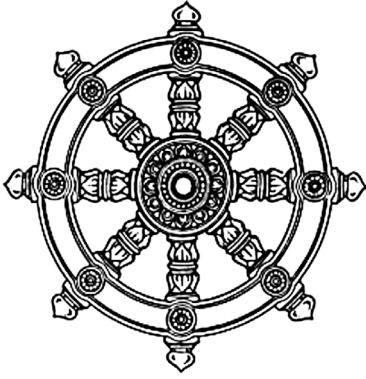


**Resident  
Minister**  
Rev. Matt Hamasaki



Since I am spending a good amount of time entertaining a young child, to my own surprise and delight, I have rediscovered things from my own childhood to aid me. One of those things has been Japanese songs that I had learned over the years from various places, whether it was at temple or at school or at *gakkou* that I attended during summer where I eventually helped out the music teacher so probably heard more Japanese children's songs than the average attendee.

As a child these songs were mostly just sounds set to melody that I had to remember, but as an adult who has studied some Japanese, I began to understand the meaning of the songs. Just like English children's songs, sometimes it's just nonsense and sometimes there is a reference to a story. And sometimes, there is a much deeper meaning to very simple songs.

One such song that I had been fond of but am now much more fond of is called "Zou-san" which can be roughly translated as "young elephant" or "little elephant." The first verse goes (in my weak translation) "Little Elephant, Little Elephant/You have a long nose, huh?" / "Yes, I do! / It is long, just like my mother's." And the second verse goes "Little Elephant, Little Elephant/Is there someone that you like?" / "Well you see, /I like my mother!"

As you can see, it is a very simple song and at first, to me, it seemed a bit obvious (a bit on the nose?) as elephants have long noses and they would have long noses from their  
(Continued on page 2)

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# SANGHA

**Sacramento Buddhist Church**  
**Volume 58 Number 2 - February 2021**

**Sacramento  
Betsuin**  
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(916) 446-0121  
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## Resident Minister

(Continued)



Reverend Matt Hamasaki  
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## President's Message

Gordon L. Nitta

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Boy Scouts	Nicholas Lee
Girl Scouts	Karen Kurasaki
ABA	Keiko Jean Kashiwada
Sakura Gakuen	Masako Thomas
Memories	Randall Ishida

## Sacramento Buddhist Women's Association

Barbara Nakatomi  
President



parents because of what we learned in biology in middle school about passing down traits.

However, in looking into the meaning behind the song, it actually is much deeper than that. From the perspective of another animal, an elephant would look strange with such a different nose. But when asked about it, instead of responding insecurely or ashamedly, the young elephant is proud to have its long nose and loves its mother for giving them that nose. The purpose of the song is to hopefully instill the same self-confidence that the elephant has in its appearance in young children.

As Buddhists (and also perhaps as Japanese Americans) we are taught not to be boastful almost to the point of self-depreciation. There's also a culture of not being too individualistic because the "nail that sticks out gets the hammer." And while I agree that we shouldn't emphasize ourselves to the point that we get arrogant or that it ends up hurting others, there is an importance in Buddhism for us to accept and appreciate our individuality.

When we try to see the world with our Dharma Eyes, we try to see the world as Amida Buddha sees it. Amida Buddha sees all living beings and accepts them as they are, loves them as they are. It is quite difficult for us to be the same way constantly, but it is important for us to strive to get there. At the same time, it is vital for us to see ourselves in the same kind of light. To say to ourselves, "I love you as you are, you are great the way you are." And hopefully with enough reflection, to get to the point of saying, "I'm glad I was born myself!"

It is an important message for children to hear at a young age, but it is also applicable to people of all ages. As an adult, I can see now how often I thought so little of myself when I recognize that I was actually very lucky. It is through the nembutsu teaching and my own self-reflection that I am able to see how my experiences have been of great benefit to me. And hopefully if everyone else tries to see the world and themselves as Amida Buddha sees them, we can all be just like the Little Elephant.

This is the second month of the new hopeful year, 2021. The distribution of the COVID vaccine has given us hope that once again we will all return to meeting each other in person in the temple. By the time you receive your February SANGHA, some of you will have received your first injection of the vaccine and possibly a few will have received their second injection. A few snags have slowed down the vaccination process, but we are encouraged that this year we will be back at church.

