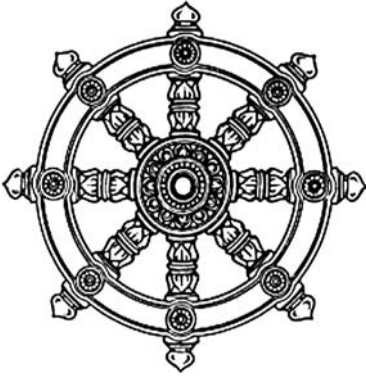


**Resident  
Minister**  
Rev. Matt Hamasaki



In the month of December, we will be celebrating Bodhi Day, or the commemoration of the day that the Buddha attained enlightenment. This is important for us as Buddhists because the realization that Siddhartha Gautama had about the reality of existence is what made him the “Awakened One” or Buddha and he began to teach this understanding, which laid out the way for all of us to follow.

Although he went through many different teachers and paths to find what he was looking for (the end of suffering), he could not find it. He was so devoted in his pursuit that he partook in incredibly difficult practices that emaciated his body. After many years of this, Siddhartha learned he would not find the answer he sought this way. After leaving this path of penance, he went to the river to bathe himself, collapsing from exhaustion under a tree. A milkmaid, Sujata, gave him some kheer, an Indian rice porridge, that revitalized his body, and nursed him back to health. With his energy restored, he sat under the tree and meditated, resolving not to get up until he found the truth he wanted. And that is how he attained enlightenment.

An integral person to the story is Sujata, the milkmaid who nursed the Buddha to a state that he would be able to reach his goal. Her selfless actions are celebrated in different sects of Buddhism by serving kheer during their Bodhi Day ceremonies. Growing up, this was not the tradition at my temple, nor was it one that I was aware of at any others. Being someone who loves food (especially rice and porridge) I was intrigued as to what this kheer would taste like.

**(Continued on page 2)**

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

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# SANGHA

**Sacramento Buddhist Church**  
**Volume 60 Number 12 - December 2023**

**Sacramento  
Betsuin**  
2401 Riverside Blvd.  
Sacramento, CA 95818  
  
(916) 446-0121  
(916) 446-1866 FAX  
  
betsuinoffice@gmail.com

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## Resident Minister (Continued)

## President's Message Karen Adachi



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



Reverend Matt Hamasaki  
(916) 926-2221  
revmatt@buddhistchurch.org

## Office Manager Cindy Kitade

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Coordinator  
Jennifer Nitta

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Betsuin Office  
(916) 446-0121

Looking at recipes, traditionally it is made by cooking rice in milk with the addition of sugar or honey as sweetener, and cardamom as a spice which is often used in Indian cooking. Then it is topped with nuts and sometimes raisins. However, in Japan, it starts with okayu, a rice porridge, which milk is then mixed into and then the sweetening ingredients. Of course, there are also places that make it more traditional and have the cardamom, but it's interesting to me to see how the culture has adapted this dish with foods that are more indigenous.

With that in mind, it's wonderful to celebrate Bodhi Day in many diverse ways, keeping in mind the efforts of the Buddha and those that supported him with our hearts full of gratitude and our tummies full of delicious food.

I hope you had a nice Thanksgiving and you were able to enjoy it with family or friends. Winter is definitely on its way in and it's time to pull out our sweaters and jackets! The month of November marked the commencement of our Betsuin basketball program. You can hear the squeaking of basketball shoes and the dribbling of basketballs almost every day of the week in our Kaikan. I especially like to watch our young players in the Little Hoopers and Instructional divisions who are learning basketball skills for the first time.

I'd like to take this opportunity to thank all the division coordinators and coaches for volunteering their time to help make this program possible for our Dharma School kids. A special thank you goes to Marty Matsuda, Sports Committee chairperson, for leading this wonderful program.

After the Hoonko service on Sunday, November 19, service attendees were treated to a delicious serving of edamame rice, made by our Buddhist Women's Association. Thank you to the dedicated SBWA members who came out early that morning to make edamame rice for all of us to enjoy.

For the second year, we are offering an Opportunity Drawing. The drawing will allow participants an opportunity to raise funds for the church but also have a chance at winning some money back. 90% of the proceeds of this drawing will go to our general operating budget. The remaining 10% will go back to five lucky participants in monthly drawings to be held in the months of January through May. The drawing is limited to no more than 300 entries, so you are encouraged to purchase your entries as soon as possible to guarantee your participation in this fundraiser.

To help us make up the anticipated income shortfall in our general operating budget for the 2023 year, opportunity drawing entries can be purchased now. Please see the flyer and entry form posted in this newsletter. Thank you in advance to all participants who will make this a fun and successful fundraiser!

On Sunday, December 3, from 10 a.m. to 1 p.m., our Girl Scout Troop 569 will be having their Fall Craft Faire in the Kaikan. This is a great opportunity to purchase handmade crafts for holiday gifts. The Troop 50 and 250 scouts who are participating in the Matsuyama/Sacramento Scout Exchange program will also be selling refreshments to raise funds for their trip to Matsuyama next summer.

Also, in conjunction with the craft faire, the church will have a chicken teriyaki bowl fundraiser. Pre-orders will be accepted until November 30, but a limited supply of teriyaki bowls will be available for purchase on the event day. Please refer to the flyer in this newsletter for more information.

