



LA Dharma Talk 6: “Older we get, more carefully we should say Namu Amida Butsu”

Rev. Kodo Tanaka

The long lasting June gloom seems to be over and we wish you health under this serious heat of summer. Bon Segaki Service is just around the corner and is scheduled for Sunday, July 10, 2016. We are looking forward to welcoming all of you to this service. If you have small children and/or grandchildren, please bring them to join in this special opportunity, which will connect them spiritually with their ancestors.

Exercise: “If you don’t use it, you’ll lose it.”

As many of you know, the main hall of our temple is located on the 2nd floor. There is an elevator at the entrance and stairs (12 steps) for worshippers to reach the main hall. When our elderly members visit the temple, I often greet them with “Hello, Mr. or Mrs. ****, please use the elevator.” They commonly reply, “No, thank you, Sensei, I’m fine. I’ll walk up the stairs.” Upon reaching the 2nd floor, they say, “I need the exercise. If I don’t use my feet, they’ll get weak.” Yes, that is so true.



Having fun at the Luncheon after Gyoki Service
御忌法要後、昼食懇親会 (1月)



Gyoki Service in January 御忌法要 (1月)

LA法話⑥: 「お念仏、年をとるほど真剣に」

田中 孝道

ジューングループも終わり夏到来の今日この頃、皆さまどうぞ体調に気をつけて、健やかに過ごして下さい。来月はいよいよお盆です。7月10日(日)のお盆・お施餓鬼法要で皆さまにお会いするのを楽しみにいたしております。特にお子様達にとって、亡くなられたご家族やご先祖とのつながりを肌で知る絶好の機会です。どうぞご家族・ご友人お誘い合わせの上、お参り下さい。

エクササイズ - 使わないとなまる-

多くの皆さまご存知のように、お寺の本堂は2階にあるので1階入口横にエレベーターが、正面には階段(12段)があります。お年を召された方が来院された際、私は大抵「どうぞエレベーターをお使い下さい。」と声をおかけします。すると多くの方が「大丈夫よ、先生。階段を上がります。」とお答えになり、手すりにつかまって階段を上がって来られます。そして一言、「エクササイズです。足も使わないとなまりますから。」おっしゃる通りです。

腕立て伏せ20回、腹筋20回(調子が良ければそれぞれ30回)。実はこれ、去年の10月頃からほぼ毎晩、8ヶ月ほど続けています。大変さやかなエクササイズですが、それでも良いそうです。他宗の先生にスポーツ医学の専門家がいらっしゃるのですが、彼によれば「エクササイズは一時的にたくさん量を行っても不定期であれば効果は薄くて、少しずつでも毎日続けることの方が大事で、効果があるんですよ。」とのこと。

20 pushups and 20 situps (30 of each, when feeling better). This is an exercise I have been working on for the past 8 months or so since last October. The menu of this work-out may not be tough enough, but it is all right. I was advised by the reverend of other temple, who happens to be an expert of sports medicine, that the point of an exercise is continuation and a good effect cannot be expected from a temporary work-out even if the training load is heavy.

It was a strained back I got last fall that made me decide to do this exercise. One day I happened to be alone in the office and was cleaning up. It happened when I tried to lift a not-so-heavy table. I carelessly lifted the table only with my arms and an acute pain hit my back. I couldn't stand the pain when I tried to move right away. The process of recovery the next day was so rough that I had a lot of problems with daily life. Every little movement was painful, such as riding on and getting out of the car, dressing and undressing, turning around, and even sneezing. Although it was only one tiny muscle in my back that ached, the pain ran in my entire body. A simple action like wearing a sock and picking up a pen off the floor, which had been nothing to me, now required a great deal of caution and care.

