of hatred, anger, grudge and sadness might not disappear for your entire life.

However, DEATH and BIRTH are the most profound occurrences, and go beyond the individual thoughts or actions of the deceased. It is the fundamental matter of existence that should guide the survivors to the truth of life.

I would hope that survivors of abuse would be able to be released from their suffering by not being attached, by not being dependent on what the deceased

did, but to focus on the simple fact that one human being was born and died.

Suffering may correspond with our innermost wishes. Because of the suffering, we have a wish to be liberated from suffering.

Of course, the person who was hurt also wished to be liberated from the suffering. But the deceased who lived an anguished life and hurt others might also have wished to be liberated from suffering. The person might have been selfish, and because that wish was focused only on his or her desire, he or she ended up hurting others.

However, such wishes to be liberated from sufferings are not particular and individual matters. Rather, they are the common and universal innermost wishes and suffering for all human beings.

In other words, I think that the anguish and sadness of the perpetrator may correspond to that of the victim. So is there any possibility to free ourselves from the life of the deceased and see the suffering of the deceased as not mere personal suffering, but as the wishes of all humankind who have lived until now?

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CALENDAR OF EVENTS

October 2020



Date	Day	Time	Event
4	Sunday	10:00 a.m.	Family service/Dharma school
11	Sunday	10:00 a.m.	Shotsuki service (monthly memorial)
		11:00 a.m.	WBA meeting
18	Sunday	10:00 a.m.	Family service/Dharma school
20	Tuesday	7:00 p.m.	Temple board meeting
25	Sunday	10:00 a.m.	Family service/Dharma school
November			
1	Sunday	10:00 a.m.	Family service/Dharma school (Daylight savings ends)

UPCOMING EVENTS

OCTOBER 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

SUNDAY SERVICE
We will continue live-streaming our Sunday services via Facebook. You DO NOT NEED a Facebook account in order to view the live-stream. Just go to the link on Sunday at 10:00 a.m. You will also be able to watch the service later if you miss the initial 10:00 a.m. broadcast. Here is the link: <http://www.facebook.com/berkeleyhigashi/live>. We hope the coronavirus situation is resolved soon. And so we look forward to future events, which we hope will start up again in the near future. Please check out the calendar on our website for the latest schedules and information.
<https://www.bombu.org/>

SHOTSUKI MEMORIAL SERVICE
We will hold the Shotsuki monthly memorial service on October 11th at 10 a.m via Facebook. The following families will observe memorials for loved ones this month. The following families will observe memorials for loved ones this month: *Akiko Costales, Ellen Monroe, Ernie Nagatoshi, Masami Higuchi, Mrs. Ito Yatabe, Mrs. Moto Yanaba and Mrs. Fumiko Yanaba, Mrs. Yoshino Nomura, Robert Yamada, Shizuko Takata, Shizuo Yoshikawa, Tad Moriwaki, Takane Eshima*

HO-ONKO (SHINRAN SHONIN ANNUAL MEMORIAL)
Literally the “biggest” service in our Jodo Shinshu tradition is Ho-onko, the annual memorial service for Shinran Shonin, upon whose life and writings Jodo Shinshu is based. We will hold the service

on November 8th at 10 a.m via Facebook.

BUDDHISM LEARNING GROUP
What does it mean to recite “Namu Amidabutsu”? I talk about “Amida’s primal vow” in my Dharma talks. Those words are very important for us to live by. But do you know the origin of them? For a deeper understanding of Buddhism, please join me and others to read Shoshinge and discuss the meaning behind Shinran’s words. Take a late lunch break and learn together. The online class runs from 1:00-1:45 p.m. every Monday. Also, there is a Japanese Buddhism Gathering on Thursday 5 p.m.-6 p.m.. If you have family and friends who want to speak and listen to Japanese, please let them know. Please contact Reverend Ryoko Osa: ryoko.osa@gmail.com.

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If we can do that then we might be able to see the wish which Amida Buddha has for us.

We may not think about it, but perhaps Amida Buddha also

had lots of scars and tears. Amida Buddha is a teacher for us but at the same time, Amida Buddha is a continuous seeker who sees our sufferings and keeps thinking of us and working for us.

I feel that the life of the

deceased is not about what an individual has done, but goes beyond good and bad, and works for us as wisdom. I hear "Namu Amida Butsu" as a call to awaken to the anguish and joy of existence.

ACKNOWLEDGEMENTS

Big thank yous to the following:

Newsletter - Tom & Karen Morioka

Thank you everyone for your donations, time, energy and support. Because of you, our temple exists for us and for future generations. Please call the temple if your name was inadvertently omitted from acknowledgements or donations. Domo arigato gozaimashita!

