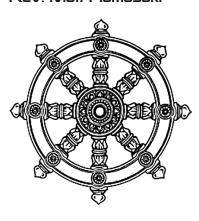
# Resident Minister Rev. Matt Hamasaki



The fire already into the second month of the New Year! It is also the shortest month as it has 28 days. Have you ever wondered why it is the only month that way? It begins with the origin of the calendar we use today, the Gregorian Calendar, which began as the Roman Calendar. The majority of the Roman society was agricultural and so the need for a calendar by the farmers was only from March to December, the harvest months. The winter was when there was no activity and so there was just a portion of time with no names and no dates. They worked off the phases of the moon, with each month having either 30 or 31 days. To better sync up the months with the lunar year, the second king of Rome, Numa Pompilius, added two months, which would become January and February.

But he didn't stop there! Even numbers were thought to be bad luck at the time and so Numa Pompilius subtracted one day from each of the 30-day months, so they had 29. He wanted the calendar to reflect the 12 lunar cycles and so split the wintertime into two months. And the lunar calendar has 354 days, which would also be even, so he just decided to add another day to make it 355. Finally, because of the mathematical fact that an even number of odd numbered anything, but in this case months, would be an even number, he had to make one of the months have an even number of days. He decided it would be February because this was the time of spiritual purification, which is actually where February gets its name: from the Latin *februum*, meaning "purification." And this is how the month has 28 days!

(Continued on page 2)

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

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# SANGHA

# Sacramento Buddhist Church Volume 59 Number 2 – February 2022

# Sacramento Betsuin

2401 Riverside Blvd. Sacramento, CA 95818 (916) 446-0121 (916) 446-1866 FAX betsuinoffice@ buddhistchurch.org

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# Resident Minister



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

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Association
Shirley Kato
SBWA Executive
Council

The idea of spiritual purification is present in many religions over the different times and places in the world. Often, it is linked to rituals that will allow an external source to cleanse us of our spiritual impurities. This notion is even carried over into our tradition with the action of offering incense as a symbol of purification. However, true cleansing in Buddhism is the cleansing of the mind. As such, the action must also take place there. To understand how to clean, first we must understand how we are "dirty." It isn't as simple as seeing the dirt on our clothes; it's much more difficult. We must look for the unwholesome mental forces running beneath our thoughts, unconsciously dirtying our thinking, values, attitudes, and actions.

We often talk about the biggest stains: greed, hatred, and delusion — from which emerge their numerous offshoots and variants: anger and cruelty, avarice and envy, conceit and arrogance, hypocrisy and vanity, the multitude of erroneous views. Thus, our "ritual" becomes the practice of self-reflection and recognizing when we have become covered with the Three Poisons. Something we can all keep in our minds, at least for the shortest month of the year!

Presidents' Day. Daylight is extending longer each day. Spring is just around the corner. It's time to start planting flowers and vegetables and, unfortunately for many of us, spring means weekly lawn manicuring! Pre-COVID times, we would have been starting to plan vacations and be looking forward to carefree times away from work. Now, with reality changed, prevention of not only exposure to COVID, but actual infection, is a big added concern with any planning we do.

As of this writing, the Betsuin continues to provide limited in-person services: Sunday Dharma services, Shotsuki Hoyo, funerals and memorials. The protocols we have developed and implemented, along with all of your diligence has allowed us to move forward slowly and carefully with in-person activities within the temple. Our Reopening/Church Usage Committee continues to monitor the information about COVID and its variants in our area and beyond. We have no expectations on a timeline for fully opening up the temple and we will still consider temporarily closing again if the COVID situation warrants it. The holiday spike in infection cases appears to be plateauing. I encourage you to keep your diligence in curbing the spread of the virus so we may continue to provide in-person services.

Approximately 85 people RSVPed and attended our New Year's Eve (Joya-e) Service. It was the first time since 2019 that we enjoyed the choir's singing in-person and it momentarily gave us the joyous feeling of pre-COVID times. New Year's Day (Shusho-e) Service was held virtually and I hope all of you had a chance to share it with your family.

