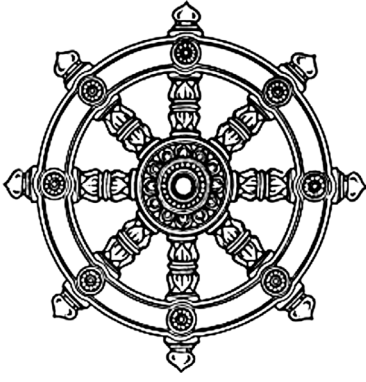


**Resident
Minister**
Rev. Matt Hamasaki



One of the interesting things that I learned in my high school physics class that I still remember today for some reason, is that in physics, there is no such thing as “cold.” What we understand as “heat” is the kinetic energy being given off by any particular thing. Things that we think are “cold” have much less kinetic energy and therefore lack “heat.” An example of this would be if you put ice cubes in a warm drink, the “cold” in the ice doesn’t transfer, making the drink cold; rather the “heat” in the drink transfers to the ice cubes to warm them up.

It seems like a trivial matter, but when looking at things as a physicist with the understanding of the world as full of energy, it is an important distinction. I think the reason this stuck with me is because it really challenged my view on the world in that the way I thought the world operated on the atomic scale was actually quite different. Of course, day to day this didn’t really affect me since I still use the word “cold” and put jackets on and so forth. But this notion that there aren’t two opposites that exist but rather just one thing that is either there or lacking carried over into my studies in Buddhism and perhaps made it a bit easier to comprehend.

An example of this would be pleasure and pain. I think probably most people would agree that these are two very distinct things that are diametrically opposed. Thus, as humans, we are drawn to that which will bring us pleasure and try to avoid that which will bring us pain. There is the presence of the two within Abhidharma Buddhism when

(Continued on page 2)

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SANGHA

Sacramento Buddhist Church
Volume 58 Number 6 – June 2021

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

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Resident Minister (Continued)



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

President's Message Gordon L. Nitta

Sacramento Buddhist Women's Association Barbara Nakatomi



L & L Hawaiian Barbecue Fundraiser

talking about our fleeting sensory experiences. However, this is different than ultimate reality, which is permanent. And perhaps, if I may, it might be better for us to get closer to that reality by understanding our experiences as simply painful and painless.

I offer this explanation as recognizing that our idea of "pleasurable" things comes from our ego and selfishness to have that which is pleasing to us. When we remove the self-attachment and selfishness from it, we see that there are simply things which cause us pain and those which do not. To go back to the original example of heat and cold, if we touch ice to our face on a cold day, it doesn't feel good. But if we touch the same ice to our face on a hot day, it feels fantastic. There is no difference in the ice; the difference is what we want at the time.

When we remove our attachment to how much we want to feel a certain way, we can say it in another way: that we no longer have the craving for pleasure. And thus, our experiences are just about pain and painlessness. In the greater scope of life and of Buddhism, it cuts to the core of the teaching of lessening the suffering of all beings. I hope that changing our view and understanding of how we interact with the world may help us suffer less. Inevitable as it may be for us to suffer, the Dharma helps us see that relinquishing our selfishness is what we need to ease it.

Six months have already passed in 2021. I hope all of you and your families and friends are doing well. We are well into the COVID vaccination process and even children are offered the opportunity to receive the vaccinations. We are keeping in mind that COVID vaccinations are a personal decision, but for the safety and peace of mind of all, please get vaccinated.

A few temple activities are carefully being approved on the temple property. As of this writing, only a few outdoor activities have been approved on the grounds. Of course, those have only taken place following our COVID safety guidelines and the approval of the Board of Trustees Usage Committee and coordination of our temple calendar.

The temple leadership is taking precautions not only because of COVID, but also the epidemic of Asian hate crimes. We know there will be criticism about some of the measures we implement. Some will take away from the iconic look our temple has, but our primary focus is the safety of you, your family, friends and visitors. Parts or all of the building can be replaced or fixed, but you cannot be.

Hello SBWA members and Sangha members:

After attending the virtual presentation of the Buddhist Church of Stockton Spring Seminar, "Practical Buddhism and Truth Level Buddhism," I came to realize the disconnect that I have sometimes felt in the books I have read and the lectures I have attended. I came away with either nothing or confusion of the teachings I intended to experience. I knew there must be more, but at my age, I decided that attending the Betsuin services, activities, Namu Amida Butsu and the weekly sermons would make my practice complete.

Bishop Marvin Harada was the guest speaker and he made the distinction between Practical Buddhism and Defining Truth Level Buddhism (that is complicated for me to understand). Bishop Harada made a point of the need to make the teachings of Shin Buddhism more available to the lay person if Buddhism is to not only grow, but thrive. Bishop Harada recommended several books to help to bridge the gap between the Practical Level and the Truth Level — a bridge to help the lay person to understand the profoundness of the Nembutsu as it leads to wisdom and compassion. Bishop Harada recommended a few books.

