



Hello... and welcome to the month of June! I remember it was 23 years ago this month, in June 1990, one late evening, Patti and I were visited by a couple of our graduating high school seniors. Earlier that night they were with friends talking about their future plans for college and beyond. They naturally began thinking about the goals that they hoped to achieve in life. This is what prompted their visit that evening.

One of them said, "We weren't really sure of what our goal in life really was. That's why we came to see you." Then they asked, "Reverend Bob, what is your goal in life?"

I remember smiling and telling them that I had actually given this question a lot of thought. And for some time now, my goal in life has remained very simple. It is not to accomplish anything great or to accumulate great wealth and recognition. My goal in life is this: "To try to live my life each day so that, when the time comes, I can die with few regrets."

Over the years, this goal of mine has never varied. However, in the last few months, I've discovered that I have added something new to my goal in life. Perhaps it might be more accurate to say that I have added a goal that I now try to accomplish each day.

(CONTINUED ON PAGE 3)

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

Non profit Org.
US Postage
PAID
Sacramento, CA
Permit No. 766

RETURN SERVICE REQUESTED

SANGHA

SACRAMENTO BUDDHIST CHURCH
VOLUME 50 NUMBER 6 - JUNE 2013

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

Calendar	2	Girl Scouts Obon Fundraiser	11
President's Message	3	Thursday Nights Medical Series	11
SBWA	4	Dharma Courtyard Kitchen	11
Minister Assistants	5	New Members	11
E-Waste Donations	5	Boy Scouts	11
My List: Rev. Peter in 24 Hours	6	Teriyaki Beef Sandwich Pre-Order	12
Placer Ume Taiko Group Thank You	7	Sports Committee	13
Dharma School	8	Condolences	13
Notes from the Office	8	Golf Tournament Registration	14
Girl Scouts	9	Donations	15

RB'S CORNER
 (CONTINUED)

When we or people we love are made to face health adversities, I think we cannot help but become even more reflective and appreciative. Recent health challenges have made us again realize that when we have good health, loving family and caring friends... then life is perfect!

Things going on lately have made Patti and me reflect on how great we have had it all these years. Looking back on my life, I realize that I really took for granted times that have passed. How perfect things have always been... and yet... I rarely felt that way at the time.

With Dharma Eyes open, I see that there has always been perfection in each and every day. And this is my new daily goal: To simply try to see that there is perfection in each and every day. And now, whatever may happen, I know that if I really look... I will see that there continues to be perfection in each and every day. Every morning, there is a perfect sunrise. During this time of year especially, the sunrises are often so beautiful with the scattered clouds warmly glowing and reflecting the first rays of dawn cresting the horizon. And each sunrise is perfect. Each and every evening, there is a perfect sunset. Even on stormy, overcast days, above the clouds, as we might see while on a plane, there is a beautifully perfect sunset ending each day.

Throughout each day, we have so much to be grateful for. After experiencing the temporary loss of vision in one eye just two months ago, I have found myself each day, grateful to still have two eyes that are able to see the world around me. I am grateful to have two perfect ears to hear the voice of someone I love very much saying, "Your zipper's down... again." How wonderful! How perfect! I have found myself also reflecting on how fortunate we have ALWAYS been, each and every day, to have had our mobility and independence all these years.

I see now that there has always been perfection in every day. There is perfection in every day we are able to spend with the people whose lives have given meaning to our own. Too often and too easily, I just took it all for granted. But I hope to make even more effort to appreciate the things I too easily overlooked before.

What amazing lives we live. We rarely lack for anything; and we truly live with more conveniences and luxuries than any people that have ever lived. And I know again that just to have good health, loving family and caring friends makes life pretty darn perfect!

Even when undergoing hardship and facing tremendous adversities, if we open our Dharma Eyes... we will see we have so much to be grateful for. And when our Dharma Eyes open, we cannot help but see that there is perfection in each and every day. If I can do this, then perhaps I will be able to live each day so that I can let go of life with few regrets. To me, this is "Living a Life of Nembutsu."

So that's it. My new goal is to try to see the PERFECT in every day. We can't regret our lack of appreciation for moments passed, but we can certainly make our most genuine effort to embrace and appreciate the moments that we are living now. With our Dharma Eyes open, we will see that there IS perfection in each and every day. We will see that the moments we are living NOW are more wonderful than we realize.

This year, the Board of Trustees and affiliated and sponsored organizations are teaming together to host the 4th Annual Sacramento Buddhist Church (SBC) Golf Tournament. I'll bet that you did not know that we had an annual SBC Golf Tournament and that this is the fourth one. That is likely because the first three years of the Annual SBC Golf Tournament were held in 2004, 2005 and 2006.

The 4th Annual SBC Golf Tournament is planned for August 21, 2013 at the Teal Bend Golf Course along with a Golf Tournament Luncheon with raffle immediately following tournament play. The tournament will have a modified scramble format with team prizes as well as individual prizes for hole-in-one and closest to the pin. The luncheon is planned for all family and friends of the Betsuin, including non-players.

