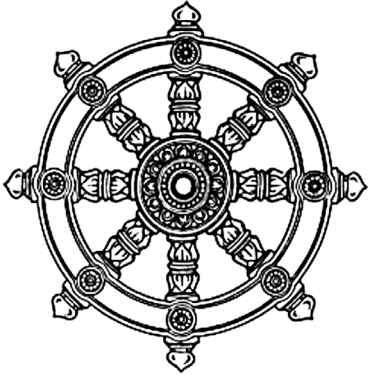


**Resident
Minister**
Rev. Matt Hamasaki



It's difficult to believe that it's the end of 2021 as it seems like the past two years have just flown by. It's almost as if we're standing on the platform of a train station and an express train has just shot past in a blink of an eye and when the train is gone, we're two years older. While that may be a bit saddening, it is nice to know that it means Christmas is around the corner. And with it, we have our traditions of decorating, shopping, and eating Christmas foods! One food that I thought was a tradition but I, myself, have never tried is Christmas goose. I had always heard the term in different sorts of media, fiction, movies, songs, et cetera; however, I don't think I've ever had the opportunity to try it myself.

After looking into it, having goose in the winter was a tradition that goes back to the ancient Greeks. The geese were domesticated because of their size, as well as their temperament. If you ever see geese out and about, leave them alone. They can be quite territorial. They are so territorial that there is a Roman legend that a flock of geese saved the city from attack by alerting the Roman guards of the enemy troops attempting to sneak in. What is fact, though, is that geese are the plumpest around wintertime and so they were the perfect poultry for winter festivals, such as a feast day known as Michaelmas, celebrating the harvest and the changing of seasons. So where did this tradition go?

Some say the beloved "A Christmas Carol" is to blame. Near the end of "A Christmas Carol" (sorry, spoilers), the Cratchit family has a roast goose for dinner as was tradition
(Continued on page 2)

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SANGHA

Sacramento Buddhist Church
Volume 58 Number 12 - December 2021

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

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Resident Minister (Continued)



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

President's Message

Gordon L. Nitta
Past Sports Chair
Past Assistant Scoutmaster
Past Bazaar Chair
Past Legacy Endowment Fund Board Chair
Past Six-Time President-Elect
Past Five-Time Temple President

Office Manager
Cindy Kitade

Office Project Coordinator
Jennifer Nitta

Front Office Coordinator
Mika Matayoshi

Front Desk Staff
Kellie Morioka Sato

Betsuin Office
(916) 446-0121

in the United Kingdom during the time. The family greatly admires the meal, and they are all delighted and stuffed after almost finishing it. However, the next day, Scrooge, following his dramatic change from miser to charitable person, buys them a turkey. At that point in time, turkey was an exotic bird in the UK as it was native to the New Land and having it was a sign of wealth as it was much more expensive than the more available goose. Thus, as an extravagant present indicative of his Christmas spirit, Scrooge purchases the fanciest bird possible to give to the Cratchits.

While this book changed the public's view on what Christmas meant, it also changed attitudes toward certain poultry. Specifically, the goose was associated with poor people and turkey was associated with the wealthy. And so, turkey became much more fashionable to have at the dinner table during Christmas. In America, turkeys were already abundant, so it naturally became the bird of choice during the holiday season and continued to be to this day. This, on top of a 1940s turkey breeding boom and the rise of refrigerators after World War II solidified the turkey's position as the top bird.

There might not be a better example of how our minds are influenced by the labels we attach to things for almost arbitrary reasons. The fact that a tradition thousands of years old could be altered because a fictional family did it shows the power of the distinctions we decide to attribute. When we see something and then make a judgment based on whether we agree or like it or not, it may seem like a little thing, but it could alter our lives, up to changing the very world we live in. As such, we must be vigilant in our awareness of the labels and judgments we attribute to the things and people around us.

Do we like it because it's rare? Because someone else whom we like, likes it? What makes something valuable or not? These are the questions we must pose to ourselves to recognize whether our craving or dislike for something is warranted or a figment of our imagination. By breaking down these assumptions, we can reach the truth of what is most valuable to us in life. Personally, I think one of the most undeniably valuable things is being able to be together for Christmas (however you can do it) and sharing a meal, whether it's turkey, goose, or your own holiday tradition!

Happy Holidays everyone! This year has flown by — It seems like 2021 just started and now 2022 is right around the corner. Thanks to all of you, we are looking forward to another successful temple year, one that we hope will bring healthier and safer times for us all.

