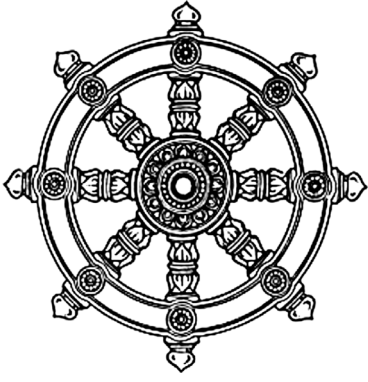


**Resident
Minister**
Rev. Matt Hamasaki



In March we celebrate Ohigan. We usually call this one “Spring Ohigan,” but March rarely feels like spring — at least for me! If that’s so, then why do we have Ohigan in March? That’s because it has to do with the equinox: when the day and night are both the same amount of time. This sort of equilibrium is supposed to lend itself to nice conditions that make it ideal for our practice. Of course, the weather was much more of a factor when Buddha and the monks and nuns were traveling outside and meditating in nature.

Presently, and in Jodo Shinshu, we rarely find ourselves meditating in a forest. However, Ohigan still has great significance in taking time from our daily lives and reflecting on this concept of balance. There are many facets of who we are that need balancing, and the one to pay particular attention to during Ohigan is our spiritual life. Since we are not monks or nuns, we have not devoted the entirety of our being to a spiritual path. But this doesn’t mean that there isn’t a meaningful aspect of it that needs some space in our schedule.

With that in mind, we can ask ourselves, how are we nurturing our spiritual side? And after that, are we spending enough time and effort to do what’s necessary? These can be tricky questions and have elusive answers. To clarify them, it might be helpful to reflect on the opposite side of the coin. Perhaps you feel like you’re lacking connection or having trouble finding meaning in what you’re doing. Maybe you’re unhappy or

(Continued on page 2)

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SANGHA

Sacramento Buddhist Church Volume 60 Number 3 – March 2023

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

(916) 446-0121
(916) 446-1866 FAX

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Resident Minister
(Continued)



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constantly upset. If there is a void that is eating at you and you haven't been able to pay attention to a solution, it is an opportune time to search now. Take some time to focus on cultivating the spiritual part to bring balance to your entire life.

NEW WEEKDAY SERVICE

Wednesday Dharma Service

Beginning March 15, 2023, the Buddhist Church of Sacramento will offer mid-week Dharma services for our senior sangha in the Hondo. All are welcome to attend.

English and Japanese:

When: 1st Wednesday of the month
Time: 10:00 am
Scheduled Speaker: Rev. Yuki Sugahara
Main Hondo

English only:

When: 3rd Wednesday of the month
Time: 10:00 am
Scheduled Speaker: Rev. Matt Hamasaki
Main Hondo

Join us on the 1st and 3rd Wednesday of the month for Dharma service. The Nokotsudo will be open for visitation. Light refreshments served following service.

Buddhist Church of Sacramento
2401 Riverside Boulevard
Sacramento, CA 95818
916-446-0121



VISIT BUDDHISTCHURCH.ORG FOR MORE INFORMATION

President's Message
Karen Adachi

Welcome to the month of March! Since my last president's message in the February SANGHA, there has been a lot of activity at the temple. In my monthly messages, it is my intent to keep you updated on present and future temple activities.

First of all, congratulations to Monica A. from Reno, NV who was the winner of our January Opportunity Drawing! Congratulations Monica! Our next drawing will be held in the church courtyard and streamed on Facebook immediately after service on Sunday, February 26. Monica's winning ticket, along with the other 299 tickets will be eligible to win in each of the monthly drawings through the end of May.

On Saturday, February 4, President-Elect Bobby Tanaka and I attended a Buddhist Churches of America (BCA) Temple Leaders Workshop at the Jodo Shinshu Center in Berkeley. We really enjoyed meeting and sharing ideas with leaders from other BCA temples. We found that our fellow temples are facing many of the same post-pandemic challenges we are experiencing in Sacramento. Members of the BCA executive staff rolled up their sleeves and prepared delicious meals for us. BCA Bishop and former interim Rinban of our temple, Reverend Marvin Harada, cooked his famous oden dish for us for dinner. What a treat! Thank you to the BCA staff for organizing such a meaningful workshop.

The following day, on Sunday, February 5, we held our special Scout Sunday Service. It was so nice to have our Hondo filled with scouts and leaders for the first in-person Scout Sunday service since 2020. The special guest speaker for this service was Julie Weng-Gutierrez. Julie is the first scoutmaster for Troop 50G, which was formed just prior to the pandemic. Julie gave her perspective on the scouting programs, as she is not only the scoutmaster for Troop 50G, but also a Girl Scout leader for a troop in West Sacramento. Julie's enthusiasm and energy in her message was a clear indication of the energy she brings to Troop 50G. I'd like to thank Reverend Patti Oshita and Bobby Tanaka for organizing the Scout Sunday program. It was a meaningful service for the scouts, their families, and the rest of the sangha who attended.

