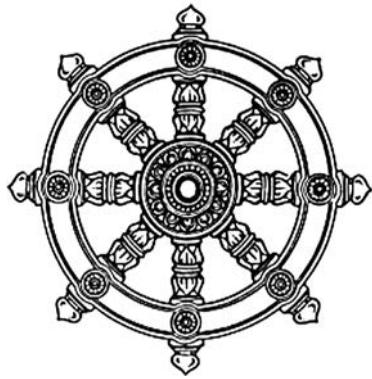


**Resident  
Minister**  
**Rev. Matt Hamasaki**



This coming Lunar New Year will be the Year of the Dragon, which was exciting for me because I am a dragon. However, after researching it, in the Chinese culture having the same zodiac animal as the current year actually means that you have to be cautious because you will offend Tai Sui, the Guardian God of the Year and incur his curse. Accordingly, you're supposed to do various things to ensure that you have good luck rather than the bad luck that Tai Sui is trying to place on you.

In Japan, it seems to be the opposite, as the god of the year will take care of the people whose zodiac year is the same as the current year. Called Toshi-Otoko for men and Toshi-Onna for women, these people will have very good luck. As Jodo Shinshu followers, we are taught that we're not supposed to live our lives according to horoscope or luck, but each of us must do what we feel is best for our year.

We're not supposed to put our hands in fate since this typically leads to frustration when things don't go our way and we blame the powers that be for our unhappiness rather than taking accountability for our actions. But this is not to say that trying to be lucky cannot be in our favor. There is a psychological effect that happens when one believes that one is lucky. This has to do with self-efficacy, or the belief in your own ability to accomplish what you set out to do. People who feel lucky are more open to new experiences, more optimistic, and more attentive to opportunities. Since they expect good things to happen, they will take opportunities that others will overlook.

(Continued on page 2)

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

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# **SANGHA**

## **Sacramento Buddhist Church** **Volume 61 Number 2 – February 2024**

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

(916) 446-0121  
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## Resident Minister (Continued)

### President's Message Karen Adachi



Reverend Yuki Sugahara  
(916) 834-7350  
yukisugahara10012022@buddhistchurch.org



Reverend Matt Hamasaki  
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revmatt@buddhistchurch.org

### Sangha Helpers

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Libby Iwamura  
Shirley Kato  
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Ellie Mizushima  
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Dennis Sunahara  
Lynn Sunahara  
Fusako Takahashi  
Irene Takeda  
Joanne Tokeshi  
Virginia Uchida  
Elaine Yoshikawa

Believing in luck can also make you perform better. For instance, one study found that subjects who brought lucky charms to a memory test performed significantly better. The boost in confidence and decreased anxiety may have helped. Another example is a study where the lab interviewer gave a priming statement like "the ball has been lucky all day!" to certain participants, which triggered superstitious thoughts. What they observed was that those individuals were more likely to spend time trying to master a task because they believed it was in their ability to do so.

Therefore, I think it's OK for us to be superstitious if it helps us be more open to the world, gives us confidence, and helps us grow in the ways we want to. That being said, I heard this year is supposed to be very lucky if you come to church!

**S**ince the January SANGHA was produced and distributed prior to the new year, I wanted to write a little about our annual Joya-E (New Year's Eve) and Shusho-E (New Year's Day) services. As you know, 2024 marks our temple's 125th year of existence. We plan to celebrate our 125th year with deep appreciation to our Issei pioneers and our Nisei generation for establishing and sustaining our temple so that we can enjoy it today.

We kicked off our 125th Anniversary with a special New Year's Eve service. Included in this service was a special live musical performance by Reverend Yuki on bass guitar and guitar, Koichi Mizushima on the keyboard, and vocal performances by Ellie and Koichi Mizushima. This three-member band entertained the sangha with their rendition of Abba's "Dancing Queen" and one of Tears for Fears' greatest hits, "Everybody Wants to Rule the World." After the service, sangha members were able to participate in the traditional ringing of the kansho bell. Special 125th Anniversary mementos were passed out to all in attendance. Following our temple's tradition, Board of Trustees President-Elect Bobby Tanaka chaired this service.

I would like to thank Reverend Yuki for his meaningful Joya-E message explaining the tradition and reason for ringing the kansho bell on New Year's Eve. Special thanks also go to Reverend Matt and Sensei Kelvin for participating in the service, and Myra Okasaki for playing the organ.

The following morning, I had the honor of chairing the New Year's Day (Shusho-E) service as temple president. I would like to thank Reverend Matt for his New Year's message, which tied our 125th Anniversary theme — "Compassion. Culture. Community." — with the writings of Rennyo Shonin, descendant of our founder, Shinran Shonin. I'd like to express my appreciation to Reverend Matt for officiating the service, and to Reverend Yuki, Sensei Kelvin and organist Myra Okasaki for their participation in the service. After the service, our sangha enjoyed visiting with each other and partaking in udon, onigiri, tsukemono and desserts prepared and provided by members of our Sacramento Buddhist Women's Association (SBWA), Adult Buddhist Association (ABA), our Bazaar Udon crew, and members of our Board of Trustees. Thank you to all who participated in this memorable service and otoki.

### Omigaki - Cleaning of the Temple's Onaijin (altar pieces)

Have you noticed how bright and clean our onaijin looks? Before the end of 2023, members of our ministerial staff, office staff, and the SBWA spent hours cleaning and polishing all the parts of our onaijin.

Thank you to Reverend Yuki, Sensei Keith, and all the volunteers for their hard work to make our onaijin sparkling clean!

### Fundraising to Defray Increasing Security Costs

As mentioned in the January SANGHA newsletter, to help defray the increasing security costs, our affiliated and sponsored organizations have joined the church Board of Trustees in a joint Panda Express fundraiser. Please note Friday, February 9 on your calendar as a "day off from cooking" and order your Panda Express meal online to support this fundraiser. By placing an online order at any participating Panda Express in the country on Friday, February 9, our church will receive 33% of the total sales if our fundraiser code 920272 is entered with the order. A flyer for this fundraiser is included in this newsletter. Thank you in advance for your support of this fundraiser!

