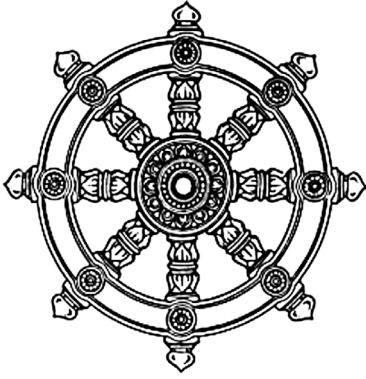


**Resident
Minister**
Rev. Matt Hamasaki



There is an age-old expression that goes, “money can’t buy happiness.” The spirit behind such a message (as I understand it) is explained in another expression that the “best things in life are free” or that the things in life that are the most meaningful aren’t possessions that you can buy or cash that you can amass.

However, as human beings do, this notion has constantly been challenged and in 2010, a study found that more money meant more happiness — until a certain point; specifically, an annual income of \$75,000. The rationalization of this was that if you make enough money to satisfy your basic needs, any money made after that would just help their happiness if they took the time to specifically reflect on it.

Intriguingly, more recently this year a scholar named Matthew A. Killingsworth Ph.D. put together a study on happiness based off an app that tracked happiness at various points in time. This data was then cross-referenced with the user’s income and the results were that there was a positive correlation that did not plateau at \$75,000 — in fact, it did not plateau at all! More money meant more happiness, even for the vastly wealthy.

As Buddhists, one would think that we would subscribe to the idea that “money can’t buy happiness” since we teach about nonattachment to evanescent pleasures. But, looking closer at the reality of life, I believe the question is more complicated than that. Going back to the historical Buddha, he was able to give up everything and live as,
(Continued on page 2)

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SANGHA

Sacramento Buddhist Church
Volume 58 Number 3 – March 2021

**Sacramento
Betsuin**
2401 Riverside Blvd.
Sacramento, CA 95818
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(916) 446-1866 FAX
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Resident Minister
(Continued)



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

essentially, a wandering beggar because it was socially acceptable. He was able to get enough food to eat because it was the social norm for people to give charity to ascetics and thus he did not have to worry about where his next meal would come from or where he would stay.

This aspect of Buddhism changed when it moved to China as the beggar was not a norm in the social order and thus, in order to maintain their existence, they created monasteries that could house the monks and adopted vegetarianism, which would allow them to make their own food without killing any animals. Even still, as time progressed, we begin to see reliance on donations in monetary form even though that, too, was not part of Buddha's time.

Fast forward to today, where Jodo Shinshu Buddhism is for those who cannot live the lifestyle of either a wanderer or a monk. We are regular people. We have regular jobs. And we need money to survive. But at what point will we be satisfied? In my opinion, the results from the 2021 scholarly article can be interpreted in two ways: that the people in the United States have changed to the point that no amount of money will satisfy them, or that the plateau has grown so exponentially high that we can no longer see it.

Honestly, I don't think people have changed that much in a great deal of time, and so the option that I am left with is the latter, which, said in another way, is that people nowadays cannot get what they need to live comfortably based on the amount of money they are currently making. This can be attributed to a multitude of factors — stagnant wages, inflation, rising housing costs, etc. — but what does it mean to us as Buddhists?

I think it speaks to the vital part of the Eightfold Noble Path of "Right Livelihood." When people think of their livelihood, they think of their job and what they do there. This is not an incorrect understanding, but I believe we can take it further to see "livelihood" as the collective livelihood of everyone in our community, in our society. What are we doing to ensure that every sentient being has enough to live? As Buddhists, it is our responsibility to, at the very least, keep this idea in mind and to think about what we can do to guarantee that — to look further than our self-centered nature and try to help all people live healthily and happily.

President's Message
Gordon L. Nitta

Sangha Staff

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

Contributing Reporters

President Gordon Nitta
SBWA Barbara Nakatomi
Legacy Fund Ruth Seo
Boy Scouts Jared Fong
ABA Keiko Jean
Kashiwada
1,000 Cranes Randall Ishida

I hope your families are doing well in this new year. Many of us have focused our main attention from quarantine, shelter in place and PPP to receiving the COVID vaccination. We write these articles for the SANGHA one month before the print comes out, so a number of you will have received the second of the two vaccination shots. We may never get back to our previous normal living situation, but the vaccinations will help us get back as close to that normal as possible.