This year's event is a major fundraiser with all net proceeds earmarked for capital improvement purposes. In the current year, we have three major projects that require funding. These projects include the repair and restoration of the trellis structure in the parking lot, heating, ventilation and air conditioning (HVAC) installation for the kaikan, and replacement of the

PRESIDENT'S MESSAGE
 GORDON L. NITTA

PRESIDENT'S MESSAGE
(CONTINUED)

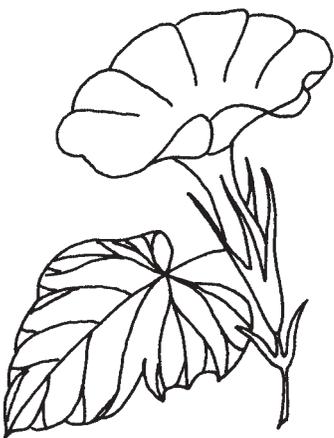
partitions in Classrooms 1-4. In addition, we anticipate and expect other facility maintenance expenses in the immediate future years. These expenses are not surprises and have been anticipated for some time; however, the enormity of the cost has exceeded the growth of our revenues coming from membership, donations and other fundraising activity.

In the prior years of the SBC Golf Tournament, we enjoyed a completely filled field with more than 140 players. We also had many families, businesses and friends make contributions as sponsors and donors. You are invited to be a Gold Sponsor (\$1,000), Silver Sponsor (\$500) or Bronze Sponsor (\$250). Each sponsorship level includes complimentary green fees and all sponsored players will be guaranteed entry into the golf tournament. A special Tee Box Sponsorship (\$125) that does not include complimentary green fees is available. Space is anticipated to be limited so be sure to sign up as soon as possible. In lieu of sponsorship, donations or contributions of prizes will be greatly appreciated.

The first three annual SBC Golf Tournaments were hosted by the SBC Adult Buddhist Association. This year, the Board of Trustees is taking the lead in hosting the tournament but seeks the support and assistance of all of the affiliated and sponsored organizations. With their support and participation, we look forward to a tremendously successful and fun tournament and luncheon.

If you have any questions about sponsorship, donations or participation, please contact the church office and leave your phone number or email address so that a member of the Golf Committee can call you back. More information regarding this event is forthcoming via written and electronic communication.

SACRAMENTO BUDDHIST WOMEN'S ASSOCIATION
KEIKO JEAN KASHIWADA



The April SBWA Board meeting was held on Wednesday, May 1, 2013, with President Midori Ito presiding.

DONATIONS AND ACKNOWLEDGMENTS

Donations to the SBWA In Memory of Frances Kondo:

The Kondo Family	\$300
Carole Fukumoto	\$20
Tsurue Hamakawa	\$20
Ken & Midori Ito	\$50
Joe & Alice Kataoka	\$50
Molly Kimura	\$20
Reiko Kurahara	\$25
Wayne & Lynn Kurahara	\$50
Koji & Keiko Nishimoto	\$25
Bessie S. Ohnoki	\$25
Ted & Mollie Oto	\$50
Janet M. Sumida	\$50
Fusako Takahashi	\$50
Fred & Matsue Taniguchi	\$20
Jim & Tomi Tanaka	\$50
Jim & Hiroko Tsuda	\$25

OTHER DONATIONS

Yori & Mitsuko Aoki	In Memory of Rose Aoki	\$40
Midori Ito	In Memory of Misako Takeuchi	\$25

BCA UPDATE

Rinban Bob Oshita reported on the Betsuin's very busy events schedule for the month of May and on the two special events to be held in June:

JUNE 13, 7:30 P.M.

Dr. Satsuki Ina: "Yoo Hoo, are you listening to me?" — developing communication skills. (Classrooms 1-4) Sign up in the Temple office.

JUNE 14-16

Reverend Dr. Kenji Akahoshi: Retreat in the Santa Cruz mountains — "If Life Is a Nightmare — Wake Up to a Dream." Pick up a flyer in the Temple hallway. Cost: \$195 if paid before May 17.

UPCOMING ACTIVITIES/EVENTS

- **Craft Booth:** Thank you to Joanne Nishimura for leading the May class on making crocheted necklaces. On June 21 at 1 p.m., Aileen Okimoto and Yvonne Ishimoto will teach the group origami money folding.
- **Music Circus - "Showboat" - July 11:** Thank you to Virginia Uchida for organizing this fun activity and dinner. You should have been contacted by your telephone tree Board member or via email from me regarding this event. Only 50 tickets were available on a first come, first serve - payment received basis.

The next SBWA meeting will be on Wednesday, June 5.



Rev. Bob Oshita
428-9833



Rev. Peter Inokoji-Kim
446-4988

MINISTER ASSISTANTS
 REV. TIM CASTLE

Welcome to the month of June! As this month's SANGHA arrives in your mailbox, school is either out of session on summer break or it's almost there... summer is indeed just around the corner. Congratulations to all of the graduating seniors out there... YOU MADE IT!

The topic of this month's article is going to sound a bit strange at first, but usually there is a method to my madness, so please just go along for the ride! This month's topic is about "investments." Webster's Dictionary, second definition, defines investments as: "to make use of for future benefits or advantages."

In what started out as a one-time gig, hosting a summer youth retreat for the Buddhist Churches of America (BCA) Youth Advocacy Committee (YAC), the YAC retreat has become an important asset of the Sacramento Betsuin. More important, the YAC summer retreat has become a crucial investment strategy for the entire BCA.

This summer will be the ninth YAC retreat, eight of which have been hosted at the Sacramento Betsuin. To date, we have had 109 young adults come through the summer retreat. That is 109 people who have now become a part of my life and of the lives of all the people who make the retreat possible. And in turn, we all have become a part of the lives of the 109 participants.

