



Welcome to the month of March. I'm writing this article during the warm winter dry spell, and I hope that by the time you read this, we are getting the rain that we need for crops, our water supply, parks, yards, and other foliage here in the City of Trees. In the meantime, let's do our part to conserve water.

A significant part of my workday today was centered around conversations I had with sangha members, and a stranger who called seeking spiritual and personal clarity. What I found helpful was that the night before, friend and teacher Iko Miyazaki gave a presentation on stress reduction skills. Iko Miyazaki and Dr. Satsuki Ina were our primary instructors during years of minister assistant training when Reverend Ogui was Socho, and I found that their classes helped me live my life with more self-awareness while also providing me guidance to assist others during the challenging ups and downs of life. (Thanks, Reverend Patti for organizing the seminar on stress reduction.)

Iko explained that stress is not all bad. Stress is our body's response to changes in life, and stress is a signal to us that we should pay attention to what our body, mood and behavior are trying to tell us. When we get stressed out, it's up to us to make decisions on if, and how, we will manage or reduce stress.

(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 51 NUMBER 3 - MARCH 2014**

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

Calendar	2	Thursday Night Medical Series	9
President's Message	3	ABA Dance	9
SBWA	5	Condolences	10
Minister Assistants	5	Sports Committee	10
Rummage Sale/E-Waste Donors	6	Dharma School	11
Wisteria/Bodhi Awards	7	Boy Scouts/Teri Beef Pre-Order	11
Sakura Gakuen	7	Venture Crew	12
NorCal Buddhist Conference	8	Cub Scouts	12
Maintenance Report	8	New Members	12
Wedding	8	Girl Scouts	13
2014 Memorial Service Schedule	9	Donations	13

**REVEREND
PETER'S
CORNER**
(CONTINUED)

Iko quoted therapist Ron Kurtz, who said: "There are two kinds of suffering; one is necessary suffering, and the other is unnecessary suffering."

The historical Shakyamuni Buddha taught that the four major sufferings in life are: birth, illness, old age, and death. In between birth and death are other sufferings or difficulties that the Buddha talked about: not getting what we want, getting what we don't want, not being with people we care about, and being with people we don't want to be with. The Buddha taught that this is the reality of living life. As Rev. Dr. Ken Tanaka wrote in his book, *Ocean*, the truth of suffering simply means that life is a bumpy road sometimes. Things don't always go as we want them to go. These examples that the Buddha spoke about are the "necessary suffering" that Iko spoke about.

"Unnecessary suffering" is suffering that we create in our minds. Iko's teacher, Pema Chodron, explained that "It isn't the things that are happening to us that cause us to suffer; it's what we say to ourselves about the things that are happening." Therefore, what we think or say to ourselves when we're confronted with a challenge can have an impact on our level of stress. We can view a tough situation as an insurmountable obstacle that we will not be able to handle, or we can find something of value in the experience that can help us as we navigate through the experience. How we view a situation can have a direct impact on the amount of stress we will feel. This parallels the first four teachings of the Eightfold Path: right view, thought, speech, and action.

What I find nice is that throughout the medical series seminars that Reverend Patti has organized over the last two years, I can see how the Buddha-dharma is relevant in medical research, and in my own life.

Iko acknowledged that each of us already knows how we manage and reduce our stress, but concluded with several strategies that we could add to our tool box of life.

There are too many useful strategies to explain, but here's one thing we can do when we feel stressed out: open your mouth wide and take slow and deep breaths... inhale... exhale... inhale... exhale. Closing your eyes might also help relax you while you're breathing with your mouth wide open.

While doing this, did you yawn? Many of us did during her class. (Iko told us not to look at other people during this exercise, but I did, and when I saw so many people yawning, I laughed so hard... ha!) I asked the stranger on the phone to do this since she was in crisis, and she couldn't believe how something simple calmed her mind so she could focus on solutions to her dilemma.

As Iko concluded her class, she encouraged us to connect with ourselves by accepting ourselves as we are, to "not beat ourselves up" or be so hard on ourselves, and to "not scare ourselves" with defeatist thoughts and words when we face a very stressful situation. As the Buddha taught, from our views and thoughts... come our words and actions.

Each of us has the ability to decide which path we will take during stressful times, and to me, being a part of our sangha, participating in Sunday services with others, and being around friends and positive people can be a part of our weekly routine to reduce stress as we encounter the realities that life presents us.

This month, Reverend Kiyo Kuwahara, the Buddhist Churches of America director of the Center for Buddhist Education, will be our guest speaker for our Ohigan service at 9:30 a.m. on March 16. Please join us as he shares the dharma about Ohigan and "the other shore."

Namo Amida Butsu.

**PRESIDENT'S
MESSAGE**
ROBBIE MIDZUNO

First of all, I would like to thank all of you who sent your nice notes, emails and text messages in your concern for my son Joshua. He is doing much better now and is almost fully recovered.

These past two months of my presidency have gone by very quickly. There have been a lot of meetings, discussions and dinners. However, no major issues to report due to all the help I have received from the Executive Committee, Board of Trustees, and office staff. Thank you to all who have made my job easier, well at least for now. As I mentioned in my January message, I know

PRESIDENT'S MESSAGE

(CONTINUED)

there will be challenges throughout the year, but with your support and the support from the Board members, we will overcome each challenge together.