We are looking forward to seeing everyone back in church in the fall, but just in case knocking this COVID pandemic out is going to take more time, our Virtual Bazaar Committee — Karen Adachi, Stuart Ito and Koichi Mizushima — are in the planning stages so we are prepared to have another successful alternative to our in-person Bazaar.

This year's Betsuin elected officials are:

- President: Gordon L Nitta
- President-Elect: Karen Adachi
- Treasurer: Cheryl Inouye
- Secretary: Carol Tamai
- Auditors: Sandy Kataoka Fong  
Marty Sakata  
Michael Watanabe

Let's not let our guard down and be COVID safe.

While we are still experiencing pandemic measures in our community, many of us are creating a new normal for us to stay connected. On Sunday, February 14 at 11 a.m., we are having a virtual Women of Jodo Shinshu service. We are honored to have Reverend Patti Oshita as our guest speaker. The four ladies we will memorialize are Lady Eshinni, wife of Shinran Shonin; Lady Kukushinni, daughter of Shinran and Eshinni; Lady Takeko Kujo, daughter of the 21st Gomonshu and founder of the Fujinkai; Lady Yoshiko Ohtani, wife of the 23rd Gomonshu, who revived the Fujinkai association after World War II. We will also recognize the SBWA's past presidents from 1961 to 2021. Members will receive an email or letter advising how to connect on an electronic device. If you are not an SBWA member and would like to request the Zoom link to the service, please email [SBWA2020@gmail.com](mailto:SBWA2020@gmail.com).

SBWA would like to thank Girl Scout Troop 569-36 for the special "thinking of you" cards they are making and sending to our members who are 80 years and over. We thank the fifth graders — Lauren, Ella, Lily, Karley, Hannah, Sienna and Sydney — for their beautiful artwork. Their leader is Leslie Kaneko. THANK YOU, Young Women of Jodo Shinshu!

Please continue to stay safe during this pandemic. I know Kaiser is responding to members who wish to get the vaccine. I emailed my doctor and was contacted for an appointment right away. Please be vigilant to maintain your health and check with your health care advisers for further information.

**Legacy Endowment Fund**  
Gayle M. Kono

おかげさま

As we enter the 11th month of shelter-in-place and face the dreary winter months ahead, some of us may feel isolated and alone. The tale of Karana in the children’s book *Island of the Blue Dolphins* by Scott O’Dell may give us some perspective to make our situation more tolerable.

Long, long ago, a 12-year-old girl named Karana found herself alone on an island. How did this happen? As she and her tribe were sailing away to a place of safety, she saw that her little brother, Ramo, had been left behind. He had gone back to get his favorite spear and literally missed the boat. She begged the captain to go back for Ramo, but the captain refused, saying he wanted to beat the storm and get the tribe safely to their destination. He would send a boat for him later. Karana jumped off the ship and swam back to the island to stay with her little brother. It wasn’t long before Ramo was killed by a pack of wild dogs and Karana was all alone.

Karana vowed to avenge her brother’s death. She wounded the leader of the pack and was about to finish him off, but just couldn’t do it. Instead, she nursed him back to health and tamed him. The dog became her constant companion. Other animals became her friends and she realized she could not hunt and kill them. Day after day, she waited for the ship to return for her. She even tried to make her own boat to leave the island but it quickly filled with water. When a ship finally approaches the island, she dons her best dress, gathers her belongings and waits for it to take her from the island.

In the epilogue, we learn that this was based on a true story in the 1800s and the girl had been alone on one of the Channel Islands for 17 years. While reading the book, I thought, “That stinker of a little brother. It’s all his fault she had to fend for herself. If he hadn’t missed the boat, her life would have been so much different.” But then we learn that the reason no one came back for her was because her tribe had perished in the storm. She was the sole survivor — all because of her naughty little brother.

Karana’s ingenuity, her calm acceptance of what she could not change, and the feeling of oneness with the world around her enabled her to live on the island alone. If we can realize we are all connected, a whole new world opens up to us.

We can still meet with each other virtually, by phone, or from a safe distance. Volunteering and being of service to others are good antidotes for loneliness. Regret, blame and anger are wasted energy. Instead of obsessing over the past or worrying about the future, let’s try to enjoy the present, for it is truly a gift. If we cannot do that, let’s try to be open to what we can learn from this experience. We will get through this together, resilient and with new perspectives.