Please join us for an evening of holiday music at a special live and in-person concert by the Cherry Blossomz on Thursday, December 14 at 7 p.m. at the Buddhist Church of Sacramento. The Cherry Blossomz performed earlier this year on Zoom for one of our monthly Thursday Health & Wellness Series programs, but we are fortunate to have this Southern California-based group perform live at our temple on December 14. Following the concert, light refreshments will be served and attendees will have an opportunity to meet the artists.

In the spirit of the holidays, we will be collecting nonperishable foods to donate to a local food assistance program. Rumor has it that there also may be a surprise visit by Santa Claus! The concert will also be presented virtually for our out-of-town or homebound friends. Admission is free to this fun holiday event. To RSVP to attend the concert in person or virtually, please send an email to [betsuinprograms@buddhistchurch.org](mailto:betsuinprograms@buddhistchurch.org). We hope to see you there to welcome the Cherry Blossomz to our temple!

As I mentioned in the November SANGHA, in 2024 our temple will be celebrating its 125th Anniversary! As one of the first Jodo Shinshu temples in America, our temple was founded on December 17, 1899.

To kick off our 125th Anniversary, we will have a special New Year's Eve (Joya-E) Service. This special service will begin at 5 p.m. on Sunday, December 31. Please join us as we send off the year 2023 in gratitude with our traditional ringing of the kansho bell and also kick off our 125th year!

The following morning, we will greet the New Year 2024 with our New Year's Day (Shusho-E) service at 9:30 a.m., followed by a New Year's special toast and otoki (refreshments) in Classrooms 1-4. We hope you can join us for both services!

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

**Sangha Helpers**

Meriko Hoshida  
Yvonne Ishimoto  
Libby Iwamura  
Shirley Kato  
Eva Kawada  
Jane Komure  
Marlene Ohara  
Fusako Takahashi  
Donna Wong  
Kathy Yamamoto  
Elaine Yoshikawa

**Legacy  
Endowment  
Fund**  
Allan Hoshida

おかげさま

We have four new members to announce this month. Welcome to Autumn Lee, Judy Tsurutani, Kay Freeman and Hiliry Harvey. We hope to see you at our events, which will always be announced to our members via email. Thank you to Myra Okasaki and Stacy Matsunami for finding new members and increasing our membership to 271 members.

Lately, we've been getting inquiries about our next project for nursing home visits. After the pandemic, our SBWA knitters and crocheters have been making items to give to members and their loved ones who live in care facilities or are homebound. During the winter of 2021–2022 we asked members to knit and crochet warm scarves for our visits. Last winter, 2022–2023, we made lap blankets and distributed them during the spring of this year. Both items were very much appreciated by the recipients. They also appreciated the conversations, camaraderie and attention from our visits. Many thanks to Lynn Kurahara, who assigns and schedules our visits to various care facilities. Prior to the pandemic we visited more than 70 people. After the pandemic, the numbers have decreased by nearly 25% to approximately 55 people. Because of the decrease in visits, we still have enough blankets to give to our first group of care facility visits. We will send an email to our members, asking them to make more items when the supplies are getting low. Thank you to all of those who have knitted and crocheted items for this project. Your skills are very much appreciated. If you know of someone in a care facility or who is homebound, and would appreciate a visit from us, please contact a board member or email us at [SBWA2020@gmail.com](mailto:SBWA2020@gmail.com).

Reminder: On December 10, followed by the annual Tsuito Hoyo service, we will hold Bonenkai, our year-end celebration. This will include a bento lunch by Jensai, entertainment by the Ohana Mele ukulele group, and distribution of door prizes.

2023 has been a year full of activities, both charitable and fun, thanks to Shirley Kato of the Executive Council, who sought out projects and activities that interested our members. With so many activities during the holidays, there will not be an SBWA December meeting. Happy Holidays from the Sacramento Buddhist Women's Association!

The Legacy Endowment Fund Board! Hope this finds you and your families in good health and best wishes for a happy and prosperous new year in 2024. Some personal experiences and reflections that I shared a number of years ago and which are still relevant today, if I may:

As a college student taking 3rd year design studio many years ago, one of our professors had us reading/discussing Siddhartha by Herman Hesse. In this story, Siddhartha, although born into tremendous wealth/prestige, gave up all his worldly belongings, his comfortable life and family ties, and ventured out/wandered around the countryside striving/struggling to find the real truth and meaning of life.

Similarly, in trying to find my own path in life, first as a young boy growing up, a college student searching for some sense of direction/meaning, and later as a husband/father and now as a grandfather, I have had the opportunity to see life through many different eyes/lenses, tempered by actual life experiences. I generally have had a sense of direction in where I/we wanted to go, but it is only in having made some personal and professional decisions and lived life as best as one can, and then in looking back and reflecting on our lives, that we truly realize where we have been and the forces that have molded us into the unique individuals we are today.

