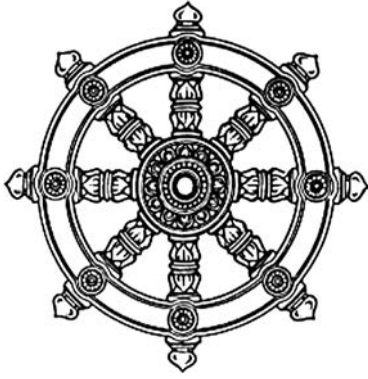


**Rev. Yuki's  
Tweet**

Rev. Yuki Sugahara



*May there be peace in the world, and may the Buddha's teaching spread!*

— A Collection of Letters, Letter 2 (The Collected Works of Shinran, p. 560)

**M**ay is the birth month of our founder, Shinran Shonin. Shinran Shonin was born in Kyoto, but he lived in other places such as Niigata prefecture and Ibaraki prefecture and he spent many years propagating the nembutsu teaching in the Kanto region (including Ibaraki prefecture). But, when he was about 62, 63 years old, he went back to Kyoto. So, Shinran Shonin had correspondence with the followers of the nembutsu path in the Kanto region through letters and the words I shared at the beginning are from a letter of Shinran Shonin.

The word translated as “peace” in the original work is 安穩 (*an-non*) and it can be translated as “peaceful and tranquil.” Then, what is the peaceful and tranquil state, and how can we achieve it?

Now, there are conflicts in the world everywhere. It is not only about the conflicts between nations, but within countries and even within small communities... and maybe at home. As Shakyamuni Buddha taught us, the cause of conflict (suffering) is the mind of self-attachment. Valuing what “I” think as valuable/useful and criticizing what “I” don’t think is valuable as useless. Based on this mind of self-attachment, we say and act and confront people who have different opinions. As long as we continue to attach to self-centered values, conflicts in the world will never cease.

**(Continued on page 2)**

**Buddhist Church of Sacramento  
2401 Riverside Blvd.  
Sacramento, CA 95818**

**Non Profit Org.  
US Postage  
PAID  
Sacramento, CA  
Permit No. 766**

**RETURN SERVICE REQUESTED**



# SANGHA

## **Sacramento Buddhist Church Volume 61 Number 5 - May 2024**

**Sacramento  
Betsuin**  
2401 Riverside Blvd.  
Sacramento, CA 95818  
  
(916) 446-0121  
(916) 446-1866 FAX  
  
betsuinoffice@gmail.com

President’s Message.....	2	Thursday Night Health & Wellness .....	9
SBWA .....	3	Yoga with Bob Matsueda .....	9
Adult Buddhist Association .....	3	Riverside Tanoshimi Kai .....	10
Legacy Endowment Fund.....	4	Tanoshimi Kai San Francisco Bus Trip ....	11
Golf Tournament .....	4	Courtyard Refreshments.....	11
Golf Sponsorship /Donation Form .....	5	Request for Donations of Obon Items....	12
Golf Entry Form .....	6	2024 Obon Memorial Tribute.....	12
Cars & Coffee .....	7	Condolences.....	12
Sacramento Bonsai Club .....	8	Sakura Gakuen .....	13
May Schedule of Events .....	8	Girl Scouts .....	14
New Member .....	8	Families & Friends Picnic.....	15
Shotsuki Hoyo Service Schedule .....	9	Donations .....	16

## Rev. Yuki's Tweet

(Continued)

I might have shared this word by Bodhisattva Asanga before, but in his *Mahayanasamgraha* (*A Compendium of the Mahayana*), he said "one's peace is other's peace." This word is expressing that "peace" of the world does not begin with changing someone else's idea, but by changing one's own idea. One's peace becomes others' peace.

Bodhisattva Vasubandhu, a brother of Asanga, wrote commentary on *A Compendium of the Mahayana* and said something like this: "Others will be at peace because the one does not yell at others." Because of anger, we yell at people; we might bang the door or kick the chair or something... but that action based on anger leads others to reside in non-peace. Anger spreads like fire and someone's anger becomes the cause of someone's anger. But, if anyone in the world acts in accord with peace, the world becomes peaceful and tranquil. There is no wave if there's no wind.

In Buddhism, "peace" is very important idea. One of the grave offenses in Buddhism is to "break the harmony of the sangha." So, keeping the harmony and peace is really important.

But, if we don't know what the light is, we don't know that we are in darkness. We realize for the first time that we were in the darkness when we encounter the light. Similarly, we realize that we were in the darkness of selfishness when we encounter the light of the wisdom of Amida Buddha for the first time. Through the light of Amida Buddha, we are made to realize that the cause of conflict was my self-centeredness. In other words, each of us encountering the light of the wisdom of Amida Buddha, leads us to live in peace and this is really important to live, enriching our minds.

## President's Message

Karen Adachi

It is hard to believe that we are already in the fifth month of our 125th anniversary year. As president of our temple Board of Trustees, I feel so lucky to be a part of this exciting year. This month, the 125th Anniversary Committee has planned a new event for the temple. Our very first Cars & Coffee event will be held on Saturday, May 11 in the church parking lot. Car enthusiasts can enjoy showing their cars or admiring others' cars on display. This is a free event and coffee/pastries will be provided. Thank you to Russell Oto and Bobby Tanaka for spearheading this inaugural event!

We've got some new 125th merchandise items that I think you will like! There will be a few pop-up 125th Anniversary merch stores at various special events such as the Gotan-E service in May and the Families & Friends Picnic in June. The 125th Anniversary Steering Committee has been working hard to bring fun and exciting commemorative merchandise and special events to celebrate this special year, and if you are interested in volunteering for any of our events, please contact me or the church office.

### Sakura Matsuri

On Saturday, March 23, we held our Sakura Matsuri Food & Shopping Faire in the courtyard and Kaikan. Despite the rain (which seems to show up on the day of our event every year, no matter what weekend we schedule it), many people came out to enjoy delicious food and shop for a variety of items.

The Food Faire portion of Sakura Matsuri provided a fundraising opportunity for our church's affiliated and sponsored organizations. Patrons enjoyed a variety of food, desserts, and beverages, while supporting the organizations. It was truly a cooperative effort between all groups and they appreciate all the support and patronage from our church members and the community.

The Shopping Faire featured vendors who have participated since the event's inception in 2018 such as MAC Knife, JK Accessories, Embroidery by Liza, and Simmi-Su Paper Company. 2023 Sakura Matsuri returning vendors included Hug-A-Sumo, Incharacter Asian Calligraphy, Nate's Chili Oil, and Marian Wong Designs. Participating for the first time this year were Tracy Brady Art, DeLynda DeLeon Designs, DaTojos, Sara Kidwell, and Martinus Wolf. Our SBWA returned with a booth selling handicraft items that used to be sold at our annual bazaar; and the bazaar's Ginza Booth set up shop at Sakura Matsuri this year. Also returning for the second year was the Grandma's Attic booth, which sold gently used Japanese dishes, dolls, wall decorations, and kimonos that were generously donated to our church.

