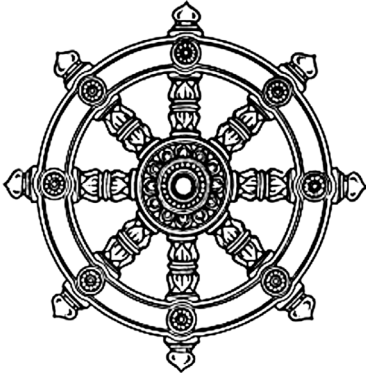


**Resident  
Minister**  
Rev. Matt Hamasaki



In March, on the third, Hinamatsuri is celebrated in Japan and those observing Japanese culture. Hinamatsuri literally means “doll festival” but is often translated as Girls’ Day or Dolls’ Day. It’s held on this day because the odd numbers were thought to be auspicious, and with the same odd number, it’s even more special!

The dolls were thought to have the ability to take bad spirits with them and so the original festival saw the dolls placed in a river where they would float away along with the participant’s bad luck. Over time, the dolls became more of the centerpiece of the festival and instead of sending them away, the dolls were put up as decoration at home. Initially they were made of paper and straw, but now are made of much more elaborate materials. Still, the ability to take away bad spirits remains with the dolls, so it is imperative that the family take them down when Hinamatsuri is over. The focus has become the girls in the family, hoping for them to grow up healthy.

As with most holidays, there are traditional foods that come along with Hinamatsuri. One of the kinds that I had as a child was Hina Arare. Many of you may be familiar with arare, rice crackers that are made from rice flour. Hina Arare is special in that while arare traditionally does not have any color, Hina Arare is coated with sugar (which makes it sweeter) and is brightly colored for the festival.

The colors come in sets of either four or three. The four-colored set has pink (representing spring), green (representing summer), yellow (representing fall), and  
(Continued on page 2)

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# SANGHA

**Sacramento Buddhist Church**  
**Volume 59 Number 3 – March 2022**

**Sacramento  
Betsuin**  
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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

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Kellie Morioka Sato

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(916) 446-0121

**Sacramento Buddhist Women's Association**  
Shirley Kato  
President

white (representing winter). All together, they represent the wish that parents have for their daughters to have a happy life throughout the year. The three-colored set is similar in color, but different in meaning in that it contains pink (representing the energy of life), green (representing the energy of trees or nature), and white (representing the energy of the earth). Together, these represent the parents' wish for their daughters to have energy and have sound growth.

Of course, it's wonderful to have a day where we can celebrate all the daughters in our life and wish them happiness as they grow up. But it's also a great opportunity for us to hope for growth for ourselves, too. No matter your age, we all have the ability to grow as people.

Sometimes our growth is like the seasons; we have times in our lives that we need a change and something new, or times where we are sad and unhappy, or times that we need to persevere and work hard. In any case, it's important to understand where we're at and focus on knowing that soon we'll be in another season. Sometimes our growth is like the nature and earth around us, absorbing what's being given to us and creating life and action out of the energy.

Sometimes we grow up how we want to and sometimes we have to twist and turn in ways we didn't imagine we'd have to. But either way, we must be aware of the direction we're trying to go and hopefully that is influenced by the Buddhist path. So I hope this Hinamatsuri, if you celebrate it, we enjoy the festivities and look at ourselves and how far we've come and keep our eye on the future and our potential to grow even more!

**W**elcome. I hope all has continued to be well with all of you since last month. At the time of this writing (mid-February), the plan for the Betsuin is to continue with our established protocols for COVID for the month of March. The Joint Committees (Church Usage and Reopening) have a meeting scheduled for the end of February to review the updated information for Sacramento County and we know that things are ever-changing. If our plans need to be adjusted, I will be sure that the information is communicated to the sangha through our Board of Trustees and the Betsuin's organization leaders. As always, our primary focus with the temple's protocols is the health and well-being of all those who come to the Betsuin in person, be they members, visitors (funerals, memorials and dharma services) or staff.

Thanks to all of your generous donations and memberships, the temple has stayed financially sound through our COVID times. We are still hoping to move forward to more of a normal atmosphere around the temple. Your diligence to get vaccinations and follow protocols has allowed us to keep our doors open.

