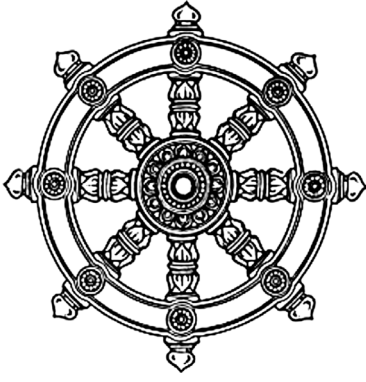


**Resident
Minister**
Rev. Matt Hamasaki



This message was given for Spring Ohigan

I recognize that at a majority ethnically Japanese American church, I do not need to speak about why it is wrong to hate Asian Americans. However, I do feel that because of the recent media spotlight on violence against Asian Americans, it is vital for me to address it. I intentionally say recent because this is nothing new. There has been violence against Asians in America since there were Asians in America. There have been small stretches of time that the violence has been highlighted less, but it has always been there. It is indicative of a larger problem of our nation. We are again entering a time where it is convenient to place blame on a group of people simply because of the way that they look. This has happened time and time again and it is nothing new for Asians to be targeted. Obviously, we want this cycle to stop. So, if this history is cyclical, how do we change it?

As Jodo Shinshu Buddhists, what is first and foremost is to look at ourselves. How are we feeling about what is happening to our community? I cannot speak for everyone, but perhaps you relate from my experience. Afraid for our safety, especially the safety of our elder population. Angry at those who would condone and perpetrate such despicable acts. Sad from how our hearts hurt for the families who have had loved ones attacked and lost. It is imperative for us to take the time to recognize these feelings and emotions within us. Because as Jodo Shinshu Buddhists, after we look inside, we must look out to the world and people around us.

(Continued on page 2)

Buddhist Church of Sacramento
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Sacramento, CA 95818

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SANGHA

Sacramento Buddhist Church **Volume 58 Number 5 – May 2021**

**Sacramento
Betsuin**
2401 Riverside Blvd.
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Resident Minister (Continued)



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When George Floyd and Breonna Taylor and so many others died, both in recent memory and throughout the history of this nation, the Black community's hearts hurt together. When families are separated at the border, the Latinx and Hispanic community was furious with the policies that separated them. When the Twin Towers fell on 9/11, the Muslim community was afraid for the safety of their population. To see the reality of our existence is to recognize that the emotions we feel are the very same emotions of any minority group in the nation — that we all face discrimination, violence and hate; that we all suffer at the hands of a society that would be happy to ignorantly and mistakenly blame a particular group of people for the problems they're facing.

To try to find a solution to this, how fitting is it that today is our Ohigan, the service of the Other Shore. The explanation of the name of this holiday is that the Other Shore is the shore of enlightenment and the shore we're on is the shore of this world of suffering. The teachings of the Buddha are the raft that will take us there. I would like to focus on this raft and my interpretation of it in the difference of a Mahayana path and a Theravada path. There was a large separation in Buddhism between Mahayana and Theravada in terms of their focus as Theravada, the school of the elders, was concerned about individual enlightenment whereas the Mahayana, the Great Vehicle, was interested in the enlightenment of all beings, hence the name Mahayana.

We are one of the many schools of Buddhism that belong to Mahayana and, in my opinion, the one that is most open to all people. In my mind's eye, our raft, the raft that will take us to the Other Shore, to True Reality, is the biggest. It has room for everyone. Looking at the other metaphorical rafts, some rafts may be big enough for one person. Some rafts may be big enough for entire communities. But our raft is big enough for everyone and the only way we can make it, the only way we would want to make it, is if we have enough people on board.

The lesson I believe we can learn from this teaching is that the only way for us to stop violence and hate against the Asian American community is if we stop violence and hate against all communities. To try to protect only one community is a vain attempt and will lead to only evanescent relief. It will temporarily relieve the symptoms, but not remove the cause and, inevitably, the pain will return.

Should we speak out against Asian American hate? Absolutely. As Asian Americans, it is important for us to be the leaders and the loudest voices. But it can't stop there. We must support other minority groups in their efforts to challenge systemic American discrimination. Like I mentioned earlier, if we truly look at ourselves and the feelings we have, we see that they are no different than those felt by the other marginalized communities. And the only way we can make real, lasting change is if we stand together against systemic racism.