Thank you to all our volunteers and participants for making our annual Sakura Matsuri Food & Shopping Faire a fun, successful, community event!

### Opportunity Drawing

Congratulations to Stuart I. from Elk Grove for being the winner of our March Opportunity Drawing held on Sunday, March 31. The next drawing is scheduled for Sunday, April 28, and the winner will be reported in the June SANGHA newsletter.

### Hanamatsuri and Dharma School Open House

On Sunday, April 14, we celebrated the birth of the historical Shakyamuni Buddha with our Hanamatsuri Service and Dharma School Open House. The special guest speaker for the service was Reverend Dr. Mark Unno, professor at the University of Oregon and son of the late Buddhist Churches of America (BCA) minister Reverend Dr. Taitetsu Unno. Reverend Dr. Mark Unno presented a dynamic, meaningful dharma message



Reverend Yuki Sugahara  
(916) 834-7350  
yukisugahara10012022@  
buddhistchurch.org



Reverend Matt Hamasaki  
(916) 926-2221  
revmatt@buddhistchurch.org

### Sangha Helpers

Meriko Hoshida  
Lori Itow  
Libby Iwamura  
Shirley Kato  
Janet Kawamura  
Jane Komure  
Lynn Sunahara  
Fusako Takahashi  
Irene Takeda  
Virginia Uchida  
Sueko Yamashita

**President's Message**  
(Continued)

**Sangha Staff**

Editor (English) Cliff Adams  
Editor (Japanese) Katsuko Hirota

**Contributing Reporters**

President Karen Adachi  
SBWA Shirley Kato  
ABA Jean Kashiwada  
Tanoshimi Kai Brian Hatano  
Legacy Fund Sandy Tokunaga  
Cars & Coffee Bobby Tanaka  
Golf Richard Kai  
Girl Scouts Jan Hoshida  
Sakura Gakuen Masako Thomas

**Sacramento Buddhist Women's Association**  
Shirley Kato  
Executive Council



**Adult Buddhist Association**  
Jean Kashiwada

followed by a powerful lecture. Between the Hanamatsuri service and Dr. Unno's lecture, sangha members visited with Dharma School teachers and viewed the students' class projects in the multipurpose room. Special thanks to the 7th and 8th Grade classes for decorating the Hanamido with flowers generously donated by Kiyō's Floral Design, and to Matt Tokeshi-Nitta and the 9th, 10th, 11th and 12th grade students for providing refreshments after service. A complete list of students helping make and serve refreshments are listed under the Courtyard Refreshments section of this newsletter.

**Upcoming Events**

Please join us for our special Gotan-E music service on Sunday, May 12, which will include the Ochigo procession of participating third grade students and the ministers. Gotan-E celebrates the birth of Shinran Shonin, who was the founder of Jodo Shinshu Buddhism. The third graders participating in the Ochigo procession represent Shinran Shonin, who at age 9 entered the Shoren-In Temple to become a monk. The service is considered a music service because the Betsuin Choir will be singing San Kie Mon (Three Treasures), Juseige (which is why there will be no sutra chanting at this service), Namo Amida, and Eko during the Ochigo procession. The special guest speaker for this service will be Reverend Tatsuya Aoki, Bishop of the Jodo Shinshu Temples of Canada. We hope you will join us for this service.

The Memorial Day Interfaith Service will be held in the Hondo, Monday, May 27, 9 a.m. Please join us for this joint service of various faiths from the Sacramento area.

Our annual Families & Friends picnic will be held on Sunday, June 9, from 9:30 a.m. to 1 p.m. at Marriott Park in the Pocket area in Sacramento. We will hold a service in the park beginning at 10 a.m. With the crazy weather we have been experiencing, in the event of rain, the picnic will be moved to the church, so please join us for the event, come rain or shine! Although not required, please RSVP if you plan to attend the picnic so that we can plan the food accordingly. Refer to the flyer in this newsletter for the RSVP site and for further information.

**W**elcome our new SBWA members Yukie Hoffman, Julia Chew and Joanie Nishimoto! We are so happy you have joined our organization!

Thank you to the SBWA members who provided onigiri and desserts for the after-service reception for our Ohigan guest speaker, Reverend Ai Hironaka, and his family, A special thank you to Fusako Takahashi, who made the wonderful Japanese breakfast for our guests, and to Loleen Nakano and Barbara Nakatomi, who assisted in preparing and serving the meal.

For this year's Sakura Matsuri, SBWA and ABA partnered to make and sell a mochiko chicken bento. Thank you to ABA President Jean Kashiwada for her hard work in coordinating this successful fundraiser for our two organizations. Thank you also to the volunteers who helped prepare and plate the bento. SBWA also sold craft items that were made in previous years by our members. We greatly appreciate everyone's contribution to this event.

At our April Board of Trustees meeting, the Board approved donations for the Betsuin education award and the Betsuin golf tournament.

On April 27, members of the SBWA and Sacramento JACL made the annual trip to clean up the Wakamatsu Memorial Garden located in front of the Gold Trail School in Placerville. This small memorial garden is dedicated to the first Japanese immigrants who arrived in the United States in 1869. After our yardwork was completed, we had a potluck lunch on the picnic tables of the Wakamatsu Farm located near the garden.

On May 3, SBWA members will receive a tour of the Japanese American Archival Collection at the Sacramento State Library Special Collections and University Archives. The collection chronicles the Japanese American experience of immigration and settlement to the United States, World War II, internment, redress and reparations.

The 2024 Buddhist Churches of America (BCA) Federation of Buddhist Women's Associations (FBWA) Conference will be held October 4-6 in San Jose, California. The theme of the conference is "Ichi go, Ichi e" — "Each Precious Moment, a Precious Treasure." The keynote speakers are former Hawaii Congresswoman Coleen Hanabusa and Reverend Yukiko Motoyoshi, retired BCA minister from the Buddhist Church of Stockton. Information on this conference was sent to SBWA members through email.

**D**uring the month of May, ABA participated in the interviews and selection of the ABA Community Service Award and the Betsuin's Scholarship Education Award that ABA supports financially. Thank you to our many Betsuin members who have contributed to the ABA Scholarship Fund and thank you to our judges for participating in the interview sessions.

Remember to support the Betsuin's 125th Anniversary activities that our church has planned this year. It is so nice to see many of our longtime members back at the temple and new members, too. Hope to see you at the Betsuin's Cars & Coffee event this month on May 11. My husband and I plan to bring a couple of our vehicles to this event and we encourage all of you to bring your sports or classic cars.



**Legacy Endowment Fund**  
Sandy Tokunaga

おかげさま

The most encouraging moments of serving on the Legacy Endowment Fund (LEF) Board are witnessing the outstanding results of funding request recipients, especially the youth who are key to the future of Jodo Shinshu and the Betsuin.