The church has been closed since mid-March of last year but the church staff has continued to work both in the office and from home. The Church Executive Committee and the Board of Trustees have continued to meet monthly through the pandemic. The Building and Equipment Committee, led by Geoff Inenaga, has continued to maintain as well as remodel the building and offices. The Virtual Bazaar Committee has resumed meetings in the more-than-likely event that once again the in-person Bazaar is postponed as we continue to take steps to prevent the spread of COVID, not only within our members but also the community. The Fundraising Committee is also thinking of new ways to raise funds for the continued costs of operations at the church.

A huge thank you to Stuart Ito and the Technology Committee, Geoff Inenaga, Sandy Kataoka-Fong, Aaron Imura, Ron Ishimoto, Brian Hatano and Koichi Mizushima, for the new innovative ways to keep us virtually in touch with all of you.

Reverend Matt has also made major changes to his interactions with all of you through his use of Zoom, Facebook and Apple Podcasts. He is making the most of non-in-person contact.

Keep in mind that the church property will remain closed to visitors until further notice. If you think it's an absolute necessity that you come to the church or church office, please call the office at (916) 446-0121 and we will get back to you as soon as possible.

Our sincere apologies to these 2020 Betsuin members who were inadvertently not included in our listing in the February SANGHA. Please accept our gratitude for your support and membership in 2020!

Mr. & Mrs. Keith Adachi
Mr. & Mrs. Keith Kuyama
Drs. Kelvin Mark & Cheryl Lieu

The Late Mr. Henry Nishikawa & Mrs. Joan Nishikawa
Mrs. Lilly Sakai

Mr. David Shimada
Mr. & Mrs. Osamu Shimada

Corrections to 2020 Membership Listing - In Gratitude



**Sacramento
Buddhist
Women's
Association**
Barbara Nakatomi
President



**Legacy
Endowment
Fund**
Ruth Seo

おかげさま

Office Manager
Cindy Kitade

**Office Project
Coordinator**
Jennifer Nitta

**Front Office
Coordinator**
Mika Matayoshi

Front Desk Staff
Kellie Morioka Sato

Betsuin Office
(916) 446-0121

Sangha Helpers
Cindy Kitade
Mika Matayoshi
Kellie Morioka Sato
Jennifer Nitta

Girls Day - Doll Day - Hinamatsuri

Originally, it was my intention to write an article about Girls Day, celebrated on March 3 every year. Look at how it has changed.

Hinamatsuri was celebrated as early as 794–1192 in the Heian tradition with paper dolls. It was believed that the dolls were a way to ward off evil spirits. The paper dolls were then discarded, often in a river, to release misfortune and bad luck. During the Edo Era (1603–1867) the paper dolls were replaced by elaborate ceramic dolls displayed on 5–7 shelves. The top shelf was reserved for the dolls representing the Emperor and Empress and the subsequent shelves represented the community.

Traditionally, the grandparents of a newborn baby girl provided a set of Hina dolls to the family. Every family follows their own traditions as there are no strict rules for the celebration.

Boys Day was traditionally celebrated on May 5 for good wishes to the boys. Then, sometime in the last 30–50 years, depending on the region, May 5 became the celebrated Children's Day, Kodomo-no-hi. This became the day to respect every child's personality and to celebrate their happiness.

While dolls marked the celebration of the girls, many kites of swimming carps are displayed for the boys. The colors of the carp traditionally displayed on a pole designate the father and sons of the household.

In the tradition of Buddhism, we are taught to show gratitude every day for all of the people and forces who support our well-being. While it is nice to have "special" days for individual celebration, it is much more inclusive to have gratitude and celebrate one another every day. I see the benefit of the cultural traditions of the past and appreciate how we have come to redefine it for the culture we are living today. It is a perfect moment.

Namo Amida Butsu.

Staying home day after day with grocery shopping as the highlight of my activities is getting very tiresome! I thought I had just taken my turn to write the Legacy Endowment Fund Board (LEFB) SANGHA article and I have to come up with something again. The nation's Capitol gets assaulted with destruction and lives threatened before our eyes, and the last straw, the ex-president who incited it all, gets off free! I am distressed and mad! Monku, monku, monku — complain, complain, complain! I used to think of myself as an optimist, but as I remember Reverend Bob saying that we must open our dharma eyes and see things as they really are, I feel sadness in that truth!

It's been a long year of isolation from family, friends, social groups and activities due to the COVID-19 restrictions. Although it has given us a good excuse to avoid things we did by obligation or to attend functions that we preferred to miss, it's getting boring staying home doing the same things every day. There has been time for reflection and doing things we had long put off or avoided with the "too busy" excuse, and although we have probably crossed a few things off of our "to do" list, sadly, many of those things are getting pushed way down and most likely will get avoided forever.

