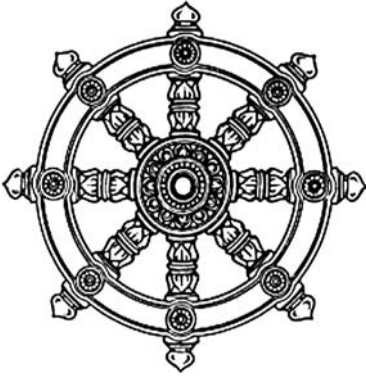


**Resident  
Minister**  
Rev. Matt Hamasaki



In October, we're observing Eitaikyo. The name comes from a shortening of "Eitai-Dokkyo." Eitai means perpetual and Dokkyo means reading the sutras. The purpose of the service is then to read the sutras in such a way that it will be done perpetually throughout time. It traces its origins to more than 300 years ago, and although there isn't an exact historical record for the reason we perform it, other Buddhist sects began performing similar services and so it is consistent with the time period. Centuries preceding that, there have been memorial services for family members on the anniversary of the day of the death, as well as monthly memorial services, and also yearly memorial services. Eventually, there were joint services done monthly and then yearly. Thus, the creation of a yearly memorial service which commemorates more than a single family's loss.

Establishing the how, now we look to the reason why. In creating a service in which we not only recognize the rich history of any given temple but one where we perpetually recite the sutras forever means giving the opportunity to listen to the Buddhist teaching after we have passed away. The only way we can encounter it is because of the past members and the only way the future will be able to encounter it is because of us.

It is a wonderful opportunity to recognize the importance of connecting the past, present and future generations together. One of the greatest heirlooms that we can continue passing down is the dharma and by continually having this service, we promise to keep it going.

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

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# SANGHA

**Sacramento Buddhist Church**  
**Volume 60 Number 10 - October 2023**

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

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

betsuinoffice@gmail.com

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## President's Message

Karen Adachi



Reverend Yuki Sugahara  
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buddhistchurch.org



Reverend Matt Hamasaki  
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### Office Manager

Cindy Kitade

### Office Project Coordinator

Jennifer Nitta

### Administrative Assistant

Kellie Morioka Sato

### Betsuin Office

(916) 446-0121

Even with the busy months of July and August now behind us, our temple continues to stay busy with activities. The month of September included the beginning of our Dharma School 2023–24 term and the addition of two new programs: our Book Club led by Reverend Matt and the beginning of a monthly Adult Buddhist Study Class led by Reverend Yuki, with the History of Buddhism being the first topic. Our October activities include a special service on October 8 (described later in this message), the Cub Scout pancake breakfast on October 15, the start of our Betsuin Family Bowling on October 15, and the Annual Halloween Party and Haunted House sponsored by our scouts for Dharma School students and scouts on October 21.

In last month's SANGHA, I wrote about the devastating wildfires that destroyed the Lahaina Hongwanji Mission. Almost immediately after the news of this tragic event, our temple began receiving generous donations from our sangha members and friends, to be earmarked to the Lahaina Hongwanji Mission to help them recover and rebuild. I have been overwhelmed by the Dana (selfless giving) of so many people. We sent an initial check in the amount of \$8,500 for donations received through August 31. On September 17, we held a kushiyaki bento fundraiser and the sales far exceeded our expectations. Proceeds of this fundraiser, along with more monetary donations, will also be forwarded to the Honpa Hongwanji Mission of Hawaii for assisting the Lahaina Hongwanji. We will continue to accept donations to support our fellow Jodo Shinshu temple. Thank you to ALL who have sent in donations and/or supported our benefit fundraiser.

I'd like to thank Matt Nitta, Gordon Nitta, Marty Sakata, Kim Sakata and many other volunteers for all their hard work to make this benefit fundraiser a success. It was amazing how, in a matter of just 11 days, we sold 897 bentos, not including additional sales on the pick-up day! Orders began flowing in within minutes after we posted the online store and before we even advertised this fundraiser! This told me that so many caring people were looking for a way to help our dharma friends in Lahaina. Thank you to the Nitta and Sakata families for organizing all the cooking, packaging and distributing in such an efficient manner.

On Saturday, September 16, Team Buddhist Church of Sacramento and the ABA Walkers participated in ACC's Ohana Walk 2023. Team Buddhist Church of Sacramento consisted of 37 walkers and the ABA Walkers had 24 walkers, for a total of 61 total participants! In addition, four of our church organizations — ABA, Girl Scout Troop 569, Jr. YBA, and the Betsuin/SBWA — volunteered at four of the six checkpoint stations. As a participating nonprofit organization, our temple will receive 50% of the total pledges received by both teams. The preliminary total pledges received for both teams was over \$6,500, of which 50% will be awarded to our temple. Because many of our sangha members reside in ACC's Greenhaven Terrace and Maple Tree Village, the Board of Trustees has decided to earmark the proceeds of the Ohana Walk to support the Wednesday morning services, to help ABA defray the costs of transportation via ACC Rides and after-service refreshments to all attendees. Thank you to all donors who have supported our two teams and this important fundraiser for ACC Services. We wish to thank ACC Services for generously including our temple as a beneficiary of their fundraiser.

