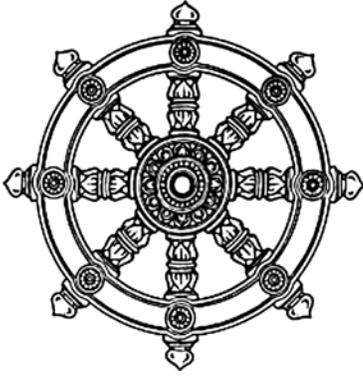


**Interim Rinban
& Supervising
Minister**

Rev. Marvin Harada



Reflections on 10% Happier

This month I wanted to share a wonderful book, *10% Happier*, by Dan Harris, who is a co-anchor of *Nightline* and the weekend editions of *Good Morning America*. This book was a *New York Times* bestseller.

In this book, Dan Harris takes us through his own spiritual journey from being a stressed out, egotistical, drug-taking TV news reporter, to finding meditation, mindfulness, and Buddhism as his spiritual path. I found the book fascinating, and highly recommend it. To me, the book shows us what the typical westerner goes through in first being curious about meditation, which leads to encountering Buddhism and the path to enlightenment. It reaffirms to me, the importance of our meditation service on Sunday mornings. While meditation is still not a widely accepted practice in Shin Buddhism, I have felt for a long time that meditation must be offered at our Jodo Shinshu temples to help introduce people to the Dharma and the Nembutsu. Without meditation services, we will not be able to reach the curious newcomer, people like Dan Harris, who are searching for something to help them in dealing with the many stresses and challenges of life that they have not found in other traditional religions and self-help methodologies.

In his book, Dan Harris relates how he was an aspiring TV reporter, doing local TV and then getting the opportunity to work for ABC, hitting it "big time." While this was all
(Continued on page 3)

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SANGHA

Sacramento Buddhist Church Volume 56 Number 10 - October 2019

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Betsuin**
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(916) 446-1866 FAX
betsuinoffice@gmail.com

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Interim Rinban & Supervising Minister

(Continued)



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Resident Minister

Rev. