

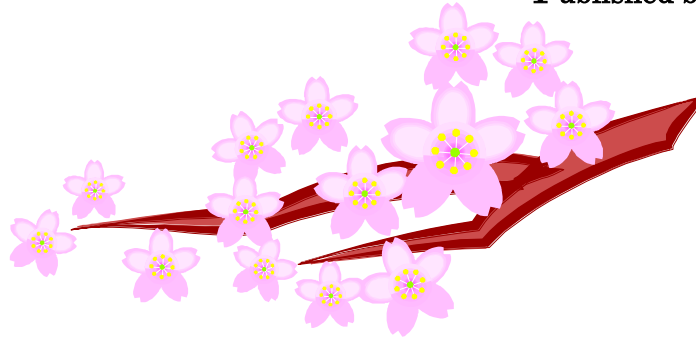
What's New?

Niihama City

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無執着(mu shuu jaku)

No Clinging

By David Tetterington

Now that I'm back in Kansas I'm occasionally asked, "What do you miss most about Japan?" It's a difficult question. Wait, no it's not. "My friends," duh. But then memories appear in my mind—mountains, holy god oceans, fresh spring water, umeboshi, enkai, junior high kids, co-workers, trains, kyanpu, thousand-year-old god-trees (goshinboku), sunbathing naked (rotenburo), rivers, zazen, onigokko, onsen, and on and on, I can go on forever—Japan is like a secret life I have that nobody here knows about...an inner wonderland that fills my world with appreciation and perspective—but it's wrenching! I miss Niihama everyday! I'm not exaggerating.

"Don't cry because it's over. Smile because it happened." That proverb attributed to Dr. Seuss says it all, really. Crying because it's over can be a form of clinging, which leads to more suffering (because everything changes). Sound familiar? I'm appropriately

reminded of the “mushuujaku,” or “no-clinging,” talk a Zuioji monk gave some Sunday morning beneath blooming cherry blossom trees. He reminded us that Buddhism maintains everyone has “The Buddha Nature,” and that this “innate,” “unborn,” “undying,” “transcended,” “eternal” “unstuck” aspect of us is a center and expanse of awareness always present and “creatively detached” from our personal mind, body, emotions, thoughts, and feelings, even right now as you read these words. It’s in you too! This mushuujaku aspect of your mind is aware of change, aware of time, aware of passing experiences and relationships. It is not confined to any of those, however. “The way sunlight falls upon all things equally,” this non-clinging light-mind shines through you onto things every moment as awareness itself, aka “the nature of mind,” and there you are.

Also, despite what some people think, practicing mushuujaku and abiding in it correctly cannot be escapism, avoidance, or disinterest; it’s not being dead inside. On the contrary, the teachings note that the “non-clinging mind” is so radically open and inclusive it *embraces* all feelings, all life, all loss, “like a mirror its objects.” It just doesn't get trapped in any of them.

I’ll try to keep that in mind.

When I got to America I immediately sought out and made friends with the Japanese exchange students. They were amazing, yappa beautiful and generous, and they sometimes mentioned that my English was the easiest to understand, and that my Japanese was the best. I guess five years living abroad helped me master pace and pronunciation in both languages! Those exchange

students have completed their semester and are already back in Tokyo. Man time flies! I miss them already. Shogyo-Mujo, Ichigo-Ichie! And it's nice to know that the more loss I experience, the more I get to practice the profound mushuujaku, and the more I get to imitate mushuujaku Maude from the classic film Harold and Maude (1971). Have you seen it? You must! It's fantastic.



Harold: Maude?

Maude: Yeah?

Harold: (pulls the stamped coin from the arcade out of his pocket)
Here.

Maude: A gift! (reads it) Ohhhhh! This is the nicest present I've received in years. (kisses it and tosses it happily into the ocean. turns back to Harold).

Harold: (stunned, looks out to the ocean and then back to Maude.
begins to form the word "Why?")

Maude: So I'll always know where it is.

David Titterington is currently working to receive a Master's degree in painting. He lives in Lawrence, Kansas. To see some of his work please visit

www.davidtitterington.com



2011 Disastrous Earthquake and Tsunami Information in multi-languages

- Earthquake & Tsunami Support Center in Multi-languages
TEL: 077-578-5939
E-mail : tabumane110311@yahoo.co.jp
- Support Web System for Disaster Affected Non-Japanese / Miyagi Prefecture
Japanese · English · Chinese · Portuguese · Korean
<http://emis-miyagi.jp/index.php>
- Internet Broadcast FM WaiWai in Multi-languages
Japanese · English · Chinese · Portuguese · Spanish · Korean
Vietnamese <http://www.simulradio.jp/asx/fmyy.asx>
- Japan earthquake- how to protect yourself by TUFSS students
<http://nip0.wordpress.com/>
- NHK WORLD In 17 other languages
<http://www3.nhk.or.jp/nhkworld/english/info/select.html>
- Multi-language Earthquake Information Twitter Site
「かんたんな にほんご」
<http://imperium-donuzium.org/>

Hot Line for Disaster Affected Non-Japanese

The information about the disaster affected area is given on the phone beginning March 14 from 9:00 to 20:00 every day.