On Sunday, October 8, the Northern California Ministers' Association will sponsor a special service at our temple, commemorating the 800th anniversary of the establishment of Jodo Shinshu Buddhism and the 850th Birthday of the founder of Jodo Shinshu Buddhism, Shinran Shonin. This special occasion was also celebrated at our head temple in Kyoto, the Nishi Hongwanji, during the month of May (Shinran Shonin's birth month). For our special October 8 service, our Northern California temples are honored to have Reverend Marvin Harada, Bishop of the Buddhist Churches of America in attendance, and Reverend Dr. David Matsumoto, President of the Institute of Buddhist Studies (IBS), as our guest speaker. A continental breakfast will be provided in the Kaikan before the 10 a.m. service, and after the service, a light lunch will be provided for all service attendees. This service will also be offered virtually on Facebook and YouTube, and it will replace our normal 9:30 a.m. service.

Please enjoy the (hopefully) moderate weather in the month of October, and I look forward to seeing you at church!

## New Members



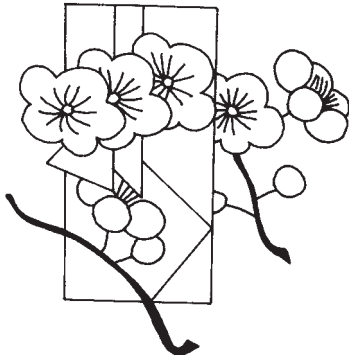
*Welcome New Members*

*Jennifer & Robert Chikasawa  
Blaise Kento Dunahoo*

*Douglas Watkins and Hiroko Watkins*



**Sacramento  
Buddhist  
Women's  
Association**  
Jane Komure  
Executive Council



Welcome to our newest member, Sue Ann Kashiwagi. We now have 21 new members for 2023. Amazingly, our membership includes eight women who are 100+ years old. Another 54 members are 90+ years old. Congratulations to all these women on their longevity.

On September 13, a personal safety class was conducted by Bruce Muramoto, retired chief of police for the city of Winters, California. Our members received valuable information on how to protect themselves and keep safe while going about their normal lives. Bruce's mother, Mitzie, is a longtime member of SBWA.

The Asian Community Center held its second annual Ohana Walk on Saturday, September 16. This year, instead of having our own team as we did last year, SBWA members joined the church team. Walkers chose the length of their walks: 1 mile, 2 miles, or 3 miles. The event ended with a picnic at the ACC campus on Park City Drive.

On October 2, some of our members will carpool to the Fresno Buddhist Church to meet with Reverend Kaz Nakata, who will give us a tour of their new contemporary design temple. Before heading back to Sacramento, we will enjoy a buffet lunch at a local restaurant.

Last year's craft and potluck day was so enjoyable that we will have it again this year on October 5. Last year we made Halloween cards that were pre-cut to help those of us with very little talent in the arts and crafts area. These social events encourage our members to get to know each other and have an enjoyable time in the process. Many thanks to Misa Oshiro for conducting these craft days.

SBWA members are notified through email about all our community service projects and activities (including classes and trips). Please be sure to check your email messages so you don't miss out on the opportunity to join us!

Tanoshimi Kai has started up again. ACC Rides will pick up and drop off people from Greenhaven Terrace and Maple Tree to attend Friday's Tanoshimi Kai at the church. SBWA donated funds to help with transportation costs.

We continue to provide after-service treats on the fourth Sunday of each month. We would like to thank Teruko Matsumura for her generous monetary donation toward the September treats.

Our next board meeting will be on October 4, 2023 at 7 p.m. All members are invited to attend. If you would like the Zoom link, please email [SBWA2020@gmail.com](mailto:SBWA2020@gmail.com).

**The 850th and  
800th Joint  
Celebration  
Service**



The Northern California Ministers' Association welcomes you to attend the 850th and 800th Joint Celebration Service. To commemorate the 850th birthday of Shinran Shonin and 800th anniversary of the establishment of Jodo Shinshu Buddhism, all Northern California District temples are cordially invited to attend this joint service on October 8, 2023 at 10 a.m. (Pacific) at the Buddhist Church of Sacramento.

We are honored to have Rev. Marvin Harada, Bishop of BCA, and Rev. Dr. David Matsumoto, President of the Institute of Buddhist Studies, as our guest speakers.

Continental breakfast (9 a.m.) and lunch will be provided. To assist with a headcount, please RSVP at the link below or use the QR code.

**Sunday, October 8, 2023, 10 a.m.**

**Buddhist Church of Sacramento**

**In-Person and Livestream**

2401 Riverside Blvd., Sacramento, CA 95818  
(916) 446-0121 [www.buddhistchurch.org](http://www.buddhistchurch.org)

RSVP to help with headcount: <https://forms.gle/zbGGWfeDmre9yE187>



**Adult Buddhist  
Association**  
Jean Kashiwada  
ABA President

**NOTE NEW E-MAIL!**

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: **SBCsangha@gmail.com** 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.

**2023 Annual  
Pupu Party  
Benefit in  
Memory of  
Former ABA  
Members  
Wayne Kurahara**

**Sangha Helpers**

Joanne Chew  
Yvonne Ishimoto  
Shirley Kato  
Jane Komure  
Carla Nishimura  
Marlene Ohara  
Linda Otani  
Helen Sakaishi  
Lynn Sunahara  
Donna Wong  
Kathy Yamamoto  
Elaine Yoshikawa

**A**BA had a very busy September supporting our Betsuin and community fundraising efforts. Due to the Labor Day holiday, our September ABA meeting was held offsite at Suzy's Burgers. Thank you, Reverend Hamasaki, for attending the meeting.