Koichi Mizushima encouraged Mitchell Maseba to sign up for the Buddhist Youth Retreat (BYR) VI 2023, held at the Jodo Shinshu Center in Berkeley. He knew Mitchell would benefit from BYR and would contribute to his fellow teen attendees' self-discovery through shared experience, reflection and compassion. Below is Mitchell Maseba's reflection and letter of appreciation to the LEF for funding his BYR registration:

*In June 2023, I was fortunate to attend the Summer Buddhist Youth Retreat (BYR) at the Jodo Shinshu Center in Berkeley. Along with 12 other teens from temples across California and Washington, we shared a unique experience that has stuck with me for many reasons.*

*The first standout was the complete removal of phones and electronics — a change that I have to admit was a struggle at times. We were immediately forced to talk, get to know each other, and socialize. Being phone-free for an entire week meant I had to actively seek out others, which encouraged me to build relationships and make new friends.*

*We learned the origins and lessons of many Buddhist customs and their purposes, and I got to improve my understanding of Buddhism more extensively. We also had Buddhist sutra chantings three times a day every day and learned how to conduct services and properly hit notes when chanting.*



*The week wasn't just about Buddhist study, though. The incredible kitchen crew made us delicious homemade food to enjoy at every meal, including salmon, beef, chicken katsu, and curry rice. In our free time we explored the streets of Berkeley, and also took a day trip across the Bay to San Francisco's Japan Town where we shopped to our heart's content. At the end of each day, we had personal dorm rooms where we could wind down and rest comfortably.*

*The most important BYR experience, in my opinion, were the personal dharma talks and one-on-one conversations. During the final hours of each day, we spoke openly about our personal feelings and thoughts — an open discussion we promised not to share with*

*anyone else. These acted as a way to clear our minds, allowed us to get things off our chests, and created a bond of trust and care. In just one week, I saw into the true hearts of every participant, and learned more than I could have ever imagined.*

*I'd like to thank the Betsuin's Legacy Endowment Fund for their support in attending this retreat. It was a truly transformative trip, and I would highly recommend it to other teens in our sangha.*


— Mitchell Maseba

We are grateful to those who have donated to the LEF, supporting Betsuin youth attending Buddhist education experiences like BYR. To parents, grandparents and relatives of Betsuin high school teens 15–18 years old: encourage your teen(s) to attend BYR VII in June 2024. The registration deadline is June 1. Space is limited. <http://tinyurl.com/BYRVII>.

LEF supports initiatives furthering the dharma in our diverse and vibrant community. To apply for funds or to donate, go to: [Buddhistchurch.org](http://Buddhistchurch.org), then go to the Ways to Support link, select Legacy Endowment Fund for forms.

Okagesama. Because I live within the great shade of many people, I am fine. Thank you for supporting the Legacy Endowment Fund.

**14th Annual SBC Golf Tournament**  
Richard Kai



**Buddhist Church of Sacramento**  
**14th Annual Golf Tournament**  
**Wednesday, July 17, 2024**  
**Teal Bend Golf Course**

BUDDHIST CHURCH OF SACRAMENTO

You are cordially invited to participate in the 14th Annual Sacramento Buddhist Church (SBC) Golf Tournament at the Teal Bend Golf Course on Wednesday, July 17, 2024. Be sure to submit your entry form as soon as possible as tee times are limited for this event. The entry deadline is June 10, 2024.

The tournament entry fee includes a round of golf and a shared cart, tee prizes, morning pastries and coffee, on-course beverages, and a bento box lunch. Tournament participants may also

**14th Annual  
SBC Golf  
Tournament  
(Continued)**

purchase bonus packs for \$25 each, which consist of 20 tournament opportunity drawing tickets, two mulligans, and two miracle putts. The kaikan will be set up with tables and chairs for dine-in purposes; stay and relax with your friends and fellow golfers while enjoying an assortment of alcoholic and non-spirited beverages.

In addition to supporting this fundraiser by participating in the tournament, there are also tee box sponsorship opportunities at different levels (gold, silver, bronze, or individual, "In Memory Of" and group sponsorships). Monetary donations to help defray the cost of tournament expenses or in-kind donations of Opportunity Drawing prizes, tee pack contents, or refreshments/snacks will also be greatly appreciated.

The SBC Golf Tournament has been a successful and popular fundraiser, and we look forward to another enjoyable event this year. The net proceeds raised by this event are earmarked for deposit in the temple's capital improvement account. Your previous support enabled the committee to pay in full and/or supplement the funding for projects such as: remodeling of the

# Sponsorship and Donation Form



BUDDHIST CHURCH OF SACRAMENTO

*Compassion. Culture. Community.*

## SPONSORSHIP LEVELS

**\$1,000 – Gold Sponsorship:**

Includes Tee Box Sign recognition, four complimentary tournament entry fees, golf cart, lunch, refreshments, and tee prizes.

**\$250 – Bronze Sponsorship:**

Includes Tee Box Sign recognition, one complimentary tournament entry fee, golf cart, lunch, refreshments, and tee prizes.

**\$500 – Silver Sponsorship:**

Includes Tee Box Sign recognition, two complimentary tournament entry fees, golf cart, lunch, refreshments, and tee prizes.

**\$125 – In Memory Of, Individual and/or Group Sponsorship** includes Tee Box Sign recognition.

## SUGGESTED MONETARY AND/OR IN-KIND DONATIONS

**Check-In Tee Prizes**

Donation of golf tees, balls, ball markers, divot repair, etc. to give to each golfer.

**Tournament Raffle Prizes**

Unused golf clubs, head covers, golf apparel, dry goods, food items, restaurant gift certificates, etc.

**Snack/Dinner Items**

Miscellaneous refreshments, snacks, or food items.

**Cash**

Used to offset the cost of check-in tee prizes, luncheon raffle prizes or other related expenses.

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Deadline:** June 10, 2024

**Fed Tax ID:** 94-1243674

**Sponsorship:** I/We would like to be a sponsor in the amount of \$ \_\_\_\_\_.

Please indicate:  Gold Sponsor       Silver Sponsor       Bronze Sponsor

In Memory Of, Individual and/or Group: Name(s) \_\_\_\_\_

**Raffle Prize/Donation:** I/We would like to make a donation of \_\_\_\_\_

**Sponsor/Donor Name(s):** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Return to:** SBC Golf Tournament, 899 Shore Breeze Drive, Sacramento, CA 95831  
Church Phone: 916-446-0121



**14th Annual SBC Golf Tournament**  
(Continued)

resident minister’s house, adding security gates and perimeter fencing for the temple’s parking lot, and replacement of the building’s HVAC system.

The following documents are included within the SANGHA newsletter:

- Tournament Entry Form.
- Sponsorship and Donation Form.