It is a great feeling to visit temples outside of the Sacramento area and run into the past retreaters helping out during services, or to speak to their parents and hear how much dividends they have seen from their kids attending the retreat. The BCA now has a full portfolio of 109 individual funds still maturing for future benefit.

The short-term investment goal has been simple for the retreat. We hope to have all the participants come away from the week-long session with: a thorough understanding of Buddhism and our Jodo Shinshu tradition, the ability to participate in and lead services, confidence in their ability to see that lessons in the Dharma are continuously surrounding all of us, and lastly, to realize that Buddhism is fun and that even chanting of the Shoshinge can be taken out of the Hondo and into center court of the Kaikan!

After the week-long program, we know that all participants have a little more "interest" (yup, that's a little pun there!).

The long-term yield is still in progress and unknown. Would you believe that many of our early year graduates have already graduated from college, started their careers, one even engaged? At least one has become a minister assistant and is pursuing studies at the Institute of Buddhist Studies to one day become a temple minister.

Since their retreats, these early YAC'ers have started to return to their respective temples (or moved to new ones due to work) and have taken leadership roles in organizations such as scouting programs, YBA and Jr. YBA, and temple board positions. Many can be seen chairing BCA District conventions and conferences, leading discussion groups at Young Leaders Today (YLT) events, and have even been the keynote speaker at Bishop Ogui's retirement banquet.

Collectively, this group will be the sangha leaders, board members, and BCA leadership of the future. They will be the resources that will need to be tapped to make sure that Jodo Shinshu Buddhism is relevant and has a future. *Now* is the time to invest the time, energy, and funding to make sure that programs for our youth exist so that we do indeed have a future.

I encourage all who have seen the positive results of this investment opportunity to play a role in advocating the continued need to support this program to temple leaders and the BCA leadership.

The Legacy Endowment Fund Board appreciates the donations and encourages any individual or business that would like to schedule a free pickup at your home or office to call (800) 317-3112 or go to www.eWaste4good.com. Remember to specify that you wish your donations go to the Sacramento Buddhist Church Legacy Fund.

Donors for April 2013 to the Legacy Endowment Fund e-Waste fund are:

Mickey Bennett
 Ruth Hayashi
 Irene Kishaba

David Onodera
 May and David Shimada
 Paul Wakabayashi

Raymond Wong
 Richard Yee

E-WASTE DONATIONS

**MY LIST:
REV. PETER
IN 24 HOURS
AS TOLD TO SANDY
SUMIDA TOKUNAGA**



**OFFICE
MANAGERS**

Tak Ito
Cindy Kitade

**BETSUIN
OFFICE**

446-0121

**SANGHA
HELPERS**

Misao Abe
Mary Amemiya
Shiyoko Futaba
Ruth Hayashi
Irene Hoshiko
Sanaye Imajo
Miyoko Iwata
Mae Kaneko
Alice Kataoka
Machiko Kimura
Yoshiko Morisawa
Mitzie Muramoto
Mutsuko Noguchi
Teruko Ono
Faye Uyemura

S TATS:

Ojuzus: 12, because I misplace them and buy a new one from the case. I usually find them in the sleeve of a robe, in the bottom of my briefcase or in my pocket.

Neck ties: 35 ties, Mitzie bought me most of them.

Books on Buddhism in my library: 80-plus. I am trying to read what I have.

Book that I am reading: *The Evil Person* by Rev. Shuichi Maida.

What's on my playlist: What playlist? I listen to radio!

Quotable: Tak saying, "Slow down Sensei." Rev. Peter responding, "I can never slow down—I'm a New Yorker."

0630-0700 hrs: I wake up, even if I was up late the night before. Check my cell phone for text messages, get out of bed, turn on the coffee maker and get the newspaper.

0720 hrs: Start drinking coffee. I drink 2.5 cups a day of Peet's Coffee, Colombia Deep Roast, because it isn't acidic, log on to the computer, check email for church issues and anything urgent and Facebook to see what my friends are up to.

0800-0930 hrs: Drink more coffee, eat one plate of veggies, usually carrots celery, cucumbers, cooked cauliflower and broccoli and sugar snaps since I need more fiber and I've gained too much weight. I read the *Sac Bee*; check online news and local channels 3, 10, and 31. Sometimes, I check Denver news channel 9 and online news at Orcas Island because my parents live there in the summer. Then start the laundry and get ready to exercise. I'm finding that my body is paying the consequences for the heavy lifting that I did at West Point, in the Army and in remodeling and relandscaping two homes in Colorado. I had major shoulder reconstruction. I hope I won't need any more surgeries, but if I do, I feel fortunate to have great docs, medical insurance, and our team of ministers and minister assistants to cover for me. When people ask why I have ailments of an old man, my reply, "Live the type of lifestyle that I lived for just one year, and you'll see." Hearing loss due to loud weapons during my Army years and finding myself at the business end of a pick axe, shovel, hammer, or wheelbarrow during home remodels and landscaping. After my shoulder surgery, Dr. Mar advised that I exercise for the REST OF MY LIFE.