While the winter months are filled with shared times and good memories, they also can bring sadness, as it is not uncommon for families to experience a loss. Unfortunately, during the holiday season, several of our longtime members passed away and I wish to express my deep condolences to their families and friends.

Our plans to have the Sakura Matsuri Festival in March have had to be canceled. We know how much people are missing being able to attend/support temple events and we are planning other fundraising activities as options for the Betsuin and our sponsored and affiliated organizations. In-person Obon and Bazaar, or at least a variation of them, are still being considered. Keep an eye on future newsletters for updates.

On a very positive note, I'd like to thank all of you who have been tuning in to our monthly Thursday Night Health & Wellness Series! Under the guidance of Reverend Patti, the program has flourished and your many kind notes about the quality of the presenters and topics have been greatly appreciated. If you have not yet had the chance to join us, I hope you will be able to do so in the near future.

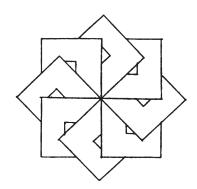
If you have not yet returned your 2022 Membership Form and payment, please do so by February 15, as I will be publishing our member listing in the March Sangha. As always, thank you for your continued support of the temple and our services through your membership, donations and kind words of gratitude.

The January SBWA Board meeting was held virtually on Wednesday, January 5. The SBWA Board will continue to meet using the Zoom application through 2022. Welcome to new Board members Cynthia Dimand and Mary Ann Kashiwagi, and returning Board member Junko Egi!

Board of Trustee members Utako Kimura, Sueko Yamashita, Marcia Matsuda, Reiko Kurahara, and Helen Sakaishi have chosen not to return to serving on the Board. We greatly appreciate their years of dedicated service to SBWA. At our January meeting, Yvonne Ishimoto was approved by the Board to fill one of the open positions. Welcome Yvonne!

In December, our annual Tsuito Hoyo Service was held virtually. This memorial service was held in remembrance of those who have passed away during the past year. Thank you to Alice Kataoka, Lori Itow and Myra Okasaki for coordinating the service, to

# Sacramento **Buddhist** Women's **Association** (Continued)



### egacy indowment =und Gayle M. Kono



#### Sangha Staff

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

#### Contributing Reporters

President **SBWA** Legacy Fund **ABA** 

Sakura Gakuen

Shirley Kato Gayle Kono Keiko Jean Kashiwada Masako

Gordon Nitta

Girl Scouts Cookies

Thomas Karen Kurasaki Leslie Kaneko **Boy Scouts** Connor Yee

Stuart Ito for pre-recording the service, and to Reverend Kaz Nakata for being our guest speaker. Thank you also to our members for your generous donations. Since the service, we were saddened by the passing of SBWA members Yo Morisawa, Mary Amemiya, Shigeko Tanaka, Mollie Oto and Rose Takata. They will be greatly missed.

After the Tsuito Hoyo Service, a ceremony was held to install the 2022 SBWA Cabinet Officers: Executive Council officers Shirley Kato, Jane Komure and Beverly Tanaka; Treasurer Karen Adachi; Recording Secretary Joanne Chew; and Auditors Virginia Uchida and Elaine Yoshikawa.

#### Upcoming Events/Projects

The SBWA Women of Jodo Shinshu Service observed in memory of Lady Eshinni, Lady Kakushinni, Lady Takeko Kujo and Lady Yoshiko Ohtani will be held virtually on Sunday, February 13 at 11 a.m. Our guest speaker will be Reverend Etsuko Mikame of the San Jose Buddhist Church. Virginia Uchida will be the chairperson for the service. The Zoom link will be sent to members with email addresses, as well as letters to members without email in order to view the service with the help of family members. We will have a Dana Fund and request that a donation in any amount be made and sent to SBWA to support our church-affiliated youth organizations. Your donation to the Dana Fund will be greatly appreciated.

As a community service project, SBWA members will knit or crochet neck scarves that will be distributed later in the year during our care facility visits. If you are interested in volunteering for this project, please contact an SBWA Board member for further information.

The next SBWA Board meeting will be held virtually on Wednesday, February 2, 2022. All SBWA members are invited to attend. Please email SBWA2020@gmail.com to receive the Zoom link.