The computer keyboard assisted form-filling and writable templates and tournament information sheet are available at the SBC’s website at [www.buddhistchurch.org](http://www.buddhistchurch.org).

Please contact the SBC tournament committee by email at [betsuingolf@gmail.com](mailto:betsuingolf@gmail.com) if you have any questions about this annual event or wish to donate to the SBC.

**14th Annual Golf Tournament**  
**Sacramento Buddhist Church**

**Wednesday, July 17, 2024**

Teal Bend Golf Course

7200 Garden Highway, Sacramento

Check-in at 6:30 AM - 7:30 AM Shotgun Start



BUDDHIST CHURCH OF SACRAMENTO

*Compassion. Culture. Community.*

- The field is limited to 144 players (two players per cart).
- You may sign up as a single, twosome, threesome, or foursome.
- The tournament format is a four-person Blind Draw Shamble.
- Team prizes will be awarded to four places and individual closest-to-the-pin on Par 3 holes.
- Entry fee is based on sponsorship level or \$140 per player. It covers green fees, cart, tee gift, refreshments, and after-round lunch at the church.
- Additional box lunches may be purchased at \$25 each.
- Please direct questions to: [BetsuinGolf@gmail.com](mailto:BetsuinGolf@gmail.com)

**Registration Deadline: June 10, 2024**

**BONUS PACKS**

For \$25, you can purchase 2 mulligans, 2 miracle putts, and 20 raffle tickets on this entry form.

We are not selling bonus packs on the day of the tournament.

Raffle tickets will be drawn digitally.

	Golfer(s)	Confirmation to: Email Address or Text Phone #	Index	Sponsor Level*	No. Bonus Pack(s)
1					
	Golf Shirt: <input type="checkbox"/> Men's <input type="checkbox"/> Women's	Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		<input type="checkbox"/> XXL <input type="checkbox"/> XXXL	
2					
	Golf Shirt: <input type="checkbox"/> Men's <input type="checkbox"/> Women's	Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		<input type="checkbox"/> XXL <input type="checkbox"/> XXXL	
3					
	Golf Shirt: <input type="checkbox"/> Men's <input type="checkbox"/> Women's	Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		<input type="checkbox"/> XXL <input type="checkbox"/> XXXL	
4					
	Golf Shirt: <input type="checkbox"/> Men's <input type="checkbox"/> Women's	Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		<input type="checkbox"/> XXL <input type="checkbox"/> XXXL	

**\* Sponsor and Entry Options:**

- G = Gold Level Entry (includes 4 complimentary entry fees) \_\_\_\_\_ @ \$1,000 \$ \_\_\_\_\_
- S = Silver Level Entry (includes 2 complimentary entry fees) \_\_\_\_\_ @ \$ 500 \$ \_\_\_\_\_
- B = Bronze Level Entry (includes 1 complimentary entry fee) \_\_\_\_\_ @ \$ 250 \$ \_\_\_\_\_
- SE = Single Entry; Number of Golfers: \_\_\_\_\_ @ \$ 140 each \$ \_\_\_\_\_
- Number of Additional Bento Box Lunches: \_\_\_\_\_ @ \$ 25 each \$ \_\_\_\_\_
- Number of Bonus Packs: \_\_\_\_\_ @ \$ 25 each \$ \_\_\_\_\_

**TOTAL:**

\$ \_\_\_\_\_

**Please make check(s) payable to:**  
and mail to:

**Sacramento Buddhist Church**  
SBC Golf Tournament  
899 Shore Breeze Drive  
Sacramento, CA 95831

Completed “saved” form may be emailed to: [BetsuinGolf@gmail.com](mailto:BetsuinGolf@gmail.com).

*Checks will be cashed after the completion of the tournament.*  
Federal Tax ID: 94-1243674

**Buddhist Church of Sacramento to Hold First Cars & Coffee Event**  
Bobby Tanaka

As part of the Buddhist Church of Sacramento 125th Anniversary special events, the temple is organizing a car show for the very first time. A Buddhist Church of Sacramento Cars & Coffee event is scheduled for: Saturday, May 11, 2024, Mother's Day weekend, 8 a.m.-11 a.m., at the Buddhist Church of Sacramento, in the main parking lot.

A Cars & Coffee show is an informal gathering for car enthusiasts and their cars. All cars and everyone are welcome!

There will be free coffee and pastries.

For more information, contact event co-chairs Russell Oto at (916) 634-9593 or Bobby Tanaka at (916) 606-6929.

# CARS & COFFEE



Saturday, May 11, 2024  
8:00 AM to 11:00 AM

All cars and visitors are welcome!  
Free coffee and pastries



**WHERE**

Buddhist Church of Sacramento  
Main Parking Lot  
2401 Riverside Blvd., Sacramento, CA 95818

**MORE DETAILS**

(916) 446-0121  
[www.buddhistchurch.org](http://www.buddhistchurch.org)

**Sacramento  
Bonsai Club**  
78th Annual Show



**May 2024  
Schedule**

**Office Manager**  
Cindy Kitade

**Office Project  
Coordinator**  
Jennifer Nitta

**Administrative Assistant**  
Kellie Morioka Sato

**Betsuin Office**  
(916) 446-0121

**SANGHA submissions**

Submissions for the SANGHA are due on the 15th of each month. Late articles will be published in the following month's issue.

When submitting, please send email to: [SBCsangha@gmail.com](mailto:SBCsangha@gmail.com) with a cc to:

[betsuinoffice@gmail.com](mailto:betsuinoffice@gmail.com) and inform the church office at (916) 446-0121. Please include the author's name.

**Artwork, including photographs, needs to be sent as separate files from the text.** Thank you.

**New Member**

**May 4, 2024, 11 a.m.-4 p.m.**  
2401 Riverside Blvd., Sacramento, CA 95818-2233

- Demo by Instructor Sam Adina @ 1:30 p.m.
- Followed by benefit drawings
- Bonsai sales
- Workshop, 11 a.m.-12 noon (\$20, pre-register) LIMITED SPACE
- Free admission (Donations gratefully accepted!)

Join us at the venue of our longtime collaborator and celebrate an important milestone in their history!