### Martin Luther King Holiday 'March for the Dream'

On Monday, January 15, more than 50 of our sangha members joined Reverend Matt and participated in the 42nd Annual "March for the Dream: Honoring the Past, Impacting the Future," a four-mile walk honoring the late Dr. Martin Luther King Jr.

Joining hundreds of other members of our community with different backgrounds, cultures and religions provided a heartwarming experience for all who participated. We marched with a special 125th Anniversary banner created by our anniversary committee. Please see the photos on our website for a glimpse of our experience. We hope to participate again next year.

### 2024 Opportunity Drawing – Deadline Extended

To allow more sangha members and friends a chance to participate in the 2024 Opportunity Drawing, the deadline for entering the drawing has been extended to February 16, 2024.

## **President's Message (Continued)**

### **Office Manager**

Cindy Kitade

### **Office Project Coordinator**

Jennifer Nitta

### **Administrative Assistant**

Kellie Morioka Sato

### **Betsuin Office**

(916) 446-0121

## **Sacramento Buddhist Women's Association Shirley Kato Executive Council**



## **Adult Buddhist Association Jean Kashiwada ABA President**

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SBWA	Shirley Kato
ABA	Jean Kashiwada
125th Anniversary Opportunity Drawing	Sharon Ito
Technology Cmte	Stuart Ito
Tanoshimi Kai	Brian Hatano
Cherry Blossomz	Patti Oshita
Boy Scouts	Finley Morris
Girl Scouts	Julie Sakai
Sports	Marty Matsuda
Sakura Gakuen	Masako Thomas

Due to the change in the deadline, the monthly drawings will be held on the last Sunday of the month from February through June.

For a detailed explanation regarding the reason we are having the Opportunity Drawing, please refer to the article and form included in this newsletter.

### **2024 Sakura Matsuri Food and Shopping Faire – Save The Date!**

As mentioned in the January SANGHA newsletter, please save the date, Saturday, March 23, for our 2024 Sakura Matsuri Food and Shopping Faire. Our affiliated and sponsored organizations are planning a wonderful selection of food for your enjoyment. This event serves as a fundraiser for each of our participating organizations, as well as the church. If you know of any vendors who would be interested in having a booth for the shopping faire, please have them contact me by leaving a message at the church office.

Please refer to our monthly 125th Anniversary articles for updates on all the activities planned for our 125th Anniversary celebration. We are looking for volunteers to help with many of the events, so if you'd like to volunteer, please contact me!

**W**e are so happy to begin 2024 by welcoming our new SBWA members — Kathleen Yamamoto and Jennifer Reven! In 2023, 26 new members joined our organization. Thank you to our membership coordinators, Myra Okasaki and Stacy Matsunami, for their amazing recruiting efforts! If you wish to join SBWA, membership forms are posted on the bulletin board in the temple hallway.

The SBWA special projects/community service committee is planning for another full year of fun and interesting activities. We hope to provide our members with a variety of outings, including trips to Angel Island, the Jodo Shinshu Center, the San Jose Betsuin, and several different casinos. We plan to offer classes in cooking, flower arranging, and crafts. SBWA will also participate in volunteer events at the Betsuin (Sakura Matsuri and the Bazaar) and volunteer projects in the community (donations to food banks and the animal shelter). Information for each activity will be sent to SBWA members by email. Please check your email messages for updates and sign-up instructions.

On December 28, 2023, the SBWA Board of Trustees, led by Reverend Yuki, helped with the annual omigaki by polishing the altar pieces until they sparkled. Thank you to Grace Hatano, Wayne Kurahara and Keith Kato for their assistance.

On Sunday, February 11, SBWA will hold our annual Women of Jodo Shinshu Service (in-person and virtually) to honor Lady Eshinni, Lady Kakushinni, Lady Takeko Kujo, and Lady Ohtani. We are excited to have as our guest speaker Reverend Yukiko Motoyoshi, retired Buddhist Churches of America (BCA) minister from the Buddhist Church of Stockton. This special service will include a musical offering by the Betsuin choir, and a video slideshow of our octogenarian members in recognition and appreciation for their years of dedication and support to SBWA. After the service, light refreshments will be served in the classrooms.

Our next Board meeting will be held virtually on Wednesday, February 7, 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).

### **Dear ABA Members and Friends,**

**W**e hope you were able to join the members of the Buddhist Church of Sacramento who participated in the Martin Luther King walk on January 15. The temple's board members, its organizations' members and friends walked behind the church's banner. Our temple plans to support activities of other Northern California Buddhist churches and other community organizations throughout the year. Please come out.

In February, ABA will be busy helping with the Buddhist Churches of America (BCA) National Council Meeting, which will be held at the Sacramento Betsuin on February 23 and 24. Our temple's organizations will be asked to help out. Please volunteer when contacted. One area that ABA will be chairing is the hospitality room. More details will come later this month.

Save the date for the Sakura Matsuri Food and Shopping Faire on March 23. ABA and the SBWA will be working together to make bentos, which will be sold on a pre-sale basis only. More details on the menu items and the work schedules will follow. Please support the church and the individual vendors.

On April 6, ABA will have its annual shredding event. Start saving your documents that you would like shredded and drive through with your bags and boxes of documents. It will be unloaded and put directly into the shredding truck. ABA is providing this service free of charge, but donations are always appreciated. Please read the flyer for details.

Also, on April 20, ABA will have its "Oldies-But-Goodies Dance Spring Fling." The maximum number of attendees will again be 200. You can purchase tickets from ABA members listed on the flyer. Dance tickets are only \$15, which includes refreshments. We would also appreciate donations of nonperishable food items that will be donated to the California State University (CSU) Sacramento Student Food Pantry.