In the spirit of Ohigan, of Mahayana, of Jodo Shinshu — none of us are safe until all of us are safe and in the words of civil rights icon Fannie Lou Hamer, nobody's free until everybody's free.

After several months of planning in mid-to-late 2020, the Betsuin's Reopening Committee established protocols to open the Nokotsudo for families to safely visit their loved ones. Unfortunately, just as we were going to make the announcement in the December SANGHA, Sacramento County moved to the purple or "widespread" tier and we were unable to move forward with our plans.

More than four months passed. Sacramento County finally improved to the red or "substantial" tier and that made it possible for us to begin scheduling private reservations for Nokotsudo visits in mid-April. We first opened the invitation to those families who had been on a waiting list to be notified. In recent weeks, with feedback from those visiting families, we have been able to fine-tune our safety practices and are now ready and excited to be able to offer the reservations to our wider sangha audience!

Reservations are available for 30-minute appointments on Mondays (except for the last Monday of each month), Thursdays and Saturdays (please allow a minimum of three days to make your reservation; drop-in visits cannot be accommodated). Six guests may enter the Betsuin and the Nokotsudo and visits are scheduled at the top of each hour. This allows for complete cleaning and disinfecting between reservations. The well-being of our guests and staff are a top priority; we have implemented changes, including touchless hand sanitizer and paper towel dispensers, and air purifiers, to help ensure a safe environment.

The BEST way to request a reservation is to use this link: <https://www.buddhistchurch.org/post/nokotsudo>. It will take you to our website and the reservation form. Confirmations will be by email within 48 hours. With your confirmation, you will receive additional information to ensure a smooth and easy visit. If you do not have email or internet access, please call the Betsuin Office at (916) 446-0121, and leave a voicemail message. Our office staff will call you to schedule your appointment and to go over important details.

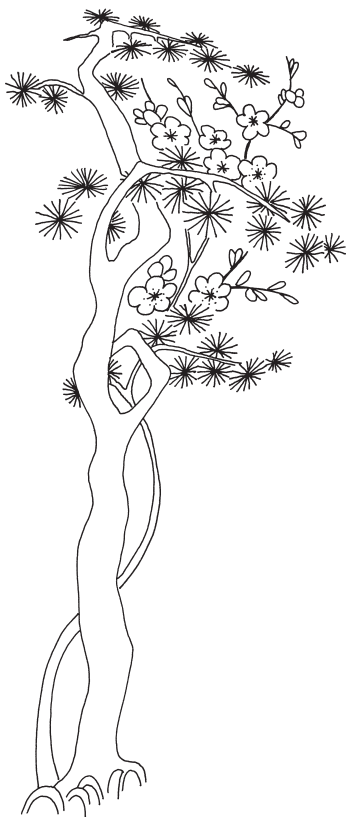
In a fun bit of news to share, especially with many of our longtime members, I recently had a brief text chat with Reverend Peter Inokoji-Kim! Reverend Peter or "RP," as he is affectionately known, served our Sacramento Betsuin alongside Reverends Bob and

President's Message
(Continued)

Patti Oshita and retired a few years before they did. Reverend Peter said he is doing well and staying healthy and he asked me to "tell the Sacramento Sangha I said 'hello'!" Always such a nice surprise, especially in this age of the pandemic, to have the chance to touch bases with old friends and to find they are doing well. As with so many of you, it underscores our deepest wishes to be able to gather and visit with each other, something that we all miss more and more as each day passes.

We are so glad that we are finally able to offer Nokotsudo visits once again. For the Betsuin, it marks a small, but important step in moving forward through the COVID-19 situation. Please stay safe and healthy... get your vaccination appointments set up! Be sure to join us virtually every Sunday at 9:30 a.m., for our Dharma Services on Facebook Live. Calendar yourself to join us for the virtual Thursday Night classes and workshops which provide us all with another avenue to connect with each other.

Sacramento Buddhist Women's Association
Barbara Nakatomi
President



Hello SBWA members and Sangha members:

As we learn in Buddhism, everything is in constant change. Ready or not, we realize this every day as the world around us changes. During the pandemic when it seemed that the world was slowing down, we still witnessed changes that showed us things would never be the same.