Contact: Lucy Sakaishi-Judd, (916) 300-8103, [juddbonsai@att.net](mailto:juddbonsai@att.net)

**Sunday Services, 9:30 a.m.**

- 5/5/2024 – Family Dharma Service & Shotsuki Hoyo Memorial Service  
Dharma Message by Reverend Yuki Sugahara
- 5/12/2024 – Gotanye Service  
Special Guest Speaker: Reverend Tatsuya Aoki, Bishop, Jodo Shinshu Buddhist Temples of Canada (JSBTC) and Resident Minister at the Vancouver Buddhist Temple
- 5/19/2024 – Family Dharma Service  
Dharma Message by Reverend Matt Hamasaki
- 5/26/2024 – Family Dharma Service  
Dharma Message by Reverend Matt Hamasaki

**Special Services, Classes**

- Wednesday, 5/1/2024, 10:00-11:30 a.m. – Special Dharma Service in Japanese and English (Refreshments afterward) – Rev. Yuki  
For Seniors and anyone else who would like to join us!
- Wednesday, 5/1/2024, 6:00-7:00 pm – Book Club w/Rev. Matt, Session 3 of 4
- Monday, 5/6/2024, 10 a.m.-11 a.m. – Chanting Service (Refreshments after) – Rev. Yuki
- Wednesday, 5/8/2024, 10 a.m.-12 noon – Japanese Dharma no Kai (Japanese Dharma Class) – Rev. Yuki
- Wednesday, 5/1/2024, 6 p.m.-7 p.m. – Book Club w/Rev. Matt, Session 4 of 4
- Wednesday, 5/15/2024, 10 a.m.-11:30 a.m. – Special Dharma Service in English (Refreshments afterward) – Rev. Matt  
For Seniors and anyone else who would like to join us!
- Friday, 5/24/2024, 7 p.m – Sacramento Buddhist School (Adult Study Class) – Rev. Yuki

**Shodoukai Shigin**

Thursdays, 10:30 a.m.-11:30 a.m.

Shigin is poem-chanting and studies about Japanese culture. Students must be able to write (copy from the whiteboard) and read Japanese. Sound like fun? Please join us for this free, weekly 1-hour class.

5/2/2024	5/23/2024
5/9/2024	5/30/2024
5/16/2024	

**Tanoshimi Kai**

Fridays, 10 a.m - Check-in time; Lunch at 11 a.m.

5/3/2024	5/24/2024
5/10/2024	5/31/2024
5/17/2024	

**Special Events**

- Saturday, 5/4/2024, 11 a.m.- 4 p.m. – Sacramento Bonsai Club Show
- Saturday, 5/11/2024, 8 a.m.-12 noon – 125th Anniversary Car Show

**Memorial Day Services  
Monday, 5/27/2024**

- 9 a.m. – Interfaith Service in the Main Hondo  
Betsuin open from 8:30 a.m.-10:30 a.m. for Nokotsudo visitation
- 10 a.m. – Sacramento Memorial Lawn
- 11 a.m. – East Lawn



Welcome New Member



Brady Marks



### Shotsuki Hoyo - Monthly Memorial Service Schedule



On the first Sunday of every month, we observe a special memorial service known as Shotsuki Hoyo. This service is dedicated as a time to remember and express gratitude for our family members and friends who have passed away during the month of the year in which the service is held. Now combined with our Family Dharma Service, Shotsuki Hoyo will be held on the following Sundays:

- May 5, 2024
- June 2, 2024
- July 7, 2024
- August 4, 2024
- September 8, 2024
- October 6, 2024
- November 3, 2024
- December 8, 2024
- January 5, 2025
- February 9, 2025

#### 3 ways to submit the name of a loved one to be read during the service:

- (Preferred) Scan the QR Code and complete the form.
- Send an email to [BetsuinOffice@gmail.com](mailto:BetsuinOffice@gmail.com). Include your name and the name of your loved one.
- Call the Betsuin Office, (916) 446-0121. Leave your name and phone number along with the name of your loved one.



If you have a Homyo card for your loved one(s), you are welcome to bring it to service to be placed on the Onaijin.

Although not required and not expected, we are grateful for any Shotsuki Hoyo donations. If you would like to send a check, please send it to "Buddhist Church of Sacramento" at 2401 Riverside Blvd., Sacramento, CA 95818. Please include "Shotsuki" and the name of your loved one in the memo so we can acknowledge your contribution properly. Thank you!

### Thursday Night Health & Wellness



Join us for these friendly, informative sessions. Ask questions and learn about steps you can take to ensure a healthy and happy life for yourself and those around you!

Please sign up at [BetsuinPrograms@buddhistchurch.org](mailto:BetsuinPrograms@buddhistchurch.org)  
Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233

### "Sometimes Monkeys Fall Out of Trees" My Journey - How to Face Disappointments and Achievements

Thursday, May 9, 2024 - 6:30 p.m.



Ryan Ichinaga  
Attorney at Law

### Yoga with Bob Matsueda

The Yoga for Health class is designed for any age or physical condition. Join us every Wednesday evening, 7 p.m.-8:15 p.m. Classes are conducted via Zoom by Bob Matsueda, certified yoga instructor.

New students, please contact [BetsuinPrograms@buddhistchurch.org](mailto:BetsuinPrograms@buddhistchurch.org) for more information.



**Riverside Tanoshimi Kai**  
Brian Hatano

To borrow from a well-known proverb, "It takes a village (to raise a child)." This is true about many events at the Buddhist Church of Sacramento — It takes a village (i.e., to stage an event). Top of the list is the annual bazaar, which involves hundreds of volunteers to serve the people who enjoy the food and festivities.

**You're Invited to Tanoshimi-kai**

**Weekly Seniors (60+)  
Luncheon every  
Friday at 11 am**



LUNCH + FUN!



On a smaller scale but no less important to its circle of participants is the weekly Riverside Tanoshimi Kai (RTK) seniors luncheon staged with the help of a small army of dedicated volunteers. Watching the event take place one can't help but appreciate the coordinated and unselfish efforts of many that make it happen.

Since Riverside Tanoshimi Kai restarted in July, about 25 people come each week. Eight to 10 travel via ACC Rides buses funded by Riverside Tanoshimi Kai from Greenhaven Terrace and Maple Tree Village.

About a half dozen volunteers set up tables and chairs, and prepare and serve the food. Four others help with registration and check-in. Three people run the Bingo games. Many volunteers help without a break.

Barbara Nakatomi and Fusako Takahashi take turns managing the kitchen. Under their leadership, the event runs smoothly. They arrive hours before the meal to heat frozen entrees to the proper temperature. Thanks to the kitchen crew who have helped since January: Anna Louie, Diane Muraki, Diane Yuen, Georgia Nakashima, Grace Ishimoto, Jane Tamano, Sheryl Brewster, Jenny Takahashi, Helen Sakaishi, Ruby Okamoto, Joanne Chew, Kathi Garretson, Marlene Takeoka, Lucy Sakakihara, Lisa Lee, Phyllis Iwasaki, Stacy Matsunami.

Reverend Yuki regularly leads us in opening gassho; in his absence, we are lucky to have Sensei Grace Hatano. Behind the scenes, the board of directors meets monthly to care for the business. This dedicated team of volunteers of the Tanoshimi Kai Village deserve a hand for all they do.