The first week of March brings with it the annual Buddhist Churches of America (BCA) National Council Meeting. This year it will again be held virtually from the Central District, which is the area around Fresno. The Zoom meeting format has allowed each temple to save money during these challenging times because there is no need to pay for travel and lodging for the delegates sent to represent each temple. In the past, these expenses could be \$1,000 or possibly more per person because delegates would be attending for multiple days. This virtual meeting costs the temple \$35 per person and still allows us to take care of business that affects all the temples in BCA. I will be attending to represent the Sacramento Betsuin, as will Reverend Matt and Karen Adachi, our president-elect. We will be sharing information from the meeting with all of you in coming issues of the SANGHA.

I know how much we have all been missing the times when we would gather together at the Betsuin, and especially those times when we could gather for DELICIOUS FOOD! Whether that was for Bazaar, or teriyaki beef sandwich or ABA/SBWA fundraisers, or goodies provided by Reiko and her crew in the courtyard after Sunday services, WE MISS IT ALL. Well, I am happy to share with you that on Sunday, April 10, Dale Louie & Crew will be having a Hawaiian Breakfast Fundraiser to benefit the temple's General Fund (Thank you Dale!) The breakfast will be PREORDER AND TAKE-OUT ONLY. Keep an eye on our website, [buddhistchurch.org](http://buddhistchurch.org), where instructions for placing your preorders will be posted.

**T**he February SBWA Board meeting was held virtually on Wednesday, February 2. Thank you to SBWA Past President Barbara Nakatomi for continuing to host our Zoom meetings each month.

Welcome to new SBWA members Harriet Hattori, Judy Inaba, Ellen Ishimoto, Sharon Ito Warren, Mika Matayoshi, Janet Mizushima and Audrey Seo!

If you are not a member of SBWA, we hope you will consider joining our organization. We are currently planning outings, get-togethers, and community service projects for our members. Our scarf project coordinated by Jane Komure has been very successful! Thank you to all who crocheted and knitted scarves that will be distributed to care facilities later this year.

The annual Women of Jodo Shinshu Service observed in memory of Lady Eshinni, Lady Kakushinni, Lady Takeko Kujo and Lady Yoshiko Ohtani was held virtually on

**Sacramento Buddhist Women's Association**  
(Continued)

February 13. Thank you to our guest speaker Reverend Etsuko Mikame of the San Jose Buddhist Church Betsuin. Thank you to the members who generously donated to the Dana Fund.

**Upcoming Conferences**

The BCA Federation of Buddhist Women's Association National Conference will be held virtually on October 14-16, 2022. The theme for the conference is Winds of Change — *Jidai no Shinka no Kiku*. The Northern California BWA is the host district for this conference. In late March, additional conference details and registration information will be sent to members by email, as well as by letter to those members who do not have an email address.

The World Buddhist Women's Convention will be held in Kyoto, Japan on May 11-12, 2023. The convention will be held in conjunction with services commemorating the 850th anniversary of Shinran Shonin's birth and the 800th anniversary of the establishment of the Jodo Shinshu teaching. This special service and the delegates meeting will be held on May 10. Several SBWA members will be attending the conference and service.

The next SBWA Board meeting will be held virtually on Wednesday, March 2, 2022. All SBWA members are invited to attend. Please email [SBWA2020@gmail.com](mailto:SBWA2020@gmail.com) to receive the Zoom link.

**New Events**



**Questions & Responses (Q&R)**  
2nd Sunday of Each Month

Would you like to ask questions or know more about Buddhism?  
Please join us following service on Facebook for Q&R.

**Coffee Talk**

3rd Sunday of Each Month

Miss the days we could just talk and catch up with each other?  
Join us for Coffee Talk following service.

**Adult Buddhist Association**  
Keiko Jean Kashiwada  
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.

**Sakura Gakuen**  
Masako Thomas  
Adult Class Dean



ABA will continue to meet virtually on an "as-needed" basis until it is safe to meet in person again. The ABA Board members encourage all of you to support our temple and our Northern California temples in their fundraising efforts to help them maintain ongoing expenses of their temples. Many of our ABA officers are active in other organizations and often have news to pass on to us. I would like to thank Martha Kushida and Elaine Yoshikawa for activating the ABA "Telephone Tree" and informing our members by email of ABA news and events.

We would like to thank the many ABA members and friends who have made donations to ABA in memory of loved ones or on special occasions. Some of you have asked that your donations be placed in our scholarship/education fund or the ABA Community Service Award fund. We thank all of you for your generous donations. ABA will again provide monetary awards to the 2022 graduating seniors from this fund. Thank you for considering ABA when making your charitable donations. ABA's Community Service Award Committee Chairperson Wayne Kurahara has updated the application form and it is posted on the church's website. Please encourage your 2022 graduating seniors to apply.