**¬** shinni (1182–1268) was the daughter of a high-ranking samurai in Echigo. She was described as well-educated and refined. She married Shinran in 1210 in Echigo, where he had been exiled in 1207. Eshinni owned land, which provided the means for her and Shinran to survive and raise a family. Because of her financial means and support, Shinran was able to share the Nembutsu teaching.

Shinran, Eshinni and their family moved to Kanto and then Kyoto. In 1254, Eshinni returned to Echigo to take care of her property. Shinran stayed in Kyoto and was looked after by their daughter, Kakushinni. Eshinni and Shinran never saw each other again.

In Echigo, people suffered from famine due to poor harvests and epidemics. Eshinni was responsible for her farmland, two orphaned grandchildren and her servants and their families. Despite the extreme hardship, Eshinni's belief in the Nembutsu remained strong and unwavering. She was Shinran's most steadfast supporter.

Very little was known about Eshinni until 1921 when 10 letters she wrote were found in the archives of the Nishi Hongwanji. They had been lost for centuries, perhaps as long as 600 years, and were discovered when someone decided to look through the archives.

This discovery and the way it came about illustrate the importance of periodically going through your archived papers, or as I call my documents — "paper clutter." It may lead to your own discovery of something valuable. When I moved to my current home, I shoved boxes and boxes of items into a closet. I hadn't looked though them in a decade. Every year, I would resolve to go through them and declutter, keeping only what was essential.

One day, I actually went through some of the boxes. I found a statement for an IRA account I had forgotten about. In the 10 years that had passed, the balance had nearly tripled. I was so happy to find this "lost" money. Since then, I have recycled, discarded, shredded or set aside for donation 80% of what was in my closet. I now have a habit of decluttering 10 minutes a day, so the task is not so overwhelming. Slowly but surely, I will one day be organized.

Decluttering has been a satisfying process because it helps me focus on what is most important. It is also a process of letting go, of not being attached. It has made me more appreciative of what I have. I now realize that I am already rich, maybe not in the financial sense, but in having everything I need.

If you embark on your own decluttering journey and find treasures that you no longer need but are too good to throw away, please consider saving them to donate later. The Legacy Endowment Fund will not have its rummage sale this year due to health and safety concerns. But when one is scheduled, you will not need to scramble. You will have everything neatly organized and ready to give away.

The Legacy Endowment Fund was established to cultivate, promote and sustain the Jodo Shinshu tradition in the Sacramento region. To all those who have donated to the Legacy Endowment Fund, thank you for your support. To those who wish to further the Jodo Shinshu Buddhist teachings and request funding, please fill out an application form that can be found on the Legacy Endowment Fund page on the church's website at www.buddhistchurch.org.

# Adult Buddhist Association

Keiko Jean Kashiwada ABA President

Articles for the Sangha are due on the 15th of each month. Late articles will be published in the following month's issue. When sending articles by email, please send email to: Sangha@buddhistchurch.org with a cc to: betsuinoffice@buddhistchurch.org and inform the church office at (916) 446-0121. Please include the author's name. Thank you.

The 2021 ABA officers and committee chairs will continue on again in 2022. We will be meeting virtually or outdoors on an "as-needed" basis, since the majority of our normal activities have been canceled due to the COVID pandemic and new variants. The ABA Board members encourage all of you to support our Northern California temples in their fundraising efforts to help them maintain ongoing expenses of their temples and to continue to provide support to our Sacramento Betsuin's activities and services.

The majority of the ABA Board has decided to suspend collecting dues again this year. As ABA President, I would like to thank the many ABA members and friends who have made donations to ABA in memory of loved ones or on special occasions. Some of you have asked that your donations be placed in our Scholarship/Education Fund. We thank all of you for your generous donations. ABA will again provide monetary awards to the 2022 graduating seniors from this fund. Thank you for considering ABA when making your charitable donations.

Some of ABA's officers are continuing to provide "escort services" to seniors who would like someone to walk with them to the grocery stores, appointments, or other activities. This escort program is offered through ACC's Senior Services. Training is provided by ACC. Due to the recent cold and often wet weather, some of the walks have been postponed. The ACC chairperson will call on the volunteer escorts when needed. If any of the Betsuin's seniors would like "escort services" to their activities, please contact us: Jean Kashiwada at <code>ksjkash@aol.com</code> or John Yoshikawa at <code>spyron@aol.com</code>.