I lost many dear friends this past year without a chance for proper farewells, and even though vaccinations are giving us some hope, it looks as though it will be a long time before things will resemble "normal." I wonder if others are feeling these things, if depression is setting in?

As I was straightening a stack of papers, I saw the February issue of the Betsuin SANGHA newsletter and Gayle Kono's LEFB article jumped out to me. Her recounting of Karana's survival story in *Island of the Blue Dolphins* made me pick up the book and reread it. As she told of Karana's anger and sadness at the brother who made her miss the boat and endure the hardships of surviving alone on the island, she showed that disappointments can save one from bigger problems or tragedies.

Because of her article, I went back to reread several of the Young Adult novels that I had shared with my middle school students. In the simplicity and clarity of Scott O'Dell's *Island of the Blue Dolphins*, Elizabeth George Speares' *Sign of the Beaver*, and Gary Paulsen's *Hatchet* series in which the main characters must survive harsh living conditions, many dangers, little food and long isolations, I felt ashamed to have complained with all the richness and comforts of our present day lives. So many people are suffering through far greater hardships all around us. I will embrace Gayle's reminder that "Regret, blame, and anger are wasted energy."

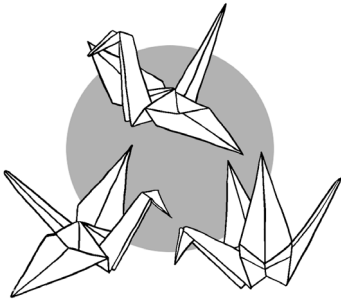
So now as I look out the window, I see tulips and daffodils popping through the ground and blossoms on my neighbor's plum tree. The days are getting longer and warmer. With COVID vaccinations becoming more widely available, there are small signs that things are improving. The Buddhistic truism "*Nothing lasts forever*" gives us hope.

On behalf of the Betsuin Legacy Endowment Fund Board, thank you for your generous donations to the Endowment Fund. The Wall of Appreciation updates will be done during the first quarter of 2021.

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.

1,000 Cranes
Randall Ishida



2021 Family Memorial Service Schedule

The ABA officers and committee chairs have been meeting via Zoom when needed, and ABA's telephone tree will continue to email our members about online events and programs, along with information about other Northern California temples that are having fundraisers.

Our temple and the other Northern California temples still have ongoing monthly expenses; therefore, please support the temples' fundraising events.

ABA will award its 2021 ABA Community Service Awards to highly deserving graduating high school students and students attending an accredited college, university, vocational or technical school in 2020-2021 who are members of the Sacramento Buddhist Church, ABA or affiliated or sponsored organizations.

Information regarding the awards is available on the church website, www.buddhistchurch.org. This program is funded by the ABA Scholarship Education Fund. Thank you to past ABA President Wayne Kurahara for chairing this committee.

During this COVID pandemic, please go out only for essential services. Remember to check in on people who live alone by phone or even with a short note.

If you need assistance making your appointment for the COVID vaccine, please call or email ABA President Jean Kashiwada, (916) 392-0958, ksjkash@aol.com; or Vice President John Yoshikawa, (916) 383-4755, spyron@aol.com, and we assist you.

Be sure to check out the online Sunday services. Reverend Hamasaki and the minister assistants have been sharing wonderful dharma messages.

Stay safe, wear your masks, and practice social distancing.

It is believed that if you fold 1,000 origami cranes, one's wish will come true. It takes hours to fold that many and string them on a streamer. The crane is also considered to live a thousand years. It symbolizes good fortune, longevity, peace, and represents hope and healing during challenges, especially the one we face today with the coronavirus.

Bring on the happiness and peace by folding a crane and sending it to someone who is down and out, someone you haven't seen during this pandemic, or check up on them.

You can bring happiness by calling them as well. Just imagine their smile when they hear your voice, eat your home-cooked meal or receive the crane. Whatever gesture you choose, use your intuition and envision what is best.

This is a way to show your Buddhist compassion. We must be strong to take care of those who are less fortunate. People say they can't fold a crane. It takes practice, over and over.


If you don't try, you'll never know. Besides, there is nothing one can't do. As long as you tried and keep up the momentum, you will see progress.

It is the will of gaman. It makes us feel determined. We are strong, survived this pandemic and have gone this far.


Little by little, we too must believe that we can live a thousand years just like a crane, or at least live a long good life of hope and healing. We just have to be confident that we can live a long life.