We are also encouraging our ABA members to attend in-person temple services and to also provide monetary support to the Sacramento Betsuin during these trying times. The Betsuin is set up to comply with the COVID pandemic safety standards so that we can help keep everyone safe. Masks are required and the temple greeters check COVID vaccine cards before allowing people to attend the services.

Stay healthy and safe!

The spring semester has started for both the Saturday youth program and Monday adult program. We are continuing to have virtual Zoom classes to be safe. We are happy to have several church members in class this semester.

The Saturday youth program runs from February 5 to May 28, 2022. Contact Youth Dean at [tomomi.sakuragakuen@gmail.com](mailto:tomomi.sakuragakuen@gmail.com).

The Monday adult spring semester program is from January 31 to June 6, 2022. Contact Adult Class Dean at [thomas@sakuragakuen.org](mailto:thomas@sakuragakuen.org).

Please check our Sakura Gakuen website, <https://sakuragakuen.org>, for the details.



**Introduction to Buddhism**

**Sangha Staff**

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

**Contributing Reporters**

President Gordon Nitta  
SBWA Shirley Kato  
ABA Keiko Jean Kashiwada  
Sakura Gakuen Masako Thomas

**Introduction to Buddhism  
With Reverend Matt Hamasaki**



**Third Monday of Each Month  
7 p.m. via Zoom  
March 21**

Please RSVP to [BetsuinPrograms@buddhistchurch.org](mailto:BetsuinPrograms@buddhistchurch.org)

**Introduction to Meditation**

**Introduction to  
Meditation  
with Reverend Matt**

**Please join us for one hour  
of meditation and discussion**

**Monday  
April 18, May 16, June 20  
7 p.m.**

RSVP to: [betsuinprograms@buddhistchurch.org](mailto:betsuinprograms@buddhistchurch.org)

**2022 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
2021 .....	1 year	1998 .....	25 year
2020 .....	3 year	1990 .....	33 year
2016 .....	7 year	1973 .....	50 year
2010 .....	13 year	1923 .....	100 year
2006 .....	17 year		



*Condolences to  
the Families of*



*Mary Amemiya.....August 22, 1922-December 16, 2021  
Mitsuko Kitade.....January 5, 1920-January 31, 2022*



**Thursday Night  
Health &  
Wellness**



**Weekly Yoga  
Via Zoom**

**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!

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

**We Are All in This Together**  
Understanding when someone needs caregiving,  
resources available, and preventing burnout  
Thursday, March 24, 2022 – 6:30 p.m.



**Lindsey Parker**  
Right at Home  
Vice President & Chief Operating Officer

**"ACEs"**

**ACEs: Adverse Childhood Experiences –  
What is this and why is it important to me?**

**Thursday, April 28, 2022 – 6:30 p.m.**



**Dr. Yvonne Otani**  
Pediatrician, Kaiser Permanente South

**I**nterested in learning something new?

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

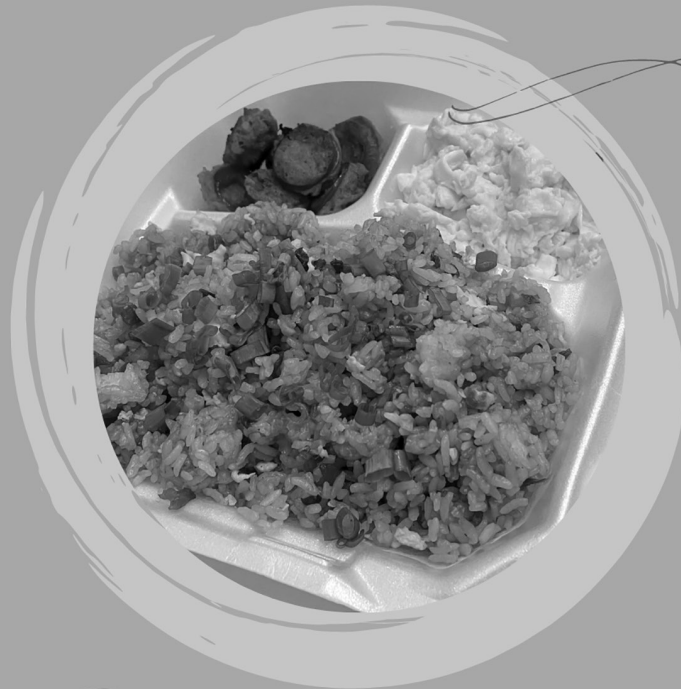
Join us for weekly yoga classes with Bob Matsueda via Zoom every Wednesday evening at 7 p.m.