We had our first Leadership Seminar for our Board of Trustees and affiliates on February 11. I truly believe the seminar was a huge success. We received a lot of compliments regarding the agenda, the format, the presenters, and the overall organization of the seminar.

Special "thank you" goes out to Reiko and her crew for putting together a great dinner for all those who attended the seminar.

The agenda covered the following topics: Awareness, Impermanence/Change, Interdependence/Teamwork, Eightfold Path/Six Paramitas/Ethics, Life of Becoming/Process Improvement, Oneness and Harmony, Vision and Mission of the Betsuin, Betsuin Leadership, Roles and Responsibilities, Essentials of Effective Communication, Tools and Resources.

As I mentioned in my January newsletter article that I wanted to start a fundraising committee and succession planning committee, I selected two chairpersons for each. Richard Kai is the chairperson for the fundraising committee and Nick Shebert is the chairperson for the succession planning committee. Thank you, Richard and Nick, for being the chairpersons for these committees.

What I learned for myself is there is a correlation between the Eightfold Path and Six Paramitas and our everyday life. If you follow the Eightfold Path and Six Paramitas, we all can be happy. I didn't even realize that I followed one of the Six Paramitas on an issue I encountered when I was coaching SBC (Sacramento Buddhist Church) basketball. My presentation at the seminar was on the Paramitas #2 Sila, doing the right thing. Rinban Bob later completed a sermon on the Six Paramitas based on what had occurred when I was coaching.

During the year, I felt that some of the issues we faced at our Board of Trustees meetings were due to poor communication and poor presentation of a topic, project or idea. One of the key components of the management portion of the Leadership Seminar was on effective communication and presentation; hopefully, this should alleviate the issues we have had in the past.

Finally, we all may not agree on every topic, have disagreements, agree to disagree, but remember, we need to be respectful and professional to each other.

Special thanks to Reverend Patti and Reverend Tim for heading the Leadership Committee and putting together a great seminar. I would like to thank all of the Leadership Committee members, Sheryl Kajioka and Sensei Grace, and the attendees who were able to attend for making this seminar a great one. Depending on the response from our seminar survey, we may have a Leadership Seminar #2.

March madness is underway and our SBC basketball tournament is here. I wish all participants the best of luck. Do your best, be safe and have fun. But, please remember that sportsmanship is very important to all participants, coaches and parents. All of you represent yourselves, your family and the Betsuin. I would like to thank the Sports Committee and all the volunteers who helped put this tournament together with their hard work and dedication in making our SBC tournament one of the best around.

The Northern California Buddhist conference will be held at the Stockton Buddhist Church on Saturday, April 19. Information and flyers will be posted on our bulletin board and in the March issue of the WHEEL OF DHARMA. Please attend.

Thank you to the JACL (Japanese American Citizens League), Boy Scout Troop 50, ABA (Adult Buddhist Association), and the Cub Scouts for their invitations to their special dinners. My wife, Teri, and I appreciate your invitations and your thoughtfulness.

I wish everyone a very happy and safe March 2014. I will see you soon at Sunday service. Thank you for all of your support



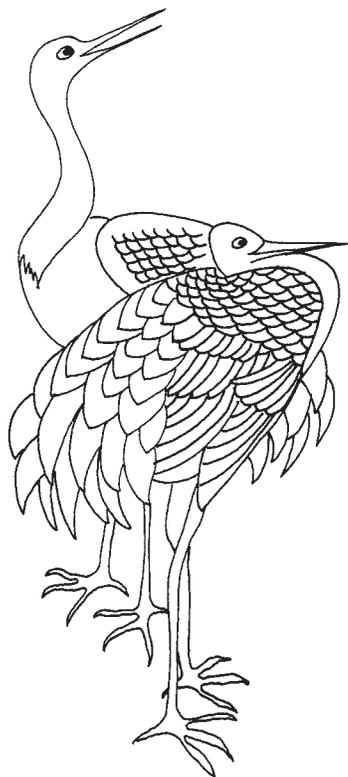
Rev. Bob Oshita
428-9833



Rev. Peter Inokoji-Kim
446-4988



**SACRAMENTO
BUDDHIST
WOMEN'S
ASSOCIATION**
KEIKO JEAN
KASHIWADA



**MINISTER
ASSISTANTS**
REV. PATTI OSHITA

The February SBWA Board Meeting was held on Wednesday, February 5, with President Fusako Takahashi presiding.

DONATIONS AND ACKNOWLEDGMENTS

Thank you to the following ladies and families for their generous donations to the SBWA:

Harry & Mutsuko Noguchi	In Memory of Helen Noguchi	\$50
Mollie Oto	In Memory of Helen Noguchi	\$25
Steve Omoto Family	In Memory of Bernice Omoto	\$100
Tim & Peggy Fong	In Memory of Shuny Sagara	\$100
Irene Hoshiko	In Memory of Shuny Sagara	\$25
Midori Ito	In Memory of Shuny Sagara	\$25
Alice Kataoka	In Memory of Shuny Sagara	\$25
Lynn Kurahara	In Memory of Shuny Sagara	\$25
Yuki Myers	In Memory of Shuny Sagara	\$20
Harry & Mutsuko Noguchi	In Memory of Shuny Sagara	\$50
Jean Y. Ota	In Memory of Shuny Sagara	\$25
Mollie Oto	In Memory of Shuny Sagara	\$25
Chizuko Sakaishi	In Memory of Shuny Sagara	\$30
Hideko H. Sakazaki	In Memory of Shuny Sagara	\$25
Ikuko Sakazaki	In Memory of Shuny Sagara	\$20
Fusako Takahashi	In Memory of Shuny Sagara	\$30
Tomi Tanaka	In Memory of Shuny Sagara	\$25
Hiroko Tsuda	In Memory of Shuny Sagara	\$30
Gerry Tsukiji	In Memory of Shuny Sagara	\$25
Reiko Kurahara	Bonenkai	\$25
Grace Hatano	SBWA Line Dancers	\$250
Edna & Dilford Onodera	Special Appreciation	\$20
Evelyn S. Suzuki	Special Appreciation	\$30