THE LIFE OF SHINRAN SHONIN

Shinran Shonin (1173-1262) was born during those times. Separated from his parents, he entered a Buddhist monastery at age nine. He spent twenty years as a Tendai priest on Mt. Hiei near Kyoto immersed in studies and strict practices, but felt restless and unfulfilled. In frustration, he left the temple in search of solace. He eventually met a teacher, Honen Shonin, who encouraged him to find meaning in his life through the story of Amida Buddha, which symbolizes infinite wisdom and compassion.

Long-established temples that saw such teachings as heretical and a political threat, pushed the government to separately exile Honen

and Shinran, forcing them to live a harsh existence in the countryside.

In seeing the miseries of the common people and in confronting his own suffering, Shinran looked deeply within himself and saw his true self. As human beings, he saw that we are filled with passions and delusions. Traditional practices of trying to tame the ego and overcome this "self" are fruitless.

Truth lay in seeing that we are such people, and in accepting ourselves as imperfect, ego-filled beings full of shortcomings. In coming to such acceptance, we come to realize that the light of Amida Buddha's wisdom and compassion always shines on us,

wherever we go and in whatever we do. Thus, there is no "practice" to follow. Living is enough.

The words in Jodo Shinshu that express a profound gratitude for this Truth are: "Namu Amida Butsu." These words are referred to as the Nembutsu.

Jodo Shinshu liberated Buddhism from the idea that it is a path limited only to people who can meditate, follow precepts, fast, or follow a particular discipline. By listening to the Dharma and living our lives as best we can, we may walk on the path opened to us by Sakyamuni Buddha long ago.

LIVING THROUGH A PANDEMIC

We now have a chance to listen to the Buddhist teachings of "impermanence." Everything is constantly changing. In this pandemic, we have a responsibility not to judge people based on class, race, sexual orientation, religion, income or occupation for posterity.

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E-MAIL SUBSCRIPTION

For COVID 19 safety precautions and to save temple expenses, also in order to quickly notify temple

members and friends of important information we are currently asking members to change their subscription format from the mailed paper version to email. If

you have an email address, and agree to change to a paperless subscription, please contact Rev. Osa at: ryoko.osa@gmail.com.



Berkeley Higashi Honganji 2020 Fundraising Drive

The Berkeley Higashi Honganji gratefully acknowledges our community for its generous donations to support the temple. Their kindness helps chart a way for the temple to persevere through the pandemic and continue its role as a spiritual and social hub for years to come.

\$1 - 100

Toyoko & David Araki
Midori Shiraishi
Shizuko & Gary Asazawa
Valerie Bush
Carol Chen & Patsy Ong
Charlie Chen
Susan & Gordon Chen
Steven & Kim Chew
Kazuko Doi
Tokumara Fujii
Frank & Linda Fujikawa
Jaime Fukumae
Nancy & Allan Hikoyeda
Doreen Imada
Kasuko & Yoshiko Jitoshō
Miya Jitoshō
Chidori Kubota
Diane Li
Yuko Matsumoto & Al Fleischman
Michael & Yukari McCarthy
Alice Miyakawa
Constance Morita
Karen Morita
Haruko Nagaishi
Takashi Nagata
Diane & Eugene Nakamura
Ann & Yukio Nakatani
Dewayne Nakayama
Edward & Lois Oda
Lynn Okamura-Yee
Eric & Jamie Poulsen
Brent & Mary Roath
Michael Roberts
(On behalf of Mashi, Jeff & Zak Johnson)
William K. Sato
Lorraine Seiji
Jill Shiraki & Wilbur Obata
Robby Sun
Hideo & Judith Tanaka
Takumi & Noriko Taniguchi
Rumi S. Taylor
Sharon & David Tom
Yoko & Ricky Tsuno
Mike Uejo
(Advantage Electric Supply)
Jean & David Whitenack
Jensen & Lianne Wong
Michael & Pamela Yanaba
Kay Yatabe
Marcus Yee
Kazuko & Michael Yokota
Kayoko Yokoyama

\$101 - 200

Mayumi Beppu
Steven Chin
Terry & Kenneth Fujii

Stanley & Joan Fujikawa
Geraldine Furuzawa
Yukie Goto
Marcus & Sam Hightower
(In memory of Shimi Yamashita)
Shirley Imai
Ryu Inoue
Yutaka & Chikako Ito
Richard Ito
Emie & Bryan Kaida
Ann Kanazawa
Robert & Julie Kihara
Agnes Kubota Gotuaco
Grace Kubota-Yee
Denise Lapidus
Bruce & Kimberlie Moriwaki Louie
Glenn Nagata
Edmund Oasa & Shellye Lessing
Dorise & Joel Ouye
Miye & Mari Shinoda
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Patricia Takeda
Eileen (Michisuya Hanayagi) Tanaka
Miyoko Truong
Lynn Toshie Tsumoto
Miyoko & James Wilson