I'd also like to thank all of you who returned your ballots for the 2022–2024 Board of Trustees election. Each year, there are 10 available positions on our Board and this year, we provided you with 10 candidates. It may seem like an exercise that doesn't matter much. However, please know that just like any election, the ability to cast a vote is a privilege. It matters to the trustees and the ministerial staff that you chose to read the biographies provided and decided to add your voice to the process. At the same time, it is a great reminder that the Sacramento Betsuin holds an ANNUAL election and that EVERY YEAR, we are looking for members who would be interested in investing themselves in the decisions and actions that will shape the future of our temple. I encourage all members to start thinking now about submitting your name for next year's ballot (2023–2025 term). Everyone has experience and/or a fresh perspective to bring to the table! If you start considering it now, you'll also have time to ask questions and to seek clarification from me, from Karen or from any current or past Board of Trustees member.

The following temple officers, installed for 2021, will continue their terms for 2022:

President: Gordon L. Nitta

President-Elect: Karen Adachi

Secretary: Carol Tamai

Treasurer: Cheryl Inouye

Auditor: Sandy Kataoka-Fong

Auditor: Martin Sakata

Auditor: Michael Watanabe

For the 2022–2024 term, we thank those Board members who are returning, and we welcome our newest Trustee, Sharon Ito:

Karen Adachi

Mark Amioka

Roger Ikemoto

Cheryl Inouye

Ron Ishimoto

Sharon Ito

Stuart Ito

Gordon L. Nitta

Russell Oto

Michael Watanabe

This year's New Year's Eve service (Joya-e) will be held in the Main Hondo on Friday, December 31, at 7 p.m. Due to COVID precautions, seating will be limited to the first 100 people to RSVP. (Details on how to RSVP will be posted on the temple website.) Proof of full vaccination will be required, as will masking (N95 masks are strongly encouraged). Those attending in-person may offer incense and *RING THE KANSHO* at the end of the service. The Joya-e service will also be livestreamed.

Our 2022 New Year's Day service (Shusho-e) will be held virtually. The details for viewing the Shusho-e service will be available on the temple website. Happy Holidays and Happy New Year!

With Gratitude.

**Sacramento
Buddhist
Women's
Association**
Barbara Nakatomi



**Adult Buddhist
Association**
Keiko Jean Kashiwada
ABA President

**New ABA
Program
Helps College
Savings**
Keiko Jean Kashiwada
ABA President

Stay in Touch

Articles for the SANGHA are due on the 15th of each month. Late articles will be published in the following month's issue. When sending articles by email, please send email to: Sangha@buddhistchurch.org with a cc to: betsuinoffice@buddhistchurch.org and inform the church office at (916) 446-0121. Please include the author's name. Thank you.

As we close the year 2021, let us take the time to reflect on the many things for which we can be grateful. As I age, I find that many times, something that has bothered me turned out to be an opportunity for something good to happen for myself or others. Life is a continuum and doesn't occur in a vacuum. What looks unfortunate from one perspective, looks like an opportunity from another perspective.

As I learned through the pandemic, many things were not possible to execute the "normal" way and we opened ourselves to new possibilities that we have embraced and improved to live more efficiently. I took the time to learn to express myself in writing and I have enjoyed presenting my thoughts through the SANGHA every month.

Conducting meetings through Zoom is also something that I've learned to do and attending classes on Zoom has been interesting and enlightening. There's so much talent within our community.

On December 12, 2021, 11 a.m., we will be observing the SBWA's Tsuito Hoyo service. The service will be virtual. Members who do not have email should already have received the service information. Members who have email will receive the link around December 1. At the November 2021 meeting, the board voted to forgo the annual membership meeting because of the pandemic.

I look forward to celebrating the New Year and enjoying the events we will have next year. At the Betsuin, everything is in motion behind the scenes and know that we will have everyone's safety in mind as we move forward in 2022.

Namo Amida Butsu.

ABA is in the process of implementing a new program that provides for an annual contribution of \$100 to Dharma School students' 529 College Savings accounts. Please read the separate article on this program in this issue of the SANGHA. Past ABA President Wayne Kurahara has volunteered to act as administrator of this 529 Program and will be able to answer any questions.

ABA's officers are continuing to provide "escort services" to seniors who would like someone to walk with them to the grocery stores, appointments or other activities. One of the ladies has asked us to walk with her to her outdoor exercise and tai chi classes in Elk Grove and participate with her. We are amazed at her stamina to walk to the nearby park, do the exercises and then participate in the tai chi class... and then walk back to her home again (often "going the longer way home"). This escort program is offered through ACC's Senior Services.

