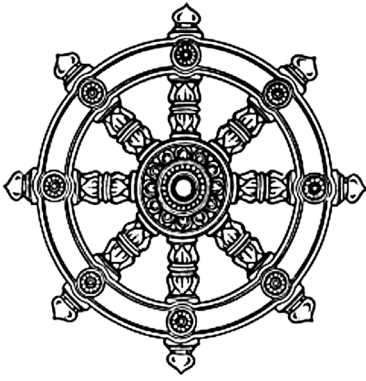


**Resident
Minister**
Rev. Matt Hamasaki



*Atop the unmelted blanket
Let more fall and cover all;
When Spring mists
Rise, such fair snow
Will hardly anywhere be seen.*

This is a Japanese waka poem written during the winter. The theme of the style of poetry is heavily influenced by the season and so the imagery evoked for a wintertime poem is often snow. Most of the poems speak about loneliness or longing, referencing how the snow covers up the path to their homes or how they are wishing for springtime to come. But I like this poem in that it appreciates the impermanent nature of the snow.

It is ambiguous whether the writer feels positively or negatively toward the snowfall, but I would guess that they are aware of the negative connotations that come with it and how more snow on an already-thick blanket is literally piling onto a bad thing. However, rather than lamenting the plight that has been brought upon them, they say, "let more fall," almost out of spite. It can be done because the author realizes that although snow is everywhere to be seen in the present moment, how soon the snow will be completely melted away. This sort of attitude is one that we try to cultivate when we contemplate impermanence in Buddhism.

(Continued on page 2)

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SANGHA

Sacramento Buddhist Church
Volume 60 Number 1 - January 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)

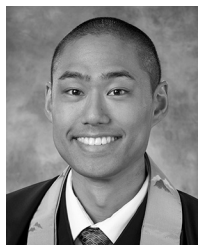
President's Message
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Betsuin Office
(916) 446-0121



Reverend Matt Hamasaki
(916) 926-2221
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By developing this mentality, we can meet adverse situations in a beneficial way. Instead of complaining or trying to stop something that is beyond our control and counter to what we find pleasant, we almost welcome it. The adversity we inevitably meet in life becomes something that helps shape us into better people rather than dragging us down into the dumps.

Just like the poem above, we begin to see the beauty in the difficulties we face when we realize that they are passing only momentarily and soon we will be without them.

Happy New Year 2023! I hope the new year brings you good health and much happiness. For me, the new year marks the beginning of my term as president of the Board of Trustees for our Betsuin. I am excited and hopeful that the new year will bring back more of our sangha members, bring in new members, and that our temple grounds will be once again filled with activities.

I would like to take this opportunity to thank Immediate Past President Gordon Nitta, who has completed his third and final (according to Gordon) two-year term as president of the Board of Trustees. In addition to serving as president in 2021–2022, Gordon served in 2012–2013 and 2015–2016. Gordon has been a fixture at the Betsuin and he will continue to be as he heads up our Building and Equipment Committee in 2023. We have all benefitted from Gordon’s dedication and unyielding devotion to the temple. I appreciate Gordon tremendously for mentoring and including me in all Betsuin matters these past two years.

I am pleased to announce the following Board of Trustees (BOT) officers who will join me on the Cabinet for the 2023 term:

- Vice President/President-Elect: Bobby Tanaka
- Secretary: Audrey Seo
- Treasurer: Cheryl Inouye
- Auditor: Sandy Kataoka-Fong
- Auditor: Marty Sakata
- Auditor: Michael Watanabe
- Immediate Past President: Gordon Nitta
- Newly Appointed Elders: Allan Hoshida and Ted Yoshimura

I would like to welcome Audrey Seo, who is joining the Cabinet as secretary. Audrey has served three terms (nine years) on the BOT, is a Dharma School teacher, and has been involved in the scouting programs and the Betsuin Sports Committee for many years. Audrey leads the Special Events Committee and serves on several other BOT committees. Also, I would like to welcome back Bobby Tanaka as vice president/president-elect. As you may know, Bobby served as BOT President in 2003–2004, and has remained an active member of the BOT. Bobby has been very active in the Boy Scouts of America scouting program for many years and served in various leadership capacities, including: cubmaster for Pack 50, scoutmaster for Boy Scout Troop 50, advisor for Venture Crew 50, unit commissioner, charter representative for our boy scout and cub scout programs, and has been active at the unit, district, and council levels. I look forward to working with Bobby and learning from his experience as former president of the temple.

This year, Allan Hoshida and Ted Yoshimura have each received the honorary title of Betsuin Elder. Allan and Ted have both served as presidents of the Board of Trustees and have continued their commitment to the church through the present day, with Allan serving as the Legacy Endowment Fund Board president and Ted serving as the chairperson of the Security and Golf committees and as a member of many other Board committees. I will benefit from their experience and advice, as I will from all our other elders.