1000 hrs: Exercise. I've never had a desk job, so it's been an adjustment, and my health has declined, so if I do not exercise, I feel guilty. I ALWAYS wear shirts with either an Army or West Point logo to motivate me to not be a slacker. I walk for 30 – 40 minutes around the neighborhood or do light weights and core exercises at the gym. Then I shower, get dressed for work and go to the office.

1040 hrs: I drop off my briefcase in the office, say "Hi" to Tak, Cindy and Rev. Patti, and check to see if there is anything urgent. Sometimes, sangha members see me in my gym clothes. I finish what I need to do, then change into khakis and a polo shirt and continue my day. When it's hot, I'll wear shorts and a collared shirt, and change into Dockers pants and shoes if I need to meet with someone.

1200 hrs: If I exercised at the gym or the temple (I have a micro gym set up in my office), I go back home to clean up, eat lunch, put laundry in the dryer, change to work clothes, then come back to the office to continue my work. In the afternoons, even though Rev. Patti checks, cleans and preps the Hondo, Little Hondo, and Nokotsudo, I double check everything. It is a routine, meditative duty that reminds me of my responsibilities as a minister and in the quiet of the temple, I find space before my next action.

1300 hrs: Most of my time is spent on preparing for memorial services, Sunday Dharma talks and the occasional guest speaking engagement. Memorial services are the most challenging part of my job because I want to make each one meaningful and personal for the families. I talk to RB, Tak, Cindy, sangha members, Team Betsuin ministerial team, and anyone I can to research, put together names and history to create a special sermon. I've been here for less than four years, so it's hard getting to know everyone, but I do my best. I am methodical and each talk takes hours, even days to develop, so work for me is usually seven days a week. Over the last two years, I have been invited to speak at several ceremonies to recognize our WWII Nisei veterans, and it's been an honor for me to be in the presence of heroes.

1600 hrs: I prep the appropriate room for upcoming services — candles, incense, charcoal, homyo cardholder, manju/fruit stand, etc.

MY LIST: REV. PETER IN 24 HOURS (CONTINUED)

1630 hrs: Keep working. Sangha members are getting out of work around now, so if they come by the temple, we sometimes chat. If I have a meeting that night, RB, Rev. Patti, and I might go out to eat, or I go home and have dinner with Aileen. On Wednesdays, in the late afternoon, Sensei Grace pops into the office to visit before she leads her exercise class.

1800 hrs: Meetings start: Board of Trustees, BWA, special events, minister assistant, etc.

2000-2100 hrs: Head for home. I empty my briefcase of paperwork that I need at home and get things out for the next day's service: folding table for cemetery services, incense burner, briefcase with robe and lay out clothes. I check the schedule for the next day and see what's going on with Aileen. To relax, I watch the History, Discovery and National Geographic channels, but fishing and hunting shows are my favorite.

2200-2300 hrs: Lights out.

Before Sunday Services: When I come to the temple on Sunday, I say "Hi" to Gladys' and Reiko's crew and thank them for their treats, and I greet Tak, who's ready to start the Sunday morning activities. If I'm giving the Dharma talk, I practice over and over again, and make corrections and adjustments up until the last minute. Before any service, I cannot eat food, or I will not be able to chant. It makes deep breathing hard and clearing my throat breaks the flow of the chant. Sometimes, because of back-to-back services, I am not able to eat until 3:00 – 4:00 pm, and that's not healthy. Usually on this type of day, I have a splitting headache because I'm starving and dehydrated. I close my door and eat really fast... CAVEMAN STYLE, and I drink as much water as I can. No talking, no breathing, just eating, and then I feel much better.

What I want the sangha to know about me: Even Buddhist ministers make house calls. I really like to help, encourage and visit with people one-on-one, whether they are Buddhists or not. In that respect, I also enjoy counseling and sharing my understanding of Buddhism and how the teachings relate to everyday life. I like to reach out to the sangha for feedback, topics and ideas of interest and concern within their daily and family lives: parents dealing with kids not getting along or helping them through difficult times. If even the youngest sangha members, kids, have questions, they can come to me. Let's talk about it!

PLACER UME TAIKO GROUP THANKS YOU VERY MUCH

The Placer Ume Taiko Group and event co-chairs Bruce Yamashiro and Carole Kawamoto express immense appreciation to everyone who donated goods and/or effort and organizational skills to making the Placer Buddhist Church (PBC) 2013 Rummage Sale (our "One-Day Thrift Store") a big success!

Prior to the sale date, the Sacramento Betsuin invited us to collect donations from its members. With much support from Betsuin volunteers with rummage sale expertise, we were able to accept and load lots of wonderful donations (and we had the best box handlers ever — see photo!) In addition, numerous Betsuin members, both in Sacramento and at Placer, generously guided and assisted us novices in rummage sale organizing and sorting, and many returned to work our actual event! These wonderful elves included: Lynn and Wayne Kurahara, Hiroko Takamoto, Diane Muraki, Lisa Lee, Valerie Fong, Ralph Nakaoka, Sylvia Lau, Elaine Yoshikawa, Gary Traganza, Jean Kashiwada, Nancy Ito, George Kashiwagi, Martha Kushida, Charles Sakamoto, Myra Okasaki, and Reverends Bob and Patti Oshita.