Do you have an idea for a project to share the Dharma? It might be a symposium or webinar you want to organize; or perhaps you want to attend a virtual conference. Legacy Endowment Fund may be able to help with the cost. Please see the church’s website for a fund request form. Thank you to all who have contributed to this fund.


**Annual Giving Reports**

Your individual Annual Giving Report for donations made to the Buddhist Church of Sacramento in 2020 will be available BY REQUEST. To make a request, please send an email to: [SacBetsuinReport@buddhistchurch.org](mailto:SacBetsuinReport@buddhistchurch.org). You can also call the office at (916) 446-0121, and leave a voicemail message for us. Please allow 7 business days from the acknowledgment of your request for processing.


**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.

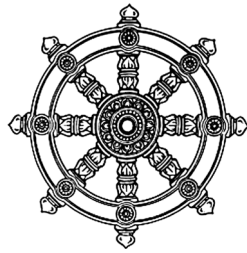
Year of Death	2021 Memorial	Year of Death	2021 Memorial
2020 .....	1 year	1997 .....	25 year
2019 .....	3 year	1989 .....	33 year
2015 .....	7 year	1972 .....	50 year
2009 .....	13 year	1922 .....	100 year
2005 .....	17 year		



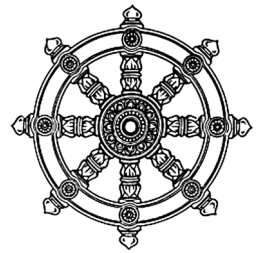
Condolences to  
the Families Of



Georgette Imura..... October 18, 1943–December 17, 2020  
 Joichi Nishisaki..... July 17, 1921–December 28, 2020  
 Shigetaka Ernest Kato... December 18, 1940–December 28, 2020  
 Ben Mayeda ..... August 21, 1930–January 1, 2021  
 Miyuki Inenaga ..... March 8, 1935–January 5, 2021

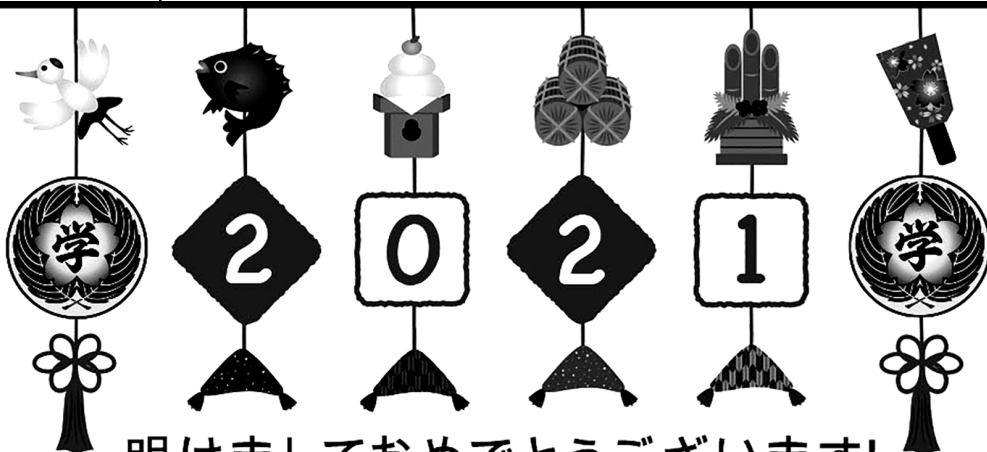


Welcome New Members



Tracy Doolittle  
Kendra Johnson  
KC Kellam

Bill Taylor & MaryLynn Perry  
Nicole Whiting & John Martin



明けましておめでとうございます!

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HAPPY NEW YEAR!

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Contact Dean: Masako Thomas Sensei: [thomas@sakuragakuen.org](mailto:thomas@sakuragakuen.org)

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Less than \$9 a week! Regular Price: \$250.00 per semester class (\$100 savings)  
1st Grade to High School Seniors

Virtual Zoom Saturday Morning Classes: **Jan 30 - May 29**

Contact Dean: Tomomi Flesuras Sensei: [tomomi.sakuragakuen@gmail.com](mailto:tomomi.sakuragakuen@gmail.com)

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**Thursday Night Medical Series: 'Living Each Day Well'**



**J**oin 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!

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

**The Healing Strength of Caring:  
Japanese American  
Buddhist Activism**

Thursday, February 18, 2021 – 6:30 p.m.