## Adult Buddhist Association (Continued)

### 125th Anniversary News

Sharon Ito



#### SANGHA submissions

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](mailto:SBCsangha@gmail.com) with a cc to: [betsuinoffice@gmail.com](mailto: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.

If you have ideas for other activities, please feel free to contact me at [ksjkash@aol.com](mailto:ksjkash@aol.com) or men's vice president John Yoshikawa at [spyron@aol.com](mailto:spyron@aol.com). We will be happy to present your ideas at our monthly meetings. To join ABA, you may pick up a membership form in the church hallway or contact me at [ksjkash@aol.com](mailto:ksjkash@aol.com) and I will be happy to mail it to you. Annual dues are only \$10 per family.

Hope to see you at Sunday services or at any of our events.

#### Community Engagement: Walking in Unity

We've been promising fun activities, time to reflect, and opportunities to give back as we celebrate the 125th Anniversary of the Buddhist Church of Sacramento.

More than 50 sangha members joined the hundreds who walked in the annual March for the Dream on January 15, commemorating the life and work of Dr. Martin Luther King, Jr. Volunteers took turns carrying a new banner that celebrates the temple's 125th anniversary.

Moments before the march began, Reverend Matt Hamasaki led the group in gassho, saying Dr. King preached a message similar to our Buddhist teachings. This was the first time the temple was represented in the four-mile walk that started and ended at Sacramento City College. As chair of the 125th Anniversary Community Outreach Committee, Tristan Brown urged fellow sangha members to participate.

"I think it's important to be here because, as the Buddhist Church, we teach lessons of compassion and wisdom and combine those every day," said Tristan. "I think Dr. King is the epitome of someone, in our lifetime, who taught us how to be compassionate, live with wisdom peacefully, and try to make change. So to me, that's also Dharma."

Mitchell Maseba (at left in photo), a 17-year-old sangha member from Laguna Creek High School, was among those who carried the anniversary banner. "I wanted to support a good cause and

not sit around and sleep in," said Mitchell, who came to honor Dr. King's work. Sixty years ago, Dr. King received the Nobel Peace Prize for his nonviolent campaign against racism.

"Racism hasn't disappeared. It's only subsided, but it still exists," said Mitchell. "But we want to show we're still here, we still care about things. At the very least we can reduce racism as much as possible."

#### 125th Anniversary: What's New

Did you get your 125th Anniversary M&Ms or the commemorative wood coin we presented at the New Year's Eve, New Year's Day, and subsequent dharma services? The wood coin is a collector's series with a new design issued every few months. The coins will be available on the information table in front of the temple office. We are in the process of replenishing the supply of M&Ms.

As we celebrate our temple's 125th anniversary, we are saluting other milestones in 2024:

- The Buddhist Churches of America (BCA) is commemorating its founding 125 years ago. The BCA comprises Shin Buddhist temples and communities across the United States.
- Boy Scouts of America (BSA) Troop 50, sponsored by the Buddhist Church of Sacramento, is celebrating its founding 100 years ago. "The BSA program is one of the best character and leadership development programs available to youth. Also, our temple has been the recipient of many service projects, including Eagle Scout projects," said Bobby Tanaka, who earned the rank of Eagle Scout as a youth and has continued as an adult volunteer.
- Cub Scouts Pack 50, also sponsored by the Buddhist Church of Sacramento, will celebrate its 50th anniversary.
- The Betsuin Sports Program will return on March 2 and 3 for its 50th annual basketball tournament. The program shuttered after their last tournament in 2020 due to COVID.

#### New – Still to Come!

- A happy coat and tenugui (towel) celebrating the 125th Anniversary, designed by Stephanie Fong, graphic designer and former Dharma School teacher's aide.
- A new look for our church website, [www.buddhistchurch.org](http://www.buddhistchurch.org), also designed by Stephanie Fong.
- Anniversary Car Show on Sunday, May 12, in the church parking lot, inviting the community to drop in, get to know us, and show off their cars.

## 125th Anniversary News (Continued)

- Anniversary Walkathon in October (more volunteers are needed to plan and pull off the event); details in the works.
- Anniversary Dinner on Saturday, November 23; more details to come.

During one of his recent dharma talks, Reverend Matt shared his thoughts on why we are celebrating the 125th Anniversary and the tagline *Compassion. Culture. Community.*

"We continue to have this wonderful temple because we have the efforts of all those before us. And with that comes a responsibility to continue the traditions of compassion, culture, and community," said Reverend Matt.

"It's up to us to make all of these things alive. It's up to us to make all of these things continue and without our conscious effort, they will not survive," he added. "It's only because so many people tried so hard to keep this temple going that we were able to make it for 125 years."

## 2024 Membership Packets

### Opportunity Drawing Extends Deadline

Sandra Kataoka

**O**ur 2024 Membership Packets were mailed in mid-December to everyone who was a member in 2023. If you haven't received yours yet, please let us know by sending an email to [BetsuinOffice@gmail.com](mailto:BetsuinOffice@gmail.com) or by leaving us a message at (916) 446-0121. We'll be sure to send a duplicate to you right away!

#### Opportunity to Give and Receive

**H**elp us achieve our fundraising goal of \$30,000. To participate, purchase an Opportunity Drawing entry for \$100. The drawing is limited to 300 entries. Because we still have available entries for sale, we are extending the deadline to donate through February 16, 2024 to maximize the payout potential.

#### How It Works

Total prize payout will be 10% of total donations received (not to exceed \$3,000). The payout will be divided into five individual drawings over five months, from February to June 2024. All entries will be entered into each month's drawing, which will be held the last Sunday of the month in the courtyard after service.