"The Art of Happiness" by the Dalai Lama and "Everyday Suchness" by Reverend Gyomay Kubose are just two of the books Bishop Harada recommended.

Bishop Harada also included a sitting and standing meditation to either introduce or complete the practice of our practice of Shin Buddhism. The experience was very enlightening.

Learning more is always profound. This seminar was particularly insightful for me. I express gratitude to Reverend Candace Shibata and the Stockton Buddhist Church for making this available to us.

Namu Amida Butsu.

Thank you to all who supported our very successful L & L Hawaiian Barbecue fundraiser on Tuesday, April 27, 2021.

A special shout-out goes to owner Mark Hayashida for his extra donation to our fundraiser proceeds and to his crew for handling the influx of customers that day!



**Virtual 2021
Hatsubon
Service –
Sunday,
July 11, 2021,
10:30 a.m.
Rev. Matt Hamasaki**

Hatsubon is a special observance of the First Obon Memorial, held in memory of those who have passed away in the last year (since our last Hatsubon Service in July 2020). It is an opportunity to reflect again on the wisdom and compassion that we received from our loved one and to reflect on our own life to recognize how precious it truly is.

With our temple being closed through the upcoming summer months, the Sacramento Betsuin's Hatsubon Service will once again be held virtually, accessible through a private Zoom meeting link.

The challenging time of this pandemic has brought with it an unusual situation for us in preparing for Hatsubon this year. Because we have not been able to meet or visit in-person for so many months, it has sometimes been difficult to know when someone has passed away. In some instances, it was because a family wished to keep the loss private; other times, a family did not know to contact the temple. With this in mind, I am humbly requesting assistance from you, our sangha.

If you have lost a family member or friend in the last year, and you would like to have that person included in the Hatsubon Service, I would be grateful if you would email your RSVP by Monday, July 5, to BetsuinHatsubonService@buddhistchurch.org, and include the following:

- Name of the individual to be included in the Hatsubon Service
- Date of birth;
- Date of passing;
- A favorite photograph; and
- A list of email addresses for yourself and those family members and friends who would like to attend.

You can also call the Betsuin office at (916) 446-0121 and leave a voicemail message with the same information. A slideshow with the names and photos of those we have recently lost will be played as part of our virtual Hatsubon Service. We will send the Zoom meeting link and instructions to everyone on your list so that joining in will take a simple click of a mouse!

Thank you in advance for your timely assistance with this important matter. **Please share this request with others for whom it might be relevant.** I look forward to having you join us for this most meaningful observance.

**Legacy
Endowment
Fund
Sandy Tokunaga**

おかげさま

Is a Hot Dog a Sandwich?

I've been listening to All Hands podcast with host Katelin Holloway by Lattice, people management platform. Full disclosure, my daughter Rory works for Lattice. I am not in HR; my interest in All Hands comes from an NPR interview with Katelin (who grew up in Stockton) and how she chats with CEOs and tech leaders. How often do we really hear CEOs talk about their careers, companies and what powers their business? Spoiler alert: it's people who have a sense of belonging. Now doesn't that sound Buddhistic?

Below are excerpts from several podcasts:

Katelin Holloway, podcast host, Seven Seven Six: Inclusion isn't a feeling, it's an action. Belonging is the feeling. That's when you know your inclusion and diversity initiatives are doing what they're supposed to.

Alexis Ohanian, co-founder of Reddit and Seven Seven Six, Business Dad podcast: Companies have so much influence on the world and society... If you want to win, to attract the best talent, be a people first leader.

Ed Catmull, Pixar: What is more important, having the right idea or the right people? It's the right people with the right chemistry. We are all in this together.

Nick Caldwell, MS Power BI, Twitter: People matter more than anything. Your goal is to make more leaders because leaders make new leaders.

Zach Perret, Plaid: Relentless focus on outcomes. Through that focus on outcomes, there is a great deal of humility built in. Not all ideas work out. Below are three of Plaid's core values:

- Make it better.
- Grow, together.
- Embrace openness and positivity: come to challenges with optimism.

Katelin wraps up the podcasts with a curated assortment of nonsequitur rapid-fire easy gut checks, then more thoughtful questions:

- Is a hot dog a sandwich? (This is a Reddit hot topic.)
- What is your favorite old school trading card in your shoebox?
- Zoom or phone call?
- Company culture: family or sports team?
- How do you know when you have the right people to build something?
- When was the last time you wanted something so bad it hurt?

Legacy Endowment Fund
(Continued)

- What advice would you give founders and people leaders trying to make sense of this moment in history?

If you are curious about the hot dog sandwich and other responses from the guests, listen to the podcasts. CEOs, founders and leaders want to do more than create products; they hope to create sustainable companies with inclusion and diversity where people have a sense of belonging. The Buddha shows us the way to enlightenment. Shinran Shonin said home religion is more important than temple religion. It comes down to people helping people on our raft, as so aptly stated by Reverend Matt. Our raft is big enough for everyone.