Zoom



**Naomi Nakano Matsumoto**  
Senior Director of  
Social Justice  
YWCA  
Licensed Clinical Social  
Worker (LCSW)

and

**Devon Matsumoto**  
Fresh Lifelines for Youth,  
Leadership and Middle  
Schools Program Coordinator  
Master of Social Work (MSW)



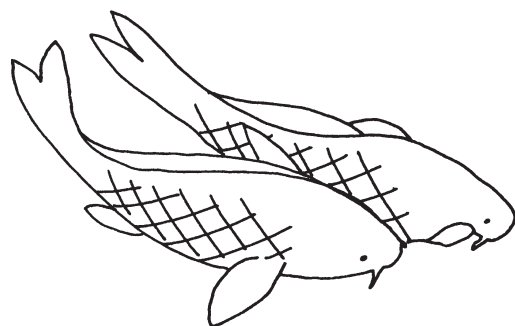
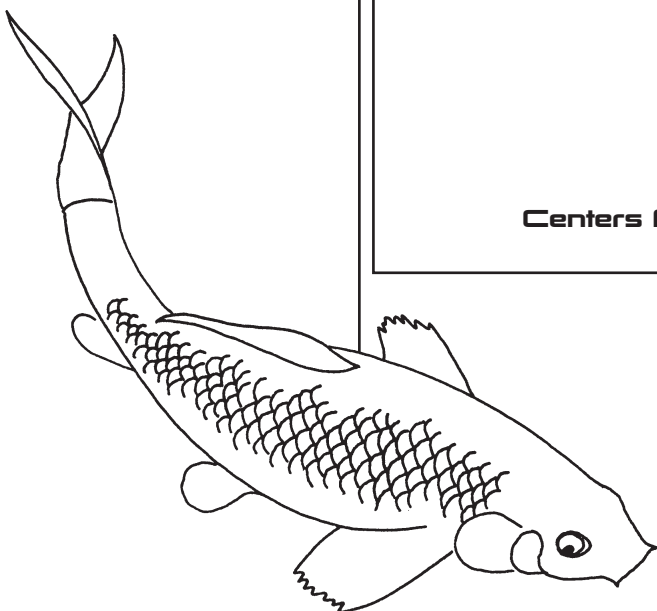
**Health in Humanitarian Crises  
and COVID-19 Response**

Thursday, March 18, 2021 – 6:30 p.m.

Zoom



**Dr. Jolene Nakao**  
Medical Epidemiologist  
Centers for Disease Control & Prevention (CDC)



## Adult Buddhist Association

Keiko Jean Kashiwada  
ABA President

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](mailto:Sangha@buddhistchurch.org) with a cc to: [betsuinoffice@buddhistchurch.org](mailto:betsuinoffice@buddhistchurch.org) and inform the church office at (916) 446-0121. Please include the author's name. Thank you.

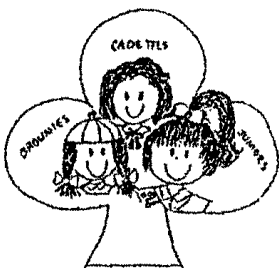
## Boy Scout Troop 50

Nicholas Lee



## Girl Scout Troop 569

Karen Kurasaki



The Adult Buddhist Association (ABA) is complying with the COVID stay-at-home guidelines and has canceled all its social activities for the year. Our organization will continue to contribute toward the Betsuin's annual educational award and ABA's Community Service Award. Our new Scholarship and Education Committee chairman, Wayne Kurahara, will contact this year's graduating high school seniors to encourage the students to apply for these awards. If you are graduating this year or you know any soon-to-be high school graduates, please email me at [ksjkash@aol.com](mailto:ksjkash@aol.com) and provide your contact information. We hope that many students will apply for these monetary awards as the cost of college continues to rise.