On Monday, February 6, Reverend Yuki led the first monthly chanting service at 10 a.m. We chanted the sutra Shoshinge, followed by a Dharma message by Reverend Yuki and the reading of one of 31 letters written by Rennyo Shonin. At our head Hongwanji temple in Kyoto, Japan, the chanting of Shoshinge and the reading of one of Rennyo Shonin's letters occurs daily. For me personally, the chanting gave me an opportunity to relax, become encompassed in the chanting, and clear my mind. It was a nice break for

Sangha Staff

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

Contributing Reporters

President Karen Adachi
SBWA Shirley Kato
ABA Keiko Jean Kashiwada
Girl Scouts Karen Kurasakii
Clothing Drive Kiana (Kai) Nakaoka
College Savings Wayne Kurahara
Chanting Kelly Gartman
Sakura Gakuen Masako Thomas

President's Message

(Continued)

Sangha Helpers

Meriko Hoshida
 Libby Iwamura
 Shirley Kato
 Eva Kawada
 Janet Kawamura
 Jane Komure
 Peggy Mori
 Marlene Ohara
 Lynn Sunahara
 Irene Takeda
 Virginia Uchida
 Donna Wong
 Sueko Yamashita
 Elaine Yoshikawa

me on an otherwise busy day. Monthly chanting services will be held on the following Mondays at 10 a.m.: March 6, April 3, May 8 and June 5.

Due to the power outage and inclement weather in the month of January, the church's Board of Trustees postponed the annual New Year's Board of Trustees meeting until February 7. For the first time since January 2020, the Board of Trustees was able to meet in person and enjoy ozoni prepared by Reiko Kurahara. Thank you Reiko, Grace Hatano, Lynn Kurahara and Elaine Yoshikawa for spending more than 7 hours at the church preparing this delicious treat for the Board of Trustees. Thank you also to Stephen Kashiwada, Wayne Kurahara, Michael Ota and John Yoshikawa for helping serve and clean up.

The temple opened its doors to the community for the movie screening of Paul Daisuke Goodman's feature film "No No Girl" on Saturday, February 11. Paul is a filmmaker/director and member of the Orange County Buddhist Church. He is a two-time cancer survivor who wrote this movie while in the hospital undergoing chemotherapy treatments during his second bout with leukemia. The makeshift "movie theatre" (otherwise known as the Hondo with a large inflatable movie screen) was packed with 280 people in attendance. Paul brought with him members of his family who were actively involved in the production of this movie. After the movie viewing, a Q&A session was held with Paul and one of the movie's main characters, Academy Award-winning actor Chris Tashima. Special thanks go to Sharon Ito and Koichi Mizushima for organizing this event, Stuart Ito for transforming the Hondo into a movie theatre, Marty and Kim Sakata and crew for cooking and packaging the chicken teriyaki bowls, and the many volunteers and the Betsuin office staff who helped make the event run smoothly.

On Sunday, February 12, the Sacramento Buddhist Women's Association (SBWA) held their annual Women of Jodo Shinshu Service, in honor of four very influential ladies (Lady Eshinni, wife of Shinran Shonin; Lady Kakushinni, daughter of Shinran Shonin; Lady Takeko Kujo, daughter of the 21st Monshu Koson Ohtani; and Lady Yoshiko Ohtani, wife of the 23rd Monshu Kosho Ohtani) who have contributed to the spread of Jodo Shinshu Buddhism and the Buddhist Women's Association. The special guest speaker for this service was Terri Omori, who is the current president of the Buddhist Churches of America and the first female to hold this important position. It was very fitting to have her as the guest speaker for this service honoring the female leaders of Jodo Shinshu Buddhism.

Upcoming Activities

I am pleased to announce that beginning on Wednesday, March 15, we will hold a weekday service geared toward our senior sangha members, but also open for everyone to attend. These services will be held on the first and third Wednesdays of each month at 10 a.m. On the first Wednesday of each month, the Dharma message will be offered in both English and Japanese. The service on the third Wednesday will be offered in English only. After service, attendees are welcome to visit the Nokotsudo and enjoy some light refreshments and fellowship in the classrooms. Members of our Adult Buddhist Association (ABA) will be on-site to assist the seniors and serve refreshments. Seniors may be transported by ACC Rides to and from the church at no cost to them. Our Adult Buddhist Association will donate to ACC Rides in appreciation for the transportation provided to our seniors attending service.

Reverend Yuki has started a Friday morning "Dharma No Kai" for our Japanese-speaking sangha members. These lectures will be held monthly on the Fridays when Reverend Yuki is in Sacramento. Reverend Yuki will talk about the meaning and significance of Ohigan at the next lecture on Friday, March 10 at 10 a.m. Please refer to the flyer in this newsletter for more details.