The Legacy Endowment Fund Board is a team of the right people, where decisions are made with egos parked at the door, the sangha are the primary stakeholders, and the dharma serves as the core value. The LEF Board is composed of cooperative individuals who work with the basic principles of the Eight Fold Path — right vision, right meditation, right action and so forth — to make thoughtful decisions. We appreciate your trust in our actions.

Namo Amida Butsu.

Sakura Gakuen



SAKURA GAKUEN

JAPANESE LANGUAGE SCHOOL

YOUTH VIRTUAL SUMMER CLASS
THEME, "Virtual Homestay in Japan"

JUNE 28, 2021 - JULY 8, 2021

Mon - Thurs, 8 Classes, \$160.00

Open to children ages 6 to 18 (high school seniors)

Class duration: 10:00am-11:00am

Contact Dean: Tomomi Flesuras Sensei: tomomi.sakuragakuen@gmail.com



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Set Your Goal to Learn or Improve
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Less than \$9 a week! Regular Price: \$210.00 per semester class (\$60 savings)
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Contact Dean: Masako Thomas Sensei: thomas@sakuragakuen.org

Youth Program: \$150.00 • 17 Week Semester

Less than \$9 a week! Regular Price: \$250.00 per semester class
Kindergarten to High School Seniors

Virtual Zoom Saturday Morning Classes: **Sept. 4, 2021–Jan. 15, 2022**

Contact Dean: Tomomi Flesuras Sensei: tomomi.sakuragakuen@gmail.com

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Adult Buddhist Association
Keiko Jean Kashiwada
ABA President

Thursday Night Medical Series: 'Living Each Day Well'



Monthly Thursday Night Buddhist Class



ABA conducted the essay reviews and Zoom interviews of the five applicants for the ABA Community Service Award during May. Thank you, Wayne Kurahara, for chairing this ABA activity. The names of the recipients of the 2021 ABA Community Service Award will be announced in the July SANGHA newsletter.

Due to the recent Asian hate crimes, ABA Vice President John Yoshikawa, ABA Treasurer Stephen Kashiwada and I attended a few Zoom meetings during the month of May with representatives from the Asian Community Center (ACC), Japanese American Citizens League (JACL), and University of California, Davis students to further discuss volunteer recruitment and training. Our goal is to make our seniors feel safe and comfortable when they are shopping, walking, going to appointments, etc. I would like to personally thank John Yoshikawa for organizing this joint venture. More information on ABA's participation will be announced in the July SANGHA newsletter.

In the meantime, be careful of your surroundings, travel with a family member or friend, and wear your mask if it makes you feel safer.

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

Healing from Harm

The impacts of trauma and harm on our brain and bodies and a discussion of some ways we can work toward healing

Thursday, June 17, 2021 – 6:30 p.m.
Zoom



Tara Umemoto, MSW, PPSC
Berkeley Buddhist Temple Ministers Assistant

Monthly Thursday Night Buddhist Class

with

Rev. Matt Hamasaki



"Shinran's Lamp"