During this pandemic, the ABA members wish the best for you and your families. We urge everyone to follow the stay-at-home guidelines for your safety and for the protection of others, and go out only for essential services. Please check in on people who live alone. They will appreciate a call or even a short note. If assistance is needed, please contact ABA President Jean Kashiwada at (916) 392-0958 or [ksjkash@aol.com](mailto:ksjkash@aol.com), and/or Vice President John Yoshikawa at (916) 383-4755 or [spyron@aol.com](mailto:spyron@aol.com). We will do our best to find a resource or an ABA member or two to assist.

The ABA telephone tree will continue to communicate online events, virtual programs and fundraising activities by other Northern California temples. Even though the Sacramento Betsuin is closed, ongoing monthly expenses continue. Therefore, the Betsuin appreciates every donation to the General Fund or Legacy Endowment Fund.

Many temple improvements are being made. Touchless faucets have been installed in the women's and men's restrooms; new office windows will be installed; the carpet will be replaced in the bridal changing room and the minister assistants room. The Betsuin will be ready to welcome back the congregation when it is safe to do so.

Through our Buddhistic teachings, we have learned compassion, patience, kindness and understanding. These teachings will get us through this challenging time. Stay safe, wear your masks, and practice social distancing.

Troop 50 is staying active in these unprecedented times. With COVID guidelines and restrictions in place, Troop 50 has been adapting by holding virtual Troop meetings and Troop outings.

Utilizing Zoom, Troop 50 has been able to host two virtual meetings a month, parent meetings, courts of honor and even the occasional virtual outing.

The Scouts have been staying positive and making the best of the situation by playing online games such as Among Us and Kahoot! The Scouts have also participated in virtual Escape Rooms that have been both fun and challenging.

For the virtual outings, Troop 50 went to Bodega Bay. The outings were conducted on Zoom. Scouts were expected to host opening flag ceremonies, work on merit badges, cook and close the day with flags as if they were really at camp.

With no timeline on when things will return to normal, Scouts are maintaining a positive attitude and will continue to adapt and make the best of the situation.

January 8 was the official start of Girl Scout cookie sales. This year, due to the COVID-19 pandemic, Girl Scout Troop 569 decided to move forward with online sales only. Over the course of a typical cookie sales season, there are multiple opportunities for in-person contact, which was a serious health and safety concern for us this year.

Aside from the most obvious — that is, Girl Scouts taking in-person orders from family, friends and neighbors, and doing booth sales at store fronts — there is also in-person contact for behind-the-scenes tasks.

For instance, cookie managers and parent volunteers from every troop pick up cookies for their entire troop at the "Megadrop," which in past years was held at places like Raley Field and Cal Expo because of the massive number of boxes sold by Girl Scouts in our region. The Megadrop is quite an operation, with many, many volunteers loading cases of cookies into vehicles.

Cookie managers then use their homes to sort and distribute the cookies to the scouts in their respective troops. Needless to say, even with masks, the risk seemed too great and ensuring the safety of our scouts and families guided the decision to do online sales.

We would like to express our appreciation for 569 leadership who thoughtfully discussed and deliberated the options. It was a big decision because cookie sales are the main fundraiser activity for Girl Scouts.

So, need a box of Thin Mints? Or, perhaps Peanut Butter Sandwich or another one of the scrumptious flavors is your fav. Don't despair. Betsuin Troop 569 Girl Scouts are taking online orders. There is a shipping fee. The good news is that the more boxes you order, the less you pay for shipping! And, there is a new cookie flavor this year — Toast-Yay — which is a French toast-inspired cookie dipped in delicious icing. Yum!

## Monthly Thursday Night Buddhist Class



## Do You Remember? Randall Ishida

**Office Manager**  
Cindy Kitade

**Office Project  
Coordinator**  
Jennifer Nitta

**Front Office  
Coordinator**  
Mika Matayoshi

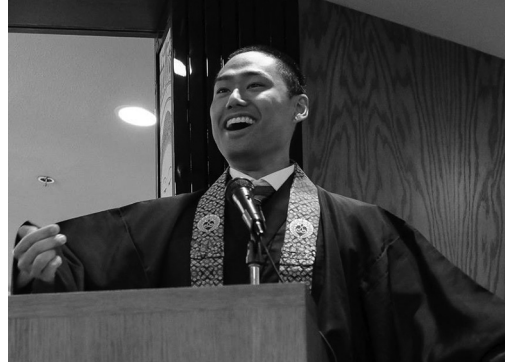
**Front Desk Staff**  
Kellie Morioka Sato