For more information and Zoom link, contact [betsuinprograms@buddhistchurch.org](mailto:betsuinprograms@buddhistchurch.org).



**Hawaiian  
Breakfast**

# HAWAIIAN BREAKFAST



**4/10/22 pick up  
\$10 each**

order by 4/3/22 limited quantity

**ORDER: [buddhistchurch.org](http://buddhistchurch.org)**

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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](http://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!

# 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** (Ginkgo)  
\$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



～3月の予定～

3月6日 10時 祥月法要  
3月20日 9時 お彼岸法要

お問い合わせは別院事務所【916】446-0121

## 理事長のメッセージ

新田ゴードン

このメッセージを書いているのは2月の半ばですが、別院は今まで通りのコロナ感染予防対策を3月の間も継続していく予定です。2月の末に別院の諸委員会はサクラメント・カウンティの最新の感染予防対策を検討する合同ミーティングを開催する予定です。もしも別院の感染対策を変更する必要がある場合は別院のボードメンバーや各所属団体の指導者達を通して皆様にご連絡いたします。別院は皆様の健康と安全を最も重要視しております。

皆様からの寛大なご寄付を心から感謝いたします。お陰様で困難なコロナ禍にあっても別院は経済的に安泰です。皆様がワクチン接種や感染予防対策を守られているお陰で別院再開が可能となり現状を維持しております。

3月の始めに恒例のBCA ナショナル・カOUNシル・ミーティングが開催されます。今年はセントラル教区（フレズノ近辺）、の主催です。ズームを利用したミーティングということで、各仏教会は多額な経費を節約することが出来ます。何故ならば、お寺の代表者は交通費とホテル代だけでも一人1000ドル以上はかかりますが、ズームで行われることにより経費は一人35ドルですみます。私はサクラメント別院を代表して、浜崎マツト開教使と足立カレン次期理事長と共に参加いたします。ミーティングの詳細は来月のサンガでご報告いたします。

早く元のように皆様と直接お会いして、バザーの美味しいテリヤキ・ビーフ・サンドイッチを食べたり、春のファンレイザー、コートヤードでレイコさん・グループの接待などをミスマスね。

4月10日、日曜日に Dale Louie & Crew によるハワイアン・ブレイクファスト・ファンレイザーを行いますので楽しみに。このイベントは別院の General Fund 資金募集のために行われます。前売り/テークアウト限定で、別院のウェブサイト

に注文の詳細が掲載される予定ですからお見逃しのないように。[buddhistchurch.org](http://buddhistchurch.org)

## メッセージ

加藤シャーリー

2月の理事会は2月2日、ズームで中富バーバラ前会長のリードのもとに行われました。

新会員歓迎：服部ハリエット、稲葉ジュディ、石本エレン、ウオレン・伊藤シャロン、マタヨシ・ミカ、瀬尾オードリー（敬称略）

サクラメント別院婦人会では色々な活動の予定を立てています。小牟礼ジェーンさんの指導で始まったスカーフ編みのプロジェクトはとても好評です。出来上がったスカーフは今年の暮れ、施設に入居されているメンバーに贈られることになっています。

恒例の浄土真宗の女性達（恵信尼・覚信尼、故九条武子夫人、故前御裏方大谷嘉子様）追悼法要は2月13日にオンラインで三瓶悦子サンホセ仏教会開教使を特別講師として行われました。ダーナ基金に寛大な寄付を有難うございました。

## お知らせ

婦人会連盟大会：2022年10月14-16日  
テーマは「時代の進化に聞く」北加教区の主催  
3月末に詳細と登録の情報がメール又は郵便で皆様へ送られる予定です。

世界婦人会大会は来年（2023）5月11-12日に京都にて、親鸞聖人ご生誕850周年祝賀/浄土真宗立教800年祝賀法要と同時に開催されます。代表者ミーティングは5月10日に行われる予定です。当婦人会より数人のメンバーが参加される予定です。

次回理事会は3月2日に行われます。[メンバーの中で参加されたい方は sbwa2020@gmail.com](mailto:メンバーの中で参加されたい方は sbwa2020@gmail.com) にご連絡下さい。ズームリンクをお送りします。

ひなまつり