In closing, I would like to dedicate this month's President's Message to the late Alice Kataoka, who passed away in January. Alice was an active member of the temple and the Sacramento Buddhist Women's Association (SBWA) for decades, including serving as SBWA president and later as an SBWA advisor. She earned the title of Betsuin Elder for her dedication and years of service to the temple. Her grace, kindness, and true devotion to our temple has made her a role model for me. Thank you Alice. I will miss you.

Stay in Touch

with the Buddhist Church of Sacramento

Our website is www.buddhistchurch.org

Our Facebook page is @buddhistchurchofsacramento

Our Instagram page is @buddhistchurchofsac

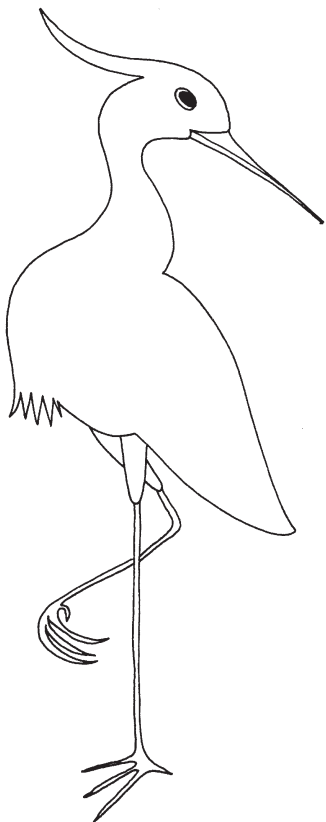
Our YouTube videos are at Buddhist Church of Sacramento

Ohigan Japanese Lecture

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: **Sangha@buddhistchurch.org** 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 Shirley Kato Executive Council



Ohigan Japanese Lecture

For our Japanese speaking sangha members, please join Rev. Yuki Sugahara for an in-depth lecture on Ohigan and further deepen our understanding of Jodo Shinshu Buddhist teachings. Prior lectures covered the tradition of the Shogatsu/New Year's and Jodo Shinshu tradition and Ryogemon and New Ryogemon. The lecture will be conducted in Japanese. For those who are able, you are welcome to join Rev. Yuki for lunch immediately following.

Date: Friday March 10, 2023
Time: 10:00 am - 12:00 pm
Location: Classroom 1

Buddhist Church of Sacramento
2401 Riverside Boulevard
Sacramento, CA 95818
916-446-0121



VISIT BUDDHISTCHURCH.ORG FOR MORE INFORMATION

Welcome to our new SBWA members: Cliff Adams, Ann Amioka, Miki Askanas, Diana Bachelor, Pauline Nishina, Aileen Nishio, Rico Ozaki, Christine Takata and Nori Tipon! At our February meeting, our three former SBWA Board presidents, Lynn Kurahara, Loleen Nakano and Virginia Uchida, were nominated and elected to be advisors to the SBWA Board of Trustees. We are very fortunate to have these amazing ladies help guide us in shaping our plans for the future of our organization.

On February 12, SBWA held our annual Women of Jodo Shinshu Memorial Service in honor of Lady Eshinni, Lady Kakushinni, Lady Takeko Kujo, and Lady Yoshiko Ohtani. These four women dedicated themselves to support the teachings of Shinran Shonin and were instrumental in establishing and sustaining the Buddhist Women's Association. Our guest speaker, Buddhist Churches of America (BCA) President Teri Omori, sent a pre-recorded inspirational message on the women we were honoring, as well as the contributions of the Issei and Nisei women. Thank you to Reverend Yuki Sugahara for officiating the service; chairperson Gayle Kono; oshoko representatives Shiyoko Futaba and Katsuko Hirota; the religious committee of Lori Itow, Gayle Kono and Myra Okasaki for organizing this special service; service greeters Mary Ann Kashiwagi and Stacy Matsunami; and our visual service coordinator Stuart Ito. We were treated to beautiful music by the SBWA choir members, pianist Myra Okasaki and organist Gayle Kono. Much appreciation to Myra Okasaki and Stacy Matsunami for putting together the great video compilation of photos of our SBWA members who are 90 years old and above. Finally, a huge thank you to Myra Okasaki for always putting together wonderful printed programs for our services.

On February 23, SBWA members will visit the Mills Station Arts and Culture Center in Rancho Cordova to view: Righting a Wrong: Japanese American and World War II Exhibit. Thank you to Stacy Matsunami for coordinating this outing that will also include a stop for lunch. On March 22, SBWA is planning a trip to Redhawk Casino. On April 2, members will attend the Marysville Buddhist Temple's Hanamatsuri Service. We are looking forward to Reverend Tim Castle's sermon and meeting the Marysville temple members who are planning an after service social. All SBWA members were sent an invitation to join us at these activities/trips. The outings are a lot of fun and an opportunity to meet other SBWA members. We hope you will sign up!