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

**Sangha Helpers**  
Cindy Kitade  
Mika Matayoshi  
Kellie Morioka Sato  
Jennifer Nitta

## Monthly Thursday Night Buddhist Class

with  
**Rev. Matt Hamasaki**



## "Shinran's Lamp" Discussion on Shinjin and Mattosho (Letters of Shinran Shonin)

6:30 p.m.-7:30 p.m. via Zoom  
January 28, February 25, March 25,  
April 29, May 27, June 24

Please RSVP to [BetsuinPrograms@buddhistchurch.org](mailto:BetsuinPrograms@buddhistchurch.org)  
Buddhist Church of Sacramento,  
2401 Riverside Blvd., Sacramento, CA 95818

It's sad.... You remember the mom and pop stores when growing up. You go past and now it is what was once. This pandemic has taken a toll for many family-owned businesses. Today, many have closed their doors or reopened, but then some have relocated.

The Japanese Americans had a tough time after World War II and at that time were just being discharged from the relocation camps. They had to scramble and look for skilled jobs.

During that time there were changes just like the ones we have today. We have to accept these refashionings as the Nisei and Issei had to endure at that time. We complain today, but one day we will look back and reminisce and maybe laugh about what we have endured and gone through these last few months.

There are many fond memories — like when I was young, standing on the corner of 4th and Capitol from where my grandparents' KN Market once stood and looking at the Tower Bridge. I thought it was the Golden Gate Bridge.

How about going to the Yorozu on 13th Street in downtown Sacramento. It sold Japanese products and distributed Japanese reading periodicals to the working Issei throughout North America.

Osaka-ya, a small manju shop, relocated to its current larger location that was once the Senator Fish Market.

Then there was Ouye's Pharmacy. I remember picking up a prescription for my uncle. I liked looking at the nicknacks at the store. One day he gave me money to buy a small first Christmas gift for my cousin.

I remember Wakanoura Restaurant had a lot of good meals and banquets.

We will reminisce about these moments. Our grandparents and parents put Sacramento on the map. Their legacy will live for a lifetime as long we can commemorate the memories.

As Buddhists we have to understand nothing is permanent. Things have changed to make our society function in this COVID-19 stay home order and with the new healthy protocol. Things will be strict.

Many years from now, we will look back and say we pulled through and survived. We should continue to support the independent mom and pop venues that still exist and survived.

Some are gone and some have stayed for many decades, like Kiyō's Florals and Oto's Marketplace, and without their presence, you wonder where would we be now.

## 2020 Sangha Members

Gordon Nitta

Thanks to all of you who have been sending in or paying your 2021 Membership Dues online. As you have read in the Sangha before, membership dues provide about one-third of our annual operating budget. Next month, we will publish names of those whose 2021 dues have been received by 2/15/2021.

However, I would like to take this slightly belated opportunity to thank all of you for your membership in 2020. It was a year that will certainly always be viewed as one of the most challenging for the Betsuin and, at the same time, one where our sangha provided unprecedented support to our temple. On behalf of the Board of Trustees and our Ministerial Staff, I would like to extend my deepest gratitude to the following (\*Denotes Kansha Membership):

Mr. & Mrs. Derrick Adachi	Mrs. Denise Ham	Mr. George Inenaga & The
Mr. & Mrs. Sam Adachi	Mr. & Mrs. Gary	Late Mrs. Miyuki Inenaga
Mr. Clifford Adams & Ms. Ann Amioka*	Hamamoto*	Mrs. Cheryl Inouye*
Mrs. Evelyn Akiyama	Mr. & Mrs. Harry	Mr. Harry Inouye
Mrs. Lucy Akiyama	Hamamoto	J. K. Inouye
Mr. Scott Alden & Ms. May Masunaga	Mr. & Mrs. Max Hamamoto	Mr. & Mrs. William Inouye*
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Karyn Ariyasu Ito	Hamasaki	Mr. Takuhei Iseri
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Mr. Michael Dishno & Dr. Marleen Masuoka*	Mr. & Mrs. Brian Hatano	Mr. & Mrs. Steven Itagaki
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Ms. Amy Fujishige	Mr. & Mrs. Tom Hisamoto	The Late Mrs. Hisako Rose Iwasa
Mr. & Mrs. Tom Fujishima	The Late Mr. Yosh Hokama	Mrs. Ritsuko Iwasa
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	Mr. & Mrs. Harley Inaba	Mr. Frank Kashiwada
	Dr. Michel Inaba	
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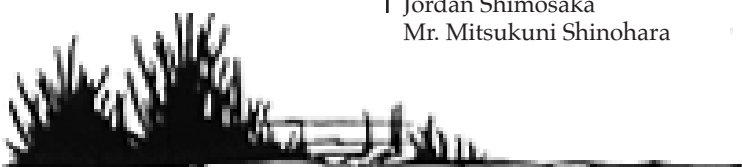
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 Mr. & Mrs. Jerry Okumura

