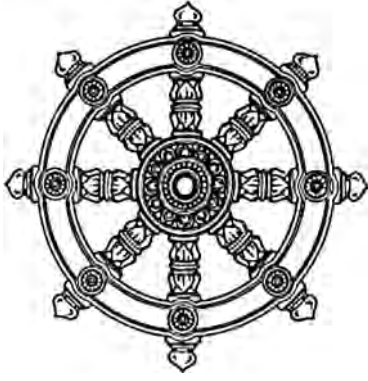


**Resident
Minister**
Rev. Matt Hamasaki



One of the more recent holidays enacted in Japan is called Mountain Day, which was created in May 2014 and celebrated as a public holiday on August 11, starting in 2016. The purpose of the day is to provide the opportunity for the people of Japan to get familiar with and appreciate the blessings from mountains. This has a long history in Japan where the blessings of water, game, forests, and mines were all seen to be given from where the kami, or gods, would live. In response, these places are revered and worshipped, as can be seen in the Japanese religion of Shinto. In addition to being a source of sustenance and residence of kami, another reason mountains are considered sacred is because they are also believed to be places of gathering for the dead. And to the rest of the world, Mount Fuji has become an icon of Japan.

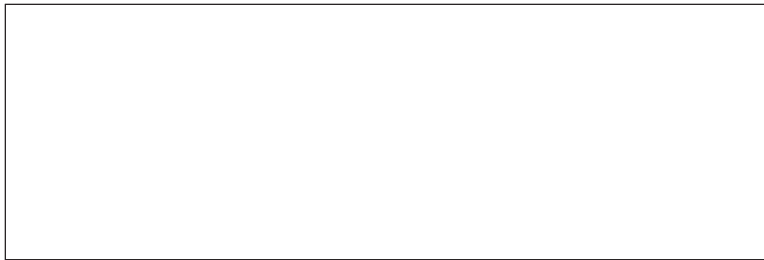
As far as Buddhism goes, mountains have been a part of its cosmology going back to the time of the Buddha where Mount Meru (Sumeru) is believed to be a mythically tall mountain in the shape of an hourglass that is the center of the world. With this as inspiration, Mount Koya (Koyasan) and Mount Hiei (Hieizan) were founded by Kukai and Saicho, respectively, as locations for these two very influential temples. Buddhist monasteries in general have often found homes in mountains and this is not by coincidence. Typically, temples or monasteries are created as a place of study and reflection away from the hustle and bustle of everyday life. While there definitely are temples in the middle of large cities, the isolation is conducive to the practice of

(Continued on page 2)

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SANGHA

Sacramento Buddhist Church
Volume 60 Number 8 – August 2023

**Sacramento
Betsuin**
2401 Riverside Blvd.
Sacramento, CA 95818

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President's Message.....	2	Tanoshimi Kai Casino Bus Trip	6
SBWA	3	Betsuin Book Club.....	6
Legacy Endowment Fund.....	4	Thursday Night Health & Wellness	7
Calendar of Events.....	4	Yoga with Bob Matsueda	7
Family Memorial Service Schedule	4	Golf Tournament	8
Condolences.....	4	Sports Committee.....	10
Adult Buddhist Association	5	Matsuyama Scout Exchange.....	10
Sakura Gakuen	5	77th Annual Bazaar.....	11
New Members	5	Where Does Your Donation Go?.....	11
Riverside Tanoshimi Kai Lunch.....	6	Donations	12

Resident Minister

Rev. Matt Hamasaki

President's Message

Karen Adachi



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Buddhism. Not just the majesty of tall mountains, but the serenity inherent in a place that is difficult to reach and thus difficult to build cities on.

This August, we can celebrate Mountain Day wherever we are. While we may not be able to go physically to a mountain, we can learn about one on our own and we can contemplate the importance of mountains as well as personal seclusion for our spiritual well-being, no matter how long or brief it may be. In doing so, we continue to embody the spirit of revering the mountains and the awesome presence they represent.

At the end of June, we welcomed the entire Sugahara family to our temple, as Reverend Yuki and his family moved from Portland. The Sugahara family was introduced to the sangha during the June 25 Dharma Service chaired by Reverend Patti Oshita, and sangha members were able to meet the Sugahara family at a special welcome reception held after service.

Two days after welcoming the Sugahara family, Reverend Yuki's wife, Namiko, and children, Aoi and Hikaru, departed for Japan for a visit to Namiko's family home. But, not to worry, they will return to Sacramento just in time to enjoy our annual bazaar!

Obon Festivities

The month of July began with our annual Obon services and festivities. On Saturday morning, July 8, cemetery services were held at Odd Fellows Cemetery, Sacramento Memorial Lawn, East Lawn, and the Nokotsudo, conducted by our two ministers and our minister assistants.

That evening, hundreds of temple members and friends gathered for an evening of dancing, eating, shopping, and honoring our departed loved ones at our annual Bon Odori festival. The evening began with the procession of hundreds of dancers circling around the yagura. Reverend Matt Hamasaki greeted everyone and introduced Reverend Yuki Sugahara for his first Obon as Rinban of the Sacramento Betsuin. July 8 happens to be Reverend Yuki's birthday, so the entire crowd sang "Happy Birthday" to him. After a brief message on the meaning of Obon by Reverend Yuki, Reverend Matt started off the dancing with his booming voice, shouting "Odori-mashooooo"!

New to our Obon festivities this year was a fun Photo Booth, sponsored by our Legacy Endowment Fund Board. Hundreds of photos were taken throughout the evening, and it was so nice to see so many smiling faces!

I would like to thank the following participants who made the evening possible:

Obon Program coordinator: Diane Shimosaka

MC: Henry Mizushima

PA System: Ron Ishimoto

Obon Memorial Tribute Program and Livestreaming: Kelly Gartman

Dance Instructors: Donna Inouye Wong, Sandy Kataoka-Fong, Kathi Omoto, Linda Ito, Robyn Inaba, Jenna Tokeshi-Nitta, and Ashley Wong.