#### How Donations Will Be Used

The donations will be used to fund the rising cost and use of security at our temple. In 2021, when our temple was just beginning to reopen post-pandemic, our budget for security services was approximately \$4,000. In 2023, the cost of added security had grown exponentially to \$60,000 due to the increasing number and size of in-person events at the temple. The safety of our sangha and guests is a priority. When you come to the temple for services, meetings and events, we hire at least one to two security guards to monitor the parking lots and building grounds. Your generous donation will help to defray some of the security service costs.

#### How to Participate

To participate in the Opportunity Drawing, please visit our website to give and possibly receive. Thank you for your generous support. An entry form is also provided below if you would like to submit your entry to the church office with a check or cash.



## Buddhist Church of Sacramento Opportunity Drawing

### BUDDHIST CHURCH OF SACRAMENTO

### 2024 OPPORTUNITY DRAWING ENTRY FORM

Mail or drop off at 2401 Riverside Boulevard, Sacramento, CA 95818

If mailing or dropping off your entry, please be sure to write "OPPORTUNITY DRAWING" on the outside of the envelope. This will help to ensure your envelope is routed correctly. Thank you!

Deadline: February 16, 2024 or the first 300 entries (whichever comes first). A "virtual" ticket will be emailed to each participant, and the actual ticket will be placed in the raffle drum. If no email is provided, a letter with a photo of the ticket will be mailed to the participant. CHECKS PAYABLE TO: Buddhist Church of Sacramento

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP Code: \_\_\_\_\_

NO. OF ENTRIES: \_\_\_\_\_

(@ \$100 per entry) \_\_\_\_\_

Email Address: \_\_\_\_\_

DONATION AMOUNT: \$ \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Technology Committee**  
Stuart Ito, Chair



*Laying out all the panels before installation.*

*Upper right: Gary Traganza and Don Honda on scissor lift.*

*Lower right: Minh La drilling into concrete.*

**What? I can't hear you!**

**H**ave you ever tried to have a conversation in the kaikan (gym) while a basketball game was being played or at a spaghetti feed or during an ABA dance, or any event for that matter? It was very difficult to hear! That is because the sound just bounces off all the concrete walls and hardwood floor and enters your ears all jumbled up.

Reverend Yuki asked me as chair of the technology committee if there was a way to improve the sound in the kaikan. I researched and found examples of other gyms that mounted sound-absorbing panels on the walls to help with this problem.

Koichi Mizushima and I drove up to Placerville to visit a school gym that had installed the panels and discuss the improvements with the school principal, Marty Sutton of the El Dorado Adventist School. Marty was very gracious, showing us all around and giving us advice. He said it made a significant improvement for their gym.

After the Placerville visit, we decided it would be a good idea to install the sound panels. We brought the idea to the Board of Trustees and they approved moving forward



*Finished result.*

**Sakura Gakuen**  
Masako Thomas  
Adult Program Dean



looking for ideas of how technology can help the temple. If you have any ideas, you can email them to [tech@buddhistchurch.org](mailto:tech@buddhistchurch.org).

**S**pring semester for the adult program started on January 22. We are planning for a short program for travelers in February. It will be once a week for 4 weeks. Please check our website for details.

If you want to join a class, contact Masako Thomas at [thomas@sakuragakuen.org](mailto:thomas@sakuragakuen.org).

Please contact Tomomi Flesuras for information about the Saturday youth program in person at the Sacramento Buddhist Church: [tomomi.sakuragakuen@gmail.com](mailto:tomomi.sakuragakuen@gmail.com).

with the project. We had great support with SBWA, ABA, Sports Committee, Choir, Jr. YBA, Cub Scouts Pack 50, and Girl Scouts all making financial donations to the church to help offset the costs. Thank you!

On December 21, 22, and 23, 2023, we installed the panels. Special THANK YOUS to Don Honda, Gary Traganza, Minh La, Jeff Takahashi, Roger Ikemoto and Marty Sakata for helping in this effort, as well as Cindy Kitade for picking the panel fabric color. It was hard work as we had to drill more than 400 holes into concrete to mount the panels, but I think the result was worth it.

The Technology Committee is always

## 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 (note February date):

- February 11, 2024
- March 3, 2024
- April 7, 2024
- May 5, 2024
- June 2, 2024
- July 7, 2024
- August 4, 2024
- September 8, 2024
- October 6, 2024
- November 3, 2024

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.

### 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.



## Riverside Tanoshimi Kai Brian Hatano

**S**ince I've been coming to Tanoshimi Kai, I've been trying to recall my Japanese lessons enough to carry on a basic conversation. Still a work in progress, but I think I'm connecting a little. Or at least amusing the members with my struggles! I'm grateful Reverend Yuki has been part of the luncheons — offering gassho, conversation with the attendees, and relating my messages in proper Japanese.

If you haven't experienced Riverside Tanoshimi Kai, you're welcome to check it out. No RSVP is necessary. Visit every week or whenever you like, without any obligation. You'll enjoy a hot meal, camaraderie, bingo and entertainment (sometimes). The menu has been evolving from all Asian-inspired entrees to a selection of dishes that include shredded BBQ chicken with mashed potatoes, salmon and spaghetti. The caterer seems to have found his niche with the revised selections.

Seniors 60 and older are welcome to join their friends on Fridays. Check-in time starts at 10 a.m.; lunch is served at 11 a.m., followed by bingo and/or entertainment. 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. Attendees are asked (but not required) to donate \$6 to help defray costs. Guests under 60 years old can enjoy lunch for \$10.

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

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

Please note: Due to a Buddhist Churches of America (BCA) conference at the temple, there's NO Tanoshimi Kai on February 23.

## You're Invited to Tanoshimi-kai

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



LUNCH + FUN!