In November, general elections were held for 10 Trustee positions for the 2023–2025 term. Members of the temple have voted in the following trustees:

2023-2025 Trustees

- Tristan Brown
- Steven Itagaki
- Stephen Ito
- Stephen Jiang
- Sandy Kataoka Fong
- Robbie Midzuno
- Koichi Mizushima
- Marty Sakata
- Audrey Seo
- Shannon Suo

I’d like to congratulate and welcome our new trustees — Steven Itagaki, Stephen Ito and Shannon Suo — and congratulate Tristan Brown, Stephen Jiang, Sandy Kataoka-Fong, Robbie Midzuno, Koichi Mizushima, Marty Sakata and Audrey Seo for continuing into the new three-year term. The 2023 BOT Cabinet members, the 2023–2025 trustees, and the leaders of the temple’s affiliated organizations will be formally installed during the January 8, 2023 Dharma Service.

President's Message

(Continued)

Sangha Staff

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

Contributing Reporters

President Karen Adachi
 SBWA Shirley Kato
 ABA Keiko Jean Kashiwada
 Legacy Pat McLafferty
 Opportunity
 Drawing Karen Adachi
 Sakura Gakuen Masako Thomas

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, please send email to: **Sangha@buddhistchurch.org** with a cc to: **betsuinoffice@gmail.com** and inform the church office at (916) 446-0121. Please include the author's name. Thank you.

In case you were wondering who the other members of the Board of Trustees are, below is a list of trustees and their three-year terms.

2021-2023 Trustees

Kelly Gartman
 Brian Hatano
 Aaron Imura
 Minh La
 Kelvin Mark
 Matthew Nitta
 Shirley Sekeres
 Diane Shimosaka
 Robert Tanaka
 Vacant (vacated by Elder Ted Yoshimura)

2022-2024 Trustees

Karen Adachi
 Mark Amioka
 Roger Ikemoto
 Cheryl Inouye
 Ron Ishimoto
 Sharon Ito Warren
 Stuart Ito
 Gordon Nitta
 Russell Oto
 Michael Watanabe

Included on the Board of Trustees are the affiliated organizations of the church. Each affiliated organization is a voting member of the BOT. Below are the leaders for each of these organizations:

2023 Affiliated Organization Leaders

- Sacramento Buddhist Women's Association (SBWA) Executive Council: Shirley Kato, Jane Komure, Beverly Tanaka
- Adult Buddhist Association (ABA): Keiko Jean Kashiwada
- Jr. Young Buddhist Association (Jr. YBA): Kamryn Ichiho, Sydney Shinmoto
- Sakura Gakuen: Nari Igawa
- Betsuin Sports Program: Marty Matsuda
- Betsuin Choir: Merv Maruyama
- Dharma School: Superintendent Position - Vacant

Our current Betsuin Elders are as follows:

Betsuin Elders

Sam Adachi
 Allan Hoshida
 Roy Imura
 Alice Kataoka
 Hodge Kawakami
 Wayne Kurahara
 Akio Seo
 Ted Yoshimura

If you are interested in serving the temple as a Board Trustee and would like to try it for one year, I encourage you to contact me. Ted Yoshimura's final year of his trustee term became vacant after he received the honorary title of Elder, and this will provide an opportunity for someone to fill the position for the final year of Ted's term. After serving the final year of the term, the trustee is under no obligation to continue for another term, but will have the option to run for the next three-year term.

I would like to thank all the volunteers who assisted with our recent Chicken Teriyaki Bowl fundraiser, as well as our Drive Thru Bazaar in September. It was so nice to see everyone working together to help the temple raise funds. This past year has been a challenge for our temple to generate the funds that we normally generate at our annual bazaar. Due to the generous donations from many of our members, the revenue generated from the Drive Thru Bazaar was raised from 17% to 50% of our normal bazaar levels. Our Board of Trustees and the Fundraising Committee have been working diligently to seek new ways to fundraise.

If you haven't had a chance to consider participating in the Opportunity Drawing, please remember that the deadline for submitting entries is January 15. The first of five monthly drawings will be held on Sunday, January 29 in the courtyard immediately following the service. If we receive 300 entries into the drawing, one lucky winner will win \$500 on that day, and there will be four other drawings during the months of February through May. Please see the Opportunity Drawing article for further information.

Mark your calendars for a slightly modified version of our Sakura Matsuri Food and Shopping Faire on Saturday, March 4, 2023. During the last few years, many members have cleaned out the garages and storage rooms of their homes and have generously donated Japanese items to the temple. We have a room filled to capacity of new or gently used Japanese dolls and cases, dishes, vases, serving platters, tea and sake sets,

President's Message (Continued)

Sacramento Buddhist Women's Association Shirley Kato Executive Council

pictures, etc., and we are planning to sell these items at our Sakura Matsuri festival. We are still working out the details of this event, but we are hoping to have our affiliated and sponsored organizations participate as well, to raise funds for their respective organizations.

Within the next few months, the Board of Trustees will determine to what extent we will have our annual bazaar. We plan to have an on-site in-person bazaar this year, but we will need to determine the format, food, and activities we can continue to offer.