Our ABA Board members who are ACC escorts continue to provide escort service to the seniors who enjoy their morning walks in their neighborhoods and also continue to help out at our temple's Wednesday Senior Services. Thank you to Virginia Uchida for bringing the brownies and Elaine Yoshikawa for bringing sugar cookies for the first Wednesday service in September and to Virginia for bringing Mahoroba treats for the second Wednesday service. They were delicious treats to enjoy with the hot tea or to take back home. ABA also pays for the ACC shuttle bus transportation.

ABA had a "Pupu Party" on September 9 to raise funds for our scholastic programs and to honor some of our past ABA members. A special thank you to Rinban Yuki Sugahara and Reverend Matt Hamasaki for conducting the short memorial service. It was a nice opportunity for those in attendance to get to know our ministers and the ABA officers. Thank you to Wayne & Lynn Kurahara for chairing and planning the menu for this event and thank you to the ABA Board and committee chairs for bringing food for everyone to enjoy.

ABA manned a checkpoint table at the ACC Ohana Walk on September 16 and supported both the ABA Walkers Team and the Buddhist Church Team. Thank you for supporting this fun fundraising event. This year, our church teams received one-half of the funds raised by our teams.

ABA participated in the Farm to Fork event on September 22 by providing volunteers at the adult refreshment area from 4 p.m. to 9 p.m. ABA will be receiving a check for \$1,000 for our participation at this event. Thank you, Carolyn Murata, for chairing this activity for ABA.

At the end of the month, some ABA and Betsuin members provided manpower for the Placer Buddhist Church Bazaar's tempura booth and sanitation shifts. For many years, we have been helping Placer with its bazaar and other activities, since they have always provided volunteers for our events. It's always been fun and an opportunity to learn more about how we each run our bazaars and other events and to share ideas. If you are interested in helping next year, please leave a note in the ABA mail slot in the church office.

Hope to see you at the Sunday services and other church activities.

**O**n September 9, we had the 2023 Annual Pupu Party Benefit. This was the first post-COVID Pupu Party Benefit that we have had in four years so for that reason itself it would have been important because it is the primary fundraiser for the ABA Scholarship Education Fund.

At the 2023 Pupu Party Benefit, we decided to honor and pay tribute to former ABA members who in the last 50 years were active ABA members when they passed away. These persons include: Ray and Lillian Amioka, Willie Hayashida, Georgette Imura, Marlene Itagaki, George Kashiwagi, Joyce Sahara, and Mike Shironaka. For most of the sangha, their names may not be recognizable unless you are a member of their family or a family friend. Their connection with ABA and the Betsuin is best explained by Reverend Yuki, who along with Reverend Matt conducted the service in their memory.

Reverend Yuki displayed his o-nenju and asked if the group of 50 persons attending the event were aware of its significance. Most of us have only a rudimentary knowledge of the Buddha Dharma and anxiously awaited his explanation and relevance to the service. He went on to say that the bead in the center represents "me" and the surrounding beads represent "others." The o-nenju can represent the family, or in our case, ABA. The beads are strung together by a string that is invisible, but it is what "connects" all of the beads together. In this way, the string or the connection that we share makes us part of a group and represents "oneness and the interdependence of all."

With this explanation, our tribute to each of the former ABA members was greatly appreciated by all, especially by their peers, husbands, wives, children and grandchildren. Although it was not a very large group, it was very meaningful and a great time to reminisce about their legacy in ABA.

After the service, the Pupu Party commenced with lots of great pupu (appetizers) and drinks to be enjoyed by all. What a wonderful way to pay tribute to these former ABA members.

We would like to extend a special thanks to Reverend Yuki and Reverend Matt who conducted the service. We would like to also thank and recognize Reverend Bob and Reverend Patti, Sensei Grace, Sensei Keith and Board of Trustees President Karen Adachi for attending and supporting the event. We would also like to give thanks to the former ABA members and families whose contributions to ABA have helped to create the current day ABA organization.

**125th  
Anniversary  
Committee**  
Sharon Ito  
Koichi Mizushima



**Schedule of  
Events**

**Sangha Staff**

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

**Contributing Reporters**

President Karen Adachi  
SBWA Jane Komure  
ABA Keiko Jean  
Kashiwada  
Pupu Party Wayne  
Kurahara  
125th Anniv. Sharon Ito/  
Koichi  
Mizushima  
Sports Marty Matsuda  
Tanoshimi Kai Brian Hatano  
Girl Scouts Samatha Nitta  
Atajar  
Sakura Gakuen Masako  
Thomas/  
Tomomi  
Flesuras

**We are about to reach a milestone!**

The Buddhist Church of Sacramento will celebrate its 125th anniversary next year. We are one of the oldest Shin Buddhist temples in America and a pillar in the greater Sacramento community, thanks to you, our sangha. The huge turnout at our summer Bazaar and the recent fundraiser to support Lahaina Hongwanji Mission in Maui remind us how valuable the Betsuin is as a community partner.

We will be celebrating our 125th anniversary with activities throughout 2024. Right now, we need volunteers who can start developing and planning these projects. Of course, we will need help on the actual event days, but our immediate need is planning and developing these activities so we can roll them out.