English TEL: 080-3503-9306 Chinese TEL: 080-3691-3641

Other languages will be added. Please check: <http://bit.ly/euNpNa>

**Niihama City Office will get an International Advisor
(Japanese, Chinese, English OK)
Beginning April 1st, 2011**

You can get information about Niihama in English and Chinese at 2nd floor of City Hall. (Shimin-katshodo-suisin-ka)

13:00 ~ 17:00 (Monday - Friday)

If you have any questions, please visit Niihama City Hall.

★ To Non-Japanese Living in Niihama ★

We know that many of you may be feeling very anxious and uneasy concerning the East Japan Catastrophic Earthquake.

The accident at the Fukushima Daiichi Nuclear Power Plant will have absolutely no effect on the health of the people living here, or on the environment of Niihama, because here in Shikoku we are at the opposite end of the country from the affected area.

Please be careful to confirm any rumors or other information circulating by word of mouth, so that you don't give wrong information to others that will frighten them and make the situation worse.

If we all gather accurate information and remain calm, we can be certain of our own safety and find ways to help those in the northeast who are suffering from this disaster.



<Contributed by Adam Schartup>

SGG would welcome any suggestions, questions or ideas for monthly articles.

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* The editors for this month are Kazuko Kaida
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MOVIE

TOHO CINEMAS Niihama (AEON Shopping Center)

February 25 ~	The Chronicles of Narnia :		
	The Voyage of The Dawn Treader	3D	Dubbed/ English
March 5 ~	The Tourist		English
March 12 ~	Tangled	3D	English
March 25 ~	THE KING'S SPEECH		English
April 15 ~	GULLIVER'S TRAVELS	3D	English
April 15 ~	Sucker Punch		English

Information Service

Internet: <http://niihama-aeonmall.com>

Tape (24 hrs): 0897-35-3322 (in Japanese)

What's the Difference between 賞味期限 (Shomi Kigen)

and 消費期限 (Shohi Kigen) ?

From The Nihon-keizai Shimbun 2010/11/12

According to the Food Hygiene Law manufacturers must display either date on the packaging or containers of their products.

*賞味期限 Shomi Kigen, Best before date

It is shown on long-lasting foods such as confectionary or snacks and canned foods etc. It indicates the date until which the food remains tasty. It is calculated by determining a date when the food products might begin to develop bacteria and multiplying it by a safety factor. (0.8 for example)

*消費期限 Shohi Kigen, Used-by date

It is shown on perishable foods such as packed meals and breads etc., indicating the date after which they should not be eaten.

The Consumer Agency is planning to review the formula for calculating the two dates and intends to clarify the vague definitions of both "dates". It also hopes that such clarification will help reduce the amount of wasted and dumped foods.

ONE POINT JAPANESE

漢字の意味を覚えよう “満” No.3

- A** : 旅行は どうでしたか。Ryokō wa dō deshita ka. (How was the trip?)
- B** : 天気も よくて、久しぶりの 休暇を **満喫** することができました。
Tenki mo yokute, hisashiburi no kyūka o mankitsusuru kotoga dekimashita.
(The weather was fine and I fully enjoyed the first holiday in ages.)
- A** : よかったですね。Yokatta desu ne. (That's good.)
- 写真が できたら、また 見せて くださいね。
Shashin ga dekitara, mata misete kudasai ne.
(When you have printed the photos, please show me.)
-
- A** : 家庭 **円満** の 秘訣は 何だ と 思いますか。
Kateenman no hiketsu wa nanda to omoimasu ka.
(What is the secret of peacefulness or happiness of a family?)
- B** : そうですね。お互いに、何でも 話す ことだ と 思います。
Sodesu ne. Otagai ni nandemo hanasu koto da to omoimasu.
(Well...To talk with one another about anything, I think.)
- C** : 感謝の 気持ちを 忘れない ことも 大切 ですね。
Kansha no kimochi o wasurenai koto mo taisetsu desu ne.
(It's also important not to forget gratitude to the other, right?)
- D** : わたしは、自己中に ならない ように 気をつけて います。
Watashi wa, jikochū ni naranai yōni ki o tsukete imasu.
(I am being careful not to be self-centered.)
- E** : **不満** ばかり 言わず、小さな ことにも **満足** できると、
うまく いくと 思います。
Fuman bakari iwazu, chisana kotonimo manzokudekiru to, umaku iku to omoimasu.
(If we don't complain all the time and take satisfaction even in small things, things will go well, I think.)
- F** : 今回の 地震でも、被災者に、その ような 気持ちが あったので
パニックに ならなかったのかも しれませんね。
Konkai no jishin demo, hisaisha ni, sono yōna kimochi ga attanode panikku ni naranakattano kamo shiremasen ne.
(Even this earthquake, there probably was no panic because the refugees had such feelings, I suppose.)
- A** : なるほど。Naruhodo. (I see.)
- 奥が 深いですね。Oku ga fukai desu ne. (It is a deep issue, isn't it?)

・ **満足**…satisfaction

・ **不満**…dissatisfaction

・ **満喫**する…enjoy ~to the full

・ **円満**な…peaceful, well-rounded

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.
Feel free to contact us at ~Tel : 0897-34-3025 (Manami Miki).
e-mail: manami-m@js6.so-net.ne.jp