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



Frank Kashiwada..... April 28, 1925 - January 12, 2021
Bette Nakatomi..... August 5, 1924 - January 15, 2021
Henry "Hank" Nishikawa May 6, 1929 - January 23, 2021
Teruko Makishima..... October 25, 1927 - February 1, 2021

**Thursday Night
Medical Series:
'Living Each
Day Well'**



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

**Health in Humanitarian Crises
and COVID-19 Response**

Thursday, March 18, 2021 - 6:30 p.m.

Zoom



Dr. Jolene Nakao
Medical Epidemiologist
Centers for Disease Control & Prevention (CDC)

**Monthly
Thursday Night
Buddhist Class**



**Monthly Thursday Night
Buddhist Class**

with

Rev. Matt Hamasaki

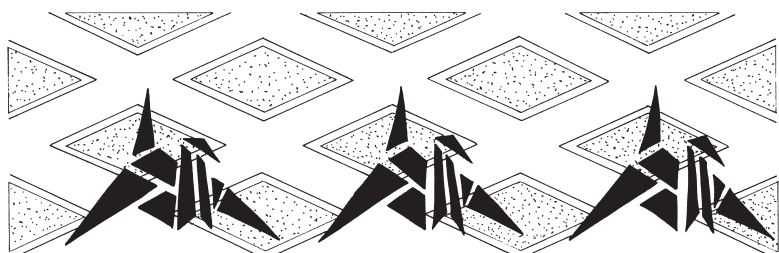


"Shinran's Lamp"
Discussion on Shinjin and Mattosho
(Letters of Shinran Shonin)

6:30 p.m.-7:30 p.m. via Zoom
January 28, February 25, March 25,
April 29, May 27, June 24

Please RSVP to BetsuinPrograms@buddhistchurch.org

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



Boy Scout Troop 50
Jared Fong



On January 8, Troop 50 held a short troop meeting combined with the Court of Honor to start the new year off. The event started with opening flags with Kenny Kim’s patrol. After flags, Tyler Firth and Kyle Wong, the leaders of the event, introduced the month’s theme, Engineering, and asked basic questions about the topic. After their introduction and questions, scouts played a modified version of hangman led by Kyle Wong, where they had to ask questions and guess letters to find out which engineer he was talking about. Finally, their meeting ended with scouts having an educated conversation about the future of engineering and the impacts it can have on our future.

Once the adults finished their parent meeting, both parents and scouts came back to the main room for the Court of Honor. The Court of Honor is an event that recognizes a scout’s accomplishments, such as merit badges and scout ranks. It was presented by Ryan La and each candle was lit by Jay Giang. Each scout rank is represented by each candle. Ben Truong announced each of the scouts who had earned a merit badge or rank since the last Court of Honor. Finally, Mr. Shebert announced the scouts who would age out of the troop before the next Court of Honor. These scouts include Tyler Firth, Ethan Firth and Mason Koyama. After this announcement, the meeting concluded with the lowering of the flags.

On January 22, Troop 50 held the second part of this month’s theme, Engineering. This meeting was once again led by Tyler Firth and Kyle Wong and started off with Kenny Kim’s patrol leading the flag ceremony. This meeting was special because the Webelos II scouts and their families joined us. After introducing the Webelos and their families, the meeting started off with a friendly patrol competition where each patrol competed to build the tallest structure. The rules were to build this structure with household materials like duct tape and spaghetti without the structure falling over. Overall, this competition allowed us to have lots of fun with the Webelos II scouts and we hope to see them all join us every time for their next scout year.

Girl Scout Troop 569
Cookie Sales!



Online orders only this year for contact-free sales.

\$5 per package (\$6 for gluten-free).

Shipped directly to you from the baker (discounted shipping with minimum of 6 packages).

Order shipped once processed.

New French Toast-inspired cookie.

The last year of the S’mores.

To get your order link, please send your name and email address to: 569cookies@gmail.com.

Deadline: March 28.

SMUD Offers Help on Electric Bills

SMUD has programs to help customers during these trying times, including flexible billing options and discount rates. SMUD outreach materials state that SMUD will not shut off power for nonpayment through April 30, 2021 at the earliest, and won’t add late fees to bills during this time.

Customers who are behind on payment will still owe SMUD for service, but electric service will remain on at this time.

SMUD asks that customers pay their bill on time if they can afford to do so. Customers experiencing financial hardship can arrange for flexible payments online or call SMUD at 1-888-742-7683. Help is available in additional languages if needed; just ask.

SMUD’s Energy Assistance Program Rate (EAPR) provides a monthly bill discount based on household size and income. SMUD has adjusted its requirements to make it easier to qualify, apply and recertify for the discount online. Visit <https://www.smud.org/lowincome>.