UPCOMING ACTIVITIES/EVENTS

Spring Food Festival – March 8-9: BWA ladies (and your family members), please come out on Saturday, March 8, from 8:30 a.m. to help prepare for the sushi making on Sunday, March 9, from 4 a.m. Make sure to turn your clocks forward 1 hour on Saturday evening, as Daylight Savings Time starts on Sunday. Pick up your pre-sale orders on Sunday, March 9, in the kaikan from 11 a.m. to 1 p.m.

Crafts: Our next craft session will be on the fourth Friday, March 28 (rather than the normal third Friday) at 1:30 p.m. Karen Newquist, a professional card maker, will be leading a class on making Asian-themed cards using washi paper, inks, ribbons and stamps.

Northern California Buddhist Conference: Saturday, April 19
Theme: Switch On. Registration: \$25 or \$15 (18 and under). Keynote speakers: Reverend Peter Inokoji-Kim, Sensei Koichi Mizushima, Reverend Katsuya Kusunoki of Lodi. Please visit the bulletin board to register or call (916) 390-4623 (Fusako Takahashi).

Music Circus: Virginia Uchida has reserved a block of 50 tickets for the July 24 performance of South Pacific. She will have more information on the cost of each ticket in May. If you are interested, please inform your Telephone Tree SBWA Board member.

The next BWA meeting will be on Wednesday, March 5, starting at 6:30 p.m. with service, 7 p.m. meeting.

Welcome to the month of March! As I am writing this article in February, I am enjoying watching the Winter Olympics being held in Sochi. I've found that each night I look forward to going home and watching the televised games. Too often I find myself watching until I can barely keep my eyes open. I am just amazed at the courage and talent of the participants of every age and from every country.

I really enjoy watching figure skating, most especially during the Winter Olympics. I cannot imagine the great pressure the competitors feel in representing their countries in the Olympic Games. All the athletes are competing with the whole world watching their every move and critiquing their every mistake! The figure skating competitors especially are so poised and so gracefully light on their skates. This past week, however, during the individual skating competition, what impressed me the most were not the beautifully choreographed routines with breath-taking triple axels. What impressed me the most was a gentle gesture of a skater after he completed his performance.

His name is Yuzuru Hanyu. This Japanese skater ranked first in the men's short program. And although he was under great pressure to do well, to his own

MINISTER ASSISTANTS

(CONTINUED)

relief and delight, he skated beautifully. As beautiful as his performance was, it was what he did when he finished that moved me deeply. Yuzuru Hanyu faced the judges and the capacity audience that filled the arena and he bowed with his hands together in gassho.

I couldn't help but admire his feelings of appreciation and gratitude when I watched Yuzuru Hanyu finish his performance. At the Sochi games this year, this gracious and grateful Olympic skater, with his gassho, was acknowledging his gratitude for the many people there... and so many more who could not be.

In Buddhism, we are taught that one of the seeds of wisdom is realizing that we live because of the lives of others. This is the teaching of interdependence. And this teaching reminds us that we are able to exist only because of the support and help of others. As Socho Ogui would often say when he was our Bishop of BCA, "Our lives are not only our lives. Our lives are made up of the patience, kindness, support and sacrifices of others..." When our dharma eyes open to this undeniable reality, we cannot help but live with deep gratitude.

If only we could fill an Olympic arena with all of the people who have given meaning to our lives. If only we could gather together in one place, all the people who have sacrificed so much on our behalf. How meaningful it would be for us to gassho and bow deeply to each and every one of them.

In a way, this is why we come to our temple. As we sit in our beautiful hondo and reflect deeply on our lives, we cannot help but remember again the deep debt of gratitude we feel for the many people who have done so much to make our lives what they are; so many we still have in our lives... and so many more who we have lost. But in the great karmic oneness of all things, all of our lives will forever remain interconnected and interwoven. This is the undeniable reality of interdependence.

This month of March, we observe our Spring Ohigan Service. Ohigan is thought to be the perfect time to contemplate the dharma. With the days and nights of equal length, we feel the seasons in transition... and we sense the natural harmony of change in the world around us. As I mentioned, it is thought to be the perfect time to contemplate the dharma. So let's all come out through this month of March and enjoy together this beautiful and meaningful Ohigan's season.

LEGACY ENDOWMENT FUND BENEFIT RUMMAGE SALE

RUTH SEO

After taking a break in 2013, the Legacy Endowment Fund Board (LEFB) resumes the 4th Benefit Rummage Sale on Saturday, June 7 from 8 a.m.-2 p.m. at the Betsuin kaikan and courtyard. The LEFB Rummage Sale provides a great opportunity to pass on those items you no longer use or need and make them available to others. Your recyclables will be sold to raise funds to help church projects, provide items for sale at bargain prices, and will keep them out of the landfills. Unsold items will be donated to charitable organizations to extend the benefits to others in the community. It is a winning situation for everyone.