My acupressurist grumbled while performing his shiatsu, "All my patients are the same. You shouldn't let your muscles get stiff as this. If you regularly visit the clinic, the recovery can be quick and easy, and so is my treatment. Patients always push themselves harder and longer than what their body can endure, saying that they are busy taking care of business, and their money is too tight to visit the clinic. Afterwards, the amount of time and money for the treatment becomes bigger and the pain lasts longer. In the end, that will hinder your business and daily life much more than what you could have saved." I was groaning to agree with what he said. His grumble continued, "People your age often sit too long on a chair with bad posture and busy staring a PC. They tend to stoop over a desk and lean on a chair and develop a habit of bad posture. Then, in a couple of months, they end up coming to see me with a strained back." His grumble was as painful as his shiatsu

きっかけは、情けないことに軽いぎっくり腰でした。昨年秋、寺でたまたま一人、そう重くないテーブルを動かそうとしていた時のこと。腰を下ろして脚力も使って動かせばよかったのですが、何気なく立ったまま、腕力だけで持ち上げようとしたら「ズキッ」。腰の辺りに激痛が走り、しばらく動けなくなりました。5分ほどじっとして何とか動けるようになりましたが、その後は回復するまで困りました。たかが身体の一ヶ所がちょっと痛むだけというのに、車の乗り降り・着替え・くしゃみ、果ては後ろを振り返るのもつらいのです。靴下を履くとか、落としたペンを拾うとか、今まで何もなかった動作もやけに慎重に、ゆっくり注意深くしないと痛みが走ります。

指圧の先生が施術しながらぼやきます。

「どなたもそうなんですよ。こんなに筋肉がこるまで放っておかないで、定期的に来てくれれば皆さんも早く楽になるし、こつちももっと簡単にほぐしてあげられるんですけど。皆さん大抵、やれ忙しいとか、仕事が休めない、お金がもったいないとか、まだしばらく大丈夫、なんて言って働き続けた結果、ある日突然ぎっくり腰。本当にひどい症状になると仕事どころじゃありませんからね。結局、治療も長引いてお金もかかって、仕事にも生活にも支障が出ちゃちゃねえ…」指圧にうめきながらただうなずくばかりの私。ぼやきはさらに続きます。

「若い人の場合、コンピューター使いますからね。座ってる時間が長すぎるんです。それから皆さん大抵、座る姿勢が悪い。モニターに向かって前かがみか背もたれによっかかって、悪い姿勢が癖になって、何ヶ月かするとぎっくり腰やっちゃう。」あてはまることばかりで耳の痛い言葉です。

私も五十路が近づいているというのに普段特に健康に気を配るわけでもなく別段運動もせず、筋肉も衰えていたのでしょう。ぎっくり腰は癖になると言います。そこで「これが癖になっては仕事ができない、お腹と背中に筋肉を取り戻さねば！」と一念発起、毎晩腕立て伏せ 20回・腹筋 20回を自らに課しました。これを続けるには、やっぱり晩酌とシャワーの前に済ませなきゃなりません。働いて汗かいて帰宅、すぐに冷えたビールを一杯、といきたいところをグッとこらえて、エクササイズ。こんな毎日が始まりました。

もちろん、状況によって日課をこなせない日もあります。そんな日は何かすっきりしない気持ちになります。短期間とは言え、エクササイズが癖となり習慣となってきたのでしょう。身体の方も少しずつ筋肉も戻ってきたようで、腹筋と背筋で体幹を支えるためか、やや姿勢がよくなった気がしています。ウェイトトレーニングをすると筋肉がついていくのが喜びになるのでウェイト中毒になる方も多いそうですが、ちょっとその気持ちが分かります。

treatment because it could be applied to the daily life I live.

Although approaching fifty years old, I had not exercised much to take care of my health. I suspected that the muscles of my body got weakened gradually and decided to assign myself a task of exercising 20 pushups and 20 situps in order to get my muscles back. Of course there have been some days I could not fulfill the task, depending on circumstances. On the day I failed to do it, I always found myself feeling not refreshed. Just as chewing food stimulates our brain activity and prevents aging, physical activity has a great influence on nurturing a better state of mind. As the muscles on my stomach and back are gradually strengthened, I feel my posture has improved. I am persuaded that people who are engaged in weight-training tend to be addicted to it because they find joy in watching their muscles grow.

But, then again...