In evaluating our own past experiences, in retrospect, being an active member of the Buddhist Church of Sacramento and volunteering in numerous organizations/activities has definitely been one of our great joys. These experiences have allowed me and my family to come together with many of you, to listen to the teachings/dharma, grow up with our kids during their formative years, get to know other like-minded families sharing in many temple activities, i.e., weekly Sunday dharma service/school, annual food bazaar, obon, youth/sports activities, scouting programs/outings, board of trustees, Adult Buddhist Association (ABA), Buddhist Women's Association (BWA), exercise/ukelele classes, Legacy Endowment, etc. We have had tremendous dharma teachers/ministers/fellow world travelers, who have guided us spiritually, provided wonderful friendships and who have supported/comforted us during times of great personal loss. Our temple has been and continues to be a wonderful "second home" to Meriko/myself and our entire family, and we truly appreciate the opportunity to have gotten to know many of you.

So thank you all for being wonderful dharma friends as we have traveled life paths together and shared unique once-in-a-lifetime moments/experiences, never to be repeated. Our hope is that you too have had this same experience and opportunity along life's path and have come to realize the value and importance of our sangha temple community here in the Sacramento area. As we end 2023, slowly coming out of the COVID pandemic, and start a new calendar year 2024, looking forward together, tempered by our past experiences, let us remember to open our eyes and experience all that life has to offer and don't be afraid to try new things. And, every once in a while, reflect on what is of true value/importance in your life and let us all strive to live a life full of appreciation and thanks... to live a life of nembutsu. In Gassho and with feeling of Okagesama.



## Adult Buddhist Association

Jean Kashiwada  
President

### Sangha Staff

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

### Contributing Reporters

President	Karen Adachi
SBWA	Jane Komure
ABA	Jean Kashiwada
Legacy Fund	Allan Hoshida
Sports	Marty Matsuda
Tanoshimi Kai	Brian Hatano
Dharma School	Audrey Seo
Girl Scouts	Gina Lourenco
Sakura Gakuen	Masako Thomas

## December Schedule of Events

### 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.

*(NOTE: For the January 2024 issue, the submission deadline will be a hard 11:00 pm December 11, 2023. Anything received after that time will be published in the February 2024 issue. Thank you.)*

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.

Our ABA Board members who are ACC senior escorts continue to help out at our temple's Wednesday Senior Services. The seniors welcomed Reverend Hamasaki back from "paternity leave" at the November 1 service. We all appreciate the special Dharma messages from Reverend Sugahara and Reverend Hamasaki. Service begins at 10 a.m. and is followed by light refreshments afterwards. ABA appreciates the donations we receive to help us pay for the ACC transportation expenses and the after-service treats. Thank you to the Sacramento Betsuin's Board of Trustees for the generous donation of their share of the Ohana Walk fundraiser. We will definitely use this money for the Wednesday Senior Services. Thank you to Karen Adachi, Virginia Uchida, Elaine Yoshikawa, Lori Itow and ABA for the treats in October and November; and to Karen Adachi, Martha Kushida, Michael Ota, Carolyn Murata, Virginia Uchida, and John & Elaine Yoshikawa for joining me in escorting the attendees to service and providing refreshments afterwards.

ABA had its Oldies But Goodies Dance on November 11. This year, we honored all veterans in attendance, and the decorations and food items followed an "all American theme." Thank you to John & Elaine Yoshikawa for chairing this event and to all ABA Board members who helped decorate, prepare the appetizers, brought cookies, brownies and other desserts, manned the bar, and stayed to clean up. Most of us didn't get to bed until after midnight.

I also appreciate all ABA Board members who woke up early the next morning to prepare food for the second Sunday of the month after-service refreshments. Thank you to Aaron Imura and the Cub Scouts for donating the eggs and butter. Thank you to Wayne Kurahara for scrambling the eggs and the ABA Board members who prepared the breakfast burritos. The congregation of approximately 75 people stayed to eat the breakfast burritos, vegetables and dip, mini apple strudel pastries, cookies, coffee, tea and water after service. It's nice to see more people returning to in-person services.

Happy Holidays!

### Betsuin Holiday Schedule

- Saturday, 12/23/23: Open 9 a.m.–12 noon
- Sunday and Monday, 12/24–12/25/23: CLOSED
- Tuesday, 12/26/23: CLOSED on Tuesdays
- Sunday, 12/31/23: CLOSED
- Open for Joya-E Service at 5 p.m. (NEW TIME THIS YEAR!)
- Monday, 1/1/2024: CLOSED
- Open for Shusho-E Service at 9:30 a.m., with Otoki at 10:15 a.m.
- Tuesday and Wednesday, 1/2–1/3/2024: CLOSED for New Year's Break

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

- 12/3/2023: Bodhi Day Service and Shotsuki Hoyo Memorial Service  
Dharma Message by Rev. Yuki Sugahara
- 12/10/2023: Family Dharma Service  
Dharma Message by Sensei Koichi Mizushima
- 12/17/2023: Family Dharma Service  
Dharma Message by Rev. Yuki Sugahara
- 12/24/2023: Betsuin Closed – Enjoy a Safe and Happy Holiday!