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 Mr. Haruo Tao  
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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. Click on the Amazon Smile logo on our website to enable the Betsuin to get a commission on your purchases on Amazon.

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.



**Don't get infected, Don't Spread COVID-19**



*Thank you for your cooperation in preventing outbreaks.*

**Avoid the "Three Cs"!**

- 1. Closed spaces** with poor ventilation.
- 2. Crowded places** with many people nearby.
- 3. Close-contact settings** such as close-range conversations.



*Even in open spaces, be mindful of other Cs. We should aim for "Zero C."*

**Make enough space with others.**

6 feet

**Open doors and windows. Ventilate frequently.**

**Avoid exercise with many people even outdoors.**  
Walking or running in a small group is fine.

**Make space in restaurants.**  
- Avoid dining in a large group  
- Leave one empty seat between you  
- Sit diagonally across the table

**Wear a mask when talking.**

5 min. conversation is the same as one cough.

**Refrain from talking inside the train or elevator.**

**Basic measures against infectious diseases as well as COVID-19**

**1. Washing hands**

**Correct way to wash hands.**

1. After thoroughly wetting your hands with running water, apply soap and rub the palms well.

2. Rub the back of your hands up and down.

3. Thoroughly rub the fingertips and nails.

4. Wash between your fingers.

5. Twist and wash your thumbs with the palms of your hands.

6. Don't forget to clean your wrists.

**Before washing hands**

- Keep your fingernails short.
- Remove wristwatches and rings.

**If you sneeze or cough, the droplets may contain the virus. Keep in mind the following cough etiquette.**

**"Coughing manners"**

**Three "coughing manners"**

❌ Coughing or sneezing without shielding your mouth or nose.

❌ Using your hands to cover coughs or sneezing.

⓪ Wear a mask. (covering mouth and nose)

⓪ Cover your mouth or nose with a tissue/handkerchief.

⓪ Cough or sneeze into your sleeve.

**Correct way to wear a mask.**

1. Ensure both your nose and mouth are covered.

2. Place the rubber string over your ears.

3. Cover up to your nose so there are no gaps.

**SYMPTOMS OF COVID-19**

Sore Throat

Headaches

Cough

Runny Nose

Diarrhea

Fever

Loss of Taste

Loss of Smell

Fatigue

Muscle Pain

**Do you have any of the above symptoms? For the latest information and Testing sites, please visit the websites below.**

**Sacramento County COVID-19 Testing Sites**

[www.saccounty.net/COVID-19/Pages/Symptom-Screening\\_MobileTestingSite.aspx](http://www.saccounty.net/COVID-19/Pages/Symptom-Screening_MobileTestingSite.aspx)



**California Government COVID-19 Update**

[covid19.ca.gov](http://covid19.ca.gov)



**Consultation Hotline**

**7:00AM to 12:00PM (Monday to Friday)**

Telephone: 916-678-1755  
Email : florinchwjp@gmail.com



# 新型コロナにならない うつさない!



集団発生防止にご協力お願い致します。

## 3つの密を避けましょう!

- ①換気の悪い 密閉空間
- ②多数が集まる 密集場所
- ③間近で会話や発声をする 密接場面



屋外でも、密集、密接には要注意!

他の人と  
十分な距離を取る!



窓やドアを開け  
こまめに換気を!



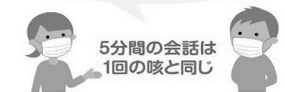
屋外でも密集するような  
運動は避けましょう!  
少人数の散歩や  
ジョギングなどは大丈夫



飲食店でも距離を取りましょう!  
・多人数での会食は避ける  
・隣と一つ飛ばしに座る  
・互い遠い座る



会話をするときは  
マスクをつけましょう!