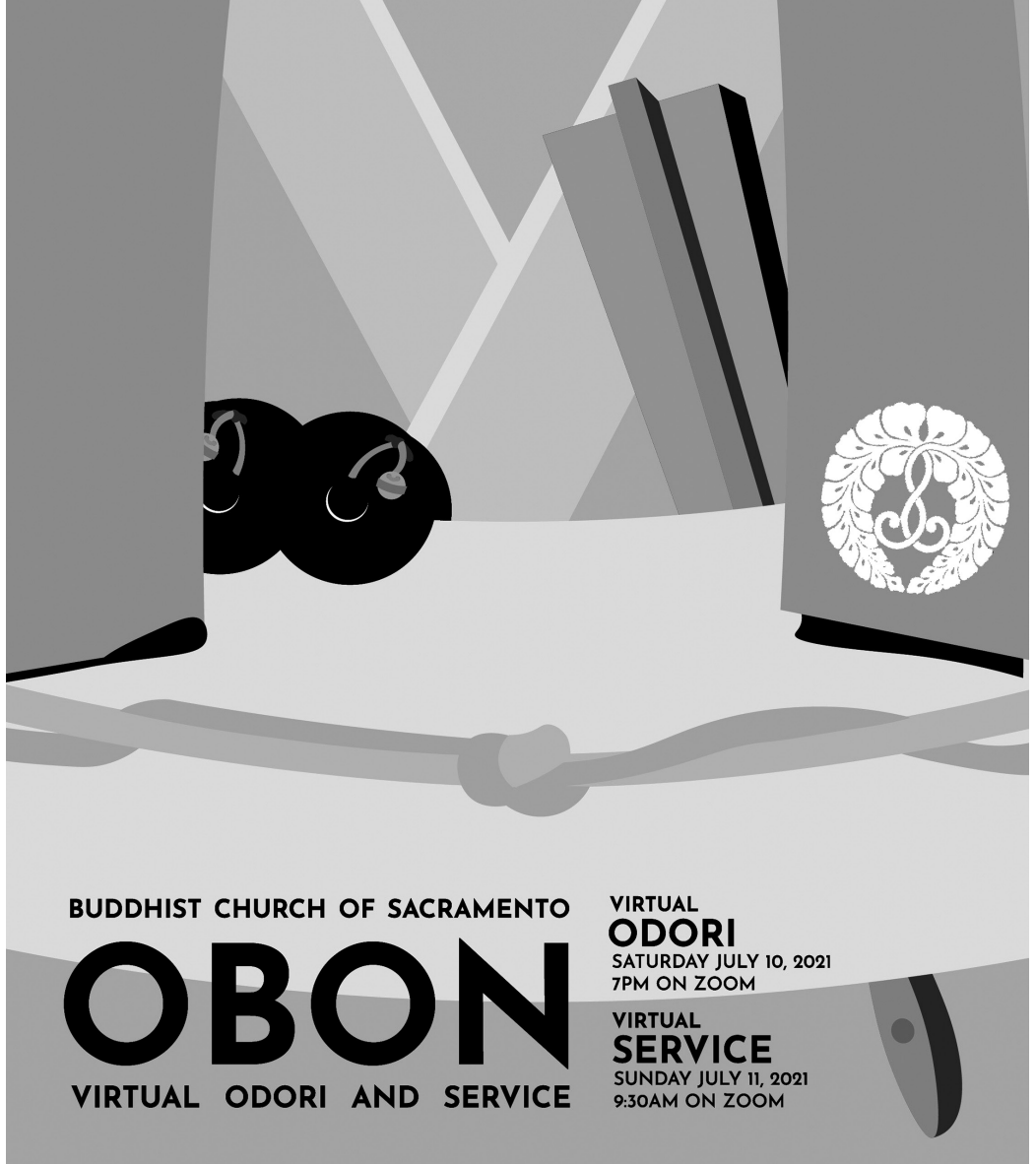
Discussion on Shinjin and Mattosho
(Letters of Shinran Shonin)

6:30 p.m.-7:30 p.m. via Zoom
Thursday, June 24

Please RSVP to BetsuinPrograms@buddhistchurch.org

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

Obon: Virtual Odori & Service



BUDDHIST CHURCH OF SACRAMENTO

OBON

VIRTUAL ODORI AND SERVICE

VIRTUAL ODORI
SATURDAY JULY 10, 2021
7PM ON ZOOM

VIRTUAL SERVICE
SUNDAY JULY 11, 2021
9:30AM ON ZOOM

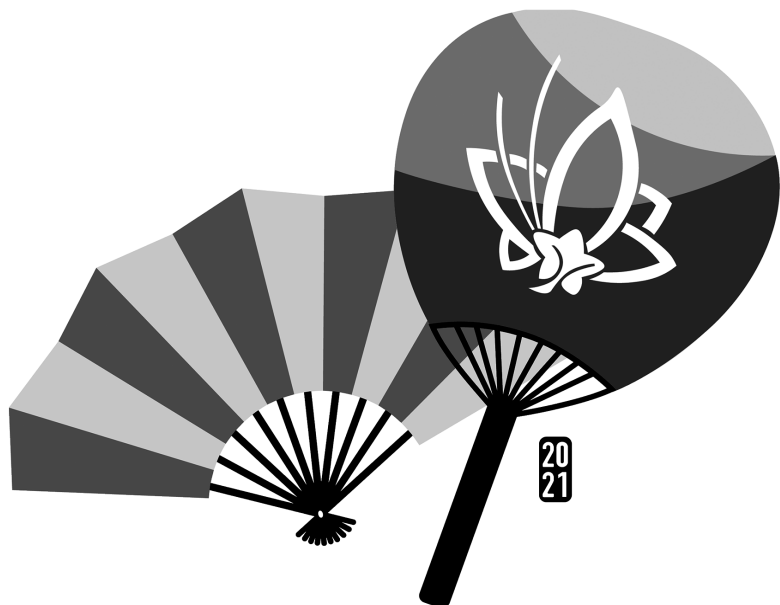
Bazaar at Home Edition



BUDDHIST CHURCH OF SACRAMENTO

BAZAAR
AT HOME EDITION

August 14, 2021 | 12:00 - 5:00 PM
Community Spotlights | Performances | & More



SAVE THE DATE

Telethon & Livestream on our Facebook

@BuddhistChurchofSacramento

Merchandise and Bento will be available for preorder soon.

**11th Annual
SBC Golf
Tournament:
Changes**
Richard Kai

Time is running on the short side with the deadline of July 5 fast approaching to submit your entry into the 11th Annual Sacramento Buddhist Church (SBC) Golf Tournament scheduled for play at the Dry Creek Golf Course on Thursday, July 29, 2021.