Also available is a discount rate if high electricity costs are due to the use of medical equipment. The medical necessity must be certified by a licensed professional. More information and the medical equipment discount (MED) rate application are available at <https://www.smud.org/en/rate-information/medical-equipment-discount>.



SMUD®

Sacramento Municipal Utility District

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 2021.

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.

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 (Ginko)
\$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



サンガ



別院理事長のメッセージ

新田ゴードン

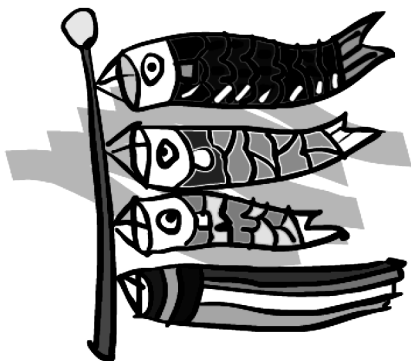
ご家族の皆様はお元気お過ごしのことと思います。私達は主に自粛、隔離、ワクチン接種などに注意を集中しています。私達はサンガの記事を一か月前に書いていますので、もう多くの方々が一回目か2回目のワクチンを接種されていることでしょう。私達は元通りの生活に戻ることはないかもしれませんが、ワクチン接種により元の生活により近くなることでしょう。

別院は去年の3月から閉鎖していますが、別院事務所のスタッフは家から、又はオフィスで仕事を続けています。別院のエクゼクティブ委員会と理事はパンデミックの間も毎月ミーティングをしています。建物とメンテナンスの管理委員会（主任の稲永ジェフさん）はいつものように別院と事務所の維持と改造に追われています。

私達メンバーに限らずコミュニティ全般のコロナウイルスの感染防止のため今年のバザーは延期され、オンライン・バザー委員会ミーティングが再開されました。資金募集委員会も別院の運営資金募集の新しいアイデアを考え中です。オンラインを利用して革新的なアイデアでメンバーの皆様と繋がりを維持しているテクノロジー・グループの伊藤スチュアート、稲永ジェフ、片岡・フONGサンデイ、井村アロン、秦野ブライアン、水島コーイチ(敬称略)に多大なお礼を申し上げたいと思います。

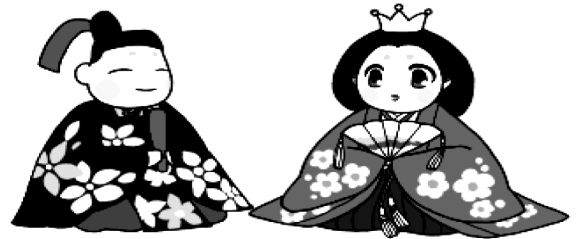
Rev マットもズーム、フェースブック、ポッドキャストなどを通して直接会うことが出来なくても皆様との交流を可能にしています。

別院の敷地は閉鎖していることをお忘れなく、訪問やお参りすることは出来ませんがどうしても別院に来なければならない場合は、まず事務所に電話(916-446-0121)をしてメッセージを残して下さい。出来るだけ早くお返事します。



婦人会会長のメッセージ

中富バーバラ



私はもともと毎年3月3日に行われるひな祭りについて記事を書くつもりをしていました。ひな祭りは古く平安時代(794年-1192年)の頃から紙で作られた人形で始まりました。この人形は厄払いが目的でした。紙の人形は不運や不幸を払い流すために大抵川に捨てられました。江戸時代(1603年-1867年)になって紙の人形は豪華な陶磁器で作られた人形に代わり5段から7段の棚に飾られるようになりました。一番上の段は天皇・皇后を表現した人形が置かれ、下の各段は宮廷を表しました。

昔から、祖父母が孫娘の生まれたときにひな祭り用の人形のセットを贈るのがならわしですが家庭によって習慣は異なっています。

昔から5月5日は男の子の誕生を祝う日でした。戦後、5月5日は「子供の日」として国定の祝日となり、子供達の人格を重んじ、幸せを願う日となりました。

お人形が女の子達を祝い、空に泳ぐ鯉のぼりが男の子達を祝います。鯉のぼりは長い竿に上から父、そして息子たちの順に飾られます。

仏教は全ての人々が毎日元気で過ごせることを感謝するようにと教えています。特別な日にお祝いするのが決まっているのも良いことですが、毎日お互いに助け合って生きていることを感謝して祝うことの方がもっと有意義ではないでしょうか。昔からある伝統文化を味わいながら現在の生活環境に調和させて生きていくことは素晴らしく、感謝の気持ちでいっぱいになります。これこそ完璧な一瞬です。 南無阿弥陀仏

Translations by Katsuko Hirota