Sacramento Taiko Dan: Tiffany Tamaribuchi, Sascha Molina, Jan Hoshida, Chihiro Shin, Kuniko Takeuchi, Teresa Taranto, Barbara Vantine, Drew Watanabe, and Claire Yee.

Sakura Minyo Doo Koo Kai: Toshiye Kawamura, Sueko Yamashita, Jenny Takahashi, and Asoka Ishiura.

Yukata Dressers: Beverly Tanaka (coordinator), Nora Dressler, Fusako Mizushima, Gale Nagato, Loleen Nakano, Helen Sakaishi, Fusako Takahashi, Shoko Takegoshi.

Yukata Dressing Sign-In Assistants: Harriet Hattori, Meriko Hoshida, Yvonne Ishimoto, and Elaine Yoshikawa.

Photo Booth: Stuart Ito (coordinator), "Flix In Motion" - Darold Parcon, and volunteers David Ito, Dina Ito, and Taylor Ito. Special thanks go to Aileen Niizawa-Morris, who designed the backdrop, as well as Sandy Tokunaga and E-Filliate Inc. for printing the large backdrop.

Onibi Beer Booth: New to our Obon festivities and food concessions was our beer booth featuring North American Food Distributing's beer line, Onibi beer. This new booth was a hit, selling out before intermission. Special thanks to Jared Wong and crew for running the booth.

Obon Store: Thanks to the generous donations of gently used yukatas obi, tenugui (towels used for dancing), sensu (folding fans), uchiwa (round fans), and other Obon apparel from our sangha members and friends, we were able to have an Obon Store at all practices and on Obon night. The following volunteers helped run the store, which featured all the donated items, plus new uchiwa, tenugui, and sensu: Ellis Abbott-Grasso, Kyle Adachi, Mai Cheng, Yvonne Ishimoto, Sandy Kataoka-Fong, Gayle Kono, Stacy Matsunami, Barbara Nakatomi, and Virginia Uchida.

Food Concessions: Food concessions were provided at all Obon practices and on Obon night by the Matsuyama-Sacramento Scout Exchange program scouts, Troop 50B, Troop 50G, Girl Scout Troop 569, Cub Scout Pack 50, and the Jr. YBA. Special thanks go to Food Concession Coordinator Kellie Morioka-Sato, and Gordon Nitta and Marty Sakata for assisting the scouts.

On Sunday, July 9, our annual Obon/Hatsubon Service was held with Reverend Yuki as our Obon speaker for his first Obon in Sacramento. During our Obon service, we remember and appreciate our loved ones and all who have gone before us. Many

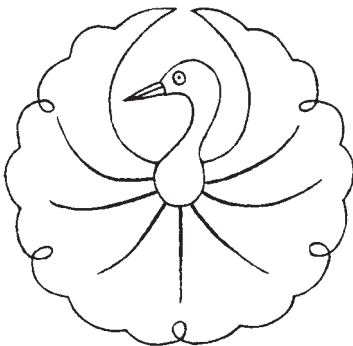
President's Message (Continued)

NOTE NEW E-MAIL!

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** with a cc to: **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.

Sacramento Buddhist Women's Association Jane Komure Executive Council



families gathered to observe "Hatsubon," which is the first Obon service since losing their loved one(s). A special video displaying pictures and names of those who we have lost since last year's Obon was played, while accompanied by meaningful selections by the Betsuin Choir. Following the service, cold somen (noodles) were provided by ABA in the kaikan, where service attendees were able to gather and visit with each other.

Golf Tournament

The 13th Annual SBC Golf Tournament was held on Thursday, July 13 at Teal Bend Golf Course. This annual tournament has been a successful and popular fundraiser for the temple. Net proceeds from this annual fundraiser go to the temple's capital improvement account, which enables us to make improvements to our temple facilities/ grounds or repair/replace worn systems. I would like to thank the Golf Committee for all their hard work in making this fun event a huge success. For more information on the tournament, please see the article in this newsletter.

77th Annual Food & Cultural Bazaar

Don't forget our 77th Annual Food & Cultural Bazaar, which will be held on one day only, on Saturday, August 12 from noon to 8 p.m. We genuinely appreciate all the volunteer hours and effort you will be investing when we, once again, return to having our first "in-person" bazaar in four years!

Even though we know bazaar will be different (and smaller) this year, we are beyond excited to bring our special event back for our sangha and the community! If you find yourself in a position to support our annual August fundraising efforts, an envelope is enclosed in this newsletter for your use.

ACC Ohana Walk

ACC Senior Services' 2023 Ohana Walk will be held on Saturday, September 16. This year, the Buddhist Church of Sacramento has an opportunity to receive 50% of the pledges for any of our affiliated or sponsored organizations' registered teams through the Ohana Walk Give Back Program for qualified non-profit organizations.

We have created a team called "Team Buddhist Church of Sacramento," with a goal of raising \$5,000 in pledges. The more team members we have, the greater opportunity we will have to meet our pledge goal. You can support the Ohana Walk and Team Buddhist Church of Sacramento in these ways:

- You can make a donation, selecting Team Buddhist Church of Sacramento which will count as our team's fundraising efforts.
- You can join the team and walk as a walker / participant.
- You can pledge a team member already signed up as our team walker / participant.

Please use the following link to join a team or make a pledge to a team member or to Team Buddhist Church of Sacramento and help us reach our team goal of \$5,000!

<https://www.accsv.org/ohana2023/>

I hope to see you at the bazaar and the Ohana Walk!

Welcome to our newest member, Sheryl Brewster! So far this year we have 20 new SBWA members, thanks to Myra Okasaki and Stacy Matsunami of our membership committee.

On June 25, we had our second eyeglass collection, which started last year. The donated eyeglasses were given to the Senator Lions Club and will be refurbished before they are given to people who cannot afford to buy them on their own. This year we collected 82 eyeglasses. Many thanks to those of you who donated.

During the extremely hot first week of July, SBWA members took a trip to the Hard Rock Casino on July 6. Stacy Matsunami has been coordinating and arranging carpools for these wonderful casino trips, which include lunch and pooling our money for a chance to share winnings at one of the big machines.

