



Blessing for your thoughts....
...how can you be more positive in your daily life?
....what negative things do you tend to focus on?
....what could you do to show your family and friends that you appreciate them?

Heaven and Earth

A newsletter from the Konkō Church of Toronto

Church Events This Month

Sun 04Feb – 11:00

Kami Service

Sun 18Feb – 11:00

Mitama Service



Mitama of February

Shirakawa, Midori	05Feb1930
Kitamura, Gennosuke	05Feb1963
Misumi, Seijiro	07Feb1948
Nishimura, Matsu	09Feb1991
Kawaida, Takashi	11Feb1946
Nakamura, Shotaro	12Feb1936
Sakata, Fukiyo	12Feb1978
Hepburn, Sue	13Feb2016
Fujiwara, Tota	14Feb1932
Hemmy, Jack	18Feb2000
Kitamura, Isa	20Feb1979
Ebata, Namiko	20Feb2017
Nelson, Alton	21Feb1980
Iwasa, Ito	24Feb1976
Misumi, Shige	25Feb1975
Ebata, Tadao	27Feb1963
Mochizuki, Hyokichi	28Feb1912
Mori, Koyo	28Feb1950
Nishimura, Shichiya	29Feb1927
Fujimoto, Saikichi	15Feb1986
Nakamura, Shinkichi	22Feb1938
Ebata, Kinu	26Feb1991
Kawano, Kaichi	26Feb2006



From January 12th – 14th the Joint KMH-KCNA Missionary Women's Society Seminar (MWSS) was held in Portland, OR and Rev Toshiko Kishii was able to attend. The theme this year went along with KCNA's current theme of "Smile from Within" and

focused on doing so "Through the Power of Positive Talking." This was the 27th gathering and the 5th joint gathering with KMH.

What does the power of positive talking mean? We as a species tend to focus on the negative things. We are more likely to remember the things that go badly than the things that were good. It can also be very easy to point out the negative things a person does, rather than encourage or compliment them. Learning to focus on blessings we receive can be difficult but it is well worth the effort. The more we look for the good, the more we see the good. Try complimenting a family member or coworker. Or making a jar that you fill with all the blessings you have received and at the end of the year, go through the jar and see just how wonderful your year has been.

Life is full of ups and downs, but if you only spend your energy on remembering the happy parts, you will learn to "Smile from Within." And this will make Kami Sama smile as well!

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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