## Courtyard Refreshments

**W**e appreciate the following groups/members for providing refreshments or assistance for our Sunday morning courtyard refreshments (monetary donations are listed on the Donations page):

**January 14, 2024**

Matthew Tokeshi-Nitta  
Jr. YBA Members

## 2023 Annual Giving Reports

**I**ndividual annual giving reports for donations made in 2023 will be available BY REQUEST. To request your report, please send an email to: [SacBetsuinReport@buddhistchurch.org](mailto:SacBetsuinReport@buddhistchurch.org), or call (916) 446-0121 and provide your name and mailing address (including your zip code). Allow 7 business days from the acknowledgment of your request for processing. Reports will be available beginning 1/15/2024.

## Thursday Night Health & Wellness

### HEALTH & WELLNESS



### 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](mailto:BetsuinPrograms@buddhistchurch.org)  
Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233

### What is Love? Understanding Love and Attachment as a "Non-Attached" Buddhist

Thursday, February 22, 2024 - 6:30 p.m.



Teryn Hara Tsukahira, LCSW  
Psychiatric Social Worker & Therapist  
LA County Department of Mental Health, Teryn Hara Therapy

### "I Never Thought This Would Happen to Me!" Homeowner's Insurance Coverage and Types of Policies

Keith and his family experienced their own house fire. Keith will share his experiences as a claims adjuster, insurance agent, and recent house fire victim.

Thursday, March 21, 2024 - 6:30 p.m.



Keith Adachi, Retired Insurance Agent

The Yoga for Health class is designed for any age or physical condition. Join us every Wednesday evening, 7 p.m.-8:15 p.m. Classes are conducted via Zoom by Bob Matsueda, certified yoga instructor.

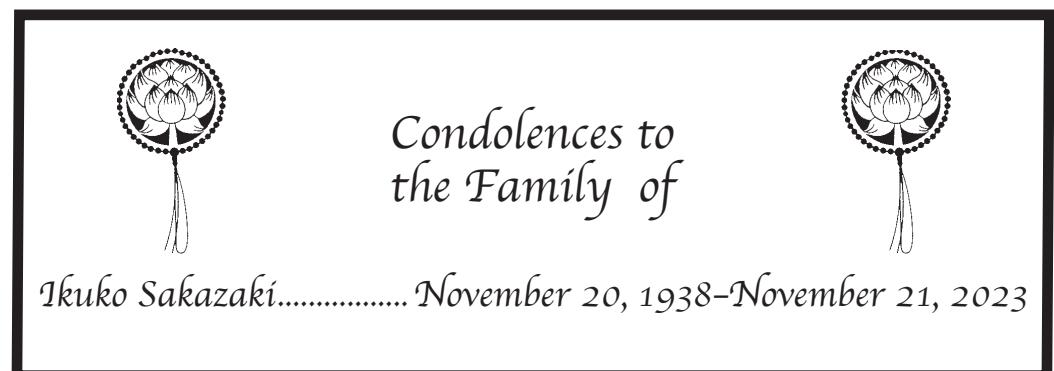
New students, please contact [BetsuinPrograms@buddhistchurch.org](mailto:BetsuinPrograms@buddhistchurch.org) for more information.



## 2024 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	2024 Memorial	Year of Death	2024 Memorial
2023 .....	1 year	2000 .....	25 year
2022 .....	3 year	1992 .....	33 year
2018 .....	7 year	1975 .....	50 year
2012 .....	13 year	1925 .....	100 year
2008 .....	17 year		



## February Schedule of Events

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

- 2/4/2024 – Scout Sunday  
Dharma Message by Rev. Yuki Sugahara
- 2/11/2024 – Nirvana Day Service and Shotsuki Hoyo Memorial Service  
Dharma Message by Rev. Matt Hamasaki
- 2/18/2024 – Family Dharma Service  
Dharma Message by Rev. Yuki
- 2/25/2024 – BCA Eitaikyo Service  
Dharma Message by Rev. Yuki and Rev. Matt

### Special Services, Classes

- Monday, 2/5/2024, 10 a.m.–11 a.m. – Chanting Service (Refreshments after)  
– Rev. Yuki
- Wednesday, 2/7/2024, 10 a.m.–11:30 a.m. – Special Dharma Service in Japanese and English (Refreshments afterward) – Rev. Yuki  
For Seniors and anyone else who would like to join us!
- Wednesday, 2/14/2024, 10 a.m.–12 noon – Japanese Dharma no Kai (Japanese Dharma Class) – Rev. Yuki
- Wednesday, 2/21/2024, 10 a.m.–11:30 a.m. – Special Dharma Service in English (Refreshments afterward) – Rev. Matt  
For Seniors and anyone else who would like to join us!
- NO CLASS IN FEBRUARY; Will return on 3/22/2024, 7 p.m. – Sacramento Buddhist School (Adult Study Class) – “History of Buddhism” with Rev. Yuki

### Tanoshimi Kai

Fridays, 10 a.m. – Check-in time; Lunch at 11 a.m.

- 2/2/2024
- 2/9/2024
- 2/16/2024
- 2/23/2024 – NO TANOSHIMI KAI

### "What Is Love?" on Zoom

Thursday, 2/22/2024, 6:30 p.m.

- Instructor: Teryn Hara Tsukahira, LCSW, Psychiatric Social Worker and Therapist
- Understanding Love and Attachment as a “Non-Attached” Buddhist
- Sign up by sending an email to: [BetsuinPrograms@buddhistchurch.org](mailto:BetsuinPrograms@buddhistchurch.org) and the Zoom link will be emailed to you.

## New Members



Welcome New Members

Joe Grasso  
Kristin Lam  
Aileen Ritchie  
Mick Shimada



**Cherry  
Blossomz  
Concert**  
Rev. Patti Oshita



For the past five years, our Thursday Night Health and Wellness Program would have a December musical program, for music is not only a beautiful universal language; music is healing. Since 2019, to ensure everyone's safety, our Health and Wellness Program has continued via Zoom. Last May, we were fortunate to have the Cherry Blossomz join us via Zoom to help heal us during the ongoing pandemic. In December 2023, we were able to invite them back again... but this time our Holiday Healing Concert was held both live and on Zoom.