Likewise, I've been impressed by our ever-present Kennedy Security personnel who are in place each week to ensure the safety of our seniors. Not only do they watch over the parking lot and exterior, but they take it upon themselves to assist our members onto the buses. Several of our seniors with canes and walkers require a hydraulic lift to get on the bus. Navigating the ramp or stairs leading into the alley requires extra care. The guards, along with some of our volunteers, provide assistance and a gentle compassionate helping hand. Thank you to John, Richard and others of the security detail who keep a close watch on our seniors' short-but-sometimes-perilous journey from the side door down to the alley and onto the buses.

To all of you in the kitchen, the dining room and in the alley: It takes a village. Arigato gozaimasu.

Seniors 60 and older are welcome to join their friends at RTK on Fridays. Check-in time starts at 10 a.m.; lunch is served at 11 a.m., followed by Bingo and/or entertainment. No RSVP is necessary.

Attendees are asked (but not required) to donate \$6 to help defray costs. Guests of members who are under 60 years old can enjoy lunch for \$10. Visit every week or whenever you like, without any obligation.

If you need a ride from Maple Tree or Greenhaven Terrace, please contact ACC Rides at (916) 393-9026 ext. 333, or [rides@accsv.org](mailto:rides@accsv.org). Riverside Tanoshimi Kai is happy to pay for your round-trip fare.



**2024  
Riverside  
Tanoshimi Kai  
Bus Trips**



Riverside Tanoshimi Kai (RTK) Tours have the following bus trips scheduled for this year:

- June 22, 2024..... Japan Town, Soy & Tofu Festival, San Francisco
- July 24, 2024 ..... Nugget Casino, Sparks, NV
- September 24, 2024..... Apple Hill, Red Hawk Casino
- October 5, 2024 ..... Angel Island Pilgrimage (sponsored by Nichi Bei Foundation)
- December 4, 2024..... Hard Rock Casino

We have contracted with Coach USA, formerly All West, for our bus service. The buses will be ADA compliant with a lift for those who choose to use it.

If you have any questions, please contact Helen Sakaishi by email at [hsakaishi@sbcglobal.net](mailto:hsakaishi@sbcglobal.net) or call/text (916) 600-9291.

**Riverside  
Tanoshimi Kai  
San Francisco  
Bus Trip**



**SF Japan Town  
Nichi Bei Foundation Soy & Tofu Festival  
San Francisco, California**

**\$50/person  
Saturday, June 22, 2024  
Check in 6:45 a.m.  
Departs 7:45 a.m.  
Returns 6 p.m.**

**Buddhist Church of Sacramento  
Contact Helen Sakaishi (916) 600-9291  
hsakaishi@sbcglobal.net  
Reserve seat by June 7**



**Courtyard  
Refreshments**

**W**e appreciate the following groups/members for providing refreshments or assistance for our Sunday morning courtyard refreshments (monetary donations are listed on the Donations page).

**March 24, 2024  
Service**

SBWA  
Kirby Fukushima  
Tess Gee  
Verna Cimperman  
Debbie Fong

**9th Grade**  
David DeCamp  
Erin DeCamp  
Faith DeCamp  
Danielle Sakai  
Brooke Shimane  
Gavin Yoshimura

Brodie Sato  
Jacie Shimosaka

**11th Grade**  
Evan Inouye

**12th Grade**  
Kaili Jiang  
Nate Lee  
Mitchell Maseba  
Drew Watanabe

**April 14, 2024 -  
Hanamatsuri/Open  
House**

Matt Tokeshi-Nitta and the  
9th, 10th, 11th and 12th  
grade students

**10th Grade**  
Tyson Jiang  
Nick Lee

**Share a  
Musical  
Offering**

**Share A Musical Offering  
During Sunday  
Family Dharma Service**

*Sing A Song... Play An Instrument...  
Recite Poetry...*



Contact Brian Hatano: [brianhatano58@gmail.com](mailto:brianhatano58@gmail.com)



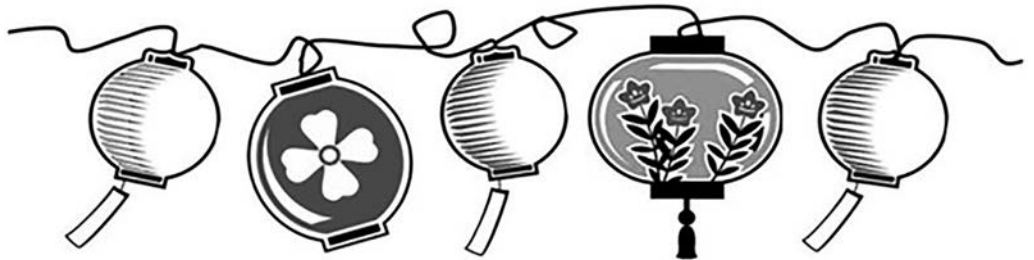
**Request for Donations of Obon Items**  
Karen Adachi

Once again, we plan to offer our Obon Store at this year's Bon Odori practices and the Bon Odori dance. The last two years, we were able to find new homes for many of the yukatas, happi coats and other items that were generously donated to the church. It also served as a nice fundraiser for the church. We are hoping to replenish our stock so that we can offer these items again at this year's Obon.

If you have any of the items below and would like to find a new home for them, we would appreciate your donations!

- Summer yukatas for adults or children (we'd prefer not to receive kimonos that are not worn for odori dancing).
- Happi coats for adults or children.
- Obi or sashes for yukatas, and ties for tying the obi.
- Sensu (folding fans).
- Uchiwa (round fans).
- Tenugui (towels used for obon dancing).
- Kachi-kachi.
- Hair ornaments.

Donations of these items can be dropped off at the church. It is preferred that you call first — (916) 446-0121 — to make sure the office is open and able to accept the items.



**2024 Obon Memorial Tribute**



For this year's Obon, we are again offering the opportunity to honor and remember any loved one who has passed with a photo or name tribute during our Obon dance on Saturday, July 13. Each submitted photo or name will be displayed periodically in alphabetical order on monitors in the courtyard and parking lot, as well as our livestreamed broadcast on Facebook and YouTube.


For applications and instructions for submitting a photo or name, please use the following link: <https://tinyurl.com/4nhtfmw4>, go to the church website at [www.buddhistchurch.org](http://www.buddhistchurch.org) or use the QR code provided that will link you to the online application form.

The deadline for submitting applications and photos is Sunday, July 7, 2024. We look forward to seeing you on Obon weekend!


**2024 Family Memorial Service Schedule**

Traditionally, family memorial services are held for loved ones on designated anniversaries. These are precious occasions to honor the treasured memories of our beloved ones and to realize how fortunate we are to be embraced by Amida Buddha's light of wisdom and life of compassion.