Most items in usable condition will be gratefully accepted. Examples include: clothing, shoes, purses, jewelry, scarves, knickknacks, small appliances, dishes, clocks, irons, sewing machines, vacuums, kitchenware, sporting goods, bicycles, musical instruments, toys, games, linens, artwork, books, DVDs, CDs, power tools, gardening equipment, and electronics such as televisions, computers and printers. We cannot take mattresses and tires. Your donations will be accepted on **Thursday, June 5, from 9 a.m. to 6 p.m.** and on **Friday, June 6 from 9 a.m. to 2 p.m.** The Rummage Sale runs from 8 a.m. to 2 p.m. on June 7, so invite all your friends, neighbors and relatives to attend. After cleaning and clearing your closets and garage, you will have plenty of room to purchase new items.

The Legacy Endowment Fund Board thanks and acknowledges the generous donations to the e-waste program from the following people:

December 2013: DeAnna Okasaki, Jeffrey & Diane Tsuruoka, Machiko Kimura, Mel & Virginia Uchida, Kay Takeuchi, Marion Uchida, and Kiyoko Ishihara.
January 2014: Harry & Nancy Noguchi, Eddie Yamamoto, Dr. Ernest & Jennie Takahashi, Teri & Bob Kawamoto, Kim Masunaga, Dorothy C., Don Kyhos, Jack Miura, Jean Matsuura, Lauri Kanemoto, Jennifer & Gordon Nitta, and Barbara Nakatomi.

Individuals and businesses can get free pick-up at your home or business, so please consider recycling your e-waste and designate the Sacramento Betsuin Legacy Endowment Fund. Go to www.eWaste4good.com or call (800) 317-3112.

E-WASTE DONORS

**WISTERIA/
BODHI
AWARDS FOR
JUDY &
HARLEY
INABA,
SACRAMENTO
BETSUIN**



Rev. Bob, Rev. Patti, Judy Inaba, Harley Inaba and Rev. Tim

At our Scout Sunday service in February, Judy and Harley Inaba were presented with the Wisteria and Bodhi Awards. The awards are a National Adult Recognition sponsored by the Buddhist Churches of America (BCA) and by the BCA National Scouting Committee. The purpose of this award is to recognize adults who have demonstrated the highest level of dedication, commitment and self sacrifice for the development of our scouts.

All who know the incredible commitment of this special husband and wife team of Harley and Judy Inaba, know that this recognition is long overdue. In 1986, Troop 569 was formed and Judy was the leader of her daughter's troop. In 1992, the troop joined the Betsuin as a sponsored organization and Judy has continued her leadership as a troop co-leader.

After her daughter, Robyn, graduated from the troop in 1997, Judy continued to guide the troop as its adviser.

To this day, she continues to attend every leaders meeting and every troop event and ceremony. Judy's experience, advice and direction have been essential to the incredible success of Troop 569. Whenever there has been a conflict or difficulty within a troop, Judy has been at those meetings, providing leadership and the consistency needed to maintain balance within the 22 troops that make up Troop 569.

From 21 years ago, as the number of girls and parents began to increase in the troop, Harley felt it was necessary to create a parent committee (The troop has grown from seven girls to 235 girls!) Harley was the first parent chair and officially named our parent committee FOG ST (Friend Of

Girl Scouts Troop) 569. Harley has been instrumental in the growth, harmony and the Betsuin-centered leadership of the troop and of FOG ST.

Harley and the FOG ST Committee members always come hours before the ceremony to set up hundreds of chairs and stay late to put everything away. Harley helps to organize the FOG ST Committee to provide assistance to the troop and to the girls during special projects, help coordinate volunteers to help with scouting and temple events such as the annual Food Festival and Bazaar; in other words, we can always count on Harley to help the troop and the Betsuin in any way he can, often taking time off from work to make life easier for the leaders.

We are delighted to recognize Judy and Harley Inaba; two incredible leaders who are always there to lend a hand with whatever needs to get done. Our troop is extremely fortunate to have such dedicated folks as Judy and Harley providing their experience, visionary leadership and their dedicated service to our troop.

Can't wait to begin to learn Japanese? Sakura Gakuen has decided to open a special preparation class for new students who are interested in enrolling before fall semester. Get a head start on learning Japanese.

Following are the details of this class:

Dates: March 1, 8, 15, 22, 29; April 5, 26; May 3, 10, 17, 24, 31

Twelve Saturdays

Time: 11 a.m. to 12:30 p.m. 90 minutes

Fees: \$120 (food and all instructional materials will be provided)

Program: Preparation for the fall beginning class. Hiragana characters, basic greetings and simple useful phrases.

Registration: Saturday, March 1 and 8, 9:30 a.m. to 11 a.m., Room 5 in the annex, before class begins.

If you have a group that would benefit from a custom-designed language class, please contact the school to see what we can arrange to suit your needs. The school's web page can be found at www.sakuragakuen.org. We still have spots open for kindergartners in our 9 a.m. to 10:50 a.m. kindergarten session. You may enroll any time in kindergarten.