Because of recent events, I think it's important for us to stay alert to our surroundings and think ahead to situations and how we can be safe and responsible. The world as we know it has become more unpredictable and potentially dangerous. In the late 1970s, I taught self-awareness and defense to women who felt vulnerable to personal attacks. Today it seems no different — only on a wider scale.

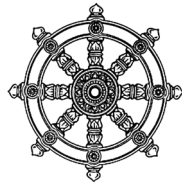
On April 10, I enrolled in a virtual class offered on Zoom by IMPACT Bay Area (<https://www.impactbayarea.org/>) on Handling Race-Based Harassment While Staying Safe. It was an excellent class presented by Linda Leu and Adriana Lee. They have ongoing classes and I invite you to look and see if one will give you insight into keeping yourself safe and empowered. It was particularly interesting that they taught no "right" or "wrong" things to do, but first, to check in to your own internal awareness in assessing if something is a threat or rude behavior that may later rise to the level of threatening. Trusting your internal skills of intuition first and then being aware of not only the situation but also your surroundings... where you are, who can you solicit to help, how you can best help yourself. The scenarios can be endless. I came away reminded that the solutions are also many. For example, using your voice and just talking, cell phone, body language, retreat, recruiting others by yelling, creating a distraction, and many more. Nice food for thought to be prepared. Please stay very aware and safe.

You may also be interested in this Livestream highlighting the victims of recent targeted violence. If you go to the link, you will see the consciousness that will be presented.

A National Buddhist Memorial Ceremony for Asian American Ancestors

Tuesday, May 4, 2021 4 p.m. PDT
<https://www.maywegather.org/livestream>

For more information, contact Higashi Honganji
<https://higashihonganjiusa.org/2021/04/13/>



Welcome New Members
Elizabeth Abbott-Grasso



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 Family Of



Roy Tatsuo Uda.....January 4, 1928-February 28, 2021

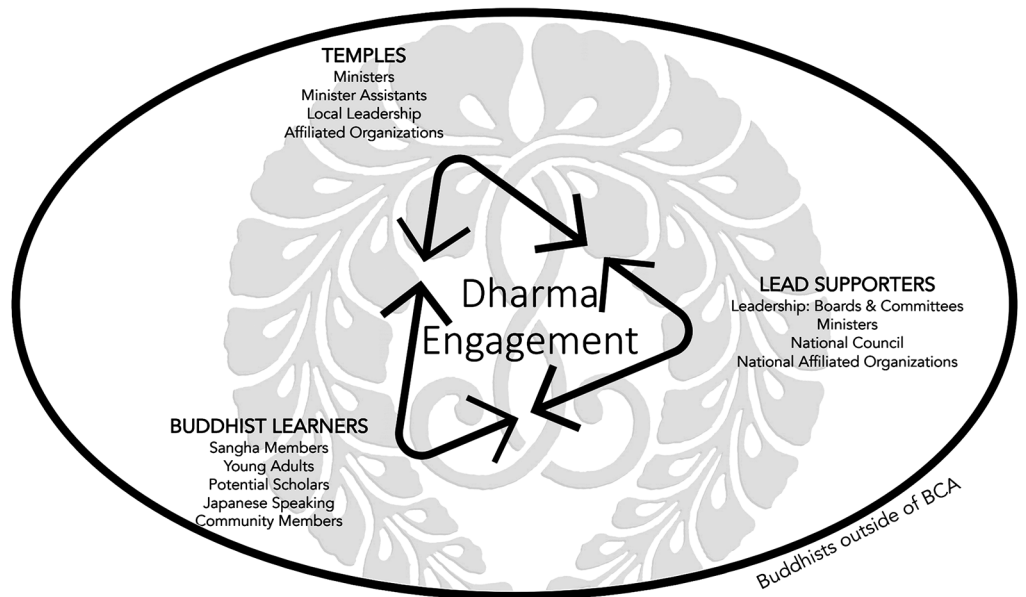
**Legacy
Endowment
Fund**
Pat McLafferty

おかげさま

Dharma Forward: A Timely and Dynamic Opportunity

Dharma Forward is an initiative of the Buddhist Churches of America (BCA) and the Institute of Buddhist Studies that looks both inside our Shin Sangha for inspiration, tradition and the heart of Shin teachings and outside for new means and messaging to propagate the Dharma.