Our current community service project is crocheting lap blankets for our senior members in care facilities. Thank you to Jane Komure for coordinating the lap blanket collection and to Lynn Kurahara for organizing our visits to the facilities. The next community service project will be a donation to the Sac State Food Pantry In April. Members will receive an email with the details soon.

Our next Board meeting will be held on March 1. All SBWA members are invited to attend. Please email SBWA2020@gmail.com to receive the Zoom link.

Adult Buddhist Association
Jean Kashiwada
President



Dear ABA Members and Friends,

Thank you for donating canned goods and other non-perishable food items for our ABA/CSUS food pantry project. You can continue to bring your food items when you attend Sunday services. I will have a box near the refreshment table where you can drop off your donation. I will make a trip to CSU Sacramento when I have a couple of boxes full of items.

ABA will be having an e-waste collection on Saturday, April 8, from 9 a.m. to 1 p.m. in the church parking lot. Please read the article below for guidelines on what you can bring... and especially what items are NOT ACCEPTED. **PLEASE REMOVE ALL BATTERIES. ABA WILL BE CHARGED A FEE FOR UNACCEPTABLE ITEMS.**

ABA will also be having our Spring Oldies But Goodies Dance on April 15. Tickets are only \$15 and only a limited number of tickets will be sold. Contact any ABA member listed on the flyer to reserve your tickets. You can pay your \$10 ABA dues at the dance, too!

Thank you to Elaine Yoshikawa and Reiko Kurahara for preparing ozoni for the Board of Trustees Meeting on February 7. It was a wonderful treat! Since I was attending this board meeting, I was fortunate to enjoy the delicious ozoni. I have included pictures of the ABA ladies and ABA men who helped prepare, serve and clean up after this activity. The women helping were Elaine Yoshikawa, Lynn Kurahara, Grace Hatano and Reiko Kurahara. The men helping were Michael Ota, Stephen Kashiwada, John Yoshikawa and Wayne Kurahara. The board members who attended the February meeting all enjoyed the ozoni. Thank you Reiko, for sharing your recipe!

Thank you ABA Board members who came out to help with the recent showing of the movie "No No Girl." Thank you Michael Ota for staying to the end with Stephen and me to help return the tables and chairs in the two classrooms where the teriyaki chicken bowls were picked up so that they could be ready for Dharma School classes and meetings.

Thank you again for supporting ABA. Hope to see you at the e-waste event or the dance!

Help the Adult Buddhist Association...Save our Environment!

Sponsored by Sacramento Regional Conservation Corps (SRCC), a state-approved electronic waste collector and recycler.

Donations accepted

Saturday, April 8, 2023

9 a.m.-1 p.m.

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

You won't even need to get out of your car; we will unload it for you!

Items Accepted

Electronic Waste with a Screen

- CRT (Cathode Ray Tube) Monitors, Televisions
- LCD (Liquid Crystal Display) Monitors & Televisions
- LED (Light Emitting Diode) Monitors & Televisions
- Plasma Televisions
- Projection Televisions
- Laptop PCs/ Tablet PCs
- DVD Players with 4' Screen or Larger

Computers, Servers & Components

- Desktop PCs
- Servers
- Network Equipment
- Main Frame Computers
- Telecom Equipment
- Circuit Boards
- Hard Drives
- PDA/ Cellular Phones
- Power Supply Units

Office Products

- Printers (Remove paper, toner & ink cartridges)
- Copiers (Remove paper, toner & ink cartridges)
- Fax Machines (Remove paper, toner & ink cartridges)

- Multi-Function Devices (Remove paper, toner & ink cartridges)
- Scanners

Consumer Electronics

- VCRs
- CD Players
- Calculators
- Telephones
- Cell Phones & PDAs (batteries CAN stay in)
- Digital Cameras
- Stereo Equipment
- Electronic Cables
- Video Game Consoles
- Small Kitchen Appliances such as mixers, toasters, and microwaves (with plate removed)
- Car Stereos
- Computer Peripherals

Batteries MUST be removed from all electronics except cell phones.

SRCC reserves the right to deny donations from select individuals or businesses

**SRCC will monetarily penalize the Adult Buddhist Association for "NonAcceptable Items" and if the guidelines are not adhered to.