If any of the Betsuin's seniors would like "escort services" to their activities, please contact us: Jean Kashiwada at ksjkash@aol.com or John Yoshikawa at spyron@aol.com.

ABA is in the process of implementing a new program. This program provides for an annual contribution of \$100 to Dharma School students' 529 College Savings Accounts. This program will be funded by the ABA Scholarship Education Fund. We believe that it provides a tremendous benefit for the entire church and especially for Dharma School student families. Although we did not designate a specific date for implementation, we would like to initiate a soft rollout immediately. We feel that a rollout to coincide with the holiday season would help to encourage parents and grandparents to establish and contribute to their children's and grandchildren's college savings accounts.

The brochure, instructions and application will be available soon on the church website to enable online access to information about the program. Past ABA President Wayne Kurahara has volunteered to act as administrator of this 529 Program and will be able to answer any questions.



Stay in Touch

with the Buddhist Church of Sacramento

We frequently update our website **BuddhistChurch.org** with videos, information about events and more.

We're on Facebook!

@buddhistchurchofsacramento



Legacy Endowment Fund

Patrick McLafferty

おかげさま

Sangha Staff

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

Contributing Reporters

President Gordon Nitta
SBWA Barbara Nakatomi
Legacy Fund Patrick McLafferty
ABA Keiko Jean Kashiwada
Sakura Gakuen Masako Thomas
Girl Scouts Tami Tomlinson

Sakura Gakuen

Masako Thomas
Adult Class Dean



Use Amazon Smile Link to Support the Sacramento Betsuin

The age of Mappo is the third era after the historic Buddha's death, the age of the degeneration of the Dharma. It is our era. Our lives today are not too different from other centuries when war, plagues and civil dissension created turmoil and painful loss. But today we also have rapid changes in the culture and environment in which we live — including questions about what it means to be human. While you may have different concerns, here are the dynamics that give me pause today.

Climate change is bringing changes to all of us and hardship and dislocation to many now and millions more soon.

Gene editing technology offers the promise of curing disease, but also of making designer humans. The opportunity exists to create stronger, faster and more intelligent humans with natural immunities to disease. Or perhaps hybrid humans. I am reminded that on the old TV show, the Six Million Dollar Man — part human and part bionics — was the benign version of that potential.

Artificial intelligence (AI) is increasingly in use in our consumer products and we now interface with this self-learning competence frequently if we use a current generation of phones, computers, vehicles. One of my favorite authors, Ray Kurzweil, describes his thoughts on the evolution of the human condition.

“Non-biological intelligence will continue to grow exponentially whereas biological intelligence is effectively fixed in its rate of growth.

“Humans are beginning to have deep relationships with automated personalities, which hold some advantages over human partners. The depth of some computer personalities convinces some people that they should be accorded more rights.

“Non-biological intelligence combines the subtlety and pattern recognition strength of human intelligence, with the speed, memory, and knowledge sharing of machine intelligence.”

I find my head swimming with new possibilities and cautions. Will gene editing make us all healthier or will “unenanced” humans be discriminated against or relegated to a lower class? Will advanced AI systems respect and improve or subvert social and civic processes? This feels like the age of Mappo on steroids.

Entrusting the Shin tradition offers grounding for my occasionally head spinning thoughts about dystopian futures. The Dharma truths of impermanence and interdependence are immutable and evident everywhere even while living this turmoil and change.

The Legacy Endowment Fund needs to find meaningful opportunities to keep the Shin tradition available and accessible. It cannot be the singular responsibility of the fund's board to find meaningful programs and projects to make the tradition live within our community. Please participate with us in this important and engaging effort. Let's talk about your ideas and how the resources of the fund, in concert with our temple and the Buddhist Churches of America (BCA) sangha can make a difference.

Set your goal to learn or improve your Japanese in 2022! The registration for spring semester 2022 will start in December 2021. Both Saturday youth and Monday adult classes are virtual Zoom classes.

The discount price for Sacramento Buddhist Church members continues to be \$150 per class.

For details, please check our Sakura Gakuen website, <https://sakuragakuen.org>.