Please let us know if you can play a key role on the following committees:

- Marketing, Brand & Communications (develop a theme, logo, graphic, event brand, communications plan, marketing, advertising, and Jodo Shinshu awareness).
- January 1, 2024 Launch (plan the 2024 kick-off, including the temple's New Year's service and post-service event).
- Anniversary Dinner on November 23, 2024 (The Sacramento Asian Sports Foundation facility has been reserved for the evening. Now, we need your help planning the event, menu, guest list, speakers, entertainment, decorations, favors, photo booth, logistics, and more).
- Capital Campaign Plan & Launch (brainstorm and develop a campaign, kick off fundraising and membership drive).
- Commemorative Events in 2024 (celebrate at Obon, Bazaar, Golf Tourney, Basketball Tourney, and new events you'd like to see at the temple; coordinate with organizations such as SBWA, ABA, Jr. YBA, scouting programs, Sakura Gakuen).
- 125th Merchandise (identify types of custom items such as memory books, apparel, pins, pens, cups, etc.; develop artwork and text; order custom merchandise; set up an online store; sell and deliver merchandise).
- Community Engagement (identify opportunities to engage with the greater Sacramento community, engage with Buddhist Churches of America (BCA) and other temples, plan and execute projects, and promote Jodo Shinshu awareness).

If you want to get to know your fellow sangha members and work on some fun and memorable projects for the Betsuin's 125th Anniversary, please connect with the Steering Committee co-chairs, either Koichi Mizushima at [bkmizu@gmail.com](mailto:bkmizu@gmail.com) or Sharon Ito at [sharonito10@gmail.com](mailto:sharonito10@gmail.com).

Thanks for helping us celebrate 125 years of our Jodo Shinshu tradition in Sacramento.

**Sunday Services, 9:30 a.m.**

- 10/1/2023: Family Dharma Service and Shotsuki Hoyo Memorial Service Sensei Keith Kato
- 10/8/2023: Northern California Ministers' Association: Joint Celebration: 850th Birthday of Shinran Shonin and the 800th Anniversary of Jodo Shinshu Rev. Marvin Harada, Bishop of Buddhist Churches of America (BCA) and Rev. Dr. David Matsumoto, President of the Institute of Buddhist Studies
- 10/15/2023: Eitaikyo Service – Rev. Yuki Sugahara
- 10/22/2023: Family Dharma Service – Rev. Yuki Sugahara
- 10/29/2023: Family Dharma Service – Rev. Yuki Sugahara

**Special Services, Classes**

- Monday, 10/2/2023, 10–11 a.m.: Monthly Chanting Service (Refreshments afterward) – Rev. Yuki
- Wednesday, 10/4/2023, 10–11:30 a.m.: Special Japanese Dharma Service (Refreshments afterward) – Rev. Yuki. For Seniors and anyone else who would like to join us!
- Wednesday, 10/11/2023, 10 a.m.–12 noon: Japanese Dharma no Kai (Japanese Dharma Class) – Rev. Yuki
- Wednesday, 10/18/2023, 10–11:30 a.m.: Special Dharma Service (Refreshments afterward) – Rev. Yuki. For Seniors and anyone else who would like to join us!
- Friday, 10/27/2023, 7–9 p.m.: Sacramento Buddhist School (History of Buddhism Study Class with Rev. Yuki)

**Book Club with Reverend Matt (Monday, 6-7 p.m.)**

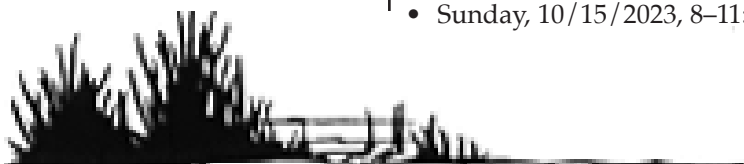
- 10/2/2023: 4th of 4 sessions

**Tanoshimi Kai - Fridays, 10 a.m. - Check-in time; Lunch at 11 a.m.**

- 10/6/2023
- 10/13/2023
- 10/20/2023
- 10/27/2023

**Cub Scout Pancake Breakfast**

- Sunday, 10/15/2023, 8–11:30 a.m.



**Sakura Gakuen**

Masako Thomas  
Tomomi Flesuras



**Adult Classes**

The fall semester is going well, with 74 students in 11 adult classes. Among them are eight Sacramento Buddhist Church members. We continue Zoom classes, which fits easier into the adult student's life. We have several students from other regions of the country, too.

If you know some Japanese, you can join an ongoing class, as we have four levels of beginner classes.

Much thanks to the Sacramento Buddhist Church for allowing us to have online payments. It is much easier for students to register and take a class the following week.

For information on adult classes, contact Mrs. Masako Thomas, adult class dean, at: [thomas@sakuragakuen.org](mailto:thomas@sakuragakuen.org).

**Youth Program**

We are going to be teaching our youth students IN PERSON this upcoming year. Our weekly Saturday classes will be held at the Buddhist Church of Sacramento, 2401 Riverside Boulevard, Sacramento, CA 95818.

We are going to be holding several Japanese cultural events (Undokai - Sports Day, Oshogatsu - New Year's, Kodomo no Hi - Children's Day, and an End-of-Year Ceremony). We are terribly excited to see our students in person again. Please consider joining us this school year.

Tuition Rates per Term:

\$300 / student

\$200 / student (Sacramento Buddhist Church member)

For information on the Saturday youth program, please contact Tomomi Flesuras Sensei at: [tomomi.sakuragakuen@gmail.com](mailto:tomomi.sakuragakuen@gmail.com).