Electronic E-Waste
Free Event



**Electronic
E-Waste**
(Continued)

Items Not Accepted

- All Non-Electronic Waste: Items that do not have BOTH a circuit board and a power cord.
- Techno-Trash including: CDs/DVDs, VHS, Beta, Cassettes, DAT Tapes, Memory Sticks, & Floppy Discs.
- All Batteries: All batteries must be removed from consumer electronic devices. (CEAR will manage and recycle the batteries with a fee. SRCC will deduct battery recycling fee from funds earned).
- All Lamps and Fluorescent Light Bulbs, incandescent Light Bulbs, and Christmas Tree Lights (CEAR will manage and recycle the batteries with a fee. SRCC will deduct battery recycling fee from funds earned).
- Hazardous Household Waste: Paint, Pesticides, Used Oil, Cleaning Supplies, Propane Tanks, Fire Extinguishers, or Tires.
- Contaminated Electronic Waste such as medical equipment that has not been decontaminated.
- Large Household Appliances: Refrigerators, Washer and Dryers, Stoves, Ovens, Water Heaters, Air Conditioners, etc.
- Household Items: Furniture, Cordless Power Tools, Toys, Smoke Detectors.
- All Mercury Containing Devices: Electric Irons, Thermostats, and Switches.
- All Wood, including wood-encased Stereo Speakers.
- Pressurized Containers: Fire Extinguishers and Propane Canisters.
- Solar Panels.
- Radioactive Devices.
- Furniture.
- Vacuum Cleaners.

Contact: Jean Kashiwada (916) 202-5348, ksjkash@aol.com. John Yoshikawa (916) 320-2111, spyron@aol.com.



Sacramento Adult Buddhist Association

Presents

The Tenth Oldies-But-Goodies Dance

Mark your calendar for our next Oldies-But-Goodies Dance, the 10th, hosted by the Adult Buddhist Association on **Saturday, April 15, 2023** at the Buddhist Church of Sacramento, 2401 Riverside Boulevard, Sacramento, CA. Music to be Disc Jockeyed by Don Kazama, who will play the 50's, 60's, & 70's music. Time: **7:00pm – 11:00pm**. Pupus and hosted refreshments will be provided. Tickets are \$15.00 per person.

Masks are not required, but recommended. All attendees must be vaccinated and boosted. Maximum number of attendees will be 200.

PURCHASE YOUR TICKETS FROM:

- Karen Adachi (916) 392-3206/ karenadachi@aol.com
- Grace Hatano (916) 451-7520/ bghat1@sbcglobal.net
- Stephen Kashiwada (916) 213-7427/ slkash@aol.com
- Jean Kashiwada (916) 392-0958 / jeankash@aol.com
- Martha Kushida (916) 834-9209/ dockush6@sbcglobal.net
- Bob Nishimoto (916) 422-9415/ BNish@sbcglobal.net
- Tosh Ohara (916) 248-6012/ toap@sbcglobal.net
- Misa Oshiro (916) 427-5059/ cmkoshiro3@msn.com
- Mike Ota (916) 213-8558/ caz3311@yahoo.com
- Ruth Seo (916) 425-0791/ rseo@att.net
- John/Elaine Yoshikawa (916) 383-4755/ spyron@aol.com.

You can pay for your tickets through one of our members or pay at the time of the dance.

Please let one of us know that you'll be attending for head count purposes.

If you have 8 or more people in your group & want to reserve a table, let us know.

Sakura Gakuen Adult Class

Masako Thomas, Dean



March Schedule of Events

Are you ready to plan a trip to Japan? We decided to open another “Travel Japanese” class in March. The class meets once a week on Tuesday evenings: March 7, March 14, March 21 and March 27. No prior knowledge of Japanese is needed, but we teach you some basic Japanese to enjoy your trip, as well as some trip tips. Tuition is \$60.

All the adult classes are online Zoom classes with live teachers. The classes are held once a week on Mondays, Tuesdays or Wednesdays. If you know some Japanese, you may join an ongoing class anytime as long as there is a space.

Please register online from the Sakura Gakuen website: <https://sakuragakuen.org/classes/adult-classes/>

Contact Mrs. Thomas for adult class (age 18+) by email: thomas@sakuragakuen.org.

For the youth program, contact Mrs. Tomomi Flesuras: tomomi.sakuragakuen@gmail.com.

Saturday, March 4

Sakura Matsuri Food & Shopping Faire

- Shopping Faire, 9:00 a.m.–3:00 p.m.
- Food Faire, 10:30 a.m.–1:30 p.m. (Preorder online; limited quantities available on day of event.)