Sakura Gakuen is here to share our appreciation for language and learning with all. Come have fun in our classes for youth and adults.

**SAKURA
GAKUEN
FUTABA WOOD,
DEAN, SAKURA
GAKUEN JAPANESE
LANGUAGE SCHOOL**

NORTHERN CALIFORNIA BUDDHIST CONFERENCE SATURDAY, APRIL 19

MAINTENANCE REPORT

GARY TRAGANZA

OFFICE MANAGER

Cindy Kitade

VOLUNTEER EXTRAORDINAIRE

Tak Ito

BETSUIN OFFICE

446-0121

SANGHA HELPERS

- Misao Abe
- Mary Amemiya
- Shiyoko Futaba
- Ruth Hayashi
- Irene Hoshiko
- Miyoko Iwata
- Alice Kataoka
- Machiko Kimura
- Yoshiko Morizawa
- Mutsuko Noguchi
- Teruko Ono
- Faye Uyemura

Fulfill your new year’s resolution to enhance and heighten appreciation for the teachings of Jodo Shinshu Buddhism. Save the date: Saturday, April 19, to join fellow sangha members of the Northern California district temples for “Switch On!”

Hosted by the Buddhist Church of Stockton, the one-day event will feature inspirational dharma messages by Reverend Peter Inokoji-Kim and Reverend Katsuya Kusunoki, followed by the wit and humor of Sensei Koichi Mizushima’s keynote message. The afternoon will feature an interactive workshop and end with the upbeat sounds of “rockin’” Reverend Yuki Sugahara on the electric bass guitar.

Registration fees are \$25 for adults and \$15 for youth 18 years and under until March 31. For more information, please contact the Buddhist Church of Stockton at (209) 466-6701 or at buddhist@sbcglobal.net.

I’d like to start by welcoming Gordon Nitta as the new chairman of Building and Equipment. Because Gordon is still quite busy with several committees, I volunteered to assist him with some of the duties of the maintenance department—such as writing some of the SANGHA articles. Also, I would like to welcome David Gellerman, a new Board of Trustees member who will serve on the Maintenance Committee.

“Where does all the money go?” It is a question we hear periodically. People wonder how the temple could have a negative cash flow problem. It would seem like there should be plenty of money with all the donations each month. Every month the SANGHA lists the generous contributions of our members. Why last month alone, members donated \$21,043.95 plus one **very generous** anonymous dana of \$10,000 (thank you), for a total of \$31,043.95. Plus, we have half the profits of the Bazaar each year.

So, back to the original question, “Where does the money go?” In addition to the salaries, utilities, insurance, taxes, janitorial supplies, there is the issue of maintaining the buildings, equipment, trellises, roofs, HVACs, etc. Currently, the Board of Trustees has been discussing what to do about our aging trellises. We have determined that they should be replaced in the next two to three years—probably in stages. We are currently examining a few options, each one well over \$100,000. Just 1-1/2 years ago, we spent close to \$60,000 in needed improvements to obtain the tent permit. Within the last year, we spent about \$2,000 on repairs to the double steamer in the outdoor kitchen. Last Bazaar, by Sunday morning, two of the fryers had broken down. We’ve had them professionally worked on a couple of times. After talking with Sherman, Gordon and I elected to purchase two new efficient fryers on an amazing rebate program — about \$1,650. One of our board members anonymously purchased the third. In the next two to four years we will need to refurbish the Hondo roof — estimated \$25,000–\$28,000. All of our eight HVACs are approaching 35 years old. Within the recent two months, we had four heaters break down. You may remember one very chilly Sunday morning in the hondo recently. The cost to get them pumping warm air — about \$1,900. The HVAC repair man said that we should seriously consider replacing them because it will be increasingly difficult to find parts. We are thinking about replacing the two hondo units first. That expense will be in the neighborhood of \$50,000. These are some of the larger expenses we will incur in the near future. Simply put, our beloved temple at 55 years old will need some serious attention in the near future.

As is the custom of this column, I would like to thank the following people for their contribution in maintaining our temple. Wayne and Lynn Kurahara, John and Elaine Yoshikawa, Martha Kushida, Stephen Kashiwada, Grace Hatano, Irene Takeda recently added sun reflective Mylar film to all the windows in the indoor garden area to reduce energy costs. If you have ever been in the Nokotsudo hallway in the summer, you know how hot it gets. The film will reflect 30% of the sun’s rays and hopefully reduce the load on the air conditioner. Thank you all.

Congratulations Newlyweds



Akane Truong & Christopher Toyooka..... January 18, 2014

2014 MEMORIAL SERVICE SCHEDULE

Special service years are listed below. If you have a family member or relative who passed away in these years and would like to make arrangements for a memorial service, please contact the office.

Year	Service	Year	Service	Year	Service
2013	1st year	2002	13th year	1982	33rd year
2012	3rd year	1998	17th year	1965	50th year
2008	7th year	1990	25th year	1915	100th year

THURSDAY NIGHT MEDICAL SERIES

Sign up in the temple office! Questions? Please contact Reverend Patti at revpattibetsuin@gmail.com.

March 13, 7 p.m. – Classrooms
Sweet Success Under Pressure... How to Live with Diabetes and High Blood Pressure, with Dr. Shannon Suo.

April 24, 7 p.m. – Classrooms
Second Wind: Creating a Vibrant Longevity, with Dr. Satsuka Ina.