\$201 - 300

David & Holly Araki
Raymond Baba
Lan Fang Chang
Nina Costales & Robert Garvey
Stephanie & Donald Cushing
Quentin Falconer & Yuko Tanaka
Fuchiwaki & Wake Families
(In memory of Sam & Sue Fuchiwaki)
Amy Goldman
Walter & Arlene Hashimoto
Kenta Hasui
Eiko Iwata
Deanna & Juan Jimenez
Tazuko Jitoshō
Will & Theresa Kabat-Zinn
Fred Kimura
Eiji & Kazue Kinoshita
Mikio Kobayashi & Barbara Leivonen
Karen & Bruce Koeppe
Nancy Kubota
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Steven & Negar Souza
Christine & Kevin Sullivan
Steven Tamekuni
Tomiko Tanigawa
Frank T. Tanji
Keske Toyofuku
Sachiye Toyofuku
Anna & Tobin Tsuji
Preston Tucker
Stacy Uyeda
C. D. Wong
Jimmy Yoo
ANONYMOUS

\$301 - 999

Steven & Janice Adachi
Wendy Adachi
Dean & Wilma Chu
Jeffrey & Satoko Davidson
Jane Fujii
Ann Fujikawa
Jim & Lynne Goeller
David Goto
Grace Goto
Cheryl Ikeda
Satoshi Iwahashi
Jimmy Kihara
Janice Otani & Arthur Ramirez
Lisa & Kevin Toyama
Lowell Toyofuku
Mark Toyofuku
Curtis Uejo
(In Memory of Sharon Uejo-Henson)
Jacki & Steve Wolf
Darlene Wong
Mike Yatabe
Lorraine Yoshikawa

\$1,000 +

Christine Fujii
Edwin & Marilyn Fujii
Michael & Nam Fujii
Greg & Sakiko Goto
Elsie Lum & Satoshi Iwahashi
Jane & David Shimbo
Ken & Naomi Yamada
William & Enid Yamamoto
Artie & Patti Yamashita
Alan & Michael Yanaba & Mieko Nakano
David & Debbie Yatabe



Berkeley Higashi Honganji
2020 Fundraising Drive - Tshirt and Mask order form
Deadline: Sunday, October 18, 2020

Items		S	M	L	XL	XXL ***	TOTAL \$	
A - Tshirt	\$25							
A - Long sleeve	\$28							
B - Tshirt	\$25							
B - Long sleeve	\$28							
MASK	\$12	Qty:	_____				_____	
one size fits all: includes 2 filters and is individually wrapped								
<i>Delivery options:</i>								
Pick-up at temple		free						
US Postal Services		1-4 tshirts	\$11					
		5-8 tshirts	\$15					
				delivery:			_____	
ORDER TOTAL:							\$ _____	

All items: Adult sizes - Royal Blue - 100% cotton

**** XXL is \$2 extra**

MAKE CHECKS PAYABLE TO: Berkeley Higashi Honganji

Name: _____

Address: _____
 street city/state zip

Phone: day/night _____ / _____

Send check and order to: Patti Yamashita, 1861 Drake Drive, Oakland, CA 94611

OR Email order to: pbaba@berkeley.edu

Question or want something special? ...

Email me or call me at 510-339-9867

Both shirts (front):

Logo & Temple name
 (usual placement-top right chest area)

The Words on both shirts (back):

Hope in the Future
 Strength in the Present
 Appreciation of the Past
 Aki

The Words on the Mask:

The mask is made of black fabric and the design is in gold ink.
 The design is the logo & Berkeley Higashi Honganji Buddhist Temple

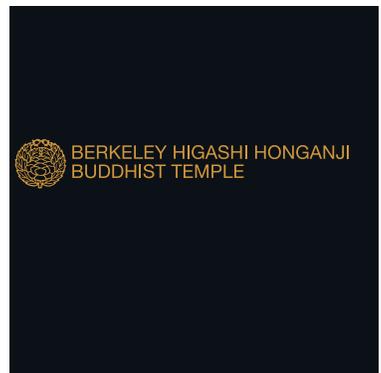
Shirt Design A



Shirt Design B



Mask



バークレー東本願寺会報

2020年10月号

10月お寺の行事予定

すべての日曜礼拝はオンラインでの放送になります。

<http://www.facebook.com/berkeleyhigashi/> live このリンクからご参加ください。

Facebookのアカウントは不要です。

4日(日)	午前10時	日曜礼拝
11日(日)	午前10時	祥月法要
	午前11時	婦人会会議
18日(火)	午後7時	仏教会定例理事会
20日(日)	午前10時	日曜礼拝
25日(日)	午前10時	日曜礼拝
11月		
11月1日(日)	午前10時	日曜礼拝