On Thursday evening, December 14, 2023, the Sacramento Betsuin Hondo was filled with more than 100 guests (and more than 60 people on Zoom) to watch the Cherry Blossomz perform "in person." The Cherry Blossomz group is made up of Lisa Horikawa Orpilla from Sacramento, Emily Imazumi from San Jose and Miko Shudo and Dr. Michael Murata from Los Angeles.

Their Zoom performance was amazing. How much more inspiring it was to hear the Cherry Blossomz live. They sang a medley of holiday songs and even more, they honored us by performing songs they had composed themselves. I cannot find the words to describe how beautiful it was to hear and see them perform. I often found myself moved to tears as their beautiful voices and their amazing music filled our Hondo. They truly lifted our spirits.

We had a guest singer/composer, Miharu Okamura from Oakland, who joined us that evening. Also our own Merv Maruyama and the Betsuin Choir joined in the program.

I would like to thank the Cherry Blossomz (accompanied by Dr. Michael Murata) for making our holiday season even more memorable with their special Betsuin Health & Wellness Concert. Thank you to Stuart Ito, who was our AV engineer, and Koichi Mizushima, our sound person.

After the show, almost everyone stayed to thank and talk with our special guest performers, so we were fortunate to have no shortage of much-appreciated refreshments. The Refreshment Committee was chaired by Audrey Seo and the delicious food was prepared by Gordon Nitta, Marty & Kim Sakata, Jason Yokoyama (visiting from Seattle), and Matt Tokeshi Nitta. We even had Santa pop in to visit us!

We would like to thank everyone who was involved that helped create such an inspiring and unforgettable evening of healing music. We look forward to having the Cherry Blossomz join us again next year!

**Boy Scouts**  
Finley Morris



**A**t the end of last year, our Troop 50 had some exciting events. We assisted at the Sacramento Ironman, a triathlon where our troop contributed at various stations along the route. Witnessing the endurance of triathletes who swam 2.4 miles, biked 112 miles, and ran 26.2 miles was truly inspiring, especially considering the cold rain that day.

Our troop also enjoyed a bike and camping trip to Beals Point, which is north of Folsom. The 17-mile bike ride featured numerous changes in elevation and offered breathtaking views. Upon reaching camp, we took a breather and explored Folsom Lake.

On another outing, we organized a geocaching event at Elk Grove Park and discovered 18 geocaches. Geocaches, hidden containers with logbooks, were located using GPS. Some caches required the efforts of an entire patrol to find.



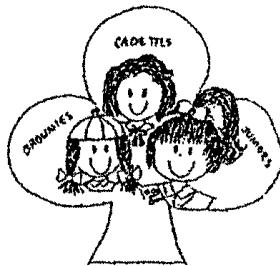
In December, we hosted a successful winter party and potluck. The party and potluck were organized by Senior Patrol Leader Jay Giang.

Starting the new year, Troop 50 had a meeting at Arden Fair Mall, where we purchased clothes and toys for a children's charity. Following this, scouts returned to the Buddhist Church for their annual Lock-In — a night where scouts spend time at the church, providing their parents with a well-deserved break. The scouts had a blast playing basketball, connecting a video game console to one of the rolling TVs, and engaging in various activities. Sleeping was optional. We look forward to many more exciting activities this year!



## Girl Scout Troop 569

Julie Sakai



**D**aisies 1 spent December adventuring and partying. They visited Sacramento Pipeworks for the first time and learned how to rock climb. The girls scaled the rock-climbing walls, bouldered and even tried their hand at slacklining and had an overall awesome day. They also celebrated their second annual pajama holiday party where they had a potluck, did crafts and played games to celebrate Christmas and the New Year.



the delicious flavors everyone loves (Thin Mints, Adventurefuls, Lemonades, Shortbread, Caramel Delights, Peanut Butter Patties and Sandwiches, and Toast Yay!).

You can preorder or just find one of the Girl Scouts to purchase some cookies. The girls will be selling after church services February 25 through March 10. Thank you for supporting Troop 569!

## Sports Committee

Marty Matsuda



**O**n March 2–3, the Betsuin Sports Program will host its 50th Annual Basketball Tournament. This is a return of our tournament after a three-year pause due to the pandemic. If my math is correct (2024 – 53 = x), the first Sacramento Buddhist Church (SBC) tournament was in or around 1971. I'm the only current Sports Committee member that was playing SBC basketball in 1971, and I recall the tournament for the upper divisions only. Not until years later did the tournament include all of our divisions.

A lot has changed over the last 50 years of SBC basketball. For one, back then we used to play in two leagues — the Saturday church league and the Sunday church league. On Saturdays we played against Sacramento Japanese United Methodist Church (SJUMC), Sacramento Japanese Baptist, Parkview Presbyterian Church and Florin Buddhist

Church. On Sundays, after church, we played against teams from Florin Buddhist Church, Lodi Buddhist Church, Stockton Buddhist Church, Marysville Buddhist Church and Placer Buddhist Church. I even recall playing against San Jose Buddhist Church. One thing I remember is that just before tip-off, all of the players and coaches would form a circle at mid court and one player would lead us in gassho.

Betsuin sports has provided many of us with great memories of games, teammates and coaches. Come check out our SBC Sports Program display case, designed by Jennifer Nitta, and titled "Through the Decades." In the display, you will find recent and historical photos of Keiki Hula, Family Bowling, Youth Golf, Church Baseball and Church Basketball. I'm sure there will be a photo or two that will bring back a few great memories for you too. Happy 50th Annual Tournament SBC Sports!