### Special Services, Classes

- Monday, 12/4/2023, 10 a.m.–11 a.m.: Chanting Service (Refreshments after) – Rev. Yuki
- Wednesday, 12/6/2023, 10 a.m.–11:30 a.m.: Special Japanese Dharma Service (Refreshments afterward) – Rev. Yuki. For Seniors and anyone else who would like to join us!
- Wednesday, 12/13/2023, 10 a.m.–12 noon: Japanese Dharma no Kai (Japanese Dharma Class) – Rev. Yuki
- Wednesday, 12/20/2023, 10 a.m.–11:30 a.m.: Special Dharma Service (Refreshments afterward) – Rev. Matt Hamasaki. For Seniors and anyone else who would like to join us!
- Friday, 12/22/2023, 7 p.m.–9 p.m.: Sacramento Buddhist School (Adult Study Class) – Rev. Yuki

### Tanoshimi Kai

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

- 12/1/2023
- 12/8/2023
- 12/15/2023
- 12/22/2023: No session – Holiday Break
- 12/29/2023: No session – Holiday Break

### Girls Scout Craft Fair & Betsuin Teriyaki Bowl Fundraiser

- Sunday, 12/3/2023

### Cherry Blossomz Holiday Show

- Thursday, 12/14/2023, 7 p.m.–8:30 p.m., w/ reception after!  
Live Performance in the Main Hondo for the WHOLE FAMILY!

**Important Announcement!**

**Important Announcement!**

Upon direction from our bank and effective immediately, all check payments for donations, merchandise or fundraiser orders must be made payable to

**Buddhist Church of Sacramento**

The bank will no longer accept checks made payable to Sacramento Betsuin, SBC, Buddhist Church, etc., for deposit.

We greatly appreciate each and every contribution.

Thank you in advance for helping us stay in compliance with the new banking requirements!

**New Members**



Welcome New Member  
Miki Askanas



**How Do You Feel about Public Speaking?**

**How Do You Feel about Public Speaking?**

**Frightened                      Somewhat confident                      I love to talk!**

Toastmasters can help develop your public speaking and leadership skills no matter what your current comfort level is. It offers a friendly, safe and supportive learning environment to help you build self-confidence so you can achieve your personal and professional goals. Toastmasters also helps improve listening skills, impromptu speaking and giving effective feedback. Learn and connect with your fellow sangha members and have fun too!

Four informational meetings will be held on Sundays after Dharma Service in January 2024 to determine if there is interest in forming a club at the Sacramento Betsuin. A club can be formed with 20 or more interested adults (18 years and older). A new club will have two sponsors and two club mentors.

**Sunday, January 7, 14, 21, 28, 2024 from 10:30 a.m. to 11 a.m.  
Little Hondo**

To RSVP or for more information, please contact Gayle Kono at [gayle\\_kono@yahoo.com](mailto:gayle_kono@yahoo.com) or (916) 754-6210.



**Sakura Gakuen  
Masako Thomas  
Adult Class Dean**



Registration for the 2024 spring semester adult class will start December 1, 2023. Please visit our website <https://www.sakuragakuen.org/home>. We plan to open a new Beginner Level 1 conversation class for new learners. The first day of the spring semester is January 23, 2024, and the last day is May 20, 2024 for Monday conversation classes. Kanji classes are on Tuesdays; January 24, to May 21, 2024. Contact Mrs. Thomas at [thomas@sakuragakuen.org](mailto:thomas@sakuragakuen.org).

For information about the Saturday Youth Program to be held in person at the Sacramento Buddhist Church, please contact Tomomi Flesuras, [tomomi.sakuragakuen@gmail.com](mailto:tomomi.sakuragakuen@gmail.com).

**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 Family of



Helene H. Otani..... December 12, 1936–October 12, 2023

**Tanoshimi Kai**  
Brian Hatano

We continue to gather every Friday for lunch and socialization at Tanoshimi Kai. Note that we will take a break on December 22 and December 29 for the holidays. For the past several weeks, we've been treated to different and new menu items. The selection continues to evolve and improve as the provider tries to create nutritious, appetizing and enjoyable meals.

At our annual holiday get-together on December 15, we will give special recognition to those members who are celebrating their 88th birthday. This year, we will include all who we didn't put in the spotlight since 2020 when we took a hiatus due to the pandemic. Reverend Yuki and the Betsuin Choir will both perform in a special presentation that includes holiday favorites and sing-along.

Seniors 60 and older are welcome to come to Tanoshimi Kai on Fridays. 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.

If you need a ride from Maple Tree or Greenhaven Terrace, please contact ACC Rides at (916) 393-9026 ext. 333, or at [rides@accsv.org](mailto:rides@accsv.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!



**Riverside  
Tanoshimi Kai  
Casino Bus  
Trip**

**Riverside Tanoshimi Kai Casino Bus Trip  
Hard Rock Casino  
Wheatland, California**

\$35/person \$25 free play

Wednesday, December 27, 2023

Check in 7:30-8:25 a.m.

Bus departs 8:30 a.m. Returns 3:30 p.m.

Buddhist Church of Sacramento



Helen Sakaishi  
(916) 600-9291

[hsakaishi@sbcglobal.net](mailto:hsakaishi@sbcglobal.net)

Reserve seat by December 15.

For adults 21 and over



**Shotsuki Hoyo  
- Monthly  
Memorial  
Service  
Schedule**



On 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:

- December 3, 2023
- January 7, 2024
- February 4, 2024
- March 3, 2024
- April 7, 2024
- May 5, 2024
- June 2, 2024
- July 7, 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. Although not required and not expected, we are grateful for any Shotsuki Hoyo donations. If you would like to send a check, please send it to "Buddhist Church of Sacramento" at 2401 Riverside Blvd., Sacramento, CA 95818. Please include "Shotsuki" and the name of your loved one in the memo so we can acknowledge your contribution properly. Thank you!