In 2023, we will be working on a couple of major activities that will take place in 2024. In February 2024, the Northern California Buddhist Churches will be hosting the annual Buddhist Churches of America (BCA) National Council meeting, which will be held at our temple. Also in 2024, the Buddhist Church of Sacramento will be celebrating its 125th Anniversary and we will soon begin to make plans to celebrate this milestone.

The Board of Trustees is made up of many subcommittees, and members of these subcommittees are not required to be Trustees. If you are interested in serving on a committee or volunteering for any of our fundraisers or special events, please contact me at karenadachi1@gmail.com.

SBWA has been very busy the last few weeks. On November 29, members enjoyed a fun day of lunch and gambling at Sky River Casino in Elk Grove. This was our second outing to a casino this year. It's a very popular field trip!

On December 11, SBWA held our annual Tsuito Hoyo (memorial service). We are saddened to have lost 12 SBWA members this past year, whom we greatly miss. In addition to those noted in last month's SANGHA article, we wish to thank Reverend Yuki and Reverend Matt for officiating the service, Lori Itow and Barbara Nakatomi for serving as our chairpersons, Myra Okasaki for the wonderful slide shows, the Betsuin choir, pianist Myra Okasaki, and organist Gayle Kono for the beautiful music, and our guest speaker, Reverend Bob Oshita, for his touching and heart-warming sermon.

Immediately after the service was the installation of Cabinet officers and a ceremony to welcome our new members. The officers for 2023 are Executive Council Jane Komure, Bev Tanaka and Shirley Kato; Treasurers Karen Adachi and Yvonne Ishimoto; Recording Secretary Joanne Chew; Auditors Virginia Uchida and Elaine Yoshikawa; and Immediate Past President Barbara Nakatomi. Of the 24 new members who joined SBWA in the last year, nine attended the service and were presented with an onenju

On December 12, SBWA Board members helped with omigaki (polishing the altar pieces). Thank you to Sensei Grace Hatano for her help coordinating the project and to Reverend Yuki and Reverend Matt, who took apart the altar and put it back together again. The next time you attend service, you will see that the altar sparkles!

On December 15, SBWA Board members will distribute a bento and cookies to the craft group at Greenhaven Terrace Senior Apartments. Thank you to Nancy Ito and Joanne Nishimura, who lead a craft project at the apartment each month, and to Fusako Takahashi for making the main dish, a Japanese stew (ni mono), for the residents to enjoy this month.

In 2022, SBWA participated in more than 20 activities and community service projects. We are currently working on new ideas and hope to have just as many activities for our members in 2023. If you are not a member of SBWA yet, we hope you will consider joining (reminder — men are invited to join too!). Also, we are always looking for new Board members. Please contact us if you wish to be on the Board.

On February 12, SBWA will hold our annual Women of Jodo Shinshu Service. We are honored to have as our guest speaker Terri Omori, the first female president of the Buddhist Churches of America (BCA). In January, SBWA members will be sent further details regarding this service.

This past year was fun and rewarding. We greatly appreciate the help we received from temple leaders and staff. Thank you to Reverend Matt and Reverend Yuki for their support; to the office crew of Cindy, Jennifer and Kellie for filling our many requests; and to Stuart Ito for making it possible for us to continue to hold our services virtually for those who couldn't attend in person.

Lastly, on behalf of the SBWA Executive Council, we would like to thank our Board members for their hard work that made our job easier, and to SBWA members for the generous donations and help at our many SBWA and temple service projects. We were also so happy to see many of you at our activities. Wishing you all the best in 2023!

Stay in Touch

with the Buddhist Church of Sacramento

Our website is www.buddhistchurch.org

Our Facebook page is @buddhistchurchofsacramento

Our Instagram page is @buddhistchurchofsac

Our YouTube videos are at Buddhist Church of Sacramento

**Legacy
Endowment
Fund**
Pat McLafferty

おかげさま

**Sakura Gakuen
Adult Class**
Masako Thomas, Dean



**Opportunity
Drawing!**
Karen Adachi



Shin Faith – Deep Hearing to Find Understanding

“Be a light unto yourself; betake yourselves to no external refuge. Hold fast to the Truth. Look not for refuge to anyone besides yourselves.” (A translation of the Mahaparinibbana Sutta chronicling the Buddha’s last days.)

One of the first things that attracted me to Buddhism is the understanding it focuses on knowing and not believing. Having a Catholic upbringing, I was taught that belief is the basis of faith and that faith is a gift from God. The Buddhist tradition where knowing is the basis of faith became my spiritual home. Questioning, listening, and testing are comfortable, and interesting; but belief-based faith eluded me for decades.

Knowing is a path of continuing observation and effort to understand. But knowing is elusive. I have senses that were at their best several decades ago. Even in younger years, my senses were less acute than so many other animals around us. We don’t have the visual acuity of raptors, the echolocation powers of dolphins or the keen sense of smell of canines. Our physical perceptions of reality are indeed limited.