On July 8, SBWA members and friends helped to dress 87 obon dancers. These volunteers who know how to dress people in their yukatas come out to help every year for obon. Other SBWA and ABA members provided sandwich snacks for the volunteer dressers.

The annual bazaar will be held on Saturday, August 12. Traditionally, SBWA members helped to make makizushi, inarizushi, chirashi, and for the last 8 or 9 years, Spam musubi. This year we will only be making inarizushi and Spam musubi, but we will also be helping Koichi Mizushima in making California rolls and poke bowls. Thank you to all of those who volunteered to help.

SBWA members have been visiting residents of retirement homes and presenting them with scarves and lap blankets that were knitted and crocheted by SBWA members and friends. We will also be happy to visit the homebound who are living in their own homes. If you would like someone to visit your loved one who is homebound, please contact an SBWA Board member or email: sbwa2020@gmail.com.

Our next board meeting is on August 2 at 7 p.m. via Zoom. All members are invited to attend.

Legacy Endowment Fund
Greg Matayoshi

おかげさま

Calendar of Events

2023 Family Memorial Service Schedule

In 2005, our general Board of Trustees approved the creation of the Legacy Endowment Fund to be managed and overseen by the Legacy Endowment Fund Board. Some of the initial monies used to start the fund were the proceeds from Nokotsudo sales with the understanding the Legacy Endowment Fund would provide for the ongoing maintenance of the Nokotsudo.

Since the initial inception, and due to the generous donations of sangha members, the Legacy Endowment Fund now generates sufficient interest and dividends to finance the Fund’s mission of promoting the Jodo Shinshu tradition in the Sacramento region by providing funding assistance for educational events, activities and special needs that are not met through normal ongoing operations.

Some of the projects supported by the Fund have been minister and minister assistant training, Technology Committee support that allows for the recording and streaming of services and other events, the church’s website, and the archiving of the church’s library of photographs.

Since the Legacy Endowment Fund is now well-established, the Legacy Endowment Board voted and approved that all future proceeds from Nokotsudo niche sales will go back to the General Fund where they are most needed.

The General Fund is used to sustain the ongoing operations of the church, such as salaries, utilities, and all other temple expenses.

Sunday Sangha Services, 9:30 a.m.

- 8/6/2023: Rev. Matt Hamasaki
10:30 am – Shotsuki Hoyo Memorial Service
- 8/13/2023 – NO SANGHA SERVICE – BAZAAR CLEAN-UP DAY!
Please come out to help!
- 8/20/2023 – Rev. Yuki Sugahara
- 8/27/2023 – Sensei Keith Kato

Special Services, Classes

- Wednesday, 8/2/2023, 9:30–10:30 a.m. – Special Japanese Dharma Service – Rev. Yuki (Refreshments afterward)
For Seniors and anyone else who would like to join us!
- Monday, 8/7/2023, 10–11 a.m. – Monthly Chanting Service – Rev. Yuki (Refreshments afterward)
- Wednesday, 8/16/2023, 9:30–10:30 a.m. – Special Dharma Service – Rev. Matt (Refreshments afterward)
For Seniors and anyone else who would like to join us!

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

- 8/4/2023
- 8/11/2023 – No Tanoshimi Kai (Bazaar Prep)
- 8/18/2023
- 8/25/2023
- 9/1/2023

BAZAAR! - Saturday, 8/12/2023, 12 noon-8 p.m.!

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	2023 Memorial	Year of Death	2023 Memorial
2022	1 year	1999	25 year
2021	3 year	1991	33 year
2017	7 year	1974	50 year
2011	13 year	1924	100 year
2007	17 year		



Condolences to the Families of



- Betty Chiyo Yoshizuka..... April 10, 1924-June 16, 2023*
Ted Fukushima June 14, 1936-June 20, 2023
Sam Shimada October 1, 1932-June 21, 2023

Adult Buddhist Association

Jean Kashiwada
ABA President

Sangha Helpers

Meriko Hoshida
Shirley Kato
Eva Kawada
Peggy Mori
Helen Sakaishi
Dennis Sunahara
Lynn Sunahara
Fusako Takahashi
Kathy Yamamoto
Elaine Yoshikawa

ABA had another fun month helping out at our church, along with the Walnut Grove Temple. Some of us helped out preparing food items for their teriyaki chicken bento and teriyaki chicken fundraiser. Thank you to our ABA Board members for driving out to Walnut Grove to help and for supporting the Walnut Grove Buddhist Temple by purchasing the food items.

Our ABA Board members continue to provide escort service to the seniors who enjoy their morning walks in their neighborhoods and continue to help out at our temple's Wednesday Senior Services. Thank you to Sharon Ito Warren from the church board for providing the two boxes of manju and mochi. Thank you, Elaine Yoshikawa, for the box of Japanese wafer-like cookies, which is another favorite treat. The seniors are so appreciative of the opportunity to attend church service and the short refreshment time to visit with each other. They all appreciate the Dharma messages by our ministers, Reverend Yuki Sugahara and Reverend Matt Hamasaki.

Thank you to the ABA Board members who made sandwiches for the Obon dance instructors, the ladies who dressed the dancers, the Taiko and Minyo group, and the P.A. men, Ron Ishimoto, Henry Mizushima, Stuart Ito and Kelly Gartman. Shirley Kato was also able to recruit SBWA ladies to help ABA make the sandwiches and pack the bags with the sandwiches, chips and cookies. Bottled water was also given out.

Thank you also to our ABA Board for coming out the next morning to make somen for everyone who attended the Obon/Hatsubon service. It was a very refreshing treat!

Church Board President Karen Adachi asked church board members Bobby Tanaka, Stuart Ito and Koichi Mizushima, along with some ABA Board members if we could help the professional movers unload the three moving "pods" which contained furniture and other household items from Reverend Sugahara's Portland, Oregon home. We met in Elk Grove on Wednesday, July 12, at around 1 p.m. to start working. We were able to move some of the boxes from the pods to the bottom of the stairs, sometimes faster than the professional movers!