When a couple of months passed and I forgot about the pain I suffered last year, a similar acute pain hit my back again. I had to suspend myself from the daily work-out for a few days. I resumed with my vow to be more careful than ever to avoid another strained back. But while I kept myself busy in preparation for the LABCF's Hanamatsuri, I had a pain again three days before the event. Fortunately, I was better by the day before and was able to make it for the Hanamatsuri service.

Having learned from these experiences, I admonish myself not to entertain a blind eye that I will be OK for a little longer. Although I am fine now, there is no guarantee that I will never have a strained back again because I exercise daily. It is also true that I may suffer from a more serious strained back and frequently in the future if I quit the exercise because it does not guarantee a perfect remedy. All I have to do is continue exercising and to be mindful of a fact that a strained back occurs unexpectedly by the accumulation of inactivity and fatigue. Also, no matter how seriously we are dedicated in our work-out, it is inevitable that our physical strength declines as we grow older. These facts

しかし再び...

こうして3ヶ月ほど経ち安心しかけた頃、そしてあの痛みを忘れかけた頃、今年の一ヶ月です。工作中、ふとした際に再びズキッと腰の辺りに激痛が走りました。また筋を伸ばしたようで、日課の腕立て伏せも数日中止せざるを得ませんでした。回復を待ってエクササイズを再開。その後「もうぎっくり腰はごめんだ」との思いを強くし、気をつけて過ごしたつもりでしたが、2月3月と慌しさにかまけるうち、つい不注意になっていたのでしょう。4月の仏教連合会『花まつり』の三日前、ふとした瞬間に「グキッ」。再び背中筋を伸ばし、翌日は仏連の手伝いに行けず一日静養する羽目に。幸い症状は軽く、前日にはかなり回復し、当日は無事『花まつり法要』に出仕できました。



現在も日課のエクササイズは続けています。また「放っておいても大丈夫」という根拠のない妄信を起こさないよう、注意しています。今のところ調子は悪くありません。ただし、1月と4月に痛みを襲われたように、エクササイズを続けているからと言って今後二度とぎっくり腰にならない保証はどこにもありません。「だったらやっても意味がない」と毎日のエクササイズを止めてしまったら、今度はもっと頻繁に、さらにひどいぎっくり腰を起こすことでしょうか。やっぱり続けるしかないのです。続ければ筋肉も少しずつ鍛えられるし、習慣になります。習慣になると、今度は日課をこなさない気持ちですっきりしないものです。食べ物をよく噛む、つまり顎を使うとより脳に刺激が伝わり老化防止に良いと言いますが、このことはエクササイズにも通じます。身体を使う習慣には、私達の心もすっきり晴れる効果があるのでしょう。

今回分かったのは、ぎっくり腰は運動不足や疲労の蓄積によって、予期せぬ瞬間に突然起こるということです。つまり、大事に至らないようにするには、日々のエクササイズと共に心がけ、つまり普段から気をつける癖をつけることも重要です。「疲れが溜まっているかもしれない。今、モノを拾おうと手を伸ばした時にまた筋を伸ばしてしまうかもしれない。」こういう戒めを常に心に抱いて、一挙手一投足をより慎重に、注意深く。これが私の得たレッスンです。いくらエクササイズを心がけようと、年を取るほど体力が衰えていくことは仕方のないことで、止めようがありません。だからこそ、『年を取るほど、一挙手一投足を意識して、より慎重に、注意深く。』なおさら心がけが大事になりますね。

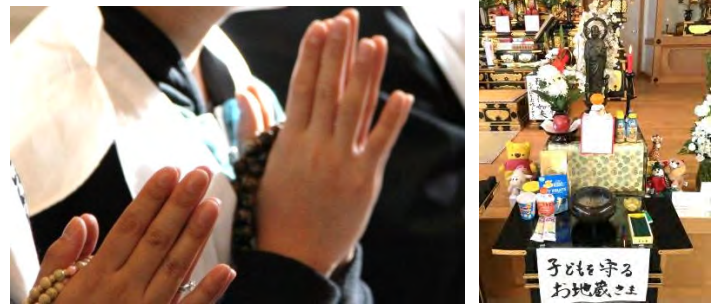
teach us that it is important to develop a habit of warning oneself that just one bad move could hurt us and to not expose the daily life to crisis. “With this caution in mind, make each move carefully.” This is the lesson I learned from my back ache.