May 29, 7 p.m. – Classrooms
Let's Talk about Your Meds — Tips and Advice from Your Friendly Pharmacist with Dr. Denis Ishisaka.

ABA DANCE WILLIE HAYASHIDA

Remember the “good ol’ days” while attending high school, junior college or college, and then school and church dances? Remember those blue jeans and tees with rolled up sleeves, bell bottom pants and pedal pushers, them '70s polyester clothes (if you can still fit them)? We'll have some '50s, '60s, '70s, and '80s music, as well as some recent popular line dances and including line dance lessons. A DJ is being planned.

SAVE THE DATE: MAY 17
ABA Dance Theme: **Just like the Good Ol' Days!**
Sacramento Buddhist Church Kaikan.

Possible “Best Dressed Era” contest being considered. Dance tickets **will be limited**. So watch for future announcements as ABA Dance plans become finalized.

Contact Willie Hayashida, ABA Activities, 2TalkStory@ATT.net.

NOTES FROM THE OFFICE

CALENDAR MAILING HELPERS

Are you enjoying your 2014 Betsuin Calendar? It's filled with great information to plan for 2014, and fun photos to help recall some special memories and events from 2012–13! We were slightly delayed in getting the calendar out this year, so much gratitude to all of you for your understanding and patience. The Calendar Committee would like to send an extra “thank you” to the following helpers who were instrumental in preparing the calendars for distribution: Samantha Atajar, Matthew Nitta and Tanner Sasaki; Boy Scouts Aaron Kitade, Lucas Matsuura and Thien Tran.

To help keep the publishing on track for 2015, please be sure to take photos at your Betsuin- or sangha-related events and outings during the year and bring them into the office on disk. Even better, email them to Cliff Adams at vibrocount@lanset.com as soon after your event as possible. You'll be helping the Calendar Committee capture some terrific moments to share with the sangha in the new year!

Additional copies of the calendar are available in the Betsuin office for a nominal fee of \$3.

OFFICE HOURS FOR MARCH 1 AND 2

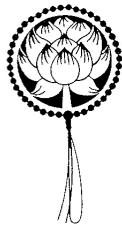
Please note that the Betsuin office will be closed on Saturday, March 1, and we will have abbreviated hours on Sunday, March 2, from 9 a.m.–12 noon.

ANY ADDRESS CHANGES?

This standing reminder appears each month in the SANGHA and we appreciate those of you who have been informing us of changes to your mailing address. However, most of our notifications are still coming from the U.S. Postal Service, which, in turn, costs the Betsuin return postage fees. If you have moved, or are planning to do so in the near future, please pass that information along to us so that we can make the correction in our membership database.

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.



Condolences to the Families of:



- Shigeru Tsujita December 17, 1920–December 10, 2013*
- Shuny Haruko Sagara March 28, 1932–December 28, 2013*
- Ikuyo Honda November 21, 1930–January 13, 2014*
- John Hisao Kaneko December 9, 1925–January 27, 2014*
- Mary Yoshiko Chikasawa.... February 2, 1922–February 10, 2014*

SPORTS COMMITTEE
ALAN WU



Welcome to March! Let the Games Begin! This is March now, so it is not the Olympic Games we're talking about. Those Games in Sochi are so yesterday. . .so February. . .so halfway around the world! We are in the here and now, and the here and now means the Games of Basketball, which manifests itself as the Madness of March. I know there are some of you who are new to this area and are saying to yourself: "Self, what is the Madness of March?" Well, you can tell your "self" that the Madness of March is when Northern California busts out of its seams with basketball tournaments. These tournaments are predominantly geared for the church teams.

As with the coming of spring, our Sacramento Betsuin Annual Tournament opens the door of this melee of madness during the first weekend of March, to be followed by the Sacramento Japanese United Methodist Church tournament on March 15-16, to be then followed by the Sacramento Asian Sports Foundation (SASF) tournament on March 21-23. This SASF tournament has both church team brackets and club team brackets, which acts as a transition to the club tournaments to follow in April, May and June.

Here is the list of the locations for our tournament:

Division	Location	Address
B Boys (Red)	SASF	9040 High Tech Court
B Boys (Purple)	J.F. Kennedy High School (Main)	6715 Gloria Drive
C Boys (Black)	Luther Burbank High School (Main) ...	3500 Florin Road
C Boys (Purple)	Rosemont High School (Main)	9594 Kiefer Blvd.
C Boys (Red)	Rosemont High School (Aux)	9594 Kiefer Blvd.
C Girls (Purple)	SASF	9040 High Tech Court
D Boys (Gold)	Hiram Johnson High School (Main)	6879 14th Avenue
D Boys (Black)	Hiram Johnson High School (Aux)	6879 14th Avenue
D Boys (Purple)	West Campus High School	5022 58th Street
D Boys (Red)	C.K. McClatchy High School (Main) ...	3066 Freeport Blvd.
D Boys (White)	Sam Brannan Middle School	5301 Elmer Way
D Girls (Black)	Luther Burbank High School (Aux)	3500 Florin Road
D Girls (Red)	J.F. Kennedy High School (Aux)	6715 Gloria Drive
E Boys	Genevieve Didion K-8 School	6490 Harmon Drive
E Boys	C.K. McClatchy High School (Main) ...	3066 Freeport Blvd.
E Girls	Sutter Middle School	3150 I Street
E Girls	Genevieve Didion K-8 School	6490 Harmon Drive

Come out and watch your kids, grandkids, nieces, nephews and friends play some good old fashion basketball and also partake in some good old fashion home cookin'! Each gym location will have a concession stand to satisfy your every craving.