Contact by email:

- Saturday Youth Dean at tomomi.sakuragakuen@gmail.com.
- Monday Adult Classes Dean at thomas@sakuragakuen.org.

amazonsmile

Shopping on Amazon is an easy way to benefit the Sacramento Buddhist Church. Just go to this link to get started — <http://smile.amazon.com/ch/94-1243674> — then return to smile.amazon.com when you shop. Making qualified purchases benefits the temple at NO EXTRA COST to you.

Please bookmark the link and tell all your friends. The temple gets a percentage of all qualified purchases. It doesn't cost you anything.

Reminder: Please visit smile.amazon.com when you shop (not amazon.com). You will need to manually turn on AmazonSmile if you shop using the Amazon mobile app. Also, you may have to periodically update your Amazon Smile preference for the Buddhist Church of Sacramento if you no longer see the temple listed with your account.

Thank you for your support!

**Thursday Night
Health &
Wellness**



**Weekly Yoga
Via Zoom**

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

Sing In the Holidays with Merv

Merv Maruyama is back again with some Japanese and American songs for the holidays! Sing along through Zoom if you know any of them. We will finish with a holiday sing/strum along.

Ukulele players, have your ukes ready!

Thursday, December 16, 2021 - 6:30 p.m.



**Merv Maruyama
Actor/Singer**

Dancefit with Jules

**Introduction to Latin, hip hop, cardio routines
with full body toning exercises for all ages!**

Thursday, January 20, 2022 - 6:30 p.m.



**Julie Honda-Tsuye
Dancefit Instructor**

Interested in learning something new?

The Yoga for Health class is designed for any age and physical condition.

Join us for weekly yoga classes with Bob Matsueda via Zoom every Wednesday evening at 7 p.m.

For more information and Zoom link, contact betsuinprograms@buddhistchurch.org.



Introduction to Buddhism

**Introduction to Buddhism
With Reverend Matt Hamasaki**



**Third Monday of Each Month
7 p.m. via Zoom
December 20, January 17,
February 21, March 21**

Please RSVP to BetsuinPrograms@buddhistchurch.org

2021 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	2021 Memorial	Year of Death	2021 Memorial
2020	1 year	1997	25 year
2019	3 year	1989	33 year
2015	7 year	1972	50 year
2009	13 year	1922	100 year
2005	17 year		

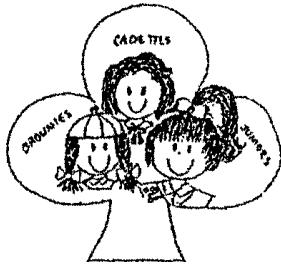


*Condolences to
the Families Of*



- Harry Masaru Miwa..... November 17, 1920-January 13, 2021*
- Yoshiko Daikai..... September 21, 1921-August 23, 2021*
- Haruo Yamashita..... May 31, 1927-September 18, 2021*
- James Minoru Tsuda November 27, 1933-September 29, 2021*
- Yoshiko "Pat" Baba..... July 7, 1927-September 30, 2021*
- Edward Tokuo Nakashima..... August 4, 1926-October 11, 2021*
- Chiyeiko Masuoka..... March 7, 1926-October 13, 2021*
- Tomako Mori..... August 6, 1919-October 18, 2021*

Girl Scouts
Tami Tomlinson
Seniors 1
Troop 569-28



Girl Scouts Troop 569 held their annual Investiture-Rededication ceremony on November 5. During the ceremony, recognition was given to two girls investing, 96 girls rededicating, and 16 scouts who achieved their Bronze and Silver Awards.

The Girl Scouts Bronze Award is the highest honor a Girl Scout Junior can achieve. Girl Scout Juniors team up to make a difference in their community, learn important leadership skills, discover new passions and watch how seemingly small actions make a big difference. The following scouts were recognized for completing their Bronze Award:

Cadettes 4 - Troop 569-36

- Hannah Gravvat
- Ella Kaneko
- Lauren Kubota
- Sydney Lin
- Karley Sperber

Cadettes 3 - Troop 569-35

- Maya Koike
- Mia Lourenco
- Caitlyn Sauer
- Emelia Shoemaker
- Addison Yee

The Girl Scout Silver Award is the second-highest award in Girl Scouting. It represents a girl’s accomplishment within Girl Scouting and her community as she works to improve not only her life but the lives of all around her. The following scouts were recognized for completing their Silver Award:

Seniors 2 - Troop 569-31

- Madelyn Dong
- Marissa Gong
- Kaitlyn Lourenco
- Alyssa Nakagawa
- Lilah Ueda
- Olivia Yee

In other news, Troop 569-30 donated new equipment to the Girl Scouts Heart of Central California Tent & Sleeping Bag Drive. After October’s big storm, the troop wanted to help our community by supporting Women’s Empowerment. It is a comprehensive job training and empowerment program that responds to the unique needs of women and children experiencing homelessness.