Older we get, more carefully we say Nembutsu

For those who are older than me, my injured back and the aforementioned lesson may be like something that they have already gone through in their lives. As we grow older, risks in everyday life increases like stumbling or slipping and falling down. It is natural that we come to bear caution and care in mind for every move we make.

It is our human body that becomes weakened if not exercised. Accordingly, we need to exercise regularly. Can the same rule be applied to our “heart and mind”? If so, our “heart and mind” needs an exercise just as our body does in order for it to be well-maintained. If our “heart and mind” is left unattended without a wholesome exercise, it may develop a habit of embracing only visible values in life. Let us adopt the recitation of Nembutsu as the daily exercise for our “heart and mind” (see Page 5). Just as physical exercise refreshes our feeling, Nembutsu clarifies our thought and uplift our feeling.

Buddhism teaches us that we all are destined to be troubled with aging, suffered from illness, and saddened by the loss of our loved ones. Nembutsu is a religious act that liberates us from these sorrows by enabling its practitioners to attain birth in the Pure Land of Amida Buddha at the end of our life. This precious act promises reunion with our loved ones in the Pure Land, from where we will be able to watch over our family and friends in this world. How reassuring and uplifting it is for us to live through this life, which is full of difficulty. However, this peace of mind cannot be acquired if not exercised. I would like to conclude this Dharma talk applying a lesson I learned lately from my back pain; Older we get, more carefully we should recite “Namu Amida Butsu”.



お念仏 - 年を取るほど真剣に -

『年を取るほど、一挙手一投足を意識して、より慎重に、注意深く。』まだ若輩の私の得たレッスンですが、人生の先輩にあたる方々にとっては「既に来た道」であり、もうご承知のことと思います。毎日の生活の中でも、ちょっとした段差につまづいたり、転んだりといった危険と隣り合わせです。老化に伴い、一挙手一投足により注意を払うのを心がけるのは当然です。

「使わないとなまる」のが私達の身体、だから日々のエクササイズが必要。「心」も同じではありませんか？エクササイズしないと「心」もなまってしまい、目に見えることだけ大事にする癖がついてしまうのでは？どうぞ「お念仏」を日々の心のエクササイズとして下さい。「お念仏ってどうすればいい？」手を合わせて「なむあみだぶ」と十返、口に出して称えて下さい（5ページ参照）。

エクササイズして身体を動かすと、なぜか心がすっきりします。お念仏も同じです。お釈迦さまの「四苦」の教えの通り、誰もが老化に悩み、病気に苦しみ、死別に悲しむ宿命にある中で、この世で寿命をまっとうした先に、極楽浄土に生まれさせていただけのがお念仏です。先立たれた愛しい方々に再会し、その方々と共に浄土から、現世に遺した家族・友人を見守ることのできるお念仏です。身体のエクササイズと同様に、お念仏も実践するからこそ、その安心をいただけるというものではありませんか？

『一返一返のお念仏、年を取るほど真剣に、心を込めて、慎重に、注意深く。』これが私の、ぎっくり腰を通じて得た教訓です。



Condolences お悔やみ

Mrs. Janet Keiko Ohata December 17, 2015

大畠 ジャネット ケイ子様

Memorial Service for Your Loved Ones (see P.8)

- Try not to be late for the date of passing.
- Prepare flowers/ fruit/sweets for the altar.
- Services can be observed either at the temple or your home altar.
- If a loved one is very ill or your family is in crisis such as bereavement, please call the office immediately.

Junen (ten recitations of Namu Amida Butsu) is the most important religious act of Jodo Shu, which we drill daily. This is how you follow through the ten recitations with the palms of your hands put together (Gassho).