And to anyone we have inadvertently left off the list, please accept our apologies, and tremendous gratitude for your contributions to our very profitable (but crazy) event. Without your help, the PBC Rummage Sale would have been a "heap of stuff" for shoppers to look through. Instead, our social hall, front steps and even the parking areas were transformed into a big store, with departments for books, housewares, linens, garden items, furniture, sporting goods, electronics and "precious goods" — that was staffed with really helpful and friendly floor help (Betsuin folks) who got lots of compliments from our shoppers.



**DHARMA
SCHOOL
NEWS**
KEN FURUKAWA



Well the end of the 2012–2013 term is almost finished! This has been an interesting year with many challenges met by so many teachers and teacher assistants. My thanks to all of them for another successful year! As we learn in Jodo Shinshu, everything is Impermanent and everything is Interconnected, and that is just the truth of it. Life moves on, and that is as true for our Dharma School as it is for everyone else. Our teachers and TAs have busy lives like everyone else, and it is a real show of commitment to work teaching into the weekly and yearly routine. So I am very thankful that so many people have been able to participate and support our Betsuin Dharma School year in and year out, rain or shine, cold or hot, and basketball or no.

Parents and other Betsuin adult members, please volunteer to help with the Dharma School! We need part-time/team teachers for several grades (4th, 5th, 7th, 8th) and may need completely new teams for a couple grades. I know that many feel that they just don't know enough, but let me assure you that you know more about life, love, school and living than the students! Jodo Shinshu is about living, and learning is a journey for all of us. As far as "I don't have time," believe me, most of the teachers don't have much of it either. As far as "I need to get my kids to their activities, like basketball," well if we don't have teachers for some grades.... If you are interested in helping even a little bit, please contact me, Val Fong, or any of our teachers.

Bazaar table bussing schedule has been distributed to your Dharma School teachers. The schedule is the same as last year, and I will ask that a copy of it is placed on the Dharma School bulletin board. Thanks to all the parents and students who volunteer for this duty!

Dharma School Picnic Service! The service is on June 9, 9:30 a.m. at William Land Park areas 20 and 21 (nearest Riverside and Sutterville). There will be a fun outdoor service, awards presentations, food and games! Remember to bring chairs or a blanket and a light jacket. As always, if you arrive a little early you will get the best spot. The Dharma Courtyard crew provides the food and does so much of the setting up, so if you can come a little early, they can rest a bit before serving all the great food! We will also recognize our graduating high school seniors, 10 of whom applied for the Dharma Education Award sponsored by the Board of Trustees.

This year's applicants are: Adam Borges, Keri Castle, Chloe Kashiwagi, Makaela Matsuura, Wes Okuhara, Melissa Shinfuku, Ryan Soohoo, Allison Yamamoto, Spencer Yee, and Jennifer Yip. They were all awesome candidates. You will just have to come to the service to find out the outcome of the process!

DONATIONS

Dharma School "courtyard" gratefully acknowledges donations from the following in May:

Dale & Gayle Firth	Family of Frances Kondo	Mary Orite
Seiko Hara	Dr. Kelvin Mark	Sam Orite
Sachi Hiromoto	Ed & Janet Mizutani	Hiroko Takamoto
Judy Inaba	Family of George Morita	Haruo & Sueko Yamashita
David & Dina Ito	Barbara Nakatomi	Elaine Yoshikawa
Emiko Kimura		

**NOTES FROM
THE OFFICE**

Any address changes? It will be appreciated if you can notify the office of any address changes. It will save the church from paying for return postage. Thank you!

Did you receive our new 2013 calendars? If not, please contact the office and one will be mailed out to you.

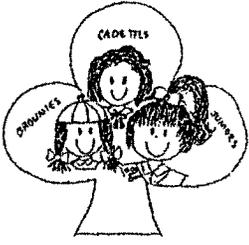
BETSUIN SUGGESTION BOX

Have you noticed the new suggestion box in the main hallway, in front of the Sacramento Buddhist Church office window? Well, if you have a question, comment or idea to share to improve our temple or programs, please take a moment to fill out one of the forms and drop it in the slot in the top of the box! Including your contact information is encouraged, but optional. Watch for responses in future issues of the SANGHA newsletter (or in improvements you see happening at the temple). We have already received a number of suggestions and comments, so "thank you" to those of you who have already started to utilize this new avenue of temple communication!

OJUZUS BY HOSEKI DESIGNS

If you haven't recently checked out the ojuzu display case outside the office door, feel free to do so! Along with the wonderful selection of o-nenju from North American Trading, you will see some new offerings from Hoseki Designs. They would make great gifts for one of your special friends (or for yourself)!

GIRL SCOUTS
TRICIA WU BORGES



As the scouting year comes to a close, the leaders of Troop 569 would like to recognize the following girls for earning their Girl Scout Gold, Silver or Bronze Award.

GOLD AWARD

The **Girl Scout Gold Award** is the highest award in Girl Scouting. This leadership award involves completing appropriate age-level program criteria, researching and identifying community issues, and developing and implementing a sustainable, 65-hour project that addresses a valid need outside the Girl Scout community.

KERI CASTLE

Keri converted an old classroom that was being used for storage into a usable classroom/library for the Marysville Buddhist Temple. The project consisted of clearing out the space, scrubbing the floors, painting the walls, moving in desks and chairs, organizing bookshelves, decorating the room, collecting project ideas, and conducting the first dharma school class. She completed her project in November 2012.