Being aware of the physical limitations of my understanding is humbling. I know that my thoughts and feelings process the phenomena I see, hear, taste and smell through my own delusions of permanency and independence. The three poisons of greed, ignorance and anger warp my perceptions and make knowing an illusion.

As a Buddhist I have an intent to awaken to reality as it is. As a Shin Buddhist my path to knowing reality as is Monpo, deep hearing of the Dharma. If absolute knowing is an illusion for humans that are not awake, the continual process of inquiry is what is left. Continuing efforts to observe, hear and understand — joyful and not obsessive, fueled by curiosity not obsession, safe in the knowledge of Amida’s compassion and vow power. In seeking understanding, in making the inquiry that Buddha prescribed, I find that conclusions are frequently not necessary. Small insights, new understandings add to my happiness.

This is the last message I will write for the Legacy Endowment Fund Board. I have been honored to serve on the board, confident that it is a great benefit to the Betsuin and the Sacramento community. I want to thank my fellow board members and Reverend Matt for their patience, support and encouragement.

Virginia and I have moved to a highland town in Panama. It is beautiful, abundant and Panamanians are friendly and accepting. It is a new culture, language and daily new things and places to explore and enjoy.

Akemashite omedetoo-gozaimasu! (A Happy New Year!)

We have two new classes for the spring semester (January 24, 2023 to May 23, 2023). One is a new Beginner Level 1 conversation semester class. The other is just a one-month “Japanese for Travelers” class in February. All the classes will be online Zoom classes with live teachers. The classes are held once a week on Mondays, Tuesdays, or Wednesdays. If you know some Japanese, you may join an ongoing class anytime as long as there is space.

Please register online from the Sakura Gakuen website at <https://sakuragakuen.org/classes/adult-classes>. The textbook is the series Japanese for Busy People, 3rd edition, by Kodansha International. More information on the Sakura Gakuen website. Contact Mrs. Thomas for adult classes (age 18+) by email: thomas@sakuragakuen.org.

For the youth program, contact Mrs. Tomomi Flesuras: tomomi.sakuragakuen@gmail.com.

Don’t miss out on the Betsuin’s FIRST EVER Opportunity Drawing! This unique fundraiser will help make up some of the income shortfall experienced in 2022 because we could not have our largest fundraiser of the year (our annual bazaar). But at the same time, it will provide an opportunity for our generous donors to have a chance to win monetary prizes back. The first 300 entries received will be entered into five monthly drawings held in the church courtyard immediately after service on the last Sunday of the month in January, February, March, April and May 2023! Winners need not be present to win!

The way it works

From now through January 15, 2023, each donation of \$100 submitted with an Opportunity Drawing Entry Form will provide one entry into a monthly drawing that will take place in the church courtyard after service on the last Sunday of January, February, March, April and May in 2023. Participants will have the opportunity to win multiple prizes, as their entry will be included in each month’s drawing.

Only the first 300 entries into the drawing will be accepted. The total payout of monetary prizes will be 10% of the total donations submitted to this drawing: a maximum of \$3,000 awarded. For the first 4 months, 1/6 of the total prize payout will be awarded to one lucky winner (up to \$500). On the fifth month, the prize will be doubled (up to \$1,000). Please see the flyer included in this newsletter for an example of the monthly prize payout.

Entries into the Opportunity Drawing must be submitted using the entry form provided in this newsletter. All entries must be postmarked or received by the Betsuin Office

Opportunity Drawing!
(Continued)

by January 15, 2023. If you wish to enter the drawing by donating by credit card, you MUST place your donation on the SPECIAL ONLINE STORE set up specifically for the Opportunity Drawing. Your credit card purchase from this special online store will replace the hard copy entry form. A \$5 processing/convenience fee will be charged for all entries submitted by credit card.

Below this article’s headline is a QR code if you would like to submit your donation and Opportunity Drawing entry by credit card.

Reminder: Deadline for entries is January 15, 2023



Buddhist Church of Sacramento Opportunity Drawing

In January 2023, 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. Because of the pandemic, we were unable to hold our largest fundraiser of the year, our annual bazaar, for the last three years. 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 5 lucky donors!

ENTRY REQUIREMENTS

For every \$100 donation (submitted with the Opportunity Drawing Entry Form below), 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 of 2023. 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 5 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

Deadline for submitting entries: January 15, 2023 or until 300 entries are received.

(entries must be postmarked or received by the Betsuin office by this date)

Entries can be mailed or hand-delivered to the church office or paid via the

Buddhist Church of Sacramento’s Square Store:

<https://buddhistchurchofsacramento.square.site/opportunity-drawing>

(Payments made online will incur a \$5.00 processing fees.)