After a full Saturday of basketball, please come join us at our Family Social! At our Family Social, we will have BINGO, prizes, and fruit freezes! The Family Social is at the Sacramento Betsuin at 2401 Riverside Boulevard, 95818 from 7 p.m. to 9 p.m. Enjoy our tournament and the rest of the madness and we will check back with you after the dust has settled and see how well you survived.

SANGHA STAFF

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

CONTRIBUTING REPORTERS

- President Robbie Midzuno
- SBWA Keiko Jean Kashiwada
- Minister Assts Patti Oshita
- Endowment Ruth Seo
- Sakura Gakuen Futaba Wood
- Maintenance Gary Traganza
- Cub Scouts Steve Itagaki
- Girl Scouts Samantha Atajar
- Venture Crew Kenji Bennett
- Dharma School Ken Furukawa
- Sports Cmte Alan Wu
- ABA Dance Willie Hayashida

DHARMA SCHOOL
KEN FURUKAWA



According to the calendar, March is still winter and March Madness hits. Well at least one of those is true! I don't know what the future holds, especially concerning water and my plants, so I might as well enjoy the early spring show! Summer may be very dry, and many of my plants may not make it, but they will live on in my memory! Life is transient and that is what makes every day, every moment special. Speaking of special moments, it is time to get ready for the Hanamatsuri play. The Dharma School teachers have received the music and outline of the play, so practice begins in earnest. Such are the activities of the Dharma School in early spring! Please support the efforts of the Dharma School teachers and the many volunteers working with Cliff Adams and Ann Amioka to get ready for Hanamatsuri. This is the big service of the year for Dharma School, and it will result in long-lasting memories for the children who participate! One of the greatest lessons the children learn is that they can work in a team, within a big team, to get a big project done... and it can be fun and exciting! But as with any team effort, the lesson really hits the mark when the performance is acknowledged by many caring people. Be one of the caring people; support your class efforts to get ready for Hanamatsuri, and make plans to attend the service and stay for the play!

The Federation of Dharma School Teachers League sponsors an annual conference for Dharma School teachers and other adults. This year it will be a one-day conference centered on the life of Shinran Shonin at the Mountain View temple on Saturday, April 26. For information, please see the flyer on the bulletin board at the temple, or contact me (see below). All adults are welcome to attend, and Dharma School will pay registration for teachers!

As you may know, Dharma School is always looking for teachers and volunteers to help throughout the year. Please consider helping in the classrooms. Many of the classrooms may not need help teaching lessons, but many need help with keeping order, helping students, and general support. Interested? Then please ask a teacher during class how you can help, or contact me via email: kfuruk@aol.com to match you up! Thanks!

DONATIONS

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

- | | | |
|---------------------|-----------------|-------------------|
| 5th Grade Class | Alice Kataoka | Rev. Patti Oshita |
| Anonymous | Yen Marshall | Mollie Oto |
| Boy Scout Troop 50 | Edith Matsuoka | Sachi Sawada |
| Bob Chavez | Mitzie Muramoto | Shirley Sekeres |
| Grace Hatano | Rachel Nagai | Aki Shimada |
| Minnie Iseri | Eleanor Nobuye | Yaeko Tademaru |
| Jr. YBA | Aileen Okimoto | Sandy Tokunaga |
| Kay Kato | Mary Orite | Ray Yamamoto |
| Mae Kaneko & Family | Sam Orite | |

BOY SCOUTS



Twenty-one Boy Scouts and our families are currently participating in the **Scout Exchange Program**. 2014 will be our hosting year (this August!) and 2015 (next summer!) will be our travel year to Matsuyama, Japan. We are looking forward to sharing our cities, cultures, ideas, friendship, good food and scouting experiences with the Matsuyama Scouts. Thank you for supporting our fundraising efforts to make these good will trips possible!

During the Spring Food Festival on March 9, the 2015 Matsuyama/Sacramento Scout Exchange Group will be selling **DELICIOUS TERIYAKI BEEF SANDWICHES!** Pre-order forms are available on the bulletin board in the Betsuin's main hallway, or you can use the form included here. Cost for the sandwiches is \$6 each and checks can be made payable to **Boy Scout Troop 50**. Pick up your tasty sandwiches on March 9 between 11 a.m. and 1 p.m.

Please place your pre-order by March 2; **mail to:**
Buddhist Church of Sacramento
2401 Riverside Blvd.
Sacramento, CA 95818-2233
ATTN: Matsuyama Exchange

2015 MATSUYAMA-SACRAMENTO SCOUT EXCHANGE TERIYAKI BEEF SANDWICHES

Your Name: _____

Phone: _____

Quantity _____ X \$6.00 = \$ _____ enclosed

Make check payable to **Boy Scout Troop 50**. **Thank you!**

**VENTURE
CREW 50**
KENJI BENNETT



Venture Crew 50 has continued to grow and progress this past month. On Sunday, February 2, the crew was able to help set up for and participate in the Buddhist Church’s Scout Sunday. The service this day was dedicated to honoring the different scouting programs sponsored by the church, including Cub Scouts, Boy Scouts, Girl Scouts and the Venture Crew. We were proudly represented by members bearing our uniform and holding our flag among the other scouts.