- 1 **NAMU AMIDA BU**
- 2 **NAMU AMIDA BU**
- 3 **NAMU AMIDA BU**
- 4 **NAMU AMIDA BU (breath)**
- 5 **NAMU AMIDA BU**
- 6 **NAMU AMIDA BU**
- 7 **NAMU AMIDA BU**
- 8 **NAMU AMIDA BU (breath)**
- 9 **NAMU AMIDA BUTSU**
- 10 **NA - MU AMIDA - BU - (bow)**



Gassho: This is how you wear a Juzu (prayer beads) in the Jodo Shu manner.お数珠のかけ方:合掌し、お数珠を両親指にかけます。

ご命日には法事を勤めましょう (8 ページ年回表参照)

- 法事は命日に遅れないようにお勤め下さい。
- お花・お供物を用意下さい。
- 法事は寺院またはご自宅にてお勤めできます。

*ご家族が危篤あるいはご不幸の際は
すぐに寺務所までお電話下さい (213-346-9666)。

十念(じゅうねん)の称え方

十念とは、「南無阿彌陀仏」を十返、次のように称えることで、浄土宗でもっとも大切な行いです。毎日お称えしましょう。

① なむあみだぶ
② なむあみだぶ
③ なむあみだぶ
④ なむあみだぶ(息)

⑤ なむあみだぶ
⑥ なむあみだ
⑦ なむあみだぶ
⑧ なむあみだぶ(息)

⑨ なむあみだぶ
⑩ なむあみだぶ(礼)

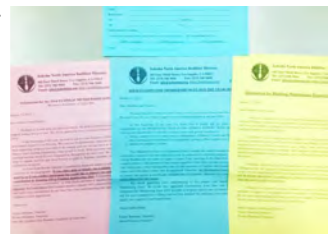
Acknowledgement of donations: January – June 2016 喜捨ご芳名

Temple Membership 2016 (\$200, Light blue paper) メンバーシップ (護持会費 年間 200 ドル)

We wish to thank you for your continued support for the well-being of our temple. At the beginning of this year, we mailed out the annual solicitations of the Temple membership, Building maintenance donation and Fujinkai membership (Please refer to the photo posted right for these letters.). The temple membership (\$200) is a donation the temple asks ANNUALLY for all members/supporters who observe religious services at our temple. It is an essential fund for the temple management during a year. Please refer to the following listings and if you inadvertently did not complete the Membership 2015 or in previous years, we would sincerely appreciate your contributions to fill our temple's vital fund. Your

understanding is most appreciated.

皆様におかれましては、当浄土宗本院の護持興隆にご協力をいただき誠に有り難うございます。本年初めにメンバーシップ・施設維持管理費・婦人会費へのご協力をお願いし、6月まで下記の皆様より納入をいただきました。御礼申し上げます。当メンバーシップ(護持会費\$200)は檀信徒・メンバー各家に毎年お納めいただく浄財で、一年間の寺院運営費の不可欠な財源です。下記ご芳名ご参照の上、今年度分並びに過年度分未納・分納の方は納入にご協力お願い申し上げます。



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Inoue, Mr./Mrs. Kazumasa
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 Tashiro, Mrs. Vivian
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 Uyemura, Ms. Harue/Akie
 Wataguchi, Mrs. Kayoko
 Yahiro, Mrs. Akemi

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 Uyemura, Mr. Tad T.
 Uyemura, Ms. Harue/Akie (1/2)
 Wataguchi, Mrs. Kayoko
 Yamamoto, Mr./Mrs. Osamu
 Yoshimura, Mrs. Sachiko
 *Temple will be closed on:
 Jul 4th (Independence Day)
 Sep 5th (Labor Day)
 寺院休館：
 7月4日（独立記念日）
 9月5日（レイバーデー）

Building Maintenance Donation (Yellow paper: see photo P.5) 施設維持管理費

Due to the frequent rise of the utility fees in recent years, we reluctantly found it necessary to appeal to our temple members/supporters for a donation for our building maintenance fund, which has been provided by generous donations from Jodo Shu Japan and Bukkyo University. We would like to acknowledge donors in the following listing and thank them for their contribution for this year. All donations are tax deductible. Although the present economic situation is hard on everyone, we sincerely ask

for your understanding and contribution for this fund raiser.