Listed below are the returning ABA officers and committee chairs. Thank you for continuing on in your leadership roles.

President: Keiko Jean Kashiwada Men's Vice President: John Yoshikawa

Women's Vice Presidents: Karen Adachi and Virginia Uchida

Treasurer: Stephen L. Kashiwada

Secretary: Michael Ota Investment Advisor: Curtis Ishii Membership Chairperson: Carolyn Murata

Telephone/Correspondence: Martha Kushida and Elaine Yoshikawa

Religious Chairperson: Ruth Seo

Special Events: John & Elaine Yoshikawa

Community Service Award: Wayne Kurahara

Ministerial Advisors: Reverend Matt Hamasaki and Sensei Grace Hatano

Immediate Past President: Wayne Kurahara

With the new COVID variants, please continue to wear your masks and stay safe. The Betsuin has in-person services and has the Hondo set up so that families can be seated socially distanced. You must wear a mask and show proof of vaccination when arriving at the temple. Services also are available online. Thank you again for supporting the Sacramento Betsuin during these trying times. Let's hope that we can resume some safe activities outdoors in the spring or summer.

# 2022 Family Memorial Service Schedule

raditionally, family memorial services are held for loved ones on designated anniversaries. These are precious occasions to honor the treasured memories of our beloved ones and to realize how fortunate we are to be embraced by Amida Buddha's light of wisdom and life of compassion.

Year of Death	2021 Memorial	Year of Death	2021 Memorial
2021	1 year	1998	25 year
2020	-	1990	-
2016	2	1973	50 year
2010	13 year	1923	100 year
2006	2		,



Condolences to the Families of



# Thursday Night Health & Wellness



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*Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233

# When Is It Time to Get a Hearing Aid?

Understanding hearing, hearing loss, and how hearing aids work

Thursday, February 18, 2022 - 6:30 p.m.



Tod Borges Hearing Aid Dispenser



We Are All in This Together
Understanding when someone needs caregiving,
resources available, and preventing burnout
Thursday, March 24, 2022 – 6:30 p.m.



Lyndsey Parker Right at Home Vice President & Chief Operating Officer

## Weekly Yoga Via Zoom

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 at 7 p.m.

For more information and Zoom link, contact *betsuinprograms@ buddhistchurch.org*.



# Introduction to Buddhism

# Introduction to Buddhism With Reverend Matt Hamasaki



Third Monday of Each Month
7 p.m. via Zoom
February 21, March 21

Please RSVP to BetsuinPrograms@buddhistchurch.org

### Sakura Gakuen Masako Thomas Adult Class Dean



# From the Office

#### Akemashite omedetoo gozaimasu!

pring semester starts soon. Both Saturday youth and Monday adult classes are virtual Zoom classes. The discount price for Sacramento Buddhist Church members continues to be \$150 per class for both programs.

Saturday Youth program is from 2/5 to 5/28/2022. Contact Youth Dean at *tomomi. sakuragakuen@gmail.com*.

Monday Adult spring semester is from 1/31 to 6/6/2022. Contact Adult Class Dean at thomas@sakuragakuen.org.

Please check our Sakura Gakuen website for the details: https://sakuragakuen.org.

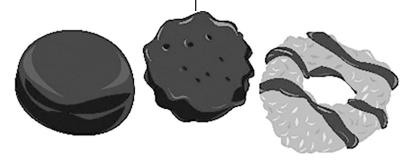
nnual Giving Reports for donations made to the Buddhist Church of Sacramento in 2021 are available BY REQUEST. To make a request, please send an email to: SacBetsuinReport@buddhistchurch.org. You can also call the office at (916) 446-0121, and provide your name and mailing address (including your zip code).

Note that contributions to Betsuin Sponsored and Affiliated Organizations are not included in the Annual Giving Report because each organization tracks their own donations

Please allow 7 business days from the acknowledgment of your request for processing. Thank you!