Since his apartment was on the second floor, we created a "bucket brigade" and passed the boxes up the stairs, while the professional movers went back to load their hand trucks. I think it was safer than carrying the boxes while climbing the stairs, as some of us are getting up in age, you know. Rinban Bob and Reverend Patti Oshita stopped by earlier and left refreshments for our group. Thank you also to Karen Adachi, Carolyn Murata, John Yoshikawa and Wayne Kurahara for the water, soda, snacks and "fuel" for our workers. (You can ask Reverend Sugahara what "fuel" means.)

Thank you to the following ABA Board members for taking time out of their busy schedules to help: John Yoshikawa, Wayne Kurahara, Curtis Ishii, Michael Ota, Carolyn Murata, Karen Adachi, and Stephen Kashiwada. I want to thank Carolyn, Michael and Stephen for staying with me after everyone left to help Reverend Sugahara put together his dining room table. Now, he has the fun job of unpacking the boxes.

ABA had its first hike, "the Potholes hike" to the Silver Lake area on July 15. It's the first of many hikes or bike rides that Irene Takeda has researched. Let me know if you are interested in future hikes (hopefully in cooler weather).

Until next month... stay healthy! See you at the church services and other events!

Sakura Gakuen

Masako Thomas
Adult Class Dean



Registration for the fall semester is open. The first day of the class is Monday, August 21 for most of the conversation classes, and Tuesday August 22 for the kanji classes. Classes are once a week for 17 weeks.

The last day of class is December 18 for the Monday class, and December 19 for the Tuesday class.

The semester tuition is \$250 for a class. If you take two classes, you pay \$490 with a \$10 discount for the second class. The Sacramento Buddhist Church member's tuition is \$150 per class. (\$300 for two classes)

Contact Mrs. Thomas for any questions: Thomas@sakuragakuen.org.

New Members



Welcome New Members

Kaori Sawada



Tanoshimi Kai Buddhist Seniors Lunch Served on Fridays
 Brian Hatano

On July 7, 25 new and returning Riverside Tanoshimi Kai members at our first event since 2020 enjoyed a meal of salmon over noodles with assorted vegetables and games of bingo.

We're excited to have Drewski's Hot Rod Catering provide the Asian-inspired meals (served weekly on a rotating basis — not in this order).

- Teriyaki Mustard-Glazed Salmon over Noodles Served with Assorted Vegetables.
- Roasted Tofu and Eggplant Japanese Salad.
- Sweet Soy and Ginger Chicken Served with Vegetables and Rice.
- Japanese Pork Mushroom Noodle Stir Fry.
- Udon Noodle Beef Bowl.
- Oven-Baked Chicken Katsu Over Rice.
- Mild Green Curry with Roasted Tofu.

Check-in starts at 10 a.m. on Fridays. Lunch is served at 11 a.m., followed by bingo and/or entertainment.

Tanoshimi Kai seniors over 60 are asked (but not required) to make a donation of \$6 to help defray costs. Guests of Tanoshimi Kai members can enjoy lunch for \$7.

Contact ACC Rides for transportation from ACC Maple Tree Village and Greenhaven Terrace.

This is a great opportunity for Sanseis to enjoy lunch with their parents, and at the same time, they get to enjoy the company of their acquaintances and make new friends. Join us every Friday (except August 11 and holidays) at the Buddhist Church of Sacramento.

For questions or if you'd like to volunteer to serve meals, contact Barbara Nakatomi at (916) 813-5440.

You're Invited to Tanoshimi-kai

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




LUNCH + FUN!

Riverside Tanoshimi Kai Casino Bus Trip
Hard Rock Casino
 Wheatland, California

\$35/person

Wednesday, August 23, 2023

Check in 7:30–8:25 a.m. — Departs 8:30 a.m. — Returns 3:30 p.m.

Buddhist Church of Sacramento

Contact Helen Sakaishi — 1 (916) 600-9291 — hsakaishi@sbcglobal.net

Reserve seat by August 8

For adults 21 and over



Betsuin Book Club Coming in September

In response to requests dropped into the Suggestion Box, Reverend Matt will be starting a Book Club in September! The Book Club will meet in-person for 4 consecutive weeks, beginning on September 11, 2023.

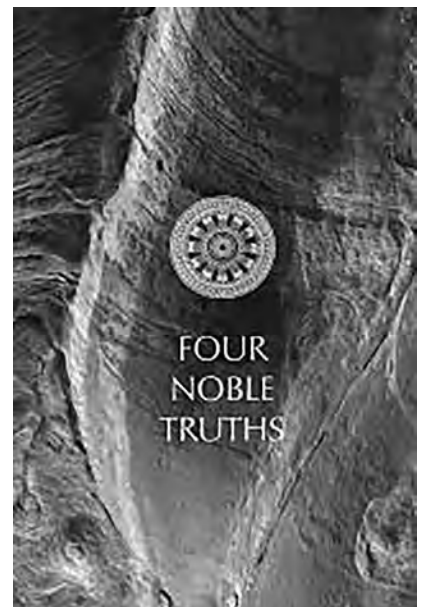
The book selected to help us restart this program will be **Four Noble Truths** by Thanissaro Bhikku and can be found at: https://www.dhammadata.org/ebook_index.html#FourNobleTruths. Read online, download to your e-reader, or even print a PDF if you like to make notes on a hard copy. All versions are FREE!

Mark your calendars for the following 1-hour, Monday evening sessions, 6 p.m.–7 p.m.:

- September 11: Read up to Chapter 4 and come ready for a lively discussion!
- September 18: Read up to Chapter 6.
- September 25: Read up to Chapter 10.
- October 2: Finish reading the book!

Please register by Friday, August 31, 2023, by sending an email to BetsuinOffice@gmail.com OR by calling the Betsuin Office at (916) 446-0121 and providing your name and email address (and/or phone number). Signing up will help us with planning, so thank you, in advance! Looking forward to bringing Book Club back to the Betsuin!