The illustration below tells the story of Dharma Forward actively and purposefully involving our temples, leadership and sangha members to strengthen our sangha and to meaningfully engage Buddhists and others who are open to a new tradition or spiritual path to enrich their lives.



This initiative enjoys the full support of the BCA Endowment Foundation, Minister’s Association and of course the BCA Board and the staff and management of the Institute of Buddhist Studies. It is an “all hands” effort worthy of your support and your engagement.

The initiative seeks to assist in funding critical projects to keep our Jodo Shinshu institutions and facilities up to date, but in my opinion, more importantly to actively look outside of our sangha “circle” (really an oblong) to a greater public.

As we know, organized religions are seeing reduced numbers as people look for less dogmatic spiritual paths. (Pew Research has very relevant surveys and reports on this phenomenon.) While this presents a very real challenge for our temples to stay healthy and to maintain vibrant sanghas, it is also a genuine and immense opportunity.

Dharma Forward seeks to reach out to those growing numbers of individuals who are seeking a different spiritual path and to offer the Shin Dharma in ways that preserve and enhance our traditions as well as to engage this emerging group of seekers in ways that are meaningful to them.

Highlights of Dharma Forward’s activities that support this outreach:

Education & Programs and Support Technology & Outreach

- Digital resources and publications to share Shin Buddhism;
- Minister education and training;
- Dharma-centered programs for members, youth and the public;
- Marketing and outreach team to grow our digital presence;
- Video production studio at the Jodo Shinshu Center;
- BCA Tech Squad to assist temples;
- New equipment to facilitate distance learning and online events.

Thanks to the Betsuin’s Board, ministry staff and in particular Stuart Ito, we have instituted new outreach, to our sangha as well as to the public through our greatly enhanced video and digital capabilities. But we still have a way to go.

Our membership needs to grow to create a long-term sustainable sangha that nourishes not only our sangha but is also a valuable resource and engaged partner with our larger Sacramento area community and organizations that share our commitment to diversity, social justice and compassion.

While our Legacy Endowment Fund is a great way to support our local efforts in these areas, Dharma Forward provides another avenue to participate in a meaningful way. The following link is to Dharma Forward’s pledge form: <https://www.buddhistchurchesofamerica.org/dharma-forward>.

Our sangha of Shin Buddhists is a small community in the overall picture of organized religion in America. But it is a potentially powerful force in creating a more just and compassionate society and happier people.

Each temple and Shin organization is critical to this effort. Your support, either by participating or contributing or both, is meaningful and greatly appreciated.

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.

Adult Buddhist Association
Keiko Jean Kashiwada
ABA President



John Yoshikawa
ABA Vice President



Save the Dates!
Virtual Obon
and Bazaar At
Home Edition
Karen Adachi

Fundraising Committee:
11th Annual
SBC Golf
Tournament
Richard Kai



ABA is excited to learn that the Nokotsudo will be open to the church members in the near future. I served on the Nokotsudo Reopening Committee and we have made efforts to make sure that your visit will be safe during the COVID pandemic. The visitations will be by appointment only and families will be asked to follow the current COVID guidelines and to wear masks.

Due to the recent Asian hate crimes, ABA Vice President John Yoshikawa arranged a meeting with representatives from the Asian Community Center; the Sheriff's and Police Departments; Florin, Gold River and Sacramento JAACL chapters; University of California, Davis students (Japanese American Student Society); and representatives from Congresswoman Doris Matsui's office to discuss and possibly implement a "senior escort service."

We met on April 15 via Zoom and are working to address the current hate crimes and the current fear that our Asian seniors are experiencing. The representatives from law enforcement asked that we all report any type of harassment or attacks that we experience or see.

If you see anything and don't want to contact law enforcement, you may contact John Yoshikawa, spyron@aol.com or (916) 383-4755, or Jean Kashiwada, ksjkash@aol.com or (916) 392-0958. We will relay the information. Our committee will be reaching out to other cities that have had successful programs, such as the one we are proposing, to help us establish one in the Sacramento area. In the meantime, please go out with a family or friend ("Safety in numbers," as suggested by the Sheriff's Office) and always be aware of your surroundings.