TAYLOR FONG

Taylor's project was "Free Basketball Clinics." These clinics were offered to children ages 5-8 as part of obesity awareness and introducing an activity to help young children stay active and fit. Each participant received a healthy snack and basketball. There were four clinics with 50 participants signed up for each clinic. It was opened to many of the community churches. Many of the participants had never played any type of sports. With these clinics, they can continue to play.

CHLOE KASHIWAGI

Chloe's project benefited My Sister's House, "the first and only nonprofit organization to specifically identify and address the unique needs of women and children impacted by domestic violence in the Central Valley's highly diverse Asian and Pacific Islander community." She painted the entry, living, and dining rooms of the shelter facility, cleaning all the areas, and placing furniture and pictures. She also made improvements to the yard by planting shrubs and flowers at the home. She developed and taught art and literature activities for the children while their mothers attended weekly group counseling sessions. Finally, she worked with the coordinator of the Humanities and International Studies Program at C. K. McClatchy High School and other student clubs with a community service requirement to ensure a stream of volunteers to support fundraising activities for My Sister's House, such as their High Tea and Fun Run events.

SILVER AWARD

The **Girl Scout Silver Award** is the highest award a Girl Scout Cadette (grades six through eight) can earn. This leadership award involves completing appropriate age-level program criteria, researching and identifying community issues, and developing and implementing a 40- to 50-hour project that addresses a valid need outside the Girl Scout community. Girl Scouts USA had realigned the age-level groups (Daisy, Brownie, Junior, Cadette, Senior, and Ambassador), which changed the award requirements within the last couple of years. Many of the Girl Scouts of Troop 569 had begun their projects prior to the realignment and were allowed to complete their projects and earn this award as high school sophomores.

HALEY ARAKAKI

Haley held a basketball camp at William Land Elementary to promote good health through physical activities.

KARLI COGBURN

Karli collected books and held a book fair with the theme, "Be a Reader" at Oak Ridge Elementary to encourage students to read. Students made bookmarks and were able to select a book to take home.

MORGAN FONG

Morgan helped promote the awareness of Huntington's Disease for the Northern California Chapter of the Huntington's Disease Society of America by posting interviews on YouTube. She wrote news releases to promote their walk and created a fact sheet to educate participants of the walk and future walks.

COURTNEY JOE

In a joint effort with the County of Sacramento, Courtney created a presentation for adults and worked with teens, educating them on the long-term effects of animals in the shelter system.

SANGHA STAFF

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

CONTRIBUTING REPORTERS

President's Msg	Gordon Nitta
SBWA	Keiko Jean Kashiwada
Minister Assts	Tim Castle
My List	Sandy Sumida Tokunaga
Dharma School	Ken Furukawa
Boy Scouts	Adrian Nguyen
Girl Scouts	Tricia Wu Borges
Sports Cmte	Alan Wu

GIRL SCOUTS

(CONTINUED)

TAYLOR KIM

With the budget cuts in education during the last few years, Taylor helped a kindergarten class at John Cabrillo Elementary by collecting school supplies so the students would have the necessary supplies.

JENNIFER MIZUKI

Jennifer helped the homeless by making "blessing bags" filled with personal toiletry items.

EMILY SEKO

Emily taught first grade students at Stone Lake Elementary about germ awareness and ways to decrease the spread of germs in order to stay healthy.

AKEMI ALDEN

Akemi redeveloped a garden for Genevieve Didion K-8 school. Working with the teachers, she cleared overgrown vegetation, laid decomposed granite for the garden area and walkway, developed a curriculum plan for the elementary grades, laid infrastructure for irrigation, designed and developed garden signage. She completed her project in September 2012.

NIKI FUJIMOTO

Niki worked in conjunction with the Sacramento Asian Sports Foundation (SASF) "Strive for Strength" organization. Her project, "Strive for Health," addressed girls' self-esteem issues by teaching young women how to have a healthy self-image by concentrating on physical fitness and nutrition.

TAYLOR GOTO

Taylor constructed a redwood planter box, repaired a broken one, and assisted in cleaning up the area and installing an irrigation system for a garden at Genevieve Didion School.

SYDNEY KUSHIDA

Wanting to address childhood obesity, Sydney produced a cooking demonstration video for healthy eating. Her goal was to teach parents and their children that they can have healthy eating habits and educate them toward a healthier future. The video shows how to purchase local ingredients and how to prepare a healthy meal via a cooking demonstration. The video was distributed through a partnership with the Dr. Oz Foundation called Health Corps. Health Corps is a national organization formed to fight childhood obesity and is currently serving 17 high schools in California, including four high schools in the Sacramento region: McClatchy, Burbank, Hiram Johnson, and Sacramento Charter School. The video is incorporated into Health Corps core curriculum.

AMANDA BORGES

Amanda cut, sanded, sealed and painted 10 plywood freestanding silhouette figures for My Sister's House. Each silhouette has a plastic sleeve attached to it to house statistical information or a quote from a survivor who was able to escape domestic violence with the assistance of the agency. My Sister's House was able to use the silhouettes for the first time for its 9th Annual Run for a Safe Haven in October 2012 where runners were able to read survivors' inspiring words.

JESSICA COOPER, HEATHER GEE, KELLI YAMADA

Jessica, Heather and Kelli completed a joint Silver Award project for Park Vista Preschool. They developed a "kindergarten readiness program" that covered the academic, hygiene and social aspects of preparing a child for kindergarten. The preschool now uses the program to help the outgoing prekinders. The girls completed their project in September 2012.