Year of Death	2024 Memorial	Year of Death	2024 Memorial
2023 .....	1 year	2000 .....	25 year
2022 .....	3 year	1992 .....	33 year
2018 .....	7 year	1975 .....	50 year
2012 .....	13 year	1925 .....	100 year
2008 .....	17 year		

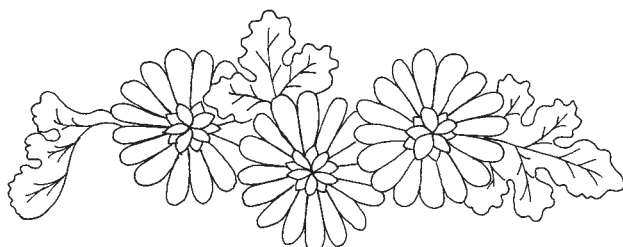


*Condolences to the Families of*



*Adell Takata.....April 9, 1935-January 8, 2024*

*Koji Nishimoto.....April 19, 1931-March 24, 2024*



**Sakura Gakuen**

Masako Thomas  
Adult Program Dean



The spring semester is coming to an end soon. Thank you for supporting our programs throughout the year. We will offer a short summer programs for adults, 18 and over. The summer program registration period is from Monday May 6 to Friday May 10. All the classes will be by Zoom, and Monday through Thursday in the evening.

Class sizes are a minimum of 6 and maximum of 11 people.

**Japanese for Travelers**

(easy conversation and travel tips for Japan trip)  
June 3–June 6 (4 days), 7 p.m. to 8:30 p.m. Tuition is \$65.

**Basic Grammar**

(Advanced Beginner)  
June 17–June 27 (8 days), 7 p.m. to 8 p.m. Tuition is \$170.

**Introduction to Kanji**

July 15–July 25 (8 days) 7 p.m. to 8 p.m. Tuition is \$170.

Early registration for the fall semester (starting in August) will be from Monday May 13 to Monday May 20. Adult class contact: Masako Thomas, [thomas@sakuragakuen.org](mailto:thomas@sakuragakuen.org). For the Youth Program, please contact Tomomi Flesuras Sensei at [tomomi.sakuragakuen@gmail.com](mailto:tomomi.sakuragakuen@gmail.com).

サクラメント さくら学園・創立1903年  
お子様やお孫様へ、日本語を学ぶ機会を



--- LEARN ---  
**JAPANESE**  
LANGUAGE & CULTURE



**Sakura Gakuen**

Japanese Language School

Saturday **A M** 9:00 - 11:00

Saturday classes are offered to elementary - high school children.

**\$ 310** per semester  
(transaction fee included)

FALL semester


Sept. - Jan.

SPRING semester

Feb. - May

SACRAMENTO, CA  
SINCE 1903

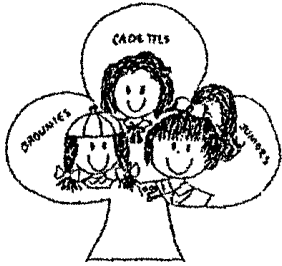
CONTACT(DEAN): Tomomi Sensei

 [tomomi.sakuragakuen@gmail.com](mailto:tomomi.sakuragakuen@gmail.com)





### Girl Scout Troop 569 Jan Hoshida



**C**adette Troop 569-36 led a presentation about activist Rosa Parks for Brownie Troop 56943. The girls led by introducing Rosa Parks and how she stood up for her cause. They closed with a short skit.



Daisy 2 Troop 569-46 spent their monthly meeting at The Woodlake, an assisted living community, wrapping up our Friendly and Helpful badge. They had to plan and execute a friendly and helpful event in our community, so they spent the afternoon coloring mandala coloring sheets and socializing with the assisted living residents. \

Among many other wonderful seniors, the Daisies met a man who was 103 years old, a retired teacher, and even got to hang out with Kiyomi's great grandma, who is a resident at The Woodlake. In addition, they checked another box on the Trolls

It Takes Two fun patch and practiced an important Troll activity — Hug Time! They can't believe how much time has flown since they first formed their troop. It has been a great journey.



Daisy 1 took a field trip to Home Depot to participate in their monthly Kid's Workshop. Scouts and siblings built and painted butterfly houses with the help of their parents to put out this spring and help earn a badge.





### Looking for Musicians

## Looking for Musicians



Do you play an instrument? Can you sing a song? We'd love to have you share your talent and perform at a Dharma Service.

Interested?  
Sign up in the office or  
Email [BrianHatano58@gmail.com](mailto:BrianHatano58@gmail.com)



BUDDHIST CHURCH OF SACRAMENTO

Join us for our annual

# Families & Friends Picnic

with games, raffle, food, and

## FUN!



Sunday June 9, 2024



9:30 am - 1:00 p.m.  
Dharma service in the park starts at 10:00 a.m.



Marriott Park  
1235 Grand River Dr  
Sacramento, CA 95831



Sign up requested, but not required by May 26  
<https://bit.ly/SBCPicnic24>  
or in the church office

*Enjoy free hot dogs, burgers, pizza, salad chips, fruits, desserts and drinks*

*Fun races and games for everyone*

*Bring your picnic blanket and folding chairs*



Sign Up



今月は、125周年記念行事の一環として、5月11日に「車とコーヒー」というイベントを行います。自動車ファンの方々は各人お持ちの自動車を展示して、コーヒー/ペーストリーなども無料でお楽しみ下さい。オーガナイザーの大藤ラッセルさんと田中ボビーさんにお礼を申し上げます。

創立125周年に因んで数々の記念品がイベントの度に売り出されますのでご注目下さい。例えば、5月の降誕会や6月のファミリー・ピクニックなど。サンガニュースの125周年記念のページをお忘れなくご覧ください。125周年記念実行委員会は皆様に喜んで頂ける記念品を作るため一生懸命努力しています。この記念すべき行事にボランティアしたい方は、私又は別院事務所にご連絡下さい。

### さくら祭り

3月23日に行われたさくら祭りは、悪天候にも拘らず大勢の人が集まり、お買い物や食べ物を楽しんだようです。

フード・フェアは別院傘下のグループが資金募集のためにグループ同志が協力し合って行われたことは誇らしいことでした。

お買い物フェアの方は2018年以来参加しているMac ナイフ、JK アクセサリー、Embroidery by Liza, Simmi-Su Paper Co. 等の他、Hug-A-Sumo, Incharacter Asian Calligraphy, Nate's Chili Oil, Marian Wong Designs が加わり、今年初めてTracy Brady Art, Del-ynda Deleon Designs, DaTojos, Sala Kidwell, Marinus Wolf が参加しました。別院婦人会は手作りの品々とサクラ学園のギンザ・ブース、そして今年もGranma's Attic Booth が店を出しました。ボランティアの皆様へ心よりお礼を申し上げます。

### Opportunity Drawing

3月の当選者：エルク・グローブのステュワート I さん、おめでとうございます。次回の抽選は4月28日、当選した方は6月のサンガに報告が出ます。

### 花まつりとダーマスクール・オープンハウス

4月14日にお釈迦様のお誕生を祝う花まつりサービスとダーマスクールのオープンハウスが行われました。特別講師はオレゴン大学教授の海野マーク師で、大変力のこもった法話をして下さいました。7、8年生のダーマスクールの生徒達が花見堂を花で飾り、9、10、11、12年生の生徒達が茶菓のサービスを受け持ちました。（尚、花見堂の花は「Kiyos Floral Design」からの寄付）