当院の施設維持管理費は、主に日本の浄土宗と佛教大学からのご寄付によって賄われてきました。しかし光熱費や各種点検費の年々の高騰を受け、檀信徒並びに有志各位に施設維持管理費へのご協力をお願いし、6月までに下記の皆様のご協力をいただきました。ご理解・ご協力に感謝申し上げます。**ご寄付は税控除対象です。昨今の不況またご多用の折恐縮ですが、年間を通じ皆様のご協力を切にお願い申し上げます。**

\$2,000
 Rikimaru, Mrs. Hiroko
 Shirtcliff, Mrs. Yukie
 \$1,500
 Froeb, Mr. & Mrs. Gordon
 \$500
 Ikuji, Mr. Kimio
 \$300
 Miyazaki, Mr./Mrs. Mack M.
 \$200
 Aoyagi, Mr./Mrs. Noboru
 Blae, Ms. Yoko
\$6,400

Hamachi, Mr./Mrs. Ted
 Inoue, Mr./Mrs. Kazumasa
 Okamoto, Mr./Mrs. Masao
 Tanabe, Mr./Mrs. Mark
 Tanaka, Mrs. Hisayo
 Tsuji, Mrs. Fusako
 \$100
 Doiuchi, Ms. Nancy
 Fujiwara, Mr. & Mrs. Masataka
 Horiuchi, Mrs. Yoko
 Igawa, Mrs. Asako
 Inoue, Mr/Mrs. Hiroshi

Ichida, Ms. Ayano
 Ishii, Mrs. Emiko
 Kawahara, Mrs. Setsuko
 Kitajima, Mr. Robert T., Jr.
 Kondo, Mr. & Mrs. Kazumi
 Makino, Mrs. Yuko
 Murphy, Mrs. Chiyoko
 Ohashi, Mr/Mrs. Masayuki
 Osakada, Mr./Mrs. Masao
 Tadakawa, Mr. Chester I.
 Takagaki, Mrs. Mine
 Takaki, Mrs. Etsuko

Tanaka, Mr./Mrs. George
 Tanioka, Mr/Mrs. Dennis S.
 Tashiro, Mrs. Vivian
 Tazaki, Ms. Toshiko
 Tomita, Mrs. Nakako
 Yoshimura, Mrs. Sachiko

**Total amount of donation
 as of June 21, 2016**

\$10,200

Fujinkai Membership (\$30, Pink paper: see photo P.5) 婦人会費

The Fujinkai membership is a fund for the Fujinkai ladies to give support to our temple activities such as preparing lunch and helping office works. If you, either male or female, are available to help with these activities, your support will be greatly appreciated.

婦人会費（\$30）は法要のお斎（昼食準備）や寺務手伝いなど婦人会の活動を助ける基金です。ご婦人にかかわらず実際のお手伝い並びに基金へのご支援いただける方、ご協力をお願いいたします。

Blae, Ms. Yoko
Fujiwara, Mr. & Mrs. Masataka
Horiuchi, Mrs. Yoko
Ichida, Ms. Ayano
Ikemura, Mrs. Fujino
Inoue, Mrs. Yoshiko
Inoue, Mrs. Sayoko
Ishii, Mrs. Emiko
Kitajima, Mr. Robert T., Jr.
Kawahara, Mrs. Setsuko

Funeral Service

葬儀

Ohata, Mr. Darrick

Memorial Anniv. Service

年回法要

49th day Koyanagi, Ms. Katherine

Ohata, Mr. Darrick

1 year Kudo, Mr./Mrs. Koji

Kitajima, Mr. Robert, Jr.

Fujiwara, Mr./Mrs. Masataka

3rd Ishii, Mrs. Emiko

13th Yasuda, Mrs. Sumiyo

23rd Naruko, Mrs. Yoshiko

33rd Yokoyama, Ms. Yoshiko

43rd Tashiro, Mrs. Vivian

Other Services/Rituals

祈願・法要

Watanabe, Mr./Mrs. Masaki

Kawakami, Mr. Thomas

Nicholls, Mrs. Rie

Tanaka, Ms. Hiroko

Yagi, Ms. Rie

Kirshner, Ms. Claudia

Inada, Mr./Mrs. Yoshinori

Rikimaru, Mrs. Hiroko

Yamaguchi, Ms. Eriko

Morita, Mr./Mrs. Kosuke

Blae, Ms. Yoko

Fiel, Mrs. Aya Y.