... and keep those Suggestion Box notes coming!



**Thursday Night
Health &
Wellness**



**Yoga with Bob
Matsueda**

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
Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233

**How an Estate Plan Helps
Put You In Control**

Thursday, August 24, 2023 - 6:30 p.m.



Derek Seo
CPF, APMA Financial Advisor, Ameriprise

**Life After Camp:
What Is Intergenerational Trauma?**

Thursday, September 28, 2023 - 6:30 p.m.



Dr. Satsuki Ina
Psychotherapist, Community Activist, Writer, Filmmaker

Yoga with Bob Matsueda will be taking the month of August off.

Classes will resume in September, and will be held every Wednesday evening, 7 p.m.-8:15 p.m.

New students, please contact betsuinprograms@buddhistchurch.org for more information.



13th Annual SBC Golf Tournament

Richard Kai



The members of the Sacramento Buddhist Church Golf Committee extend our appreciation to the sponsors, raffle prize and cash donors, and players for their support of this year's golf tournament. We realize the success of this event could not be possible without your continued support and contributions to the temple.

The committee would also like to recognize Cindy Kitade, Kellie Morioka-Sato, Bob Chavez and the many volunteers who helped us make this tournament run as "smooth as silk." We could not have done it without their help and support.

One of the many goals for this year's tournament was to rekindle the pre-pandemic temple spirit and once again be the gathering place for its sangha members and guests. We set a path to accomplish this desired goal by encouraging the players and guests to make their way after golf to the kaikan where they could sit, relax, unwind and dine-in with their friends while enjoying the air-conditioned comfort of the kaikan.

It was easy to see by the packed house, filled from wall-to-wall, that each and every golfer, guest and volunteer missed the social interaction and in-person conversations that were all so commonplace in years past.

Successful events, such as a golf tournament, rely on the detailed planning and execution of tasks, each of which are delivered on a timely basis by the village of volunteers. The work of these dedicated individuals is guided by the committee's team leaders, and generally go unnoticed if done correctly and without failure by the event's direct recipients. The measure of effectiveness is expected to be invisible as our guests enjoy the products and services of our collective efforts.

The smooth running of the on-site tournament activities was attributed to stewardship of Sheryl Kajioka and Diane Shimosaka and their group of volunteers.

Meanwhile, back at the temple, master chefs Marty Sakata and Gordon Nitta were more than eager to roll out their monster barbeque pits to prepare the meal for this year's tournament. Their crew of able-bodied volunteers prepared, sliced, diced and plated 200 bento boxes for the tournament's players, guests and volunteers. The kitchen and luncheon preparation crew consisted of:

- Kitchen Leads: Marty Sakata and Gordon Nitta
- Volunteers: Bobby Tanaka, Ken Okuhara, and Roger Ikemoto
- Luncheon Leads: Diane Shimosaka and Sheryl Kajioka
- Volunteers: Cindy Kurahara, Elaine Yoshikawa, Isla Atajar, Jacie Shimosaka, Jennifer Nitta, Jordan Shimosaka, Kim Sakata, Mary Ann Kashiwagi, Misa Oshiro, Ron Ikemoto, Robbie Midzuno and Sue Baker.

There are countless behind-the-scenes tasks that were performed flawlessly by each of the following committee members and volunteers, including:

- Keith Kato: Solicited and collected merchant gift certificates, donations and gift cards;
- Myra Okasaki: Prepared and finalized the tournament program and released email messages to players and other interested parties of upcoming pre-and post-tournament activities;
- Alan Wu: Conducted the digital draw of raffle prize winners, prepared blind team signage, oversaw the raffle table and distribution of prizes;
- Ted Yoshimura: Developed the tournament rules, and recruited players, donors and sponsors;
- Minh La: Digital raffle draw application development;
- Shirley Sekeres: Prepared and assembled table settings and utensils;
- Steve Hiromoto: Provided his delicious homemade kimchi for the luncheon;
- Wayne Kurahara: Recruited players, contacted sponsors and donors for complimentary green fees and other raffle prizes;
- Allan Hoshida and Minh La: Printed and assembled tee box sponsor signage; picked up morning pastries;
- Myra and Alan: Verified and entered individual scores and posted blind team scores and announced blind team winners;
- Gregg Kochi: Tournament's official photographer; displayed pictures at the luncheon and uploaded digital images onto the Betsuin website;
- Kim Sakata: Provided her expertise to organize, assemble and prepare 207 spam musubis for morning treats and 200 bento boxes for the luncheon;
- Teri and Robbie Midzuno: Purchased an assortment of snacks and packaged 155 goodie bags for each golfer;
- Sheryl and Diane and their team of volunteers that included: Elaine Yoshikawa, Meriko Hoshida, Shirley Kato, Stacy Matsunami, and Myra: Coordinated the activities associated with checking in the 155 golfers, graciously accommodated the needs of unregistered and last-minute replacement players while assuring each golfer received the tee gift (puffer vests) as ordered;
- Stacy, Myra, Meriko and Shirley Kato: Provided on-course refreshments to keep the players well hydrated by roaming around in their golf carts filled with an assortment of liquid beverages, and
- Gordon, Marty and Robbie: Made several purchasing "runs" to buy all the merchandise for the bento boxes, refreshments, tee prizes, and the like.