BUDDHIST CHURCH OF SACRAMENTO

2023 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 15, 2023 or the first 300 entries (whichever comes first)

Name: _____

Address: _____

City, State, ZIP Code: _____

Email Address: _____

Phone Number: _____

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

DONATION AMOUNT: \$ _____

Adult Buddhist Association

Jean Kashiwada
ABA President



Dear ABA Members and Friends,

Happy New Year! I hope that 2022 was a better year for you, despite the continued concern of covid and its variants, along with the recent flu outbreak. There is much to be grateful for and we are all thankful that we can enjoy more family get-togethers and celebrations. ABA, too, was able to enjoy a few in-person meetings and activities.

The ABA Board has been serving after service refreshments on the second Sunday of each month and continues to support the church's activities with our manpower and monetary support. In February, on the second Sunday of the month when ABA serves refreshments, we will have a canned food and other nonperishable food items collection box to donate to the California State University, Sacramento food closet. ABA usually collects food items at our New Year's dinner or Oldies dance. Please bring a nonperishable food item to help us with our community service project.

Many of our ABA Board members also volunteer as "senior escorts" and walk with seniors in our community who want to get out for walks, do grocery shopping and enjoy outdoor activities in their respective neighborhoods. There is a need for more escorts, as there is a waiting list of seniors who would like to take advantage of our service. If you are interested, please contact John Yoshikawa (spyron@aol.com) or Jean Kashiwada (ksjkash@aol.com) and we will let you know how to sign up.

We will continue our ABA Community Service Award, our annual donation to the Betsuin's Educational Award fund, and the 529 College Savings Account program to benefit our Betsuin's students.

For 2023, ABA will reinstate its annual dues of \$10 per family. We hope to have the 2023 membership forms available in the church hallway for new members and will be emailing all the current members in the very near future. We will be scheduling hikes and visits to community events and programs in 2023 and hope that you will be able to participate. We will also have a Spring Oldies But Goodies dance, a possible e-waste event, along with our shredding event later in the year. Since many of you are also members of the SBWA, we may plan events that both organizations will enjoy together. If you have any ideas or suggestions, please contact us.

At this time, I would like to thank my current ABA officers for their continued support. We are hoping 2023 will be a much better one for all of us. On behalf of the ABA Board, thank you for supporting ABA!

On November 21, 2022, Carol Valentine, president of the Lihue Hongwanji in Hawaii, wrote a letter to Reverend Matt to express appreciation for the online presentation of Dharma messages. Following is the text of that letter.

Dear Rev. Hamasaki,

Because of the retirement of our previous minister and the ongoing minister shortage, my temple, Lihue Hongwanji, was without a resident minister from March 2022 through September 2022. As the president I was determined that no services be cancelled, as we had been having successful in-person services since June 2020. Initially to prevent the spread of COVID, we took up all service books and had words on a PowerPoint connected to a large screen TV in our Hondo. Once we found ourselves "minister-less," I began to scramble for Dharma messages, both lay messages and minister-presented messages. The silver lining to the COVID pandemic was the ability of churches such as yours to provide Zoom services which were uploaded to YouTube. I was then able to insert the Dharma messages from the services into our weekly PowerPoints. We had such a wonderful variety of speakers, including your Dharma message, that we were able to keep our doors open for services on Sunday mornings.

Please accept my humble donation as a way of saying thank you to your church in general and to you in particular for making your services and your Dharma messages a part of YouTube. You helped us more than you realize.

With gratitude,
Carol Valentine
President, Lihue Hongwanji
www.lihuehongwanji.org

Lihue Hongwanji Sends Thanks for Online Dharma Messages

Q&R and Coffee Talk

Questions & Responses (Q&R)

Sunday, January 15

Would you like to ask questions or know more about Buddhism?
Please join us following service on Facebook for Q&R.

Thursday Night Health & Wellness



Weekly Yoga Via Zoom

30 Verses on Representation Only (Bodhisattva Vasubandhu) Rev. Yuki Sugahara Oregon Buddhist Temple

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

Please sign up at BetsuinPrograms@buddhistchurch.org
Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233

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

Thursday, January 26, 2023 - 6:30 p.m.



Julie Honda-Tsuye
Dancefit instructor

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.

Starting Wednesday, January 11. Every
Wednesday, 7 p.m.–8:15 p.m.

New students, please contact
betsuinprograms@buddhistchurch.org for more
information and Zoom link.



January 24, February 28, March 28

7 p.m. via Zoom

Yogācāra, often translated as Consciousness
Only (J:唯識Yuishiki), is one of the main
streams of Mahayāna Buddhism along with
Mādyamika (Middle Way). Since one of my teachers
preferred the translation Representation Only rather
than Consciousness Only, I will use the translation
Representation Only in this series.

Representation Only often is referred to as Buddhist
Psychology because its uniqueness is to understand
how our mind works from Buddhist perspective.
The Thirty Verses on Representation Only written
by Bodhisattva Vasubandhu (around 400–480) is
one of the best texts to study the understanding of
Representation Only and I hope we are able to deepen
the understanding of Mahayana Buddhism together
through this course.

