



Blessing for your thoughts...

We are planning on starting a Study Group after Monthly Kami Services! We will be following a study plan, but are there any topics that you would like us to cover? Any questions you have wanted answered?

Heaven and Earth

A newsletter from the Konko Church of Toronto

Church Events This Month

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| Sun 04Mar2018 11:00am | March Kami Service |
| Sun 18Mar2018 11:00am | March Mitama Service & Spring Grand Mitama Service |

Article written by Mr Joshua L

One of the Hardest Times in my Life

There are no experiences in our life that have no meaning

Before my birthday and before the New Year, I had to go through some of the hardest challenges I've had to face in my short life time. I'm claustrophobic. I've never had a reason to bring it up because all the usually scenarios that claustrophobic people face, I'm already strong enough to handle it. This includes elevators, cramped subways, and airplanes. However, my workplace is a restaurant with a small but open concept kitchen. In this small kitchen, we can have up to 8 people running around during service. I dread going into that kitchen every day. I've had 3 panic attacks that range from heavy breathing mixed with tears and intense fear to full out sobbing and the inescapable feeling of immense dread or doom. Yet, there are people who still don't believe I'm claustrophobic.

When I got moved to a different location due to a lack of staff, the first thing I did was improve their cleaning practice in the entire restaurant. I would spend all my down time cleaning the entire store due to the fact that their staff were complacent in their subpar routine. This showed them how lack luster their routine was. I introduced simple concepts that helps everyone regardless of their shift. This includes double bagging garbage cans, preparing the elastic bands so they're not knotted, and how to spot salt stains on the floor. I'm responsible for training half our new staff and cross training everyone else. Our manager was against cross training due to the time it would take to properly do so. I advocated that cross training will take only 2 days with the help of everyone, because they are all motivated to learn. They all wanted to be able to do what I can do. I pushed for all these changes for them. Yet, one person has a bad opinion of me and has convinced a majority of the staff that I'm lazy and unmotivated to help people.

I've been very fortunate to have been viewed as a good or great person, regardless of how often I say "I'm just a regular guy". This is the first time where I've been viewed as the villain or a bad person. As tough as these feelings are, I still have received many divine blessings. I'm learning what it's like to deal with a phobia. I won't say that I'm an expert, but I have certainly gained a new perspective for people with mental health problems or phobias. I was aware of the physical demands of being under stress, but I didn't understand how difficult it truly was. I am very grateful for this new experience. I've helped make the work easier for everyone, which includes cleaning and service. No one feels like they're stuck in one position anymore. Even though many are not happy with me, they're overall happiness in the store is much higher. This effort has been seen by the owners and managers of not only the store I work at, but the other stores that are currently in operation. Through these hardships, I've gained hope for my position in the company to grow, I've instilled more hope in the other managers and supervisors, and made the crew I was hired to help happier. All while being "the bad guy". Thank you Kami-sama.

Even when practicing faith, you won't come across only good fortune. There will be misfortune as well. When you meet misfortune, take it like your hand showing its backside. Receive divine blessings for it to turn to the frontside. I Ogihara Sugi 18.

Mitama of March

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|---------------------|-----------|
| Kobayashi, Mary | 01Mar2005 |
| Setsuko | |
| Tateyama, Ruby | 01Mar2010 |
| Atsuko | |
| Kondo, Kuni | 02Mar1929 |
| Noda, Tamejiro | 03Mar1921 |
| Koyama, Fujikazu | 04Mar1944 |
| Kumano, Chiyono | 07Mar1961 |
| Nishimura, Tomotaro | 08Mar1951 |
| Yabuki, Shozo | 08Mar1969 |
| Ebata, Chushichi | 09Mar1979 |
| Goto, Tomoyo | 10Mar1987 |
| Kariya, Yone | 12Mar1944 |
| Kariya, Maki | 12Mar1944 |
| Hotta, Matsue | 12Mar1944 |
| Hotta, Yuichi | 12Mar1944 |
| Koyama, Kamekichi | 12Mar1944 |
| Koyama, Fuku | 12Mar1944 |
| Fujimoto, Yaeko | 12Mar2017 |
| Tanouye, Itsu | 13Mar1982 |
| Ebata, Shizue | 16Mar1939 |
| Hagiwara, Masao | 16Mar1974 |
| Fujiyama, Saburo | 17Mar2002 |
| Hashizume, Kane | 18Mar1919 |
| Goto, Isao | 19Mar1987 |
| Tanaka, Tomeko | 20Mar2005 |
| Tanaka, Kikue | 21Mar1935 |
| Fujibayashi, Kiyo | 21Mar1960 |
| Darch, Wesley | 24Mar1987 |
| Morishita, Chiyeko | 24Mar2011 |
| Fleur-Ange, Laurin | 26Mar2001 |
| Kishii, Isao | 28Mar2017 |
| Tanaka, Hisa | 29Mar1940 |
| Matsuoka, Yuri | 30Mar1951 |
| Shirakawa, Kiu | 31Mar1932 |
| Morishita, Kiku | 31Mar1948 |
| Kanda, Tahei | Mar |

Feel free to join us for any service!

Rev. Takao Kishii is the Head Minister of our church and would be more than happy to speak with you. Please call ahead if you would like to visit the church to ensure someone is there to greet you

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www.konkofaith.org/church/konko-church-of-toronto
www.facebook.com/tokonko