On a November afternoon, Cadettes 1 took to their kitchens for a virtual sushi making class. With the help of Koichi Sensei’s online tutorial, Sushi Making for Beginners with Koichi Mizushima on YouTube, the scouts rolled California rolls, kappa maki, and gunkan maki. Through the video tutorial, they also learned about the history of sushi in Japan, safe knife use, how to pick a perfectly ripe avocado, and the importance of presentation. And, of course, they got to share and enjoy the delicious sushi with their families!



For their community service project, Cadettes 3 put together Christmas shoeboxes stuffed with necessities and fun items to be donated to children in need around the world. The scouts thoughtfully packed their Christmas shoeboxes with school supplies, hygiene items, clothing, craft kits, and toys. The shoeboxes will be distributed by Operation Christmas Child, a project of Samaritan’s Purse.



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 2022.

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 2021 & 2022.

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



サンガ



～12月の予定～

12月12日午前11時 婦人会追悼法要
(オンライン)

12月31日午後7時 除夜法要(本堂)

お問い合わせは別院事務所【916】446-0121

参加者はお焼香と喚鐘をすることが出来ます。尚、同時にオンラインで見ることが出来ます。

新年の修正会はオンラインで行われます。詳細はウェブサイト参照のこと。

良いお年をお迎え下さい。 合掌

理事長の挨拶

新田ゴードン

ハッピーホリデー！この1年は飛ぶように早く過ぎてしまいました。2022年が引き続き良い年で有りますように、そして今年よりもっと健やかに又、安全な年になるよう願っています。

皆様から2022年-2024年度理事の投票をして頂き有難うございました。毎年10人の候補者が選ばれます。あまり重要視されていませんが、ご存じのように選挙権は皆様にとって特権であります。皆様が候補者の経歴を読んでから選んだ人に投票するというプロセスは理事や開教使達にとって非常に大切なことなのです。因みにサクラメント別院は毎年選挙を実行して会員の中からお寺の将来を担う人を探しています。私は2023-2024年の選挙に皆様が候補者になることをお勧めいたします。誰もが新しいアイデアを持っている筈です。今から考え始めたならば、充分時間があります。質問があれば私やカレンアダチ、また、理事の皆さんに聞いて下さい。

2022年度役員 (2021年から継続)

理事長：新田ゴードン、理事長候補 (2023年) 足立カレン、書記：玉井キャロル、会計：井上シェリル、監査：サンデイ片岡フォング/坂田マーティン/渡辺マイケル

*2022年-2024年理事

足立カレン、網岡マーク、池本ロジャー、井上シェリル、石本ロン、伊藤シャロン (新)、伊藤スチュワート、新田ゴードン、大藤ラッセル、渡辺マイケル

今年の除夜会は12月31日(金)本堂で午後7時より行われます。Covid-19対策に沿って参加人数は100人まで予約限定。詳細はウェブサイト参照。ワクチン接種証明書とマスク着用 (出来ればN95)

会長のメッセージ

中富バーバラ

2021年も終わりに近づいてきましたが、この1年を振り返り感謝することが沢山あります。年を取るにつれ何か悪いことが起こったとしても、それがかえって良いことになることが良くあります。人生は連続体と言われるように、真空では起こりません。不幸に見えることでも、見方によればそれが反対になるチャンスかもしれません。

パンデミックで学んだことは全てをノーマルに戻すことは出来ないということ、私達は新しく改善された道を開いて、もっと効率良く生活することが出来るということです。私は毎月このサンガを通して自分の気持ちを書き表すことを学びそれを楽しんできました。又、ズームでミーティングをしたり、クラスを取ったりしたことは興味深く多くを学びました。私達のコミュニティには優れた才能の持ち主が多くいます。

来たる12月12日午前11時より婦人会の追悼法要を行います。法要はオンラインです。Eメールをお持ちでない会員の皆様にはすでにお知らせしております。Eメールのある方達は12月1日頃にリンクをお送りいたします。11月の理事会にて恒例の総会はパンデミックのために中止と決まりました。

新年のお祝いと来年予定されるイベントを楽しみにしています。別院では種々の活動が見えない中で行われていますが、皆様の安全を第一に2022年に向けて動いています。 南無阿弥陀仏