All in all, the list of committee members and volunteers is as follows:

13th Annual SBC Golf Tournament

(Continued)



Committee Members

Diane Shimosaka	Allan Hoshida	Myra Okasaki
Sheryl Kajioka	Ted Yoshimura	Keith Kato
Robbie Midzuno	Sherman Iida	Wayne Kurahara
Alan Wu	Richard Kai	Marty Sakata
Gordon Nitta	Min La	

Volunteers

Bobby Tanaka	Steve Hiromoto	Jacie Shimosaka
Cindy Kurahara	Shirley Sekeres	Jordan Shimosaka
Cynthia Ikami	Gregg Kochi	Mary Ann Kashiwagi
Elaine Yoshikawa	Maynard Kurahara	Ron Ikemoto
Jennifer Nitta	Kim Sakata	Shirley Kato
Meriko Hoshida	Ken Okuhara	Teri Midzuno
Misa Oshiro	Roger Ikemoto	Kellie Morioka-Sato
Stacy Matsunami	Isla Atajar	Curtis Ishii
Sue Baxter		

Tournament Contributions

The committee understands that reaching its goal of raising funds for the temple's capital improvement account could not be achieved without the contributions of the tournament's sponsors, donors and players. A recap of the of the tournament contributions is as follows:

- Tournament Field: 155 golfers played in this year's event.
- Bento Lunch Box: Prepared 200 bento boxes for the tournament's players, guests and volunteers.
- Sponsors and Donors: 119 generous tournament sponsors (Gold, Silver, Bronze; In-Memory-Of) and 64 cash and raffle prize donors, including:

Tournament Sponsors

- Grand Prize Raffle(s) Donor: Robbie Midzuno: Three-night including tickets to a San Francisco Giants game and a second three-night stay at Hilton Vacation Club in South Lake Tahoe in July 2024.
- Hole-In-One Prizes Sponsor: J. Morey, Inc. Carol Takasugi: \$5,000 main prize with merchandise offerings on each of the other Par 3s. (Unfortunately, no one had a hole-in-one, although some were very close.)

Gold Level Sponsors

- Anonymous
- Curtis and Emily Ishii and Family
- Ameriprise Financial - Derek Seo
- SBC Legacy Endowment Fund Board - Allan Hoshida
- Leland Lee, DDS
- CASE Medical Group - Cheryl Lieu, MD and Kelvin Mark, MD (two groups)
- Walsh Station Automotive - Rodney Kunisaki
- Wayne and Lynn Kurahara and Family
- SBC Dharma School
- Woodcreek Wealth Management - Stanford Hirata

Silver Level Sponsors

- Sacramento Buddhist Women's Association - Shirley Kato
- Reverend Marvin Harada
- Mike Dishno
- Sacramento Adult Buddhist Association - Jean Kashiwada
- Cetera Financial Services - Mark Frederick
- David Yasuda, DDS

Bronze Level Sponsors

- Hoshida and Reyes - Allan Hoshida
- Myra and Dean Okasaki
- Sherman Iida
- Ted and Sharon Yoshimura
- Keith and Karen Adachi
- North American Food Distribution, Inc. - Judy and Harley Inaba
- SBC Sports Committee - Marty Matsuda
- Richard and Pearl Kai
- Shirley and Keith Kato

Hole Sponsors

- Mike Strazzo
- Alan Ito
- Randy Genis
- Hunter Arakawa

Check-In Team Sponsor

- Grace Hatano

In Memory Of

- OPGA players who have played on - Dennis Fujii, Bill Avritt, Mike Navarro, Wayne Kurahara
- Randall Ishida - Brent Ishida
- George Kashiwagi - Amiko Kashiwagi, Joy Howell, Diane and Dennis Shimosaka
- Carl Kurahara - Ed Oda, Scott Yokoi, Mike Yatabe, Ron Miyake
- Billy Hatano - Grace Hatano

13th Annual SBC Golf Tournament (Continued)



- George and Agnes Shimosaka - Shimosaka Family
- Joe and Hisashi Urokogata - Sheryl Kajioka
- George and Betty Kajioka - Sheryl Kajioka
- Mike Nishio - Aileen Nishio, Ted and Sharon Yoshimura and Harvey Tahara
- Janice Tahara - Harvey, Cori, Michael, Cristin, James, Jayden, Gavin, Josh, Natalie
- Coach "Bubs" Matsuura - Kuyama Family
- Fujiye and Sam Haramoto - Hunter Arakawa
- Ginger Lee - Richard and Pearl Kai

Raffle Prizes

- Cash Donors: 4
- Raffle Prize Donations: 60

Please take a moment to peruse the website for information on the tournament results, and the digital images of our players and volunteers. The website address is www.buddhistchurch.org. We hope all of you were able to renew old acquaintances, share a few laughs together and most of all had fun throughout the day. We'll see you all again during the summer of 2024. The date and venue will be announced on the temple's website in March 2024. Be safe and sound until we meet again next year!

Sports Committee Marty Masuda



Hello SBC Sports Program basketball players and parents:

Our Northern California Church League (NCCL) voted to reinstate the 60% church attendance rule this upseason for players in the E, D, C and B divisions. E Division begins in the 3rd grade.

For our players, this means 60% attendance on a 12-month rolling calendar which runs the entire Dharma School year, from September through the end of May. Players are required to attend Dharma School even after the basketball season is over. A failure to maintain the 60% attendance during the season means not playing games until 60% is achieved. A failure to continue Dharma School after the basketball season will jeopardize player eligibility the following season as "catching up" on a rolling calendar is very difficult.

The Dharma School format and schedule are currently being planned for the 2023–24 year. We will share this information with our families as soon as we are informed.

With the addition of Rinban Sugahara, we are excited for the upcoming Dharma School year and having all our kids back at the sangha.

Sports program sign-ups for basketball and family bowling begin the first day of Dharma School and will continue through the month of September. Youth golf sign-ups will be held later in the year.

We look forward to a fun and exciting season of SBC sports!

Matsuyama Sister City Scout Exchange Program Still Strong Steve Itagaki



It's the 40th anniversary of the Sister City Scout Exchange Program between Sacramento and Matsuyama, Japan! Four decades ago, the Matsuyama Sacramento Sister City Corp. brought the first delegation of scouts from Matsuyama to Sacramento to live with scouts from the Betsuin's Troop 50 and Nisei VFW Post's Troop 250. The next year, Matsuyama hosted our scouts in Japan. And today, the program is still going strong.

It's amazing that the scout exchange program has lasted so long, but it is not a surprise. It is amazing that scouts, parents, scout leaders, and sister city officials in both countries have been able to keep up the hard work to maintain the program year after year. But it is also not a surprise that it has endured because the program has a tremendous impact on all who are involved.