ALLY GOI

Ally solicited donations to make and present 30 handmade pillows to the Necessity Bags Organization, which distributes reusable totes filled with bandages, handmade pillows, essentials for wound care, and personal comfort items to women diagnosed with breast cancer. She completed her project in September 2012.

BRONZE AWARD

The **Girl Scout Bronze Award** is the highest award a Girl Scout Junior (girls in grades four through five) can earn. This leadership award involves completing appropriate age-level program criteria, building a team, researching and identifying a community, and developing and implementing a 20-hour project that has a positive impact on a need within the community.

Please be aware that 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 e-mail, please send e-mail to: **vibrocount@lanset.com** with a **cc to: betsuinoffice@gmail.com** and inform the church office at 446-0121. Please include the author's name. Thank you.

GIRL SCOUTS
(CONTINUED)

KEILANI ARCHULETA, JADE CHENG, KATIE GERGEN, ALEIYA NAGAYE, ASHLEY NISHIKAWA, ALIABETH OTSUJI, EMILY SPERRING

The girls held a Veterans Day craft event at the Asian Community Center Nursing Home for the residents. They completed their project in November 2012.

Congratulations award recipients! You should be proud of your accomplishments. We appreciate your dedication to serving your communities.

**GIRL SCOUTS
OBON
FUNDRAISER**

Girl Scout Troop 569 will be selling spam sushi and somen at the Obon Odori on July 13.

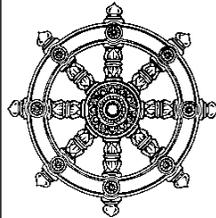
**THURSDAY NIGHTS MEDICAL SERIES
SACRAMENTO BETSUIN, CLASSROOMS**

**THURSDAY, JUNE 20, 7-8:30 P.M.
DR. ELLIOTT WONG
"CARDIAC RISK FACTORS"**

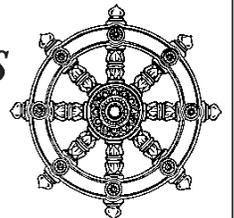
Please sign up in the office.
Any questions, please contact Rev. Patti at revpattibetsuin@gmail.com
Sponsored by the Legacy Endowment Fund

**DHARMA
COURTYARD
KITCHEN**

The Dharma Courtyard Kitchen says "Thank you!" to the many organizations, businesses, markets, families and individuals for the donations of food products, paper goods and monetary dana, which allows the kitchen to be entirely financially independent. Reiko and Gladys appreciate your support, generosity and thoughtfulness. We enjoy serving the Sangha.



Welcome New Members



*Kathryn &
Stephen Shimane*

**BOY SCOUT
TROOP 50
ADRIAN NGUYEN**



May is the fifth month of the year as well as the ninth month of the scouting year. In April, the theme was communications. On April 19–April 21, scouts were able to attend a district camporee. Troops from all over the Capital City District were invited to attend this event. There was a troop meeting on April 26 in which scouts split off into patrols and gave presentations about different scouts or on pre-chosen subjects.

May's theme was first aid. On May 4–May 5, scouts took part in the first-ever biking camping trip. Scouts who attended biked to their campsite from the Sacramento Buddhist Church and ended at Negro Bar. A Court of Honor took place on May 10. A Court of Honor is an event where scouts are recognized for their achievements such as merit badges or rank advancements. On May 12, some scouts got up as early as 4 a.m. to work their shift to make sushi for a scout fundraiser. This sushi was made early so it could be picked up during or after the church service.

The second troop meeting of May was held on May 17. The next day, May 18, scouts had the opportunity to work at the Cystic Fibrosis Run for a service project. On May 24, some Cub Scouts were bridging into Boy Scouts at their Arrow of Light Ceremony. Troop 50's annual Iron Chef was on May 25 and the secret ingredient was turkey.

On June 1, the Walnut Grove Bazaar pull-out service project will be happening. At this service project, scouts will help set up the Walnut Grove Bazaar. There will be a shooting event on June 8 and to attend, scouts will be required to attend the shooting troop meeting the day before, on June 7.



RUSHING **to Obon Practice??** **Plan to have dinner there!**

Featuring different Daily Specials each night of Practice, including: Hot Dogs, Chili Dogs, Kahlua Pork, Chinese Chicken Salad, Chili over Rice, Curry Rice, Shoyu Weenies, Somen, Musubi, Pasta & Bread, Teriyaki Chicken over Rice, and Fresh Fruit!

The proceeds will help support the Boys Scouts from Troops 50 & 250 as they plan their adventure with the Sacramento/Matsuyama Sister City Exchange Program!

Hosting Year: 2014 ~ Travel Year: 2015!!!!



July 1-3 (Monday-Wednesday) & 8-11 (Monday-Thursday)
Sacramento Buddhist Temple, 2401 Riverside Blvd.

We will be selling Teriyaki Beef Sandwiches on Obon evening!
Be sure to PRE-ORDER yours! - See Order Form Below!



BOY SCOUT TROOPS 50 & 250
MATSUYAMA SCOUT EXCHANGE PROGRAM

TERIYAKI BEEF SANDWICHES

OBON NIGHT: Saturday, July 13, 2013

Pre-Order Pick-up: 5:00-8:00 p.m.