**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.





**A Cherry Blossomz Holiday Event**

**FREE IN-PERSON CONCERT**

**A CHERRY BLOSSOMZ HOLIDAY**



Lisa Orpilla, Emily Imazumi, Miko Shudo,  
featuring: Michael Murata

**Sacramento Buddhist Church**

**THU** | Dec 14, 2023  
7:00pm

Meet the artists after the show - Bring a canned food donation

**RESERVATIONS or ZOOM LINK** [betsuinprograms@buddhistchurch.org](mailto:betsuinprograms@buddhistchurch.org)

**Thursday Night Health & Wellness**

**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

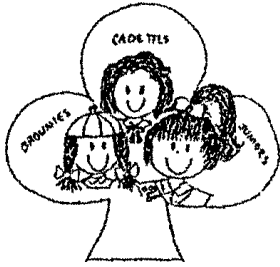
**Dancefit with Jules on Zoom**  
**Introduction to Latin, Hip Hop, Cardio routines with full body toning exercises for all ages**

**Thursday, January 18, 2024 – 6:30 p.m.**



**Julie Honda-Tsuye**  
**Dancefit Instructor**

Girl Scout Troop 569 Fall Craft Faire



Girl Scout Troop 569

FALL

craft faire

SUNDAY

DECEMBER 3

10:00 AM - 1:00PM  
Sacramento Buddhist Church  
2401 Riverside Blvd.

handmade crafts  
ready for holiday  
gift giving

Chicken Teriyaki Bowl Sale

Sacramento Buddhist Church

CHICKEN TERIYAKI BOWL SALE

12/03/23 10am-1pm  
pick up in the Kaikan



\$15

ORDER HERE:  
Limited Quantity

GIRL SCOUTS  
CRAFT SALE



MATSUYAMA  
SCOUTS  
FOOD ITEMS

Pre Order: [Tinyurl.com/TeriBowl](https://tinyurl.com/TeriBowl)  
Questions: [bkmizu@gmail.com](mailto:bkmizu@gmail.com)



### Courtyard Refreshments

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

**October 22, 2023**  
Kirby Fukushima  
Jane Komure  
SBWA

**November 5, 2023**  
Kyle Adachi  
Mai Cheng

Jean Kashiwada  
Stephen Kashiwada  
Wayne Kurahara  
Carolyn Murata

**October 29, 2023**  
Marty Matsuda  
Audrey Seo

**November 12, 2023**  
ABA  
Cub Scout Pack 50 (donated  
eggs and butter)

Michael Ota  
Elaine Yoshikawa  
John Yoshikawa

### Opportunity Drawing

In January 2024, the Buddhist Church of Sacramento will begin an Opportunity Drawing. The church’s operating budget relies solely on the generous donations from our members and the community, the annual membership dues, and fundraisers. The Opportunity Drawing will give our generous donors an opportunity to help raise funds for the church, but also have a chance at winning some back. 90% of the proceeds of this drawing will go to our general operating budget. The remaining 10% will be awarded to five lucky donors!

**Cost Per Entry: \$100**

For every \$100 donation submitted with the Opportunity Drawing Entry Form, donors will be given one (1) entry into all five (5) opportunity drawings. The drawings will be held on the last Sunday of the month, from January through May 2024. There will be four (4) chances to win up to \$500 each and in May, one lucky person will win up to \$1,000. All donors will be entered into all five drawings and could potentially win more than one cash prize.

**Entry Limit**

Maximum of 300 entries will be accepted — maximum prize payout: \$3,000. Donors may submit more than one entry.

**Dates of Drawings**

- Sunday, January 28 after service – Maximum prize: \$500 (if all 300 entries are sold)
- Sunday, February 25 after the Eitaikyo Service – Maximum prize: \$500
- Sunday, March 31 after service – Maximum prize: \$500
- Sunday, April 28 after service – Maximum prize: \$500
- Sunday, May 26 after service – Maximum prize: \$1,000

**Ways to Purchase Entries**

- 1) Complete and submit entry form with cash or check payment to the church office.
  - 2) Complete online with credit card payment (\$5 processing fee per entry added) by visiting: <https://buddhistchurchofsacramento.square.site/opportunity-drawing>
- Deadline for Entries: January 16, 2024, or until 300 entries are submitted.

## 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: January 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.

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

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

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

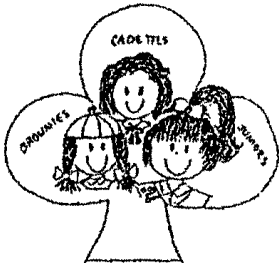
Email Address: \_\_\_\_\_

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

NO. OF ENTRIES: \_\_\_\_\_  
(@ \$100 per entry)

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

# Girl Scout Troop 569 Cina Lourenco



Troop 569's Investiture and Rededication Ceremony was held on November 3. We welcomed 15 new scouts to our program, had many returning scouts rededicate, and recognized the following girls for earning their Bronze, Silver, or Gold Award:

- Bronze Award: Ashley Tanaka, Kara Sauer, Kiyomi Moody, Mackenzie Lin, Mia Schlenker, Raimie Yep
  - Silver Award: Erin Decamp, Danielle Sakai, Faith Decamp
  - Gold Award: Marissa Gong, Olivia Kim, Kai Nakaoka
- Congratulations to you all!