Lecture Schedule

- Lecture 1: Introduction, Verses on Taking Refuge
- Lecture 2: Verses 1–7 Working of Ālaya and Manas Consciousness
- Lecture 3: Verses 8–16 Thought and Five Senses
- Lecture 4: Verses 17–19 Mechanism of Perception in Representation Only
- Lecture 5: Verses 20–25 Three Nature, Three Non-Nature Theory
- Lecture 6: Verses 26–30 Steps of Practices

Please RSVP to BetsuinPrograms@buddhistchurch.org.



Fumiye Nakagaki: 100 Years Young



Fumiye Nakagaki is celebrating her 100th birthday on December 1, 2022. Although she is a bit shy and has refused to have a birthday party, she is celebrated by her three sons, grandchildren and great grandchildren!

We are excited to wish Fumiye, a longtime temple member, a very Happy 100th Birthday!

We are also grateful that she is helping the Sacramento Betsuin kick off a new tradition in 2023: helping us recognize our sangha members who reach this milestone. When we think of all the events and progress she has witnessed and experienced in a century, it is nothing short of amazing.

We are honored to offer you all our best wishes Fumiye for continued good health and special times spent with your family and friends!

Do you have a loved one who is approaching their 100th birthday? Or possibly someone who is a recent centenarian? If you would like them to be recognized in the SANGHA, we would love to wish them a Happy 100th! Please contact the Betsuin Office Manager at ckitade@buddhistchurch.org to share their name and birthday with us, along with a favorite photo and even a short story, bio or sentiment!

Announcements

For the latest updates on the Betsuin Reopening, please visit: <https://www.buddhistchurch.org/coronavirus-crisis>. The Sacramento Betsuin is open for in-person Sunday Dharma Services at 9:30 a.m. To attend in-person, mask-wearing is HIGHLY RECOMMENDED while inside the temple. Services will continue to be livestreamed through our Facebook page and YouTube. Visit our website at buddhistchurch.org for links to both.

In-person, monthly Shotsuki Hoyo Memorial Service will be held on the first Sunday of each month at 10:30 a.m., for families and friends to remember a loved one who passed away in that month of the year. To include your loved one, please complete the simple form for the ministers at <https://rb.gy/ov4c8v>.

From the Office

Annual Giving Reports for donations made to the Buddhist Church of Sacramento in 2022 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!

January Events

- 1/8 Installation of Officers
- 1/8 Shotsuki Hoyo
- 1/15 Monthly "Q&R" Session

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		



Use Amazon Smile Link to Support the Sacramento Betsuin

Shopping on Amazon is an easy way to benefit the Sacramento Buddhist Church. Just go to this link to get started — <http://smile.amazon.com/ch/94-1243674> — then return to smile.amazon.com when you shop. Making qualified purchases benefits the temple at NO EXTRA COST to you. Please bookmark the link and tell all your friends. The temple gets a percentage of all qualified purchases. It doesn't cost you anything.

Reminder: Please visit smile.amazon.com when you shop (not amazon.com). You will need to manually turn on AmazonSmile if you shop using the Amazon mobile app. Also, you may have to update your Amazon Smile preference for the Buddhist Church of Sacramento if you no longer see the temple listed with your account.

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 2023.

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 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: _____

DONOR NAME(S): _____

ADDRESS: _____

CITY: _____

STATE, ZIP: _____

PHONE #: _____

EMAIL: _____

NAMEPLATE WORDING:

(29 characters per line max including spaces & punctuation)

DONATION AMOUNT: \$ _____

DIRECTED TO:

GENERAL FUND

LEGACY ENDOWMENT FUND

SIGNATURE:

Levels of Giving



Kiku (Chrysanthemum)

\$1,000,000 +



Fuji (Wisteria)

\$500,000 +



Ichijuku (Bodhi Tree)

\$250,000 +



Hasu (Lotus)

\$100,000 +



Momiji (Maple)

\$50,000 +



Ume (Plum)

\$25,000 +



Icho (Ginkgo)

\$10,000 +



Ayame (Iris)

\$5,000 +



Sakura (Cherry)

\$2,500 +

Examples of Wording



Ted, Naomi & Mie Tanaka



In memory of
Jiro & Sumie Tanaka
& Mark Tanaka



The Tanaka Family



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

～～ Opportunity Drawing! ～～

この度、始めたばかりの「Opportunity Drawing」をお見逃しなく！

このユニークな資金募集活動は、別院の2022年度の収入が大幅に減ったのを補うために行われるイベントです。いつも多くの寄付をして下さる皆様に、賞金が当たる機会を与えてくれる抽選です。300枚の抽選券の中から1月から5月まで、毎月最終日曜日の礼拝のあと、コートヤードで抽選が行われます。当日抽選に参加出来なくても構いません。

抽選の方法

今から1月15日までに100ドルの寄付と抽選用紙を提出すると毎月の抽選に参加出来ます。1度参加すると毎月の抽選に加わることが出来て、参加者は何回も当選する機会を与えられます。