電車やエレベーターでは  
会話を慎みましょう!



## 新型コロナウイルス含む 感染症対象の基本

### ①手洗い

### 正しい手の洗い方

手洗いの  
前に 爪は短く切っておきましょう  
時計や指輪は外しておきましょう



石けんで洗い終わったら、十分に水で洗い、清潔なタオルやペーパータオルでよく拭き取って乾かします。

くしゃみや咳が出るときは、飛沫にウイルスを含んでいるかも  
しれません。次のような咳エチケットを心がけましょう

### ②咳エチケット

### 3つの咳エチケット

電車や職場、学校など  
人が集まるところでやろう



### 正しいマスクの着用



## 新型コロナウイルス感染症状



上記の症状はありませんか?

最新情報の検査場などは下記のホームページまで

サクラメント周辺  
コロナウイルス検査場

カリフォルニア州  
新型コロナウイルス感染症に  
関する情報

[www.saccounty.net/COVID-19/Pages/Symptom-Screening\\_MobileTestingSite.aspx](http://www.saccounty.net/COVID-19/Pages/Symptom-Screening_MobileTestingSite.aspx)

[covid19.ca.gov](http://covid19.ca.gov)



日本語での相談窓口

受付時間  
午前7時から午後12時まで (月~金)

電話番号: 916-678-1755

メールアドレス: [florinchwjp@gmail.com](mailto:florinchwjp@gmail.com)





# サンガ



## 理事長のメッセージ

新田ゴードン



今月は新しい希望に満ちた2021年となって二か月目になります。ワクチンの配布が始まり、また仏教会で皆さんと直接に会うことができる希望をもたらしてくれています。

このサンガニュースが皆様のお手元に着く頃には、ワクチンを接種された方や2度目の接種を終えられた方々もいることでしょう。ワクチン接種は色々とプロセスに引っ掛かりがあるようですが、今年中には別院再開も可能になりそうです。

今秋皆様と別院でお会いすることを楽しみにしていますが、もしこのパンデミックが長引くかもしれないことを想定して、バーチャル・バザー・コミテイのカレン、スチュアート、コーイチの3人が去年大成功を収めたバザーを今年も行おうと準備を始めているところです。

今年の別院役員の皆様をご紹介します。

理事長	新田ゴードン
副理事長	足立カレン
会計	井上シェリル
書記	玉井キャロル
監査	フォング・片岡サンデイ
“	坂田マーティ
“	渡辺マイケル

油断は禁物、安全を守って下さい。

## 婦人会会長のメッセージ

中富バーバラ



未だパンデミックの続く中、私達は新しいノーマルの生活を作り出しています。

来る日曜日、2月14日午前11時より私達はオンラインによる恒例の「浄土真宗の女性たち法要」を開催いたします。特別講師は大下パティ師です。私達は恵信尼（親鸞上人の妻）、覚信尼（親鸞聖人の娘）、九条武子夫人（第二十一代ご門主の娘で婦人会の創立者）、大谷嘉子前お裏方（第二次大戦後に婦人会を再興された）の4人の女性たちの追悼法要を開催いたします。また、同時に、当婦人会の会長を1961年～2021年まで務めた女性たちを改めて表彰いたします。どのようにしてオンラインに繋がるようにするのかEメールか手紙が会員の皆様に送られることになっています。婦人会のメンバーでなくともこのサービスをズームで参加されたい人は [SBWA2020@gmail.com](mailto:SBWA2020@gmail.com) へEメールをお送り下さい。

当婦人会は婦人会の80才以上のメンバーの皆様に「thinking about you」のカードを作って送ってくれたガールスカウト569-36隊に心からお礼を申し上げます。小学5年生のローレン、エラ、リレイ、カーレイ、ハナ、シエナ、シドニーの皆さん、美しいアートを有難うございました。そして指導者の金子レスリーさん、有難う！私達の中にいる浄土真宗の若い女性たちです。

どうぞ引き続いてパンデミック禍の安全を守って下さい。カイザーはメンバーのためにワクチンの接種を始めています。どうぞ健康に関する情報には注意を払って、気を付けてお過ごし下さい。

Translations by Katsuko Hirota