Daisies 2, one of our investing troops, really enjoyed their first ceremony, especially the cookies! They would like to send a big shout out to everyone involved in putting on the event.

They also held their monthly meeting and made friendship bracelets using pony beads the same colors as the Daisy Petals.

As they strung the beads, they recited the Girl Scout Law and discussed what each of the colors represented in ways only kindergarteners could understand.

Lastly, they earned the Pizza Maker patch by making homemade pizza. Each Daisy added their

favorite toppings and were able to enjoy their own creations for a snack at the end of the meeting.

Seniors 1 put their creativity and teamwork into action to make notepads to sell at the upcoming craft faire.



Finally, our 2nd Annual Fall Craft Faire will be held on December 3 from 10 a.m.–1 p.m.

Our scouts have been working hard on their handmade crafts, which will make perfect gifts for the holidays.

We hope to see you there!





## Sports Committee

Marty Matsuda



The well-anticipated church basketball season is finally here. Our Kaikan is busy again with nightly practices and the sound of bouncing balls. League play begins the first weekend of December and goes through the last weekend of February. All first half games will be played at the Chinese Community Church and second half games at the Sacramento Japanese United Methodist Church. E and D division games will be played on Saturday mornings and afternoons; C and B division games on Sunday afternoons, starting at 1:30 p.m.

A link to the 2023–24 Church League schedule will be on the church website. Come out and see your favorite team play.



Our Li'l Hoopers and Instructional League started in November. Li'l Hoopers is an early introduction to basketball for 4- and 5-year-olds. The very basics of the game are introduced by our parent coaches. Li'l Hoopers holds practice on Sundays right after church.

Instructional League introduces basketball fundamentals to 6- and 7-year-olds. Skill development that includes dribbling, passing and shooting are taught. Instructional League holds practice on Sunday afternoons. Instructional League players have an opportunity to play in end-of-year jamborees. Come by the Kaikan after service and watch both teams play.

## Dharma School News

Audrey Seo



In November, we ran our annual emergency evacuation drill and successfully gathered all the students and staff to a nearby lot. Thank you to our greeters and security for clearing the classrooms and giving the all-clear to return. We also welcomed nearly 25 new students to our Dharma School program during the Hoonko Service where they each received a new onenju. Every year we are so fortunate to see our enrollment grow so the Betsuin can continue to be a place to build lasting friendships and memories while listening to the dharma.

We are also excited to announce that our teaching staff has grown with Dina Ito, Ellen Maseba and Stuart Ito coming on to teach the 4th/5th grade class. Please stop by their classroom to say hi!

Finally, here are the upcoming service and class dates. As a reminder, the New Year's Eve and New Year's Day services are the attendance extra credit days. To receive credit, each student must sign the attendance sheets for themselves.

December 3: Bodhi Day service and class  
 December 17: No service or class (winter break)  
 December 31: New Year's Eve service (extra credit – sign-in sheet)  
 January 1: New Year's Day service (extra credit – sign-in sheet)  
 January 7: Regular service and class  
 January 21: Regular service and class

Enjoy a safe holiday season!

## 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*. 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.



## Looking for Musicians

# Looking for Musicians



Do you play an instrument? Can you sing a song? We'd love to have you share your talent and perform at a Dharma Service.

Interested?  
Sign up in the office or  
Email [BrianHatano58@gmail.com](mailto:BrianHatano58@gmail.com)

## “Opportunity Drawing”

来る1月より、第二回「Opportunity Drawing」を始めます。当仏教会の運営資金はメンバーとコミュニティの寛大な寄付と年会費や資金募集イベントによって賄われています。この「Opportunity Drawing」は寄付を募るばかりでなく、寛大な寄付をして下さる皆様に抽選で賞金が当たる機会を与えてくれます。90%の抽選券の収益は仏教会の運営資金となり、残りの10%がラッキーな5人に賞金として授与されます。

### 抽選券：各100ドル

各100ドルの寄付（抽選申込書と共に）につき抽選券1枚で5回の抽選に参加できます。抽選は毎月最後の日曜（1月より5月まで）に行われます。4回の抽選で500ドル当選する機会があり、5月には賞金が倍の1000ドルになります。寄付をされた人全員、5回の抽選に参加することができ、1回以上当選することが可能です。

### 申し込み限度

抽選券は300枚で締め切ります。賞金の総額は3000ドル。申し込みは1回以上することが出来ます。

### 抽選予定日：

- 1月28日(日) 礼拝後 — 賞金の最高額: 500ドル (抽選券300枚が売り切れた場合)
- 2月25日(日) 永代経法要の後 — 賞金最高額: 500ドル
- 3月31日(日) 礼拝後 — 賞金最高額: 500ドル
- 4月28日(日) 礼拝後 — 賞金最高額: 500ドル
- 5月26日(日) 礼拝後 — 賞金最高額: 1000ドル