Sunday, March 5

- Family Dharma Service, 9:30 a.m. – Reverend Matt
- Dharma School Classes, 10:15 a.m.
- Shotsuki Hoyo Service, 10:30 a.m. – Reverend Yuki

Monday, March 6

- Monthly Chanting Service, 10:00 a.m. – Reverend Yuki
Light refreshments after service

Saturday, March 11

- Cub Scouts & Boy Scouts: Drive-thru Canned Food Drive, 11:00 a.m.–2:00 p.m.
- JYBA Spaghetti Feed, 6:00 p.m.–9:00 p.m. Tickets are \$12 each; \$8 for children 8 and under and can be purchased in the Betsuin Office or by contacting JYBA Advisor Matt Nitta, matthewn22@gmail.com

Sunday, March 12

- Family Dharma Service, 9:30 a.m. – Reverend Yuki

Wednesday, March 15

- ****NEW SERVICE****: Dharma Service for Seniors, 10:00 a.m. – Reverend Matt
Nokotsudo will be open for visiting
Light refreshments after service

Thursday, March 16

- ON ZOOM, 6:30 p.m. – Health & Wellness Series: “Seasons Change” with Dr. Shannon Suo
“How changing seasons affect our moods”
Register at BetsuinPrograms@buddhistchurch.org

Sunday, March 19

- Spring Ohigan Service, 9:30 a.m. – Reverend Matt
- Dharma School Classes, 10:15 a.m.

Sunday, March 26

- Family Dharma Service, 9:30 a.m. – Reverend Matt

March 28, 7 p.m. via Zoom

Yogācāra, often translated as Consciousness Only (J:唯識Yuishiki), is one of the main streams of Mahayāna Buddhism along with Mādyamika (Middle Way). Since one of my teachers preferred the translation Representation Only rather than Consciousness Only, I will use the translation Representation Only in this series.

Representation Only often is referred to as Buddhist Psychology because its uniqueness is to understand how our mind works from Buddhist perspective. The Thirty Verses on Representation Only written by Bodhisattva Vasubandhu (around 400–480) is one of the best texts to study the understanding of Representation Only and I hope we are able to deepen the understanding of Mahayana Buddhism together through this course.

Lecture Schedule

- Lecture 6: Verses 26–30 Steps of Practices

Please RSVP to BetsuinPrograms@buddhistchurch.org.

30 Verses on Representation Only (Bodhisattva Vasubandhu)

Rev. Yuki Sugahara
Oregon Buddhist
Temple



**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

**Seasons Change
How the Seasons Affect Our Moods**

Thursday, March 16, 2023 – 6:30 p.m.



Dr. Shannon Suo
Family Physician and Psychiatrist

**Balance with Belly Breathing to
Increase Stability**

Thursday, April 20, 2023 – 6:30 p.m.



Monica Altieri
ACSM Certified Health/Fitness 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, 7 p.m.–8:15 p.m.

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



Courtyard Refreshments

We appreciate the following groups/members for providing refreshments, monetary donations, or assistance for our Sunday morning courtyard refreshments:

SBWA (1/22/23)

- Keith Kato
- Shirley Kato
- Jane Komure
- Misa Oshiro
- Yvonne Ishimoto
- Barbara Nakatomi
- Esther Hokama

Scout Sunday (2/5/23)

- Marty Sakata
- Kim Sakata
- Matt Atajar
- Scout Parents

ABA (2/12/23)

- John Yoshikawa
- Elaine Yoshikawa
- Jean Kashiwada
- Stephen Kashiwada
- Amy Wong

A special thank you is extended to Marty Sakata and Gordon Nitta for coordinating the courtyard refreshments every Sunday.

SAKURA MATSURI

FOOD & SHOPPING FAIRE

Saturday, March 4, 2023

Featuring:

Grandma's Attic

New & Gently used Japanese items:

vintage Japanese dolls, doll cases, tea sets, dishes, serving platters, vases, framed art, small appliances, and much more!!

&

a variety of handcrafted items by local vendors

SHOPPING FAIRE (INDOORS):

9:00 AM -3:00 PM

FOOD FAIRE (OUTDOORS):

10:30 AM -1:30 PM or until sold out

Pre-Sale Orders will also be accepted online through March 2, 2023 at buddhistchurch.org

A limited supply of food items will be available on the event day

BUDDHIST CHURCH OF SACRAMENTO

2401 RIVERSIDE BLVD. 95818 || (916) 446-0121

2023 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	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



- Ernest YamamotoDecember 12, 1947–November 28, 2022*
- Alfred Dote.....June 28, 1928–December 30, 2022*
- Alice Kataoka.....June 3, 1931–January 10, 2023*
- Darryl Kuroko.....March 25, 1947–January 31, 2023*
- James KawanoJune 16, 1929–February 9, 2023*

Chanting Service

Kelly Gartman
Chair, Religious & Education Committee

Reverend Yuki will begin offering a chanting service that will focus on the chanting of Shoshin Nembutsu-Ge (Shoshinge) and the wasans written by Shinran Shonin. The service also will include a short dharma message and close with the letter of Rennyo Shonin. These services will be held on the first Monday of each month at 10 a.m. (In May, this service will be on the second Sunday, May 8.)

If you are interested in more information about this service, please send an email to: betsuinprograms@buddhistchurch.org.