The Golf Committee wants to let everyone know that this popular event is on for 2021 with a few changes:

- First to note is the change in venue. The 11th annual event will be held at **Dry Creek Golf Course** located in Galt, California.
- The second change is the date of **Thursday, July 29, 2021**.
- Lastly, there will not be a luncheon banquet at the kaikan; instead, **bento boxes** will be issued to our players and guests following the completion of play.

Dear Players and Guests, Sangha Members, and Friends of the Sacramento Buddhist Church,



You are cordially invited to participate in the 11th Annual Sacramento Buddhist Church (SBC) Golf Tournament at the Dry Creek Ranch Golf Course on Thursday, July 29, 2021. Be sure to submit your entry form as soon as possible as tee times are limited for this event.

The tournament entry of \$125 per golfer includes a round of golf and cart, morning pastries and coffee, on-course beverages, tee prizes, Korean and Japanese style bento lunch (take home), and monetary donation to the SBC. Players and guests may order extra bento boxes for \$30.

The tournament will be played under the modified scramble format known as shamble. The format calls for each golfer to tee a ball into play with the group selecting the spot from one of the teed balls (scramble) to play their second shot. Play from the selected ball continues under individual stroke-play conditions until the golfers finish the hole. The tournament committee will conduct a random “blind draw” from the field of players to form four-person teams for tournament prizes.

The committee encourages everyone to buy the pre-tournament “bonus pack” consisting of 20 raffle tickets, two mulligans and one miracle putt for \$25. This pack can only be purchased with your entry form to ensure the health safety of our players and volunteers and minimize personal contacts.

While the mulligans and miracle putt will undoubtedly enhance your score, the added benefit of buying the bonus pack is that your name is placed in a digital barrel for the drawing of raffle prizes. The more bonus packs bought increases your chances to score well and win raffle prizes!

There are two grand prize raffle offerings that can be won with the purchase of the bonus pack. The first electronic raffle ticket drawn will be the winner of the grand prize of a three-night stay at the Lake Tahoe Vacation Resort for the week of July 6-10, 2022. The second ticket drawn will be the winner of the two-night stay at the same vacation resort. The reservations coincide with the running of the much-heralded Celebrity Golf Tournament at the Edgewood Golf Course. The committee extends its many thanks to Robbie Midzuno for his annual donation to the SBC golf tournament.

Tee box sponsorships are available at the gold, silver, bronze, individual, “In Memory Of” and group sponsorship levels. The donor’s name and sponsorship level will be displayed at the teeing area of selected holes. The bronze, silver and gold tee box sponsorships include complimentary green fees from one to four golfers and priority entry into the golf tournament. The funds raised by this event are earmarked for the temple’s capital improvement projects. Your previous support enabled the committee to supplement the funding for projects such as the remodeling of the resident minister’s house, add security gates and perimeter fencing for the temple’s parking lot, and replace the building’s HVAC system.

Please contact the SBC tournament committee at betsuingolf@gmail.com if you have any questions about this fundraising event or wish to make a donation to the SBC. Sponsorship, Donation and Registration forms are available at the SBC website at www.buddhistchurch.org.

Sincerely,

Reverend Matt Hamasaki
Resident Minister

Gordon Nitta
President, SBC

11th Annual SBC Golf Tournament: Changes
(Continued)

The committee had to make several adjustments for the 2021 tournament due to the current statewide health precautions and local food service restrictions that continue until the COVID-19 virus is fully under control.

The event offers several options for the players and sponsors to make donations to the SBC, including three sponsorship levels with each providing complimentary entry fee(s) to the tournament. The Gold Sponsor level includes four complimentary entry fees to play in the tournament. Silver and Bronze sponsorships include two and one complimentary entry fee(s), respectively. The committee will post a display of the donor's name and sponsorship level at the tee grounds of selected holes.



11th Annual Sacramento Buddhist Church Golf Tournament

Thursday, July 29, 2021

Dry Creek Ranch Golf Course, 809 Crystal Way, Galt, CA

Check-in from 6:30 AM to 7:15 AM

7:30 AM Shotgun Start

- We encourage everyone to follow the current state and local COVID-19 guidelines while on the golf course to ensure the safety of our players, guests, and volunteers.
- The field is limited to 144 players (two players per cart).
- You may sign up as a single, twosome, threesome, or foursome.
- The tournament format is a four-person Blind Draw Shamble.
- Team prizes will be awarded to four places and individual closest-to-the-pin on Par 3 holes.
- Entry fee is based on sponsorship level or \$125 per player. It covers green fees, cart, tee gift, after-round bento box lunch, and refreshments.
- Additional bento box lunches may be purchased at \$30 each.
- Please direct questions to: BetsuinGolf@gmail.com

BONUS PACKS

For \$25, you can purchase 2 mulligans, 1 miracle putt, and 20 raffle tickets on this entry form.