Monthly Home Service

月命日・月忌

Jan-Jun Horiuchi, Mrs. Yoko

Mar Tanaka, Mrs. Irene R.

Noma, Mr./Mrs. Toshiyuki

Monthly Memorial Service

祥月命日

Jan Niji, Mrs. Aiko

Rikimaru, Mrs. Hiroko

Apr Kawakami, Mr. Thomas

May Tanaka, Mrs. Hisayo

Kondo, Mr./Mrs. Kazumi
Makino, Mrs. Yuko
Morikawa, Mrs. Haruko
Murphy, Mrs. Chiyoko
Ohashi, Mr./Mrs. Masayuki
Osakada, Mr./Mrs. Masao
Rikimaru, Mrs. Hiroko
Shirtcliff, Mrs. Yukie
Tadakawa, Mr. Chester
Takagaki, Mrs. Mine

Other Donations

その他寄付

Wataguchi, Mrs. Kayoko

Fukada, Ms. Noriko

Hanatani, Mr./Mrs. Katsumi

Noda, Mr./Mrs. Alan

Yokote, Mr. Yasuhiro

Froeb, Mrs. Haruko

Tashiro, Mrs. Vivian

Spruiell, Mr. William

Ceo, Mr. Frank

Olson, Mr. Erik

Year-end

Okamoto, Mr./Mrs. Masao

Ohashi, Mr./Mrs. Masayuki

Furukubo, Mr. Toru

Tazaki, Ms. Toshiko

Tanaka, Mrs. Irene R.

New Year's Day

Ikuji, Mr. Kimio

Datzker, Mr. Cameron

Rother, Mrs. Rie

Kudo, Mr./Mrs. Koji

Gyoki Service

御忌法要

Doiuchi, Ms. Nancy

Froeb, Mrs. Haruko

Fujimoto, Mrs. Makiko

Goi, Mr. Shigeharu

Horiuchi, Mrs. Yoko

Ichida, Ms. Ayano

Ikemura, Mrs. Fujino

Ikuji, Mr. Kimio

Inoue, Mr. & Mrs. Hiroshi

Inoue, Mrs. Sayoko

Ishii, Mrs. Emiko

Niji, Mrs. Aiko

Nishinaka, Mrs. Hatsue

Noda, Mr./Mrs. Alan

Okamoto, Mr./Mrs. Masao

Takaki, Mrs. Etsuko
Tanabe, Mrs. Mihoko
Tanaka, Mrs. Irene R.
Tanaka, Mrs. Hisayo
Tashiro, Mrs. Vivian
Tomita, Mrs. Nakako
Tsuji, Mrs. Fusako
Ueda, Mrs. Yoshiko
Uyemura, Ms. Harue/Akie
Wataguchi, Mrs. Kayoko

Rikimaru, Mrs. Hiroko

Sekiyoshi, Mrs. Matsue

Shirtcliff, Mrs. Yukie

Takaki, Mrs. Etsuko

Tanabe, Mr./Mrs. Mark

Tanaka, Rev./Mrs. Kenneth

Tanaka, Mrs. Hisayo

Uyemura, Mr. Tad Torao

Uyemura, Ms. Harue/Ms. Akie

Wataguchi, Mrs. Kayoko



Spring Higan Service

春彼岸法要

Blae, Ms. Yoko

Doiuchi, Ms. Nancy

Furukubo, Mr. Toru

Horiuchi, Mrs. Yoko

Igawa, Mrs. Asako

Ikemura, Mrs. Fujino

Ikuji, Mr. Kimio

Imuta, Mrs. Atsuko

Inoue, Mr./Mrs. Hiroshi

Inoue, Mrs. Sayoko

Ishii, Mrs. Emiko

Kawahara, Mrs. Setsuko

Koyanagi, Ms. Katherine

Miyakawa, Mr. Manabu

Miyazaki, Mr./Mrs. Mack M.

Nagano, Mrs. Kazuko

Niji, Mrs. Aiko

Nishinaka, Mrs. Hatsue

Okamoto, Mr. Eugene Y.