- Attending Obon
- Pick-up ONLY

NAME _____

PHONE NUMBER: _____ CELL PHONE NUMBER: _____

QUANTITY: _____ x **\$6.00 EACH**

TOTAL AMOUNT OF PRE-ORDER: \$ _____

Questions? Please e-mail
Claudia Lutz at:
claudia.lutz@att.net

Please make your check payable to: **BOY SCOUT TROOP 50**

DROP OFF OR MAIL TO: Buddhist Church of Sacramento
2401 Riverside Blvd.
Sacramento, CA 95818-2233
ATTN: MATSUYAMA EXCHANGE

PRE-ORDER DEADLINE:
JULY 6th!!

SPORTS COMMITTEE
ALAN WU

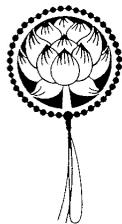


Time has once again befallen us; another school year is coming to a close, both the school year and the Dharma School year, thus our sports program year also. Our ministers have time and time again propounded the relentless nature of time and how once it is gone, we can never get it back. The following is a list of just a few other anonymous quotes and proverbs that speak to the same undeniable truth of time:

- He that has time has life.
- An ounce of gold will not buy an inch of time.
- Don't excuse, you are in control of your time.
- Time and tide wait for no one.
- Wasting time is robbing oneself.
- If you don't have time to do it right, you must have time to do it over.
- Time is like a snowflake — it melts away while we try to decide what to do with it.
- What may be done at any time will be done at no time.
- Lost time is gone forever.
- One thing you can't recycle is wasted time.
- Time flies like an arrow.
- No time to waste like the present.
- Yesterday is a canceled check; tomorrow is a promissory note; today is the only cash you have. Spend it wisely.
- This is the beginning of a new day. I can waste it or use it for good. What I do today is important, because I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be gain, not loss; good not evil; success not failure; in order that I shall not regret the price I paid for it.
- Every moment counts
- Every moment is golden.
- Every morning you are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world, you couldn't buy an extra hour. What will you do with this priceless treasure?
- Better to take your time.
- Ordinary people think merely of spending time. Great people think of using it.
- He that neglects time, time will neglect.
- Hour by hour time departs.
- Everything has its time.

Time spent attending Dharma Service and class is now ending. It is too late to try to get back lost Sundays. It is now time to plan for next fall and that attendance record for the Sports Program eligibility criteria, and also to remember about the time allotted as extra credit for those who take the time to take advantage of those four opportunities.

As you know, time also is required of our sports families to work the annual Bazaar and since work schedules have already been set forth, please make sure to fulfill your obligation. It has also been said that: Time flies by when you are having fun... Are we having fun yet?



*Condolences to
the Families of:*



- Kimiko Ikenoyama February 9, 1926 – December 28, 2012*
Shogo Robin Komoto (Watamura) Feb. 20, 1920 – Feb. 18, 2013
Jack Kiyonori Chikasawa June 13, 1915 – February 20, 2013
Sumio Kubo July 3, 1945 – March 4, 2013
Joe Jobu Kamitani February 7, 1923 – March 10, 2013
Fred Yutaka Hirotani September 12, 1913 – March 15, 2013
George Masaaki Morita January 20, 1921 – April 19, 2013
Carolyn Nakagawa October 24, 1947 – April 22, 2013
Dennis Ken Shimada March 5, 1956 – April 22, 2013



4th Annual Sacramento Betsuin Golf Tournament

Sponsored by Sacramento's Betsuin Board of Trustees and Sponsored
& Affiliated Organizations with the event's net proceeds benefiting
the temple's Capital Improvement Projects

EVERYONE IS WELCOME TO COME OUT AND HAVE FUN

When:	Wednesday, August 21, 2013		
Where:	Teal Bend Golf Club, 7200 Garden Hwy, Sacramento, 95837		
Check In Time:	6:30am		
Start Time:	Shotgun Start begins at 7:30am		
Donation:	\$125 per player	Fed Id:	94-1243674
What's Included:	Green Fees, Cart, Hole-in-One and Closest-to-the-hole Contests, Tee Prize, Prize Fund and Lunch (~2:00pm) at the temple (Kaikan) catered by "Reiko's Kitchen"		
Entry Deadline:	August 1, 2013 - Field is limited to 144 players - enter early!		
Make checks payable to: & Mail to:	Sacramento Buddhist Church 2401 Riverside Blvd., Sacramento, 95818 Attention: Betsuin Golf Tournament		
Got Questions??:	Richard Kai: rskaisan@yahoo.com		

Golfer Registration

Name: _____	Shirt Size:	S	M	L	XL	2X
Email: _____	Cell #:	_____		Index:	_____	
Name: _____	Shirt Size:	S	M	L	XL	2X
Email: _____	Cell #:	_____		Index:	_____	
Name: _____	Shirt Size:	S	M	L	XL	2X
Email: _____	Cell #:	_____		Index:	_____	
Name: _____	Shirt Size:	S	M	L	XL	2X
Email: _____	Cell #:	_____		Index:	_____	

Lunch Only Registration - (probably around 2:00pm)

Non Golfers can attend Lunch for \$20 per person

Name: _____	Phone #: _____
Name: _____	Phone #: _____
Name: _____	Phone #: _____
Name: _____	Phone #: _____