## Panda Express Fundraiser



FUNDRAISER FOR  
Buddhist Church of Sacramento

### VIRTUAL COMMUNITY FUNDRAISERS



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Place your order for pickup or delivery on Friday, February 09 !

Where

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33% of sales will be donated to: Buddhist Church of Sacramento

## Where Does Your Donation Go?

Brian Hatano

When you donate to the Buddhist Church of Sacramento, your tax-deductible contribution helps support operations, maintenance and many programs of the temple.

Our rich legacy began with our founding in 1899, with the mission to sustain the temple for the present and generations to come. In 2024, we will be celebrating our 125th anniversary.

Unless otherwise specified, donations to the temple are deposited in the General Operating Fund. You may direct your donations to benefit one of our many programs such as scouting, choir, tech committee, Dharma School, ABA, SBWA, Minister Assistants, or for a capital expenditure project.

You also may contribute to the Legacy Endowment Fund (LEF), 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 LEF help fulfill 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 donations can be in the form of automobiles, and of distributions from IRAs, stocks and bonds. Credit cards can be used at the office and online at our website, [BuddhistChurch.org](http://BuddhistChurch.org). Look for the donation button on top of the home page.

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 and having one of the longest legacies in the Buddhist Churches of America.



## Wall of Appreciation

If you have thought of donating to the Wall of Appreciation, please submit your donations to be included with the next set of donor names to be placed on the Wall of Appreciation in 2024.

Please fill out the Wall of Appreciation Donor Form as appropriate for the set of donors.  
With deepest gratitude and thanks for your generous support of the Buddhist Church of Sacramento in 2024.

Buddhist Church of Sacramento

## Wall of Appreciation Donor Form

The members of the Legacy Endowment Board had a vision to create a project that could express our appreciation for the Sacramento Betsuin. They contracted with a designer to create The Wall of Appreciation. This project is not only a symbol of gratitude for the Betsuin, but also for the generations of Sangha members who built and sustained this temple for so many years. It is only through the efforts of so many others that we are able to exist today. With deepest gratitude, thank you for your continued support of the Sacramento Betsuin.

**DATE SUBMITTED:** \_\_\_\_\_

### Levels of Giving

**DONOR NAME(S):** \_\_\_\_\_



**Kiku** (Chrysanthemum)

\$1,000,000 +

**ADDRESS:** \_\_\_\_\_



**Fuji** (Wisteria)

\$500,000 +



**Ichijuku** (Bodhi Tree)

\$250,000 +

**CITY:** \_\_\_\_\_



**Hasu** (Lotus)

\$100,000 +



**Momiji** (Maple)

\$50,000 +

**STATE, ZIP:** \_\_\_\_\_



**Ume** (Plum)

\$25,000 +



**Icho** (Ginkgo)

\$10,000 +

**PHONE #:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_



**Ayame** (Iris)

\$5,000 +



**Sakura** (Cherry)

\$2,500 +

**NAMEPLATE WORDING:**

(29 characters per line max including spaces & punctuation)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Examples of Wording

**DONATION AMOUNT:** \$ \_\_\_\_\_



Ted, Naomi & Mie Tanaka

**DIRECTED TO:**



In memory of  
Jiro & Sumie Tanaka  
& Mark Tanaka

**GENERAL FUND**



The Tanaka Family

**LEGACY ENDOWMENT FUND**



In celebration of  
Jiro & Sumie Tanaka's 60th  
Wedding anniversary

**SIGNATURE:**

## 理事長のメッセージ

足立カレン

もう2月になりましたが、大晦日に行われた除夜会と修正会(元旦)について書かせて頂きます。

ご存じのように今年は当別院の125周年に当たりますので、その記念行事を除夜会から始めることにしました。この日は菅原先生のギター、水島広一さんのキーボードそして水島エリーと広一さん親子による歌で始まりました。参加者が除夜の鐘を打ったあと125周年の記念品が配られました。

翌日の元旦、私は理事長として修正会サービスのチアをやらせて頂きました。浜崎先生の法話が125周年記念のテーマ「Compassion, Culture, Community」(蓮如上人)と相通じるところがあり有難く思いました。サービスのあと、おうどん、おにぎり、漬物などの接待があり新年を祝いました。

## お内陣の仏具磨き

去年の暮に婦人会有志と菅原先生、加藤先生らが数時間かけてお内陣の仏具を磨きました。皆様ご苦労様でした。

## パンダ・エキスプレス・資金募集

2月9日(金)、別院の警備費の増額に伴い補助金募集をオンラインで行います。Code 920272を注文するときに入力して下さい。売上の33%が別院の収益となります。別紙のフライヤーに詳細が掲載されています。

## MLK「マーチ フォア ザ ドリーム」

去る1月15日、50人以上の別院メンバーが浜崎先生と一緒に第42回「March for the Dream」4マイルウォークに参加しました。私達は125周年記念の大きな旗を掲げて歩きました。写真を掲載いたしましたので御覧ください。来年もこのウォークに参加する予定です。

## 2024 Opportunity Drawing

もっと多くの皆さんに参加して頂きたいので、締め切り日が2月16日に延期されました。従って、2月から6月までの抽選日は毎月最終日曜日となります。詳細は別紙に説明されています。

## 2024年サクラまつり - 3月23日(土)

(フード/ショッピング・フェア) カレンダーに記すのを忘れないようにお願いいたします。このイベントに出店したいベンダーがありましたら、別院事務所にて足立カレン宛てにメッセージをお残し下さい。

125周年記念行事のお手伝いのボランティアを探しています。興味のある方は足立カレンまでご連絡下さい。

## 婦人会ニュース

加藤シャーリー

### 新会員歓迎！山本キャスリーン

ジェニファーReven

岡崎マイラさんと松南ステーシーさんのお陰で2023年に23人の新会員が入会されました。婦人会に入会したい人のために会員申込書は別院の廊下の掲示板に貼ってあります。