I know first-hand what this program means to the people that participate in it. In 1983–1984, I was a young scout in the first Sacramento delegation. I will never forget the experience of hosting the scouts from Matsuyama in our homes, and then visiting their country the next year and living with them. I loved the experience so much, that I took part in it again in 1985–1986.

Thirty-five years after that first exchange, I was fortunate enough to participate in the program again as a scout leader and parent in 2018–2019. Leading the scouts in the exchange, including my son Andrew, and reuniting with the adult leaders in Matsuyama was a special opportunity. It was unbelievable that my life had come full circle in this way, thanks to this program. It will always have a special place in my heart. And I know that the hundreds of other scouts and leaders that have participated over the years feel the same.

Over 40 years, the scout exchange program has been a sturdy bridge between our sister cities and created long-lasting bonds between everyone that has passed over it. So, on Sunday, September 10, 2023, there will be a 40th anniversary celebration and reunion of the program participants here at the Betsuin. We have tried to reach out to as many participants as we could, but if we have somehow missed you, please reach out to us at Matsuyama40th@gmail.com for more information.

Yours In International Scouting.

77th Annual Japanese Food & Cultural Bazaar



your favorite summer tradition returns!

ONE DAY ONLY!

SATURDAY AUGUST 12, 2023 FROM 12 TO 8 PM

2401 RIVERSIDE BLVD. SACRAMENTO, CA 95818

BUDDHIST CHURCH OF SACRAMENTO
77TH ANNUAL JAPANESE FOOD + CULTURAL

BAZAAR

WWW.BUDDHISTCHURCH.ORG

Where Does Your Donation Go?

Brian Hatano

When you donate to the Buddhist Church of Sacramento, your tax-deductible contribution helps support the operation, maintenance and many programs of the temple. Likewise, your membership dues and income generated from our annual Bazaar in August help sustain the church throughout the year. Donations to the temple are placed in the General Operating Fund. You also may direct your donations to the church to benefit one of our many programs, such as Scouts, Dharma School, ABA, SBWA, Minister Assistants, or for a capital expenditure project.

You may also contribute to the Legacy Endowment Fund, which is a long-term investment in which the principal remains untouched — only the interest generated is used. The fund is managed by financial professionals and the LEF Board. Contributions to the fund help fulfill these needs in a timely manner without undertaking major fundraising or depleting general operating funds. Specific needs include:

- Educational programs/scholarships for members, ministers, ministerial candidates plus perpetual or periodic scholarships
- Eitaikyo: Renovation and general maintenance of the temple shrine.

Of course, cash and checks are greatly appreciated, but your donations can be in the form of automobiles, and of distributions from IRAs, stocks and bonds. We also can take credit cards in the office. Thank you for your ongoing support of the Buddhist Church of Sacramento. Because of your generosity, we have a vibrant and active Sangha — one of the largest in the Buddhist Churches of America organization. Our rich legacy began with our founding in 1899, with the mission to sustain the temple for the present and generations to come.

Wall of Appreciation

If you have thought of donating to the Wall of Appreciation, please submit your donations to be included with the next set of donor names to be placed on the Wall of Appreciation in 2023.

Please fill out the Wall of Appreciation Donor Form as appropriate for the set of donors. With deepest gratitude and thanks for your generous support of the Buddhist Church of Sacramento in 2023.

Buddhist Church of Sacramento Wall of Appreciation Donor Form

The members of the Legacy Endowment Board had a vision to create a project that could express our appreciation for the Sacramento Betsuin. They contracted with a designer to create The Wall of Appreciation. This project is not only a symbol of gratitude for the Betsuin, but also for the generations of Sangha members who built and sustained this temple for so many years. It is only through the efforts of so many others that we are able to exist today. With deepest gratitude, thank you for your continued support of the Sacramento Betsuin.

DATE SUBMITTED: _____

DONOR NAME(S): _____

ADDRESS: _____

CITY: _____

STATE, ZIP: _____

PHONE #: _____

EMAIL: _____

NAMEPLATE WORDING:

(29 characters per line max including spaces & punctuation)

DONATION AMOUNT: \$ _____

DIRECTED TO:

GENERAL FUND

LEGACY ENDOWMENT FUND

SIGNATURE:

Levels of Giving



Kiku (Chrysanthemum)

\$1,000,000 +



Fuji (Wisteria)

\$500,000 +



Ichijuku (Bodhi Tree)

\$250,000 +



Hasu (Lotus)

\$100,000 +



Momiji (Maple)

\$50,000 +



Ume (Plum)

\$25,000 +



Icho (Ginko)

\$10,000 +



Ayame (Iris)

\$5,000 +



Sakura (Cherry)

\$2,500 +

Examples of Wording



Ted, Naomi & Mie Tanaka



In memory of
Jiro & Sumie Tanaka
& Mark Tanaka



The Tanaka Family



In celebration of
Jiro & Sumie Tanaka's 60th
Wedding anniversary

理事長のメッセージ 足立カレン

7月はお盆の行事で始まりました。7月8日の午前中にサクラメント市内各墓地と別院の納骨堂にて菅原輪番と浜崎開教使によりお盆の法要が行われました。

その夜は数百人が集まって盛大に盆踊りが開催されました。踊る人達が櫓の周りを囲み、浜崎先生の挨拶のあと、菅原輪番を紹介、7月8日は偶然にも菅原輪番のお誕生日でもあったので、参加者全員がHappy Birthdayを歌ってお誕生日を祝いました。

新しい試みとして盆踊りの日に写真ブースを(Legacy Endowment Board) 開設、沢山の写真撮影が行われました。

(盆踊り行事に携わった方々への感謝録は英語ページをご参照ください)

翌日の9日(日)、初盆サービスが行われこの1年間に亡くなった方達の写真がビデオで放映されました。ABAの有志によりおそうめんの接待があり参拝者は歓談の時間を楽しみました。