Girl Scout Cookies on Sale Now Leslie Kaneko It's cookie time and Troop 569 would love to sell cookies to you! Especially our new flavor, called Adventurefuls (a brownie-inspired cookie with a caramel-flavored creme topping). Use the link below to place your pre-orders or email 569cookies@gmail.com to get the link emailed to you. The cookies will arrive late February and we will be having a safe drive-thru cookie pick up and sale following church service.

https://app.abcsmartcookies.com/#/social-link-landing/2bc7d74f-6174-43ea-a9d8-1ce8367fec5a



Cookies are still \$5 per box and are great fresh or frozen.

Remember the Cookie Grams? Cookie Grams will be for sale this year. Surprise someone special with a box or two of Girl Scout cookies and have it delivered with a special card and message. There is a \$1 delivery fee and delivery is limited to the Sacramento and Elk Grove zip codes.

# Cirl Scout Troop 569 Karen Kurasaki



id someone say cookies? Girl Scout Troop 569 kicked off its 2022 cookie sales with a Cookie Rally event on January 9. Cookie Chairs Leslie Kaneko and Jan Goto had carefully planned a social distancing, inperson event, only to be thwarted by the post-holiday



omicron surge. With only a week to go before the event, Leslie and Jan nimbly shifted gears to a virtual format. It was a great success!

In Zoom, more than 50 scouts rotated through three different activity stations. Scouts made "cookie booths" out of craft sticks and stickers, competed in a Kahoot cookie trivia game, and learned about the cookies (including which are vegan or glutenfree), safety when selling cookies, and entrepreneurial skills. Special thanks go out to

the scouts and leaders from Ambassadors 1 and Cadettes 1 for supporting Leslie and Jan with carrying out a fun event!

Troop 569 scouts will be taking pre-orders from January 14 through January 30. They will start delivering the cookies on February 19. Cookies are \$5 per box and \$6 for the Caramel Chocolate Chip, which is gluten-free. The new cookie this year is Adventurefuls, and if you missed last year's introduction of Toastyay!, then there are two new cookie flavors for you to check out!

In other news, Ambassadors 3 attended the Girl Scouts Heart of Central California council-sponsored event at the Imaginarium 360. They enjoyed the spectacular and dazzling light displays. What a great way to start the new year! Cadettes 3 are busily planning their first community service project of the new year to benefit the UC Davis Children's Hospital children and families. For her Silver Award project, Cadettes 1 scout Sofia Yee is ambitiously building a cooking website geared toward kids. Sofia is using her passion for cooking and love for experimenting in the kitchen to create some simple recipes of her own to share with and inspire other young chefs!



Boy Scout
Troop SO
Connor Yee



Stay in Touch

Scouts were able to partake in the Taiko event on December 17, 2021 indoors. The troop was required to take a COVID test before coming inside. The people who wanted to attend the Taiko event but weren't able to make it to the location participated through Zoom. Although in-person attendance was low, the scouts who went had fun participating along with the musicians.

On December 18, 2021, we congratulated Derek Fong on reaching his Eagle Scout rank. He had passed his Board of Review for Eagle on November 17 and had received word that his Eagle Scout application was officially approved by the National Boy Scouts of America (BSA) on December 17. Good job Derek!

Crab feed has been canceled and the parent committee is coming up with alternatives to raise money.

# **Stay in Touch**



with the Buddhist Church of Sacramento
We frequently update our
website **BuddhistChurch.org**with videos, information about
events and more.

We're on Facebook! @buddhistchurchofsacramento



# 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 2022.

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 2021 & 2022.