抽選は最初の300枚に限られています。この抽選の賞金の総額は寄付の総額の10%になります。総額3000ドルの賞金が4か月に渡って授与されます。総額の6分の1の賞金(500ドル以内)が運の良い人に当たります。最後の5か月目には賞金が2倍(1000ドル以内)となります。このサンガに同封されているフライヤーにサンプルが掲載されていますのでご覧ください。

この抽選に参加したい人は、必ず同封の抽選用紙に書き込んで出して下さい。全ての抽選券の申し込みは別院に1月15日までに着くようお願いいたします。締め切り日に到着しなかった場合は無効となります。クレジットカードで寄付をしたい人は必ず、この抽選専用のSPECIAL ONLINE STOREを利用して下さい。尚、クレジットカードによる寄付はプロセス料金5ドルが請求されます。以下はクレジットカードを使って寄付される人のためのQRコードです。



抽選申込みの締め切りは1月15日です。

来る1月より、サクラメント別院では「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。この度のパンデミックのため、資金調達最大のイベント、毎年行われてきたバザーの開催が3年間に渡って不可能になりました。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。

抽選申し込み資格

各100ドルの寄付(抽選申し込み書と共に)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。寄付の申し込みは1回以上することが出来ます。

申し込み締め切り日：2023年1月15日或いは抽選券が300枚に達した場合

(申し込みは締め切り日までに別院に着かない場合は無効となります) 郵送又は別院事務所に
お持ちください。封筒には必ず表に「Opportunity Drawing」と書いて下さい。

以下の別院ウェブサイトの「Square Store」でも受け付けおりますが、5ドルの手数料が加算されます。

<https://buddhistchurchofsacramento.square.site/opportunity-drawing>

しいものや古い日本のお人形(ケースに入ったものもある)、花瓶、大皿、お茶やお酒のセット、額など部屋に溢れるほど集まりました。これ等の品物をサクラ祭りで売る予定をしています。現在、詳細を練っているところです。別院傘下の団体からのサポートを期待しています。

数か月のうちにBOTは恒例のバザーについての決議を行う予定です。今年は今までのように別院敷地内にてイン・パーソンで行う予定ですが、どのような形式で食物やイベントを提供出来るか決める必要があります。

来年は2024年に予定されている二つの大きな行事の準備を始めることとなります。2024年2月に開催予定の恒例BCAナショナル・カウンスル大会は北カリフォルニア仏教会主催で当サクラメント別院にて行われます。又、同じく2024年に当サクラメント別院は創立125周年を迎えるにあたり、その記念行事の準備を始めなければなりません。

BOTには多くのサブ・コミティがあります。このサブ・コミティのメンバーは必ずしも理事ではありません。もし、このサブコミティに興味のある人や他のイベントにボランティアしたい人はどうぞ私までご連絡下さい。Karenadachil@gmail.com

日本語法話会

日時：1月13日 午前10時より
場所：別院クラスルーム(1)
講師：菅原祐樹開教使

日本語で法話を聞きたい方は何方でも歓迎！
問い合わせは廣田まで (916) 296-5619

婦人会ニュース

加藤シャーリー

この数週間、婦人会は大変忙しかったです。11月29日にスカイ・リバー・カジノへ行きました。

12月11日、恒例の婦人会追悼法要を行いました。今年12名のメンバーを無くしたことは大変悲しいことでした。追悼法要を司った菅原開教使、浜崎開教使、チェアパーソンの伊藤ロリと中富バーバラ、スライドショーを作成した岡崎マイラ、別院合唱団、ピアノ伴奏：岡崎マイラ、オルガン伴奏：河野ゲイル、そしてゲスト講師：大下ボブ元輪番の皆様に深く感謝いたします。(敬称略)

追悼法要のあと、役員就任式と新会員の紹介が行われました。2023年の役員：共同会長：小牟礼ジェーン、田中ベヴ、加藤シャーリー、会計：足立カレン、石本イボンヌ、記録書記：ジョアン・チュー、監査：内田ヴァージニア、吉川イレーン、前会長：中富バーバラ。20人の新会員のうち10人が参加してお念珠を受け取りました。

12月12日、婦人会理事はお内陣の仏具の「お磨き」のお手伝いをしました。このプロジェクトは秦野グレース先生の引率で行われ、菅原先生とマ

ット先生が菊輪燈を外したあと元に戻す作業をされました。綺麗になったお内陣を次回お参りの折に見て下さい。

12月15日、婦人会理事達はお弁当とクッキースをACCグリーンヘヴン・テラスのクラフト・グループに配ります。伊藤ナンシーさんと西村ジョアンさんは毎月グリーンヘヴン・テラスにてクラフト・プロジェクトを催し、高橋房子さんは煮物の差し入れをしてくれました。

今年、私達SBWAは20回のアクティビティとコミュニティ・サービスを行いました。現在、来年のアクティビティの計画を立てています。婦人会メンバーでない方はどうぞメンバーになられますよう、男性も歓迎です。又、新しい理事を常に探しています。もし興味がありましたらご連絡下さい。