**Tanoshimi Kai**

Brian Hatano

Since Riverside Tanoshimi Kai restarted in early July, we've been averaging 25 attendees. Each week, we welcome new people to enjoy a meal and socialize. The Asian-inspired meals provided by Drewski's Hot Rod Catering in conjunction with Meals on Wheels are refined by Drewski thanks to feedback from our attendees.

The entrees served on a rotating basis include salmon, pork, tofu, udon and chicken.

The cabinet for Riverside Tanoshimi Kai was installed in September: President Brian Hatano; Vice President Fusako Takahashi; Secretary Ruby Okamoto; Treasurer Georgia Nakashima; Auditor Lucy Sakakihara; Tour Director Helen Sakaishi; Social Activities Director Sueko Yamashita; Sunshine Person Sensei Grace Hatano.

We're grateful that Reverend Yuki Sugahara has agreed to be our adviser. He has attended most luncheons — leading gassho, conversing with the attendees and sharing a meal with our guests.

Seniors 60 and older are welcome to come to Tanoshimi Kai every Friday. Check-in time starts at 10 a.m.; lunch is served at 11 a.m., followed by bingo and/or entertainment. No RSVP is necessary.

Attendees are asked (but not required) to donate \$6 to help defray costs. Guests of Tanoshimi Kai members under 60 years old can enjoy lunch for \$10 (this is a recent change).

If you need a ride from Maple Tree or Greenhaven Terrace, please make arrangements with ACC Rides at (916) 393-9026 ext. 333, or at [rides@accso.org](mailto:rides@accso.org). Tanoshimi Kai is happy to pay for your round-trip fare.

Riverside Tanoshimi Kai offers a great opportunity for Sanseis to enjoy lunch with their parents and at the same time, they get to enjoy the company of acquaintances and make new friends.

For questions or if you'd like to volunteer to serve meals, contact Barbara Nakatomi at (916) 813-5440.

**You're Invited to Tanoshimi-kai**

**Weekly Seniors (60+)  
Luncheon every  
Friday at 11 am**



**LUNCH + FUN!**





**Thursday Night  
Health &  
Wellness**

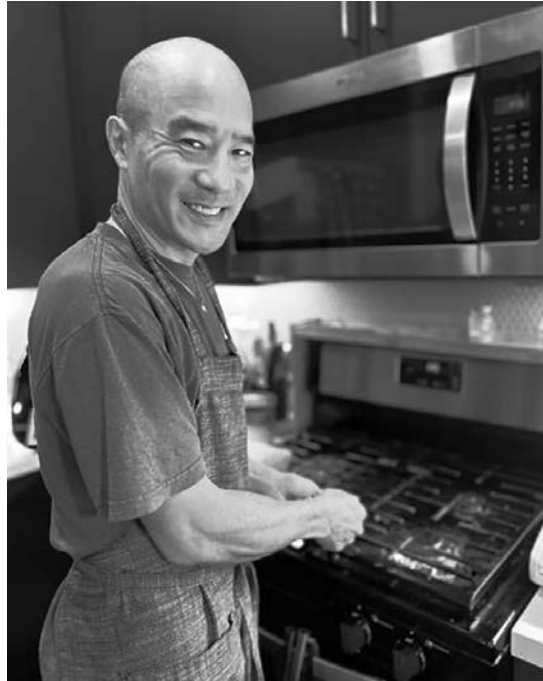


**J**oin us for these friendly, informative sessions. Ask questions and learn about steps you can take to ensure a healthy and happy life for yourself and those around you!

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

**Learn How to Make Katsudon (with  
baked tonkatsu), Eggplant Dengaku  
(miso), and Kimpura Gobo**

**Thursday, October 19, 2023 – 6:30 p.m.**



**Alan Hirahara  
Sushi Chef and Caterer**



**Physical Therapy:  
Tips to Reduce Pain and Injury**  
Come and learn about posture hints to reduce back and neck pain, stretching/flexibility, balance and body mechanics

**Thursday, November 16, 2023 – 6:30 p.m.**



**Stacy Itagaki  
Physical Therapist**

### Yoga with Bob Matsueda

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](mailto:betsuinprograms@buddhistchurch.org) for more information and Zoom link.




### 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



June Nishikawa.....June 5, 1925–June 18, 2023  
 Dr. Thomas Okimoto.....October 2, 1941–August 9, 2023

### Sports Committee Marty Matsuda

Sports Program signups for basketball has concluded, but if you are a E-B Division player wanting to sign up, register for Dharma School first, then contact SBC Sports at [mymatsuda@att.net](mailto:mymatsuda@att.net).

We will accept late Little Hoopers and Instructional League registrants if we have space available.

#### Dharma School attendance for the traveling family

If you are traveling with the family on a Sunday, visit another temple’s service for both the experience and Dharma School attendance credit.

Last month I spent a week in Kauai, Hawaii. We decided to attend the Sunday morning family service at the Lihue Hongwanji Mission. And I am glad that we did.

Upon arrival, the greeter knew we were visitors and gave us a handcrafted lei and a welcoming hug. We exchanged greetings, signed in, entered the hondo and took a seat three rows from the altar.

As we waited for service to start, ladies of the Lihue Buddhist Women’s Association approached us one by one and graciously welcomed us to their temple. They really made us feel like ohana. Reverend Shawn Yagi walked over to introduce himself right before the start of service and we chatted for a few minutes.