This past month, we also had a new member join our crew, recent Eagle Scout Albert Liu. He will be joining us on future outings and adventures.

On Saturday, February 8, the Crew traveled to Alameda to visit the USS Hornet Museum and 442nd Regimental Combat/MIS exhibit. Wayne Lieu, the grandfather of two members of the crew, as well as a former USS Hornet veteran, accompanied us on this trip. He provided a unique perspective by describing his experience aboard the ship that he served on for two years.

We have many trips planned for this upcoming year, including a backpacking trip to Round Lake, day hikes, and a trip to San Francisco, as well as many fundraisers and service projects. For the long term, the possibilities are endless. Crew members have expressed interest in possibilities such as trips to Hawai’i or London.

Another upcoming trip is to Santa Rosa Island in June. This will be a multi-day camping and fishing trip led by Richard Odagawa, chairman of the Buddhist Churches of America Boy Scout program. Santa Rosa is an island in the Channel Island chain off the coast of Ventura, California. One of our adult leaders, Mr. Tanaka, is currently leading some crew members in the construction of their own fishing rods for use on this trip.

Venture Crew is a Boy Scouts of America program open to young men and women ages 14–20.

CUB SCOUTS
STEVE ITAGAKI
PACK 50
CUBMASTER

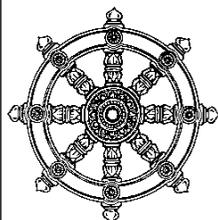


Attention, parents of young boys: Have you ever thought about getting involved with the Cub Scouts? Have you ever just wanted to find out what the Cub Scouts is? Well, Cub Scouting is a program of the Boy Scouts of America for boys in the first through fifth grades. The program’s overall mission is to help young people build character, learn citizenship, and develop personal fitness. Cub Scouting promotes 12 core values in helping boys develop character: citizenship, compassion, cooperation, courage, faith, health and fitness, honesty, perseverance, positive attitude, resourcefulness, respect, and responsibility. And it does all that in a fun, family environment.

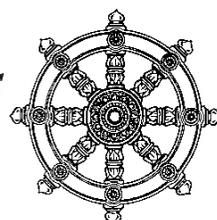
Pack 50 is the Cub Scout program sponsored by the Sacramento Buddhist Church. As an organization, we have been in existence since 1972 and are consistently recognized as one of the most successful Packs in the district.

If you have ever thought about joining the Cub Scouts or are just wondering if it’s right for your son and your family, come join us for a fun and informative event that we’re calling, “This is Pack 50.” We’ll have Pack 50 leaders there to tell you everything you need to know about the program, and we’ll even have some fun activities for your children so they can see what scouting is all about too.

So come check out what scouting has to offer. “This is Pack 50” will be held at the Betsuin on Sunday, April 6 at 11:30 a.m. For more details, stay tuned to the church service announcements, or contact me at steveitagaki@gmail.com.

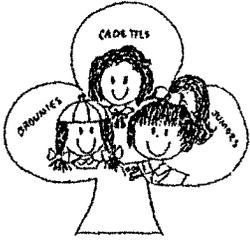


Welcome New Members



*Adam Daniel
Kristina Ishihara
Rosemary Kitaoka
Kimiko Mar
Mark Nguyen & Deanna Truong*

**GIRL SCOUT
TROOP 569**
SAMANTHA NITTA
ATAJAR



Girl Scout Troop 569 had another tremendous year in selling Girl Scout cookies. Monday, February 17, "President's Day," which has become the annual cookie delivery day at the temple, was a day filled with a lot of hustle and bustle in the kaikan. The initial order for the scouts thus far is 1,710 cases = 20,520 boxes of cookies! The girls will be starting booth sales and will continue selling cookies until March. A big thank you to all who helped out and made the day a successful one.

Special thanks to the following helpers who helped unload and sort the cookies: John Hosoume, Tim Castle, Ray Valdovino, Tony Cooper, Dawn Tomita, Norm Yee, Annie and Gene Louie, Roger Ikemoto, Ron Ong, Creston Goi, Corinne and Albert Chin, Becky Cheng, Jeff Braverman, Mark Umeda, Rod and Kelli Aoki, and many others who helped. (Let me know if I left anyone else out.)

Lastly, a big shout out to all of the cookie managers who worked tirelessly to make this program a successful one. Thank you for supporting the Girl Scout program!

Your Cookie Service Unit Managers,
Lisa Tomita-Cooper and Maya Griffe

February is going by very quickly already for **Cadettes 3**. They have completed more work on their two badges, Comic Artist and Book Artist, this month. All of our cadettes wrote, designed and illustrated their own comic strip, painted their portfolio covers, and learned two methods of binding.

Each made a scrapbook in the fold method of binding and watched a demonstration of the glue method of binding, thanks to one of our co-leaders, Michelle Yamanaka. One final method of binding will be used when the girls complete their portfolio holder.

And finally, plans are underway in preparing for World Thinking Day — a time when girls participate in activities with a global theme to honor our sister scouts in other countries. The theme for this year is focused on access to education for ALL girls and boys worldwide.

An additional thank you comes from Cadettes 3 for supporting our troop and buying Girl Scout cookies. Please be sure to ask any Girl Scout if you'd like to buy more.