### 申込方法

- 1) 申し込み用紙と現金又はチェックを同封して別院事務所にお持ちください。
- 2) オンラインで申し込み、クレジットカードでお支払い下さい。(尚、5ドルの手数料が加算されます。 <https://buddhistchurchofsacramento.square.site/opportunity-drawing>)

申し込み締め切り日：2024年1月16日或いは抽選券が300枚に達した場合

意見を主張し、最悪の場合、戦争となることもあります。

このご和讃にお示しのように、本来のモノのあり方（さとりの世界）と言うのは、一切のモノが自然に素晴らしく美しい音楽を奏できるように調和されています。この世界の本来のあり方を鐘の音となって阿弥陀さまは私達に教えてくださっておられる。それが除夜の鐘の浄土真宗的な意義なのではないか、と私は思うのです。

鐘の音を聞いておりますと、人それぞれの鐘の打ち方に違いがあります。しかし、どの音も阿弥陀さんのご説法なのだ、と聞かせていただくと自然と手が合わさります。今年も大晦日には除夜の鐘を撞かせていただきます。どうか、皆様お参りいただき、一緒に阿弥陀さまの御説法をお聞かせいただきますよう。合掌

## 理事長のメッセージ 足立カレン

11月に別院のバスケットボールが始まりました。会館で毎日バスケの靴が床できしむ音やドリブルするボールの音などが聞こえるようになりました。私は特に若い子供達が初めてバスケのプレイを教えられている光景を見るのが好きです。この機会にデビジョンのコーディネーターとコーチをボランティアして下さっている皆さんにお礼を申し上げます。特にスポーツ委員会のチェアパーソンとして素晴らしいプログラムを作成して下さいました。坂田マーティさんに感謝いたします。

11月19日の報恩講サービスの後、婦人会から枝豆ご飯の接待がありました。婦人会の皆さんに朝早くから準備をして頂き有難うございました。

第二回目のオポチュニティ・抽選会を行います。この抽選は賞金が当たるだけでなく、仏教会の資金募集を同時に行うことが出来るのです。収益の90%は仏教会の運営資金に、残りの10%が5人の当選者の賞金に充てられます。抽選券は300枚限定なので出来るだけ早めにチケットを買われることをお勧めいたします。2023年度の運営資金不足を補うために、チケットを今から買う事が出来ます。別ページに詳細が掲載されていますのでお読みください。

12月3日(日)10時より1時まで別院ガールスカウト569隊が「秋のクラフトフェア」を会館で開催いたします。ホリデーのギフト用に手作りの手芸品を買う良い機会です。別院ボーイスカウト50隊も松山/サクラメント・スカウト交換プログラムの一環で来年の夏に松山を訪問予定、その資金捻出のためリフレッシュメントを売り出します。又、仏教会ではチキンテリヤキ丼を資金募集のために売り出します。注文の締め切りは11月30日、当日売りは数が限られています。詳細は別紙のフライヤーをお読みください。

12月14日(木)午後7時より別院でチェリー・プロサムズによるホリデー・ミュージックの公演があります。チェリー・プロサムズは前にズームで、「木曜の健康とウェルネス・シリーズ」の一環として出演して頂きましたがこの度、南カリフォルニアをベースに活躍中のこのグループのライブ公演が実現いたします。公演後、リフレッシュメントが準備され、出演者と交流の機会もあると

のことです。又、当日は痛まない食品を集めて Food Assistance program へ寄付をするため、皆様のご協力をお願いいたします。この日はサンタ・クロースが訪れるかもしれないとの噂が飛んでいます。このコンサートはオンラインでも見ることができます。コンサートの予約はEメールを [betsuinprograms@buddhistchurch.org](mailto:betsuinprograms@buddhistchurch.org) までお送りください。

先月のサンガでお知らせしたように、私達の仏教会は2024年に125周年を迎えます。アメリカで最も古い浄土真宗のお寺の一つとして1899年12月17日に創立されました。この125周年記念をスタートするため、12月31日(日)午後5時より喚鐘を行いますので挙ってご参加下さい。

## 婦人会ニュース

## 小牟礼ジェーン

今月は4人の新会員をご紹介します。(敬称略) オータム・リー、ケイ・フリーマン、鶴谷ジュディ、ヒリリー・ハーベイ  
いつも新しい会員を見つけて下さる岡崎マイラさんと松波ステーシーさんに感謝します。現在会員数271名。

ケアホーム訪問の次のプロジェクトは何でしょうかとの問い合わせがきています。パンデミック後、編み物をするメンバーの方々がケアホーム訪問の際に持って行くギフトを作っています。2021年/2022年の冬にスカーフを作って頂きました。去年の冬(2022/2023)はひざ掛けを作り今年の春に持って行きました。入居者の皆さんからギフトや訪問でのお喋りなど大変感謝して喜ばれました。いつも訪問をオーガナイズして下さいる倉原リンさんにお礼を申し上げます。

パンデミックの前には70名の方達を訪問しました。パンデミックの後には25%減って現在約55名となりましたので、未だブランケットは充分ありますが、足りなくなるようでしたら、Eメールでもっと作って欲しいとお願いいたします。このプロジェクトのために編み物をして下さる方々に感謝いたします。もし訪問して欲しい方がありましたら、理事か下記のメールアドレスへお知らせ下さい。 [sbwa2020@gmail.com](mailto:sbwa2020@gmail.com)