That Sunday was Grandparents Day, and I think everyone in attendance were grandparents, except Lynn and me.

Their service was surprisingly different than ours. Not better, not worse, just different. Service was followed by delicious refreshments in the social hall and more talking with church folks. We had fun.

After a few photos with the members, it was time for us to leave. As we drove off, we decided that we will make it a point to visit more dharma services when we are out of town on a Sunday.

When visiting another dharma service, remember to get a signed note to show proof of attendance and be sure to take in and enjoy your dharma experience.



**Betsuin Family Bowling**

**Betsuin Family OPEN Bowling is back!**

Betsuin families and friends of all ages may drop in on any Sunday at 1 p.m. at AMF Land Park Lanes, 5850 Freeport Boulevard, Sacramento, beginning Sunday, October 15, 2023 through Sunday, January 28, 2024 for open bowling.

The cost of bowling is \$11 per person, which includes three games and shoe rental. Bumpers will be provided for our young bowlers.

There will be no bowling on the following Sundays: November 12, December 24, and December 31, 2023.

A pizza party for those wishing to participate will be held on the final Sunday, January 28, 2024.

**Sacramento Betsuin Family Bowling**

**Only \$11**  
Includes  
3 Games & shoes.

Beginning October 15<sup>th</sup>, the Buddhist Church of Sacramento is holding open bowling on most Sundays through January 28<sup>th</sup>.

Join your fellow sangha members on Sunday afternoons for fun, friends, and bowling. The cost is \$11, and this includes 3 games and shoe rental.

**Everyone is invited!**

**October**

15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup>

**November**

5<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup>

**December**

3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup>

**January**

7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup>

Sunday afternoons at 1:00 PM  
LAND PARK LANES  
5850 FREEPORT BLVD, SACRAMENTO, CA

**Cub Scout  
Pack 50  
Pancake  
Breakfast &  
Bake Sale**

**Cub Scouts of Pack 50 Pancake Breakfast & Bake Sale Returns!**

**B**reakfast includes: pancakes, sausage, ham, scrambled eggs, potatoes, fruit, juice and coffee! Tickets are pre-sold by any Pack 50 Cub Scout, available in the church office, and available at the door.

**Bake Sale:** Purchase delicious homemade sweets and treats at our bake sale table!

For more information, please contact the Pack 50 Event Chairperson: Aaron Imura, [aaron.imura@gmail.com](mailto:aaron.imura@gmail.com) (916) 769-3406.

**All You Can Eat (In-Person Dining Only)  
Just \$12**

**Sunday, October 15, 2023 - 8 a.m.-11:30 a.m.**  
Sacramento Buddhist Church  
2401 Riverside Blvd., Sacramento



# Cub Scouts of Pack 50's Pancake Breakfast & Bake Sale Returns!

Sunday October 15, 2023  
8:00 AM - 11:30 AM

Sacramento Buddhist Church  
2401 Riverside Blvd., Sacramento

**All You Can Eat\***  
**Just \$12\***

...and children 3 and under  
are still FREE!

(\*in-person dining only.)

Tickets are pre-sold by any Pack 50  
Cub Scout, available in the church  
office, and available at the door.



**Breakfast Includes:**

Pancakes, Sausage, Ham,  
Scrambled Eggs, Potatoes,  
Fruit, juice, and coffee!

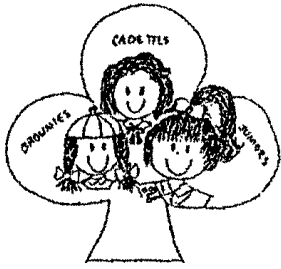
**Bake Sale:**

Purchase delicious  
homemade sweets and  
treats at our bake sale  
table!

For more information, please contact the Pack 50 Event Chairperson:  
Aaron Imura | [aaron.imura@gmail.com](mailto:aaron.imura@gmail.com) | 916-769-3406



**Girl Scout Troop 569**  
Samantha Nitta Atajar



**G**irl Scout Troop 569 is starting off a new year, but had some great get togethers and activities over the summer. From parties to helping out at Bazaar, the girls enjoyed the activities they participated in and are looking forward to a successful 2023–2024 Girl Scout year.

Daisy 2 started off their Girl Scout journey with a meet and greet where they introduced the Girl Scout Law, petals they'd be earning and had some free time to meet each other and play around. They adopted llamas (stuffedies, not real ones) which helped them work on the Girl Scout Motto and be prepared. With their llamas, the girls prepared a house with blankets, grass mats, cactus decorations and pom pom necklaces. They chose names for their llamas and filled out adoption certificates. They are very excited to start their new journey as Daisy Girl Scouts.



During the last weekend in August, scouts from three troops earned their Citizen Scientist Journey Badge while enjoying camping among the Big Trees and cute baby frogs at the Camp Menzies Girl Scout Camp in Calaveras County.

Maya Koike (Cadettes 1), Hannah Gravaat (Cadettes 2), Sofia Yee, Wren Nishio, and Alina Giang (Seniors 1) had a fun weekend learning how to apply the method of scientific inquiry in nature, canoeing, shooting archery, and making friendship bracelets.



Brownies 3 are excited to be starting the 2nd grade and a new Dharma School year! To celebrate their first year as Brownies, the girls chose to have a Build-a-Bear kickoff party. The Brownie Scouts bonded watching My Little Pony and exploring themes of friendship.