We will not be able to sell bonus packs on the day of the tournament.

Raffle tickets will be drawn digitally.

Golfer(s)	Confirmation to: Email Address or Text Phone #	NCGA Index or Est. Hdcp.	Sponsor Level*	Number of Bonus Pack(s)
1.				
2.				
3.				
4.				

*** Sponsor and Entry Options:**

- G = Gold Level Entry (includes 4 complimentary entry fees) @ \$1,000 \$ _____
- S = Silver Level Entry (includes 2 complimentary entry fees) @ \$ 500 \$ _____
- B = Bronze Level Entry (includes 1 complimentary entry fee) @ \$ 250 \$ _____
- SE = Single Entry; Number of Golfers: @ \$ 125 each \$ _____
- Number of Additional Bento Box Lunches: @ \$ 30 each \$ _____
- Number of Bonus Packs: @ \$ 25 each \$ _____

TOTAL: \$

Please make check(s) payable to: Sacramento Buddhist Church
and mail to: SBC Golf Tournament
899 Shore Breeze Drive
Sacramento, CA 95831

**Registration
Deadline:
July 5, 2021**

Checks will be cashed after the completion of the tournament.
Federal Tax ID: 94-1243674

**11th Annual
SBC Golf
Tournament:
Changes
(Continued)**

Nonplaying sangha members and friends of the Betsuin can participate in this event through an In Memory Of or hole sponsorship donation. The Golf Committee will create the signage that will be displayed on the teeing grounds along the course to acknowledge your donation.

The number of players for this event is limited and the Golf Committee anticipates a full field of golfers, so be sure to submit your entry form as soon as possible. We look forward to another fun tournament and delicious luncheon for all those who participate and support this fundraising event.

Information fact sheets about the golf tournament, sponsorship levels, playing format and donation and tournament entry forms are enclosed within this monthly SANGHA newsletter. These forms are also available on the Betsuin's website at www.buddhistchurch.org. Questions and/or comments about the fundraising event can be sent via email to the Golf Committee at betsuingolf@gmail.com. The temple office staff can provide general information about the event.



Sponsorship and Donation Form

SPONSORSHIP LEVELS

\$1,000 – Gold Sponsorship:

Includes Tee Box Sign recognition, four complimentary tournament entry fees, golf cart, lunch, refreshments, and tee prizes.

\$250 – Bronze Sponsorship:

Includes Tee Box Sign recognition, one complimentary tournament entry fee, golf cart, lunch, refreshments, and tee prizes.

\$500 – Silver Sponsorship:

Includes Tee Box Sign recognition, two complimentary tournament entry fees, golf cart, lunch, refreshments, and tee prizes.

\$125 – In Memory Of, Individual and/or Group Sponsorship includes Tee Box Sign recognition.

SUGGESTED MONETARY AND/OR IN-KIND DONATIONS

Check-In Tee Prizes

Donation of golf tees, balls, ball markers, divot repair, etc. to give to each golfer.

Snack/Dinner Items

Miscellaneous refreshments, snacks or food items.

Tournament Raffle Prizes

Unused golf clubs, head covers, golf apparel, dry goods, food items, restaurant gift certificates, etc.

Cash

Used to offset the cost of check-in tee prizes, luncheon raffle prizes or other related expenses.

Date: ____ / ____ / ____

Deadline: July 5, 2021

Fed Tax ID: 94-1243674

Sponsorship: I/We would like to be a sponsor in the amount of \$_____ (please indicate):

Gold Sponsor Silver Sponsor Bronze Sponsor

In Memory Of, Individual and/or Group: Name(s) _____

Raffle Prize/Donation: I/We would like to make a donation of _____

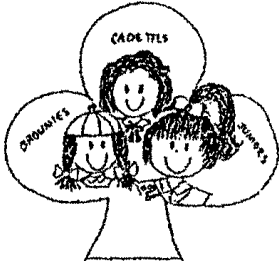
Sponsor/Donor Name(s): _____

Contact Name: _____

Address: _____ **City:** _____ **Zip:** _____

Return to: SBC Golf Tournament, 899 Shore Breeze Drive, Sacramento, CA 95831
Church Phone: 916-446-0121

Girl Scouts
Jennifer Morita



Troop 569 is winding down another great Girl Scout year, taking on the challenges of a global pandemic with Zoom meetings and maintaining traditions — from Investiture to Bridging — virtually. The girls also earned Bronze and Gold awards, and two troops graduated.

Ambassadors 1

Congratulations to Cara Ishisaka for earning her Gold Award. Cara created an online, modernized book catalog management system that recategorized books by subject matter. The Sacramento Buddhist Church’s library is now a convenient place to find resources to help the community learn about Buddhism. We are truly proud of what you have been able to accomplish during these challenging times.