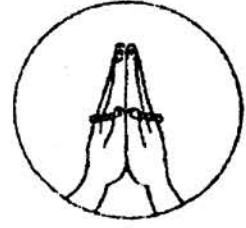
リマインダー：12月10日の追悼法要のあと忘年会を開催いたします。忘年会ではジェンサイのお弁当、オハナ・メレ・ウクレレ・グループによるエンターテイメントそしてドア・プライズがあります。

2023年は加藤シャリーさんのお陰で、色々な楽しい行事が沢山ありました。12月の理事会はホリデーで忙しいためお休みすることになりました。どうぞ楽しいホリデーをお過ごし下さい。





# サンガ



## ～12月の予定～

12月	3日	9時半	祥月法要
12月	6日	10時	シニアサービス
12月	10日	正午	婦人会追悼法要
12月	13日	10時	日本語法話会
12月	20日	10時	シニアサービス
12月	31日	5時	除夜会

## 撞けば煩悩が無くなる？

菅原祐樹輪番

早いもので今年も師走となりました。なぜ「師走」というのかには諸説があるようですが、よく知られているのは「師」である僧侶が各家庭でお経をあげるために忙しく走り回るから「師走」という説です。アメリカの僧侶は基本的に家にお参りするよりも、ご門徒の皆様がお寺にお参りくださるので、私達が走り回る必要はあまりありませんが、どちらかといえば忙しいのはお正月の準備などをされているみなさんかもしれません。



さて、日本では宗教離れが進んでいると言いますし、アメリカでも SBNR (spiritual, but not religious:スピリチュアルだが宗教的ではない) と考えている人が多いと言います。それでも大晦日になればお寺に除夜の鐘を撞きに来て、元旦には神社に初詣に行くという人が今でも多いのではないのでしょうか。

私が小中高と卒業したのは石川県の金沢市で、その当時、金沢別院へとよくお参りに行っていました。大晦日のお参り、鐘撞きも夜遅くに始まり、元旦の0時に修正会(元旦会)が始まるのですが、金沢の冬は寒く、その寒さの中で食べる年越しそばは格段と美味しかった記憶があります。普段の別院の朝のお参りはとても少なかったのですが、大晦日と元旦会には多くの人が集まっていました。それも除夜の鐘には「煩悩」を取り除くという意味があるから、と思われているからかも知れません。

しかし、残念ながら鐘を撞いたくらいでは私たちの煩悩はなくなりません。もしなくなるのであれば、どれだけでも鐘を撞くでしょうけれども、そうではないから私たちは日常の生活で満足することのない心を満たそう満たそうとおるわけです。これは穴の空いたバケツに水を溜めようとしているのと似ているかもしれません。水の勢いが良ければバケツに水は溜まるかもしれませんが、穴が空いているためにすぐにまた空っぽになって

しまいます。私たちの心も同じように常に満足することのないモノであります。

宗祖親鸞聖人は『一念多念文意』というお聖教の中で「『凡夫』といふは、無明煩惱われらが身にみちみちて、欲もおほく、いかり、はらだち、そねみ、ねたむころおほくひまなくして、臨終の一念にいたるまで、とどまらず、きえず、たえず」(『註釈版聖典』, 693頁)と私たちの煩悩は今生の縁が尽きるまで決して無くなることはない、とお示しであります。

では、除夜の鐘を撞くことには一体どういう意味があるのでしょうか？これは私個人の味わいですが、仏教というのは自己がどういった存在であるかに「気づく」ことがまず前提にあると考えます。しかし、その「気づき」というのも自分が頭で考えて気づくのではなく、仏陀の智慧によって気付かされるのであります。



宗祖は私達の正依の聖典である『仏説無量寿経』を和讃という七五調の詩の形としてわかりやすくお示し下さっておられます。そのご和讃の中に「宝林・宝樹微妙音 自然清和の伎楽にて哀婉雅亮すぐれたり 清浄樂を帰命せよ」

(『同』, 563頁)というご和讃がございます。「お浄土というさとりの世界はとても美しく種々の宝で彩られた林・樹々が素晴らしい音を奏でている。それらの音は自然なハーモニーを奏でており、とても優雅である。清浄な音楽を成就された仏である阿弥陀如来に帰依しましょう」という意味になるかと思いますが、「宗教的ではない」人々は美しい宝で彩られた世界など信じられないと言われるかもしれません。しかし、このお浄土というのはさとりの世界であり、さとりの世界というのは私達凡夫の満足することを知らない世界とは正反対の世界であります。

さとりの世界がどういう世界であるかということ、金・銀・瑠璃・瑪瑙などの様々な宝石がお互いに美しい音を奏でているけれども、お互いがお互いの音を邪魔することなく自然にハーモニーを奏でるような世界であります。これは実は物事の本来のあり方を表しています。

反対に私たちの世界は違いを尊重することを知らず、人と違う部分は攻撃の対象となっていくような世界です。音楽で言うならば、「自分の音こそが最も大切だ!」、と主張しているようなものです。そのような世界にある私達は自分達の姿が見えていないことがしばしばあり、自己中心的に