### **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):	<b>Kiku</b> (Chrysanthemum) \$1,000,000 +		
ADDRESS:	Fuji (Wisteria)   Ichijuku (Bodhi Tree		
CITY:	_		
STATE, ZIP:	Hasu (Lotus)   Momiji (Maple)   \$50,000 +		
PHONE #:	_		
EMAIL:	Ume (Plum) \$25,000 + \$10,000 +		
NAMEPLATE WORDING: (29 characters per line max including spaces & punctuation)	Ayame (Iris) \$5,000 + \$2,500 +		
	Examples of Wording		
DONATION AMOUNT: \$	Ted, Naomi & Mie Tanaka		
DIRECTED TO:	In memory of Jiro & Sumie Tanaka		
GENERAL FUND	& Mark Tanaka		
LEGACY ENDOWMENT FUND	The Tanaka Family		
SIGNATURE:	In celebration of		
	Jiro & Sumie Tanaka's 60th  Wedding anniversary		

The Buddhist Church of Sacramento is a not-for-profit 501(c)(3) entity. (tax ID# 94-1243674)



# サンガ



~2月の予定~ 2月 6日 10時 祥月法要 2月13日 11時 恵信尼/覚信尼法要 講師:三瓶悦子師

お問い合わせは別院事務所【916】446-0121

#### 理事長のメッセージ 新田ゴードン

冬のホリデー・シーズンは家族が集まって楽しい 時を過ごしますが、今年は残念なことにこの期間 に長年別院のメンバーだった数人の方が亡くなり、 心からお悔やみを申し上げたいと思います。

3月に予定されていた桜祭りはキャンセルされましたので皆様はさぞかし落胆されたことと思います。 別院をサポートするためのイベントはお盆や夏の バザーなどを現在考慮中です。

パテイ先生の指導のもとに木曜日夜の健康とウエ ルネスのシリーズが大変好評を博しています。ま だ参加したことがなければ是非試してみて下さい。

2022 年度メンバーシップの支払いは 2 月 15 日までにお願いいたします。3 月のサンガにメンバーのリストを載せる予定です。別院のためにサポートして下さる皆様に深く感謝いたします。

(メッセージは紙面限定のため抜粋して掲載しました)

# ご挨拶

# 共同会長 加藤シャーリー



1月の理事会はオンラインで1月5 日(水)に行われました。2022年の理 事会は引き続きオンラインで行いま す。 (以下敬称略)

新しい理事のシンシア・デイマンドと柏木メリーアンそして元理事だったの恵木順子を歓迎いたします。木村歌子、山下末子、松田マーシャ、蔵原レイ子、坂石ヘレンは理事を退任されました。長年婦人会のために貢献されたことを深く感謝いたします。1月の理事会で石本イボンヌが新理事として承認されました。

12月に恒例の婦人会追悼法要がオンラインで行われました。追悼法要は去年亡くなった婦人会メンバーを偲んで行われました。この追悼法要をオーガナイズした片岡アリス、伊藤ロリー、岡崎マイラの皆さんにお礼を申し上げると同時に録画を受け持った伊藤スチュワートそしてゲストスピーカーの中田和朗先生に感謝いたします。又、皆様からの寛大なご寄付を頂き有難うございました。この追悼法要のあと次の方々:森沢ヨウ、雨宮メリー、田中シゲ子、大藤モリー、高田ローズが亡くなられ大変悲しく思っています。皆様もきっと同じ思いをされていることでしょう。

追悼法要の後、2022 年度の役員の就任式が行われました。

共同会長:加藤シャーリー/小牟礼ジェーン/ 田中ベヴァリー

会計:足立カレン、記録書記:ジョアン・チュ 会計監査:内田ヴァジニア/吉川イレーン

### お知らせ:

2月13日(日)午前11時 恵信尼/覚信尼、故九条武子夫人、前お裏方大谷嘉子様の法要がオンラインで行われます。特別講師はサンホセ仏教会の三瓶悦子師。内田ヴァジニアがチェアパーソン。ズームリンクは Email 保持者のメンバーに送られ、Email のないメンバーのために家族が助けてオンラインで見られるように通知が送られます。当教会の若い人達の諸活動をサポートするためにダーナ募金活動を行いますので婦人会宛てに寄付をお願いいたします。皆様からのご寄付を深く感謝いたします。

社会奉仕の一環としてケアホームに入居されているメンバーのためにスカーフを編んで頂きます。 詳細は婦人会の理事にご連絡下さい。

次回理事会はズームで 2 月 2 日(水)に行われます。 婦人会メンバーは何方でも参加できます。ズーム リンクの欲しい方は下記のメールアドレスへご連 絡下さい。sbwa2020@gmail.com