Ambassadors 1 would like to thank everyone who was able to make our experience in Girl Scouts 569 unimaginably incredible. A special thank you to Patti Oshita, for all of your guidance and support over the past 13 years. Your input has played a big part in keeping a troop of this size together and seeing them through graduation. We truly appreciate your hard work and dedication in keeping Girl Scouts an unforgettable experience, for not only the girls, but the troop leaders as well. You have helped create memories of a lifetime for so many girls who have participated in Troop 569.

With that, we would just like to say to all the girls in Troop 569: Cherish your time together with your sisters and continue to grow and learn from each other. Keep being curious, adventurous, courageous and passionate. Keep finding ways to help others and better your community. And most important, remember, being Girl Scouts, together, we can change the world.

Juniors 1

Juniors 1 completed their Bronze Award in March. Fifth graders Maya Koike, Mia Lourenco, Caitlin Sauer, Emelia Shoemaker and Addison Yee worked on their Bronze Take Action project during the COVID-19 lockdown by having planning meetings over Zoom, collaborating on Google Docs to create their marketing flier, and emailing to solicit donations and communicate with each other.



They collected donations from the community for the Sacramento SPCA using teamwork and leadership skills. Thanks to the generosity of teachers, friends, and family, including members of the sangha, the scouts were able to donate five carloads of food, bedding, toys, leashes, collars, and grooming and other supplies.

We are very proud of their perseverance despite not being able to meet in-person, and their use of technology to get the work done. The girls would like to thank everyone in the community who helped or donated. They chronicled their work with pictures in a slide show and look forward to sharing it to inspire others to do their own community service project.

Juniors 2

Juniors 2 spent several months learning about first aid, the heart and how to perform CPR. Although they are too young to be certified, they learned a lot and have the confidence to provide hands-only CPR. The troop created a video to raise awareness of hands-only CPR and continues to raise money for the American Heart Association.

Juniors 2 also participated in a Cards of Kindness project and created handmade cards to send out to 170 older adults as a way to reach out to isolated seniors during the pandemic.

Ambassadors

Troop 569 also bid goodbye to the graduating class of 2021. We would like to thank the church and everyone in Troop 569 for the support over our 11 years with Girl Scouts. We have lots of wonderful memories and would like to acknowledge our graduating girls.

Congratulations to Ambassadors 1, led by Corlene Goi and Janet Kawamoto: Abby Morioka, Camille St. James, Cara Ishisaka, Elizabeth Lew, Elysse Tse, Emma Madruga, Isabella Pond, Jennifer Goi, Katie Kawamoto, Megan Glen, Remy Jones, Samantha Calagna and Veronica Kim.

Ambassadors 2, led by Lisa Poon and Fritzie Archuleta: Alyssa Archuleta, Lauren Archuleta, Delaney Evans, Lily Foster, Kaley Poon, Alyssa Shimizu.

Girl Scout Troop 569 Obon Patch

**Wednesday, June 23, 2021
6:30 p.m., via Zoom**

Learn the meaning of obon. Learn obon dances. Please have round fan, folding fan, towel and kachi-kachi. View Sacramento Betsuin's Virtual Obon Odori on Saturday, July 10, 2021.

Any questions, contact BetsuinPrograms@buddhistchurch.org



Girl Scout Troop 569 Orientation Day

Girl Scout Troop 569 has scheduled a virtual orientation for Friday, June 11, 2021, 7 p.m.-8 p.m. via Zoom.

Parents and girls, come and see what girl scouting is all about.

Sign up at BetsuinPrograms@buddhistchurch.org.

Any questions, please contact the temple at (916) 446-0121.



**Dharma School
Valerie Fong,
Superintendent**



Hello Everyone,

The 2020–2021 Dharma School term has come to a close. What an amazing journey we have taken together as we worked to provide a virtual program for 119 enrolled students. The teachers and teacher assistants did a wonderful job of putting together classes on the first and third Sundays of the month. And Reverend Matt played a big part with his second Sunday of the month Dharma School session.

We appreciate the help we have received from those who have participated behind the scenes with technical support, administrative support, and the workshop opportunities available through the Federation of Dharma School Teachers League.

We thank all of our Dharma School families for encouraging their students to join in and ensuring supplies and printed materials were ready each Sunday.

Each day brings new information as to where we are in the pandemic. As of right now, we are moving forward with plans to provide a virtual Dharma School program for our students for the 2021–2022 term. We will keep everyone informed as we move through this changing situation.

With gassho.

Use Amazon Smile Link to Support the Betsuin



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Please bookmark the link and tell all your friends. It doesn't cost you anything and the temple gets a percentage of all qualified purchases.


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.

2021 Family Memorial Service Schedule


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.