Start your day with the chanting of Shoshin Nembutsu-Ge (Shoshinge) Hymn of True Shinjin and the Nembutsu

正信念仏偈

Please join us on the first Monday of each month
(March 6, April 3, May 8, June 5)
10:00 am in the Hondo

Please register or if you have any questions, contact BetsuinPrograms@buddhistchurch.org
Buddhist Church of Sacramento, 2401 Riverside Blvd, Sacramento, CA 95818

New and Expanded 529 College Savings Plan Wayne Kurahara

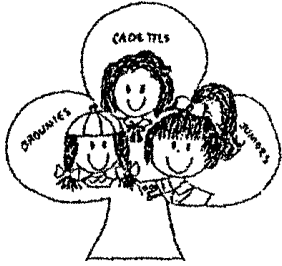
The Betsuin 529 College Savings Plan will be expanded this school year to include all Betsuin youth including members of the Dharma School, Betsuin Sports Program, Cub Scouts, Boy Scouts, Girl Scouts, Sakura Gakuen, and Jr. YBA. This program is intended as a savings plan for college and vocational training. ABA (Adult Buddhist Association) will make a \$100 matching contribution per school year to 529s of Betsuin youth.

Information and application for this program appears on the church website at: <https://www.buddhistchurch.org/internal-event/betsuin-529-college-savings-plan>.

This program is funded by the ABA Scholarship Education Fund. ABA administers this fund and the Betsuin 529 College Savings Plan on behalf of the Betsuin. Donations to the fund are greatly appreciated.



Girl Scout Troop 569
Karen Kurasaki



Cookie season is in full swing! 569 scouts kicked off the 2023 cookie selling season with the first in-person cookie rally event since 2020. Check out some of our newest and youngest cookie entrepreneurs on the scene!



Older scouts — Juniors, Cadettes, Seniors, and Ambassadors — did a nice job passing on their knowledge about safety, counting change, marketing, and setting business goals to the Daisies and Brownies.

February 18 is the big day when scouts will pick up their cookies. Get ready to bite into your favorite cookie! Is it Thin Mint or maybe Peanut Butter Sandwich?

If you still want to order, it's not too late. Cookies are \$6 per box and all the same great flavors are available.

You can support Troop 569 by emailing your order to 569cookies@gmail.com. You can also find our

scouts selling cookies in the courtyard after service through March.

You can also place your order online using this link: <https://app.abcsmartcookies.com/#/social-link-landing/571eef3-0569-4e31-b756-d6a01cb2e37c>.



Online orders can be "girl delivered" by a 569 scout to addresses in the Sacramento area or shipped to you directly from the baker for a shipping fee.

The newest flavor, Raspberry Rally, is available only online via direct shipping.

Our 569 Daisies 1 have been busy working on badges and learning about why it is important to respect authority in our community.

They visited Sacramento Fire Department Station 8, where they learned about how firefighters help people during emergencies and the importance of fire safety.

Daisies 1 extends a special thank you to Fire Fighter Tiana and Station 8 for the wonderful experience and all they do to keep our community safe.

Thank you for supporting Troop 569!

**Clothing Drive
for Zak's Closet**
Kianna (Kai) Nakaoka



My name is Kianna (Kai) Nakaoka and I am the first Eagle candidate of Troop 50G. I will be working with Zak's Closet, a branch of the Lutheran Social Services (LSS) of Northern California.

Zak's Closet provides a safe space for LGBTQ+ youth, to have a one-on-one appointment to shop for free clothing, jewelry, makeup, and accessories. Many of these youth are either homeless or have little family support. I am organizing a clothing drive for them as well, collecting clothes, underwear, jewelry and makeup, items that are sorely needed by this organization.

I will be starting the clothing drive on March 5. There will be donation sites set up around the church, and I will also be collecting in person after all March church services.

I am asking for clothing that teens would be interested in and specifically male clothing, beanies, new underwear, belts, and size 8 or over shoes. Jewelry and new makeup kits would also be greatly appreciated.

All donations should be new or gently used. Thank you for any help you might contribute.



**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.

お焼香の双葉聖子、廣田勝子、オーガナイザーの伊藤ロリ、岡崎マイラ、河野ゲイル、案内係の柏木メリアン、松波ステイシー、ビデオの伊藤スチュワート、合唱団の皆様(敬称略)有難うございました。特に90才以上の婦人会メンバーのスライドショー(岡崎/松波)有難うございました。

***2月23日見学「Righting a Wrong」**

場所:Mills Station Arts and Culture Center,
Rancho Cordova

***3月22日カシノ Redhawk**

***4月2日「花まつり法要」** メリズビル仏教会以上のアクティビティはメールで皆様にお知らせしています。多数参加されますようお願いいたします。

婦人会のコミュニティ・サービス・プログラムは現在、ひざ掛けを施設に入居されているシニアメンバーのために作っています。小牟礼ジェーンさんと倉原リンさんがオーガナイズされています。次のプロジェクトはサクラメント州大生のための食品パントリーへの寄付です。詳細はメールで近いうちにお知らせいたします。