Let's keep our COVID infections and deaths down by continuing to wear our masks and practice social distancing. We all look forward to going back to the temple again for services and activities.

The Buddhist Church of Sacramento will be hosting Obon and Bazaar virtually again this summer. In deep consideration for the health and safety of our sangha and the community, the decision has been made to host these events online.

Please save the dates:

- Saturday, July 10: Virtual Obon Odori Festival
- Sunday, July 11: Hatsubon Service
- Saturday, August 14: Bazaar At Home Edition

Stay tuned for more details on both these annual summer events!



The Board of Trustees invites its sangha members and families, as well as friends of the Betsuin to participate in the upcoming 11th Annual Sacramento Buddhist Church (SBC) Golf Tournament scheduled for play at the Dry Creek Golf Course on Thursday, July 29, 2021. This event is a major fundraising activity organized by the Fundraising Committee of the Sacramento Buddhist Church.

Yes, we're back. The pandemic shelved the fundraising event for a year, but the Golf Committee wants to let everyone know that this popular event is on for 2021 with a few changes.

- First to note, is the change in venue. The 11th annual event will be held at **Dry Creek Golf Course**, located in Galt, California.
- The second change is the date of **Thursday, July 29, 2021**.
- Lastly, there will not be a luncheon banquet at the Kaikan. Instead, **Bento Boxes** will be issued to our players and guests following the completion of play.

The committee had to make several adjustments for the 2021 tournament due to the current statewide health precautions and local food service restrictions that continue until the COVID-19 virus is fully under control.

The event offers several options for the players and sponsors to make donations to the SBC, including three sponsorship levels with each providing complimentary entry fee(s) to the tournament. The Gold Sponsor level includes four complimentary entry fees to play in the tournament. Silver and Bronze sponsorships include two and one complimentary entry fee(s), respectively. The committee will post a display of the donor's name and sponsorship level at the tee grounds of selected holes.

The number of players for this event is limited and the Golf Committee anticipates a full field of golfers, so be sure to submit your entry form as soon as possible. We look forward to another fun tournament and delicious luncheon for all those who participate and support this fundraising event.

Information fact sheets about the golf tournament, sponsorship levels, playing format and scoring, along with the tournament entry forms are available on the Betsuin's website, www.buddhistchurch.org. Electronic copies will be emailed to past participants as well. Entry forms, along with any questions and/or comments about the 2021 event can be sent via email to the Golf Committee at betsuingolf@gmail.com. The temple office staff can provide general information about the event.

Thursday Night Medical Series: 'Living Each Day Well'



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

Eye Health and Wellness in 2021

Thursday, May 20, 2021 - 6:30 p.m.
Zoom



Dr. Stephanie Yoshimura
Optometrist

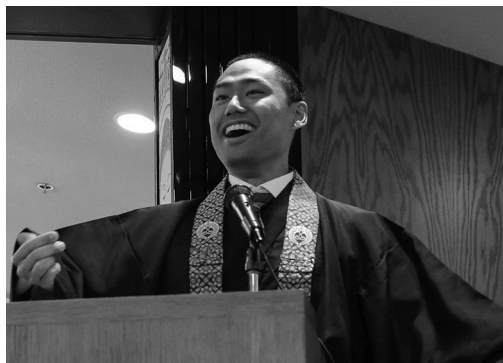
Monthly Thursday Night Buddhist Class



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
May 27, June 24

Please RSVP to BetsuinPrograms@buddhistchurch.org

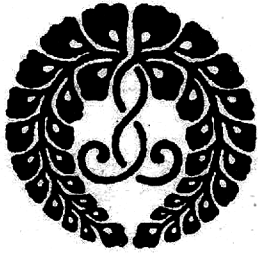
Buddhist Church of Sacramento,
2401 Riverside Blvd., Sacramento, CA 95818

No Memorial Day Weekend Services

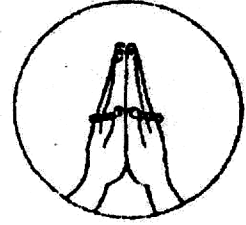
There will NOT be any cemetery visitation services on Memorial Day weekend, 2021.