### お知らせ

5月12日降誕会音楽サービス並びにお稚児行列お稚児行列に3年生が参加するのは親鸞聖人が9才で得度されたことを象徴しています。このサービスは別院のコワイアが「三帰依文」、「重誓偈」、「南無阿弥陀」、又、「回向」をお稚児の行列の時に歌います。特別講師はカナダの仏教会総長、青木龍也師です。

恒例のメモリアルデー合同サービスは5月27日、月曜日午前9時より行われます。

別院のファミリーとフレンズ・ピクニックは6月9日午前9時半より1時までマリオット公園で開催されます。朝の礼拝は10時からです。悪天候の場合はピクニックを別院の会館に移動する予定ですので、お天気に関わらずピクニックに参加されますよう。出来ればRSVPして頂けると準備する側にとって助かります。詳細はフライヤーとサンガニュースをご覧ください。

### 婦人会ニュース

加藤シャーリー

### 歓迎新会員！

(敬称略)

ゆきえ Hoffman、ジュリア・チュー、西本ジョニー

先月お彼岸サービスのと行われた、ゲストスピーカーの廣中愛先生とご家族のレセプションでおいぎりとデザートを提供して下さいの中野ロリンさんと中富バーバラさん他婦人会メンバー有志の方々に礼を申し上げます。又、和風の朝食をご家族に準備して下さいの高橋房子さん、有難うございました。

今年のさくら祭りは婦人会とABAとの共同で餅粉チキン弁当を作って売りました。ABA会長の柏田ジーンさんにお礼を申し上げます。婦人会はメンバーの作った手芸品も売りました。皆様のご協力有難うございました。

4月の理事会にて婦人会より別院教育アワードと別院ゴルフ・トーナメントに寄付をすることを決議いたしました。

4月27日、婦人会メンバーとサクラメント JACL の有志はゴールドヒルにある若松追悼碑に恒例のお掃除に行きます。お掃除の後、若松ファームにてポットラックランチをいたします。

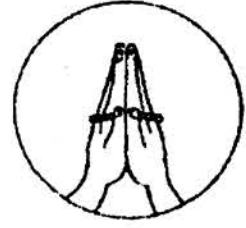
5月3日、婦人会メンバーはサクラメント州立大図書館内特別アーカイブ・コレクションの見学をいたします。このコレクションは日系アメリカ人の移民の歴史、第二次大戦、強制収容所、Redress/Reparations を展示したものです。

2024年度婦人会連盟の大会が10月4-6日にサンホセで開催されます。大会のテーマは「一期一会」です。基調講演はハワイの国会議員花房コリン氏と本好由紀子元ストクトン仏教会開教使です。詳細は婦人会メンバー全員にEmailで配信されました。





# サンガ



## ～5月の予定～

5月	1日	10時	シニアサービス
5月	5日	9時半	祥月法要
5月	8日	10時	日本語法話会
5月	12日	9時半	降誕会
5月	15日	10時	シニアサービス

## 世の中安穏なれ、仏法ひろまれ

—『親鸞聖人御消息』第二十五通, 785頁

### 菅原祐軌輪番

5月は宗祖親鸞聖人の誕生月となります。親鸞聖人は京都でお生まれになりましたが、念仏弾圧の流れで35歳で越後へ流罪となり、その後は関東を中心に教化され、62、3歳の頃に京都に戻られたといわれます。ですから、関東の御門徒の方々とは手紙を中心に教義のお話をされたわけですね。今回のタイトルのお言葉は親鸞聖人のお手紙からのお言葉であります。750回大遠忌法要のローガンにもなっていましたから、皆さんも覚えておられるのではないかと思います。

「安穏」というのは読んで字の如し、「安らかに穏やかなさま」ですから「平安で穏やかなさま」である「平和」と同義語であります。では、「安穏」というのは実際にはどういう状態でどのように成し遂げることができるのでしょうか。

現在、世界中のあちらこちらで争いが起きています。この争いは何も国家間の話だけではなく、国内であったり、さらには小さなコミュニティ内の話であったり、はたまた家族内の話であったりもします。お釈迦さまが「四諦」として私たちに教えてくださったように、争い（苦）の原因は自己中心性にあります。「自分」が価値がある、都合の良いと感じたものは大切にすけれども、「自分」が価値がない、都合が悪いと思ったものは容赦なく切り捨て、傷つけたりもします。自己中心的な心に依って、私たちは言わんでいいことを言って、やらんでいいことをやって自分と違う意見を持つ人達と対立します。このような自己中心的な価値観に捉われた考え方をしている限り、世界から争いは無くなりません。

この言葉は前にもシェアさせていただいたかもしれませんが、無着菩薩という方がインドにおられました。無着菩薩は『撰大乘論』という書物の中で「自他平和」ということを言われました。こ

のお言葉は世界の平和というのは他の考え方を变えることで達成できるものではなく、自分自身の自己中心的な考え方を变えることで達成できるものであることを示されています。自己の平和が他者の平和につながるのです。

無着菩薩の弟さんである世親菩薩は『撰大乘論』の中で「自己が平和であれば他者に怒鳴ることもなく、他者に怒鳴ることがないから他者も平和である」というような意図のことを書かれました。私たちは怒りから他に罵声を浴びせたり、ドアを強く閉めたり、椅子を蹴ったりなどなど、様々な醜い行いを怒りに任せてしますが、これらの怒りに任せた行動は他者を平和から引きずり出します。怒りは炎のように広がる。と聞いたことがあります。その通りで誰かの怒りは誰かの怒りの火種となります。しかし、誰もが「安穏」を行動の原動力とした場合、世界は平和で安穏な場所となるのではないのでしょうか。風邪のない所に波が立たないように、怒りの風が吹いていない所には波風は立ちません。

仏教では「安穏」「平和」というのはとても大切な概念です。これは仏教の戒律の中でも「和合僧を壊す」というのがとても重い罪とされていることから知られると思います。ですから、平和・安穏を保つということは非常に重要なことなのであります。

しかし、暗闇にいる人間は暗闇ということに光に会うまで知ることはありません。私たちは暗闇にいることを光に出遇ってはじめて気づくのです。それと同じように、私たちは自己中心性という暗闇の中にいたことに阿弥陀如来の智慧の光に出遇わせていただいはじめて気づかせていただきます。阿弥陀如来の智慧の光によって自己中心性が争いの原因であったと気付かされる、言い換えると、私たち一人ひとりが阿弥陀如来の智慧の光に出遇うことによって、平和・安穏の中に生きることができ、心豊かに生かさせていただくことが出来るのです。合掌