次回理事会は3月1日。婦人会メンバーは何方でも参加できます。

Zoom リンク:sbwa2020@gmail.com



新しい週日礼拝

水曜シニア・ダルマ・サービス

来る3月15日より毎月第一と第三水曜日午前10時より
シニアメンバーのために本堂にてダルマサービスを行います。

英語と日本語

日時：毎月第一水曜日

時間：午前10時

講師：菅原先生

場所：本堂

どうぞ第一と第三水曜日のダルマ・サービスにご参加下さい。納骨堂のお参りもできます。サービスのあと茶菓のおもてなしがあります。

英語

日時：毎月第三水曜日

時間：午前10時

講師：浜崎先生

場所：本堂

Sacramento 仏教会

2401 Riverside Blvd.

Sacramento, CA 95818

916-446-0121



サンガ



～3月の予定～

3月 5日 10時半	祥月法要	菅原先生
3月 12日 9時半	日曜礼拝	菅原先生
3月 5日 10時	シニアサービス	浜崎先生
3月 19日 9時半	お彼岸法要	浜崎先生

日本語ダルマ法話会

日時： 3月10日(金) 午前10時より
 場所： 別院クラスルーム
 講師： 菅原祐樹開教使

日本語で法話を聞きたい方は何方でも歓迎！
 連絡先： (916) 296-5619 廣田

理事長のメッセージ

足立カレン

まず初めに、ネバダ州リノ在住のモニカ・Aさんが1月の「Opportunity Drawing」に見事大当たり、おめでとうございます。次回のくじ引きは2月26日に行われます。

2月4日、副会長の田中ゴビーさんとパークレーの浄土真宗センターで開催されたBCA指導者会議に参加しました。BCA傘下のお寺の指導者達と交流する機会を持ち、他のお寺もパンデミック以来サクラメントと同じような問題を抱えていることが分かりました。BCA総長の原田マービン師が腕を振ってご自慢のおでんをご馳走して下さいました。

2月5日はスカウトサンデーを開催、3年振りの対面で行われ、本堂は満員でした。ゲストスピーカーのジュリー・ウエン・ギュテレスさんは50Gのリーダーとウエスト・サクラメントのガールスカウトのリーダーを兼ねていて、熱のこもったメッセージから活気のあるエネルギーを感じました。スカウトサンデーをオーガナイズされた大下パティ先生と田中ゴビーさんに感謝いたします。

2月6日(月)菅原先生による読経サービスが10時から始まり、正信偈を唱え、その後法話があり、蓮如上人のご文書を読んで終わりました。京都の西本願寺では毎日正信偈を唱え蓮如上人のご文書を読むということです。私個人としては、忙しい毎日の中で正信偈を唱えることはリラックスする機会でもあり、頭の中をクリアすることができるブレイクタイムです。読経サービスのスケジュールは3月6日、4月3日、5月8日、6月5日です。

1月の別院理事会は停電と悪天候のため延期となり2月7日に2020年以来初めての対面ミーティングで、倉原れい子さんがお雑煮をご馳走してくれました。倉原れい子、秦野グレース、倉原リン、吉川イレーンの皆様有難うございました。(敬称略)又、柏田ステイブ、倉原ウエイン、太田マイケル、吉川ジョンの皆様お手伝いとクリーンアップ有難うございました。(敬称略)

2月11日はコミュニティ活動の一環として映画「NoNo Girls」を本堂に大きなスクリーンを設置して上映。この映画製作者でありオレンジカウンティ仏教会のメンバーでもあるポール・ダイスケ・グッドマンさんが出演者の一人タシマ・クリスさんや家族とともに参加しました。

お知らせ

3月15日から毎月第一と第三水曜日の午前10時より、シニアのためのサービスを行うことになりました。第一水曜日は英語と日本語で、第三水曜日は英語だけです。納骨堂にお参りすることも出来て、ABAの有志による接待があるそうです。

終わりにこのメッセージを1月に亡くなられた片岡アリスさんに捧げたいと思います。片岡さんは長年別院のエルダーとして、又、婦人会の会長さんを務められた後、アドバイザーとして貢献されました。



婦人会ニュース

加藤シャーリー

新会員歓迎：クリフ・アダムス、網岡アン、みき・アスカナス、ダイアナ・バチェラー、ニシナ・ポリーン、西尾アイリーン、尾崎リコ、高田クリステイン、ノリ・テイボン (敬称略)

2月の理事会にて、倉原リン、中野ロリーン、内田バジニアの3人が婦人会アドバイザーに選ばれました。

2月12日に婦人会主催「浄土真宗の女性達の法要」が行われました。ゲストスピーカーのBCA理事長大森テリーさんからビデオでメッセージを頂きました。菅原先生を始め、司会の河野ゲイル、