Okamoto, Mr./Mrs. Masao

Sameshima, Mr. Masakazu

Yoshimura, Mrs. Sachiko
Yamamoto, Mr./Mrs. Osamu

Other Donation

Horiuchi, Mrs. Yoko

Takagaki, Mrs. Mine

Wataguchi, Mrs. Kayoko

Shirtcliff, Mrs. Yukie

Tada, Mrs. Yoko

Takaki, Mrs. Etsuko

Tanabe, Mrs. Shizuko

Tanaka, Mrs. Hisayo

Tanaka, Ms. Hiroko

Tashiro, Mrs. Vivian

Uyemura, Mr. Tad T.

Uyemura, Ms. Harue/Ms. Akie

Yokote, Mr. Yasuhiro

Yokoyama, Ms. Yoshiko

Las Vegas

Spring Higan Service

ラスベガス春彼岸法要



Aoyagi, Mr./Mrs. Noboru

Igawa, Mr./Mrs. Melvin T.

Igawa, Mr. Brian

Sakaguchi, Mrs. Otake, T.

Yahiro, Mrs. Akemi

Thanks to the kindness and hospitality of the Igawa family, Spring Higan Service was held again at their home with our temple members in Las Vegas area on Sunday, March 27, 2016.

3月27日(日)、昨年につき、伊川メルヴィン様ご自宅にてラスベガス在住の檀信徒の皆様と共に春彼岸法要を勤めました。伊川家皆様のご好意と参詣各位に感謝いたします。



Jodoshu North America Buddhist Missions

442 EAST THIRD STREET, LOS ANGELES, CA 90013

Tel: (213) 346-9666 Fax: (213) 346-9668 info@jodoshuna.org

<http://jodoshuna.org>

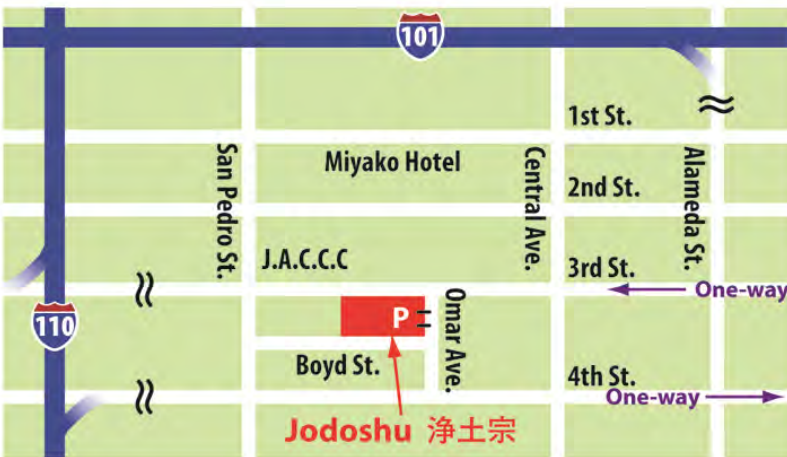
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2016 Memorial Anniversaries 年回表

Anniversaries 年回	Year of Passing 没年
One year (一周忌)	2015 平成 27 年
3rd (三回忌)	2014 平成 26 年
7th (七回忌)	2010 平成 22 年
13th (十三回忌)	2004 平成 16 年
17th (十七回忌)	2000 平成 12 年
23rd (二十三回忌)	1994 平成 6 年
25th (二十五回忌)	1992 平成 4 年
27th (二十七回忌)	1990 平成 2 年
33rd (三十三回忌)	1984 昭和 59 年
37th (三十七回忌)	1980 昭和 55 年
43rd (四十三回忌)	1974 昭和 49 年
47th (四十七回忌)	1970 昭和 45 年
50th (五十回忌)	1967 昭和 42 年



BON SEGAKI SERVICE お盆大法要

JULY 10 (SUN), 10:30 am

Special Prayer with Toba Offering/Sermon/Luncheon

塔婆特別供養・法話・昼食懇親会 詳細はウェブサイトまで!

For details, please visit: <http://jodoshuna.org/>