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	2021 Memorial	Year of Death	2021 Memorial
2020	1 year	1997	25 year
2019	3 year	1989	33 year
2015	7 year	1972	50 year
2009	13 year	1922	100 year
2005	17 year		



Condolences to the Families Of



Mitsuo Omoto..... February 22, 1925-March 19, 2021
Emmie Makishima..... May 23, 1926-April 13, 2021
Ken Kamada..... November 13, 1927-April 19, 2021



**BOY SCOUT TROOPS 50 & 250 SACRAMENTO
MATSUYAMA SCOUT EXCHANGE PROGRAM 2022-23**

TERIYAKI BEEF SANDWICH DRIVE-THRU FUNDRAISER Virtual Obon Odori Festival Day



Saturday July 10, 2021
Sacramento Buddhist Church
2401 Riverside Boulevard | Sacramento, CA 95818



Pick up orders between 4:00 - 6:00 p.m.

Pre-Orders Only!

Order deadline: Saturday – July 3, 2021

Options for placing pre-orders:

- **Venmo:** @terri-clark-31964 (please include Name and contact info. + any order specifics)
- **Paypal:** https://www.paypal.com/donate?hosted_button_id=D8D7D53BXDA94
- **By Cash or Check:** (Complete pre-order form below and submit with payment)

First Name: _____ Last Name: _____

Cell Phone: _____ Email: _____

Quantity: x \$8.00/each = \$ (total pre-order amount)

Please make checks payable to: **Boy Scout Troop 50**
Drop off or mail cash/check pre-orders to: **Matsuyama Exchange/Teriyaki Beef Sandwiches**
c/o Terri Clark
1410 Campbell Lane
Sacramento, CA 95822

Questions? Contact Terri Clark (clarkgalvinclan@gmail.com) or Mimi Mahon (mimi.mahon@yahoo.com)



サンガ

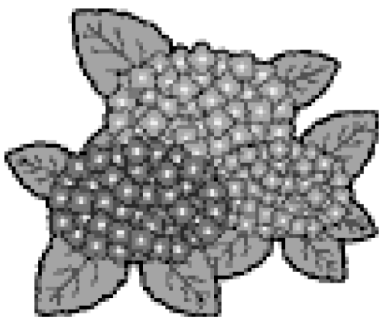


別院理事長のメッセージ 新田ゴードン

今年もすでに半年が過ぎました。皆様、ご家族とお友達を含めてお元気でお過ごしのことと思います。ワクチン接種が始まり、現在、子供達にもワクチン接種が施されることになりました。すべての人の健康と安全のために是非ともワクチン接種を受けて下さい。

別院では現在、別院敷地内の屋外でのアクティビティを慎重にかつ十分に注意を払いながら許可を下しています。もちろんコロナ感染予防のガイドラインに沿い、また、別院の理事会の使用委員会 (Usage Committee) と別院のスケジュールに合わせて行っています。

別院の指導者達はコロナ感染予防対策ばかりでなく、アジア系ヘイトクライムの流行に関しても注意を払っています。別院の行っている政策の定義に疑問を持たれる人もあるかもしれません。しかし、別院の最も重要視しているのはメンバーの皆様やご家族、友人そして訪問者の安全にほかなりません。建物は修理することが出来ます、また、建て替えることも出来ますが、皆様に危険をもたらすことは出来ません。



会長のメッセージ

中富バーバラ

ストクトン仏教会がオンラインで行った春のセミナー「実践的な仏教と真理としての仏教 Practical Buddhism and Truth Level Buddhism」に参加したあとで、私が今まで書物を読んだ後や講義を聞いた後に感じるのと同じような切り離された気持ちになったことに気が付きました。私は一体何も学ばなかったのか、それとも、混乱した教えを聞いて来たのかのどちらかです。もっと奥深いものがあったに違いありませんが、私はこの年で別院の礼拝や種々のアクティビティ、そして毎週行われる法話などに参加することによって私の仏教の勉強を完了するつもりでした。

原田マービン総長がゲストスピーカーでした。彼は **Practical Buddhism** と **Defining Truth Level Buddhism** の違いをはっきりさせました。(私にとって理解するのは困難でした) 原田総長は仏教を広めるばかりでなく繁栄させるには門徒に浄土真宗の教えをもっと身近に入手できるようにすることが重要であることを強調されました。

原田総長は **Practical Buddhism** と **Truth Level Buddhism** の間にある格差を繋ぐことに役に立つ色々な本を推薦されました。門徒がお念仏の奥深さを理解するのに役に立つだけではなく、知恵とお慈悲へ導いてくれるからです。ダライラマの「心の育て方-Art of Happiness」と久保瀬暁明師著の「Everyday Suchness」、この二冊の本を原田総長が推薦されました。

原田総長は又、立ったままと座ってするメデイテーションをセミナーの始まる前と終わったあとで行いました。とても味わい深い体験でした。多くを学ぶことは奥深くなることです。このセミナーは私に特別な見通す力を与えてくれました。ストクトン仏教会並びに柴田キャンデイス開教使にこの機会を与えて下さったことを感謝いたします。