Cadettes 4's Kiyomi Moody, MacKenzie Lin and Raimie Yep did a towel and fleece drive at the Sacramento Elk's Lodge #6 during the farmer's market on Saturday, September 9.





**Dharma School News**  
Audrey Seo

**D**harma School is back for the 2023–2024 term. Please register your students through the link on the Betsuin website as soon as possible. Registration closes at the end of October.

Classes will continue in-person on the first and third Sundays of each month. Reverend Yuki and Reverend Matt are adding other fun activities on the in-between weeks that incorporate music and sports, so get ready for a fun year!

Please share the link with your friends and family. We'd love to see students return who haven't attended in a while and of course, we welcome any brand new students, too!

**Help needed:** A lot of volunteers are needed to make our Dharma School run and we are looking to fill a couple of vacancies in our Dharma School staff.

- The 4th/5th class has a teacher opening. We will help with the curriculum.
  - We are also looking for someone to take on the superintendent administrative responsibilities. Some of the teachers have been splitting up the different tasks, but one person to take the lead would be ideal — you don't even have to teach a class!
- Please reach out to Matthew Tokeshi-Nitta at [matthewn22@gmail.com](mailto:matthewn22@gmail.com) or Audrey Seo at [audreykse@gmail.com](mailto:audreykse@gmail.com) for more information.

Looking forward to seeing you in class!

**Courtyard Refreshments**

**W**e appreciate the following groups/members for providing refreshments or assistance for our Sunday morning courtyard refreshments:

**August 27, 2023**

SBWA Ukulele Group (home-baked cookies): Jennifer Nitta, Ruth Seo, Laura SooHoo

**September 10, 2023**

ABA Board Members (pastries): Stephen & Jean Kashiwada, John & Elaine Yoshikawa

**Shotsuki Hoyo - Monthly Memorial Service Schedule**


**O**n the first Sunday of every month, we observe a special memorial service known as Shotsuki Hoyo. This service is dedicated as a time to remember and express gratitude for our family members and friends who have passed away during the month of the year in which the service is held.

Now combined with our Family Dharma Service, Shotsuki Hoyo will be held on the following Sundays:

- October 1, 2023
- November 5, 2023
- December 3, 2023
- January 7, 2024
- February 4, 2024
- March 3, 2024
- April 7, 2024
- May 5, 2024
- June 2, 2024
- July 7, 2024

**3 ways to submit the name of a loved one to be read during the service:**

- **(Preferred)** Scan the QR Code and complete the form.
- Send an email to [BetsuinOffice@gmail.com](mailto:BetsuinOffice@gmail.com). Include your name and the name of your loved one.
- Call the Betsuin Office, (916) 446-0121. Leave your name and phone number along with the name of your loved one.




If you have a Homyo card for your loved one(s), you are welcome to bring it to service to be placed on the Onaijin.

**Where Does Your Donation Go?**  
Brian Hatano

**W**hen 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. 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.

ーテイ、坂田キム(敬称略)他、多くの皆様にお礼を申し上げます。このお弁当セールは驚くことに、オンラインに載せた瞬間から注文が殺到し、宣伝する間もなく、当日売りの他に 897 個のお弁当を売る事ができました。皆様がハワイの同胞に寄せられた Dana に頭が下がります。

9月16日はACCの「オハナウオーク 2023」にサクラメント別院チーム(37名)とABA ウォーカーズ(24名)の二つのチームが参加、別院傘下のABA, ガールスカウト 569、ジュニア YBA と別院メンバー有志がチェックポイントにボランティアしました。

NPO 団体として別院は総額プレッジの 50%を受け取ることができます。予備プレッジの合計は 6,500 ドルでした。ACC グリーンヘブンテラスとメープル・ツリーにはサンガメンバーが多く入居されていることから、この収益は水曜日のシニアサービスの送迎をしている ACC ライドの経費と礼拝後のスナックに充てることに決まりました。

10月8日(日)、北加開教使協会の主催で親鸞聖人御誕生 850 年/立教開宗 800 年慶賛法要を別院で開催いたします。この特別法要に BCA 総長原田マービン師とゲストスピーカーとして松本デビッド師 (IBS プレジデント) が出席されます。当日は午前 10 時前にコンチネンタル・ブレイクファスト、法要の後に軽い昼食が参加者全員に提供されます。この法要の様子は Facebook/You Tube で見ることができます。

穏やかな 10 月の気候をお楽しみ下さい。



新会員の柏木スーアンさんを歓迎!

私達の婦人会には 100 才以上 8 人、90 才以上 54 人の長寿の女性達おります。

9月13日:「パーソナル・セーフテイ」の講習会が村本ブルースさん(ウインターズ市警察署)、村本ミツイーさんの息子さん、によって行われました。

9月16日:ACC 主催の「オハナウオーク」婦人会メンバーは別院チームに加わり、1 マイル、2 マイル、3 マイルと好きな距離を選ぶことが出来ました。ウォークのあと ACC 敷地内でピクニックがありました。

10月2日:婦人会の有志はカープールで新築の近代的なデザインのフレズノ別院を見学する予定。

10月5日:去年のクラフトとポットラックデーは好評でしたので、今年も行う予定。クラフトを楽しみながら会員同志の交流ができる良い機会です。去年は大城ミサさんの指導でお世話になりました。