婦人会は今年も次のような色々なイベントを計画しております。

#### 1日旅行

- エンジェル島
- 浄土真宗センター
- サンホセ別院
- カシノ

#### 教室

- 料理教室
- 生け花
- 手芸

#### 奉仕プログラム

- サクラまつりとバザー
- FoodBankとAnimalShelterへ寄付

各イベントは皆様にemailでお知らせ致します。従って、メールのチェックを怠らないようお願いいたします。

去る12月28日、理事有志が菅原先生の指導でお内陣の仏具のお磨きを行いました。お手伝いをして下さった秦野グレース、加藤キース、倉原ウエイン(敬称略)の皆さんにお礼を申し上げます。

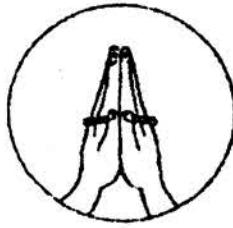
来る2月11日に婦人会主催の「浄土真宗の女性達法要」が行われます。ゲストスピーカーは本好由紀子師(元開教使、ストクトン仏教会)、別院コワイア、80代会員を表彰するスライドショーが予定されています。

次回理事会は2月7日午後7時よりZoomリンク  
[sbwa2020@gmail.com](mailto:sbwa2020@gmail.com)





# サンガ



## ～2月の予定～

2月 7日 10時	シニアサービス
2月 11日 9時半	祥月法要
2月 14日 10時	日本語法話会
2月 21日 10時	シニアサービス
2月 28日 9時半	BCA 永代経法要

## 「修行」の「行」ってなに？

菅原祐軌輪番

早いもので2024年も2ヶ月目に入りました。今月はBCAの総会がサクラメント別院で行われますので忙しくなりそうです。

さて、今月は「行」ということについて書いてみたいと思います。世間一般の宗教の「修行」に対するイメージとは何か善い行いをして、その善い事を行った結果として死後にはよりよい世界に往くというものではなかろうかと思います。この場合、「行」とは「業」と同意で捉えられており、身(身体による行い)・口(言葉による行い)・意(考えることによる行い)の三業としての捉え方をされております。つまり清らかな(善い)行いをする事が「修行」であると捉えられているのではないかでしょうか。

しかし、そもそも仏教における「行」とは「(さとりへと向かう)行い」のことです。その「行」が基となってさとりへと向かうことが出来ないのであれば、それは「行」とは呼べません。つまり、身口意の三業がさとりへと向かう行いとなるのであれば、それは「行」と呼びうることができます、私達の三業が果たしてさとりへと向かう行いと成り得ているのか?ということです。

ご開山親鸞聖人はとても厳しい内省の人でした。二十年もの間、比叡山において厳しい修行をされたにも関わらず、自分の中をどれだけ見ても自分の三業がさとりへと向かう行いと成り得る要素が一つもなく、かえって自分を迷いの世界へと縛りつけるような業を成しているのが自分であると深く反省していました。つまり、自己の力ではこの迷いの世界から抜け出すことに役立つものを何一つもっていないのが自分であるというのが親鸞聖人のご理解がありました。

では、そのような者はさとりへと向かうことが出来ないのかというとそうではありません。親鸞聖人は迷いの世界から抜け出すものを何一つ持っていない自分であるからこそ阿弥陀如来の本願力

によらねばならないと様々な經典やインド・中国・朝鮮・日本などの高僧方の論釈から結論付けていました。それが親鸞聖人の主著『顕真実教行証文類』、略称『教行信証』、または『教行証文類』であります。

この『教行証文類』の「行の巻」には『仏說無量寿經』という真実の「教」に説かれている、真実の「行」について示されています。ここで親鸞聖人は「大行とはすなはち無礙光如來の名を称するなり」と定義されております。なぜ迷いの世界から抜け出すのに役立つものを何一つ持っていない私達が「南無阿彌陀仏」(無碍光如來は阿彌陀仏の別称)と称えることが「大行」と成り得るかというと、それは「南無阿彌陀仏」というお名号に私達がさとりへと向かう為に必要なものが全てつまつておるからであります。これは病気の際に薬を摂ることと似ています。薬を飲むという行為を行うのが私だとしても、体調がよくなるのは薬の功能によります。そして、お医者さんが患者に薬をすすめるように、この「南無阿彌陀仏」が間違いなく私達にすすめて下さっておられるのがお釈迦様、そして十方の諸仏であります。

この点からいと、浄土真宗には自己の力による「修行」というものは存在しません。なぜかというと、この私がさとりへと向かうのに必要なものは全て阿彌陀如來によって「南無阿彌陀仏」として完成されており、この南無阿彌陀仏が「因(原因)」となって、私達はこの世の縁が尽きる時に、仏となさせていただくという「果(結果)」をいただくからです。

では、普段の生活の中の「行い」がどうでもよいのかというとそうではありません。阿彌陀如來のご本願は「必ず救う、われにまかせよ」という言葉であらわされる事がありますが、必ず救われにやならん存在である私はどのような存在であるのか。それは自己中心性に身を任せて、周りを傷つけ、振り回して生きているような存在であります。今までではこの自己中心性に身を任せたのみであったのが、阿彌陀如來のご本願に出遇うと、「このような私であったからこそ、救わざにはおれない阿彌陀如來さまであったな」と「おかげさまで」という心が芽生えると共に、少しはこの自己中心性を恥じる心、翻そうとする心が芽生えてきます。このようにご本願のみ教えを聞かせていただくことで、「おかげさまで」の心と、「自己中心性を恥じる心」の大切さを学ばせていただく。これが私達の普段の生活の中で重要になっていくのではないでしょうか。ただし、これが浄土真宗の「修行」ではないことは最後に明確にしておいて終わりとさせていただきます。

それでは、また来月。

合掌