7月13日は恒例のゴルフトーナメントがテイルベンド・ゴルフ場で開催されました。収益は別院の維持/改造費に充てられます。

第77回フード/カルチュラル バザー

今年再開されるバザーは8月12日土曜日の1日だけで正午より午後8時まで。4年振りの対面で行われるバザーにボランティアされる方々に心より感謝いたします。寄付をされたい方のためにこのサンガに封筒が同封されます。



ACC オハナ ウオーク

9月16日(土)にACC主催のオハナ・ウオークが開催されます。今年は収益の50%が別院傘下の各団体に寄付されることになりました。別院では「サクラメント仏教会チーム」を結成、5000ドルを目標にして多くのメンバーが参加されるますよう、下記のようにご協力をお願いいたします。

- 1) ウオークに参加しなくても、寄付をすることでチームに貢献できます。
- 2) ウオーク・チームに参加する。
- 3) チームメンバーにプレッジして一緒にウオークに参加する。

以下のリンクを通して私達のチームに参加して下さい。<https://www.accsv.org/ohana2023/>



婦人会ニュース

小牟礼ジェーン

新会員歓迎! シェリル・ブルースター

岡崎マイラさんと松波ステーションさんのお陰で今年になって20人もの会員が増えました。

6月25日、去年から始めた古眼鏡の収集を行い、82個の眼鏡が集まり、セネター・ライオンズ・クラブに寄付されました。

7月6日、松波ステーションさんがオーガナイズしてハードロック・カジノへ出かけました。

7月8日、ボランティアの方達が87人の浴衣の着付けを行いました。SBWAとABAからサンドイッチが配られました。

恒例のバザーは8月12日に開催されます。婦人会では今まで巻きずし、稲荷ずし、ちらしを作ってきました。8年ほど前からスパム寿司も作るようになりました。今年は稲荷ずしとスパム寿司だけを作ります。但し、水島コーイチさんがカリフォルニア・ロールとポキ・ボウル作るので、お手伝いをする事になっています。ボランティアの皆様へ感謝いたします。



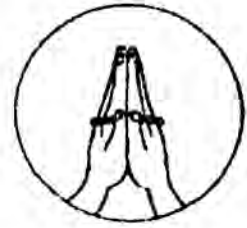
婦人会ではケアホームに入居されているメンバーの方達を訪問する際に手作りのスカーフやひざ掛けを贈り物として持って行きます。自宅にお見舞い訪問をしてあげたい方がありましたらお知らせ下さい。連絡先：sbwa2020@gmail.com

次回理事会は8月2日(水) 午後7時より(ズーム)。

暑中お見舞い
申し上げます



サンガ



～8月の予定～

8月 2日	9時半	日本語シニアサービス
8月 6日	10時半	祥月法要
8月 9日		日本語法話クラス お休み
8月 12日	正午～午後8時	バザー
8月 16日	9時半	シニアサービス

「田あれば田に憂へ」 菅原祐樹輪番

(今月の記事は7月にBCAの電話法話に投稿させていただいた法話になります)

皆さんは人生で何度ほど引越しを経験されたことがあるでしょうか？同じ質問をオレゴンのお寺でしてみました所、多い人は30回以上されていました。その方は軍の関係者でしたので納得でしたが、父親が西本願寺の宗務員であったこともあり、私も小さい頃から引越しが多く、今回の引越しが私にとっては13回目くらいになるのではないかと思います。

毎回荷物をまとめるのが大変ですが、そのような経験を30回もしないといけない軍の方達は凄いですね。



さて、オレゴンを経つ前にオレゴン産業科学博物館に展示されている潜水艦のツアーに菅原家とシアトルの楠先生一家と参加してきました。そこでも潜水艦という限られたスペースの中ですから、どれだけ自分の荷物を少なくするのか、という話がありました。皆さん、シングルベッドの下のスペースほどの大きさのところに3ヶ月分の自分の荷物を納めることができますか？僕は楽器演奏や武術など趣味も多いですから無理だなと思いました。

そう考えてみると、軍隊の方々あまり自分のものというのに執着がないのかもしれないな、と感じたのと同時に、自分の執着というものはすごいものだな、と改めて気付かされました。

幸い、オレゴンで住んでいた家は私の持ち家でしたからいつまでに退去せねばならないという期

限はありませんが、出来れば家をレンタルに出したい、などと考えるとまた色々な心配事が頭の中を駆け巡ります。「裏庭の塀は穴が空いていたけど、修理費はいくらくらいかかるんやろうか」、「持っていけなかったものは捨てるように不動産管理会社をお願いしたとして、いくらかかるのか」、「家の借り手がついても、もし賃貸料を払ってくれなかったらどうなるんやろうか」などなど、心配事は尽きません。

また、ポートランドからトラックがやってきてアパートに入りましたが、今まで住んでいた家よ

りも小さい所です。果たして荷物は全部入るのだろうかという心配に始まり、出来れば荷物の心配をしなくて良いような大きい家に住みたい、などと今度は無いものねだりをしている自分がいます。

このような人間をお経典の中では「田んぼがなかった田んぼが欲しいと憂いて、田んぼがあったらあったで田んぼの心配をしている」とお示しなさっておられます。まさしく私のことですね。あったらあったで心配ばかりして、なかったらなかったで無いものねだりをしているわけです。

「そんなんじゃあかん、仏教は少欲知足や言うやろ。欲しい欲しいの気持ちを抑えて、今あるもので満足しなあかん。自分の持ち物は軍隊のようにパパッと詰めれるくらいのもんじゃないとあかん。」というのは聖道門、聖者の方々の仏教ですね。

しかし、私たち浄土真宗は「モノに執着して、無いモノねだりしている、こんな私であるからこそ阿弥陀さんは放っておかず、と呼び続けてくださっておられるんやな、かたじけないことですな」と気づかせていただき、阿弥陀さんへの感謝と共にお念仏の日暮らしをさせていただく仏教です。

そこには自分の「モノに執着して、無いモノねだりしている」この私の姿を反省する心も起こってきます。この引越しをご縁として、今一度阿弥陀如来のご本願の心強さを感じさせていただいたこととございました。 合掌