In 2019, services were held at Vacaville-Elmira Cemetery, Suisun City (Rockville) Cemetery, Odd Fellows, Sacramento Memorial, East Lawn (Folsom Blvd.) and Winters Cemetery, as well as the Sacramento Betsuin Nokotsudo.

We look forward to offering the Memorial Day weekend services again when the pandemic is behind us.



サンガ



オンライン・サービス (FACEBOOK LIVE)

5月の特別法要予定

5月1日(土)11時 祥月法要 秦野グレース先生

5月23日(日)9時半 降誕会法要 浜崎マツ師

問い合わせ: betsuinprograms@buddhistchurch.org

会長のメッセージ

中富バーバラ

仏教の教えにあるように万物は常に変化しています。私達は毎日身の回りに起こる変化を認めざるを得ません。パンデミックの間、世の中がゆっくりと動いているように感じましたが、変化が起きて二度ともに戻らないことを見せつけられました。

最近起こったイベントから、私達は身の回りを注意深く見守ること、そして事が起こらない前に責任をもって安全を期することが重要になってきました。世の中は今までより一層予測できない危険な状態になって来ました。私は1970年の終わり頃、女性のための自覚と自己防衛について講演したことがあります。現在もその頃と全く変わっていない、むしろ悪い状態がもっと広がったように思えます。

去る4月10日に私はオンラインで Zoom by **IMPACT Bay Area** (<https://www.impactbayarea.org/>) が提供している「安全を期しながら差別をもとにした嫌がらせにどう対応するか」というクラスを受講しました。リンダ・ルーとアドリアナ・リーの二人の講師による素晴らしいクラスでした。私はこのクラスを強くお勧めします。そしてこのクラスが皆様に自己防衛の自覚を与えてくれるかどうか試してみてください。

特にこのクラスで興味深かったことは何が正しいか正しくないかを教えるのではなく、第一に自分の意識の中に何が脅迫か或いは無礼な行いが脅迫になる恐れがあるのかを評価する自覚があるのかを知る事です。最初に自分の直観を信じて、更に、状況だけでなく自分の周り: 何処にいるのか、誰に助けを求めるのか、どうすれば最良の方法で自分自身を守れるのかを自覚することです。シナリオは数えきれないほど色々あります。解決策もまた、数えきれないほどあることに気が付きました。例えば、自分で声をだして喋り続ける、

携帯や身振りを使う、逃げる、叫んで助けを求める、注意を反らす、等々です・・・。

又、興味のある方は5月4日午後4時から以下の Livestream をオンラインでご覧ください。

最近の人種差別の暴力行為で犠牲になった人達を追悼するものです。

<https://www.maywegather.org/livestream>

納骨堂再開のお知らせ

新田ゴードン

別院再開委員会は四月より納骨堂の再開を少しずつ試みて来ましたが、この度、納骨堂訪問は以下のように決まりました。

お参りの時間制限は30分、予約は月曜日(毎月最終月曜を除く)、木曜日、土曜日で必ず3日以上前に予約すること。予約なしのお参りは出来ません。お参りは6人に限ります。詳細はウェブサイトの予約申込書に記載されています。納骨堂は1時間毎に衛生管理をいたします。消毒液、紙タオル、空気清浄器などを設置して安全確保に力を入れています。

納骨堂を予約する最善の方法はこのウェブサイト <https://www.buddhistchurch.org/post/nokotsudo> を使うことです。48時間内に確認のメールが送られてきます。同時に必要な詳細事項も送られてきます。メールをされない方は別院事務所(916-446-0121)に連絡メッセージを残して下さい。折り返し事務所のスタッフから連絡があります。

私達は納骨堂のお参りを再開することが出来て大変嬉しく思っています。パンデミックの状況のもとに、これは別院にとって重要な前進に向けての第一歩です。どうぞ引き続き感染予防対策を守って健康でいてください。また、ワクチン接種していない方は1日も早く受けて下さい。

毎週日曜日午前9時半のオンライン日曜サービスをお忘れなく、そして毎週木曜日の夜に行われるワークショップもカレンダーに記して是非参加されますように。 合掌

Translation by katsuko hirotta