2月12日に婦人会は「浄土真宗の女性達」法要を開催いたします。ゲスト講師としてBCAの理事長、大森テリーさん、初の女性理事長、をお招きしております。1月になりましたら詳細をお知らせいたします。

この1年間、別院事務所のシンデイ、ジェニファー、ケリー、そして伊藤スチュワート他、別院で多くの方々にお世話になりました。有難うございました。(敬称略)

最後に、私達3人の共同会長を代表して、この1年間協力して頂いた婦人会理事の皆様、そして、メンバーの皆様からは寛大なご寄付を頂き、並びに、婦人会や別院の活動にお手伝いして頂き、有難うございました。ではどうぞ良いお年をお迎えください。

2023年度のキャビネット・オフィサー



新会員





サンガ



～1月の予定～

1月元旦 9時半～11時半 修正会
おとしき：うどん

1月8日 10時半 祥月法要

お問い合わせは別院事務所【916】446-0121

理事長の挨拶

足立カレン

新年おめでとうございます。新しい年が皆様が良い健康と幸せを持って来てくれることを願っています。私にとって、今年は別院の理事長として活動を始める年でもあります。嬉しい気持ちでいっぱいですが、お寺が多くのメンバーや新しいメンバー達でフルに活動できることを期待しています。

紙面にて旧理事長新田ゴードンさんにお礼を申し上げます。彼は2012-2013年、2015-2016年、そして2021-2022年の3回に渡って理事長を務めました。ゴードンは別院になくはならない存在で、来年は建物/備品コミティーの世話役を務める予定です。この2年間、理事会に参加させて貰い、色々教えて頂きました。ゴードンの献身的なお寺への貢献に感謝いたします。

2023年の幹事をご紹介します。

理事長：安達カレン、副理事長：田中ボビー
書記：瀬尾アブリー、会計：井上シェリル
監査：片岡 - フォング・サンデイ
監査：坂田マーティ、監査：渡辺マイケル
前理事長：新田ゴードン
新エルダース：星田アラン、吉村テッド

書記の瀬尾アブリーさんは別院理事を過去9年間勤める傍らダーマスクールの先生でもあり、又、長年スカウトやスポーツ・プログラムに関わってきました。又、理事として特別イベントのリーダーをしています。副理事長の田中ボビーさんは2003-2004年に理事長を務めています。以来、理事として活躍を続け、特にボーイスカウトのプログラムに長年携わってきました。(P50カブマスター、Troop 50ボーイスカウト・マスター、VC50アドバイザー、ユニット・コミッショナー、別院カブスカウト/ボーイスカウト・チャーター代表、等々) 前に理事長の経験のある田中さんから色々教えて頂けることを期待しています。

今年は星田アランさんと吉村テッドさんがエルダー(長老)に選ばれました。お二人とも理事長を務めた経験があり、引き続いて別院に貢献されています。星田さんはレガシー・エンダウメント資金

の委員長、吉村さんは警備とゴルフ・コミッティーの委員長を務めています。

11月に総選挙で2023-2024年任期の理事10人が選ばれました。(英語ページ参照)

残りの理事2021-2023年と2022-2024年の名前は以下の通りです。(英語ページ参照)

以下の理事は別院傘下の各団体に携わっています。2023年の各団体の引率者は以下の通りです。(英語ページ参照)

別院エルダー(長老)のリスト。(英語ページ参照)

別院の理事(Board of Trustees =BOT)を1年だけで良いからやってみたいと思う人は私までご連絡下さい。吉村さんはもう一年任期が残っているのですが、エルダーに選ばれたため、彼の席が空いています。吉村さんの空席を埋めるために、1年だけ理事を務めることが出来ます。1年だけで辞めても構いません。もし続けたいのであれば3年間任務の理事選挙に加わることになります。

この機会にチキン・テリヤキ・ボウルの資金募集と9月のドライブ・スルー・バザーのボランティアの皆様にお礼を申し上げたいと思います。別院を維持するための資金は毎年8月のバザーの収入で賄ってきましたが、この1年は資金捻出が非常に難しくなりました。ドライブ・スルー・バザーはメンバーの皆様からの寛大な寄付により、いつものバザーの収入の17%から50%に引き上がりました。BOTと資金募集コミッティーは一生懸命に新しい資金募集のアイデアを見つけようと努力しています。もしも、皆様が未だ「Opportunity Drawing」に参加されていないのであれば、締め切りは1月15日です、是非、試してみてください。最初の抽選は1月29日(日)に、コートヤードにて日曜サービスの直ぐあとで行われます。もし、300枚の抽選券が売れば、500ドルの賞金がこの日に当たります。そして残りの抽選は2月から5月にかけて毎月一回行われます。この抽選についての詳細は、どうぞ「Opportunity Drawing」お知らせ記事をお読みください。

今年の「サクラ祭り：フードとお買い物フェア」は3月4日(土)に行われますのでカレンダーに記すのを忘れないようにお願いします。この3年間に多くの皆様がグラーズやクローゼットを片付けて、日本の品物を沢山別院に寄付されました。新