婦人会メンバーには Email でコミュニティ・サービス・プロジェクトや種々のアクティビティのお知らせをお送りしますので、Email のチェックを怠らないようお願いいたします。

たのしみ会が再開いたしました。ACC ライドが毎金曜日、グリーンヘブン・テラスとメープル・ツリーへ送迎サービスをしています。この経費は婦人会がサポートしています。

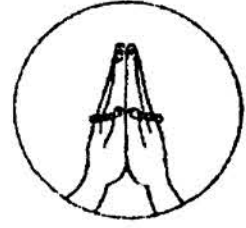
婦人会は毎週第四日曜日の礼拝後の接待を受け持っていますが、9月には会員の松村輝子さんから多額の寄付を頂きましたのでお礼を申し上げます。

次回理事会は 10 月 4 日(水)午後 7 時から。会員は何方でも参加できます。ZOOM Link は [SBWA2020@gmail.com](mailto:SBWA2020@gmail.com)





# サンガ



## ～10月の予定～

10月	1日	9時半	祥月法要
10月	4日	10時	シニアサービス
10月	8日	10時	特別法要
10月	11日	10時	日本語法話会
10月	15日	9時半	永代経法要
10月	18日	10時	シニアサービス

## 「永代経ってどんなお経？」

### 菅原裕軌輪番

サクラメント別院では10月15日に永代経が勤修されます。皆さんの中には「経」という文字が付くことから「永代経」というお経典かと思われるかもしれませんが、「永代経」というのは法要の名前です。

『浄土真宗辞典』（本願寺出版社）の「永代経」の項によると「祠堂経などともいう。故人の命日ごとに永代に読経すること。また、故人を縁とした懇志を受けて特定の日に勤修される法要のこと。ある故人を縁とする初めての永代経法要は永代経開闢（かいびやく）法要といわれる。」とまずは一般的な永代経の理解が示されています。この辞書を開くまで「祠堂経（しどうきょう）」などという言葉があるのは知りませんでした。祠堂」というのは位牌を祀ってあるお堂のことだそうです。浄土真宗では位牌を用いませので祠堂そのものも必要がなくなりますので「祠堂経」という言い方ももちろん用いませぬ。

では、「故人の命日ごとに永代に読経する」云々についてはどうかというと、サクラメント別院では現在は「祥月法要」としてお勤めされています。では、浄土真宗における「永代経」とはどのような意味合いがあるのか、『浄土真宗辞典』の続きを見てみましょう。

「浄土真宗では、仏恩を報謝し聞法の機会を得る法要で、故人への追善供養ではなく、懇志は法座や寺院の維持存続を通して法義が永代に伝えられることを願って進納される。」とあります。先に往生された家族や友人は大切な存在ですが、永代経法要はその方々のための追善供養ではない、と言います。追善供養というのは亡くなった人のために善を行うことで、私達が法要を行う功德によって故人がより良い所に行けるように願って行うものであります。

しかし、浄土真宗のご法義というのは私たちのはからいを一切挟むことなく、阿弥陀さんのお働きお一つで往生即成仏の仏果を得させていただく

ものであり、私たちから故人に向けて善を行うというものではありません。

さて、私が小さい頃の西本願寺のスローガンは「念仏の声を世界に子や孫に」というものでした。考えてみますと、私たちがこうやってお念仏のみ教えにサクラメントで出遇わせていただいているのは、故人を含む多くの方々がお寺を護ってきてくださり、多くの法要の場を設けてくださったからでありました。この永代経法要というのは確かに追善供養ではありませんが、故人を縁として阿弥陀さんの願いを聞かせていただく大事な法要であり、この法要を通じてお念仏の声が世界に、子や孫に広まっていくのではないのでしょうか。

ですから、永代経法要におけるご懇志というのは法座やお寺を維持するために使われます。皆さんの「念仏の声を世界に子や孫に」という願いがまた次世代へと繋がっていくのですね。大変ありがたい法要であります。

合掌

出典：浄土真宗本願寺派総合研究所[2013]:『浄土真宗辞典』, 49頁, 本願寺出版社

## 理事長のメッセージ 足立カレン

忙しかった7月と8月が終わったばかりですが、別院のアクティビティは引き続き大変忙しいです。9月はダーマスクールの新学期が始まり、新しい別院のプログラム、マツ先生ブッククラブと菅原先生の仏教クラス（仏教の歴史）が始まります。10月は10月8日の特別法要（後述）、カブスカウトのパンケーキ・ブレックファストが「10月15日、同じ日に別院のファミリー・ボーリングが予定されています。恒例のハロウィーンパーティーとハウンドハウスはスカウトのスポンサーでダーマスクールの子供達のために10月21日に開催されます。

先月ラハイナ本願寺が山火事で破壊されてしまったことをお伝えしましたが、その直ぐあとから同胞を思う皆様から多額の寄付が相次いで別院に届き、大変感動いたしました。取り敢えず8月31日までに集まった総額8500ドルが送金されました。9月17日、串焼弁当のファンレイジングを行い予想以上の反応があり、収益は今も送られてくる寄付金と合わせてハワイの本願寺ミッションへ送る予定です。ラハイナ本願寺への寄付は継続して受け付けております。皆様からのサポートを深く感謝いたします。

このファンレイザーの企画とボランティアをして下さった新田マツ、新田ゴードン、坂田マ