10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 ゲーリン、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、吉田カリー、芳川ロレイン(敬称略)

ライブ配信祥月法要: 10月11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、渡辺、樋口、吉井、高田、築場、野村、森田、ながとし、やたべ、彦江打、大谷、中澤、山田、えしま、もりわき、芳川、コスタレス、大谷の諸家であります。お誘い合わせお参り下さい。(敬称略)

<http://www.facebook.com/berkeleyhigashi/> live このリンクからご参加ください。

日本語法話会(ズーム): 毎週木曜日午後5時から6時まで。ご参加の方は駐在開教使の長良子までご連絡ください。



苦悩と願い

長 良子

ご葬儀をお願いされたときご遺族から亡くなった方についての思いを語っていただきますが、特に日系二世や帰米の女性がお亡くなりになると「お洒落で家庭的で家族に対しても怒ったりしたことがない素晴らしい人だった」というような賞賛と感謝の言葉をよく耳にします。そんな時、一度もお会いしたこともない私も遺影の前で胸があつくなります。そのような方の場合、亡き人は仏さまになって私たちが真実に目覚める手立てとなってくれるのだと、私たちは素直に合掌することができます。

しかし 亡き人からひどく傷つけられた場合、その故人を仏として拝むことは到底出来ないでしょう。もう自分を傷つける人はこの世にいないと頭で理解していても生々しい傷のまま、憎しみとなって自分自身を苦しめるかもしれません。

人が亡くなった時、私は自然とその故人がこの世に生を与えられた時のことつまり赤ちゃんの姿を想像します。生まれた時は皆、無垢な美しい赤ちゃんだったのです。どんな事情があれ生命の誕生は宇宙の中において祝福される事象だと思います。

祝福されるべきであった存在者が、人間として成長するにつれ、個人の意志、能力、外見、努力、成果等々によって評価される存在者へと変わっていきます。死に際して、立派な父親だった、母親だったと言える家族は問題ありませんがそのような評価する同じ心によって傷ついている家族もおられるでしょう。そして故人から傷つけられた遺族にとってはこの世に故人がいなくなり、もう不安に思わなくて済んだとしても、その憎しみ、怒り、恨み、悲しみの感情を消すことが出来ないかもしれません。

しかし、生死という事実は、個人の思想、行動を超えて存在そのものの一大事であり、傷つけられた遺族にも、真実に目覚める手立てとなってくれるのだと思います。亡き人の生き様に依存せず、執着せず、何をしたかということよりもこの世に生まれ死んでいったその事実に注意を向けて、ご遺族が苦しみから解放されていただきたいと思います。

ひょっとすると苦悩と願いは通じ合うのではないのでしょうか。傷つけた者もそうですが、苦悩の人生を歩み、人を傷つけた故人のその当人も苦悩から解放されたいと自分自身の解放を願っていたことでしょう。ひょっとすると生前のその願いは故人自身だけに向けられ、周囲を傷つけ続けたかもしれません。しかし、その苦悩は特殊ではなく私たち人類の苦悩とも言えます。加害者の苦悩と悲しみは被害者のそれと通じ合うことがあるのではないかと思います。

故人の人生から傷つけられた自分自身を解放してあげ、亡き人の苦悩を単なる個人の苦悩としてみるのではなく、これまで生きてきた人類全体のそして阿弥陀様の願いとして受け止めることはできないのでしょうか。本当は阿弥陀様のお顔は傷だらけ涙だらけなのかもしれません。



単に一個人が何をしたかではなくそのいのちの存在が善悪を超えて私たちに智慧となってはたらいてくれているように感じます。私には、存在の苦悩と喜びに目覚めよという呼びかけとして「南無阿弥陀仏」が聞こえます。

Words of the Month | 今月の言葉

Knowing truly that the Primal Vow – The perfect One Vehicle that brings about sudden attainment –
Grasps those who commit grave offenses and transgressions,

We are quickly brought to realize that Blind passions (disturbed thoughts and feelings) and
enlightenment are not two in substance.

本願円頓一乗は 逆悪摂すと信知して 煩惱菩提体無二と すみやかにとくさとしむ
(親鸞聖人 曇鸞大師和讃より)



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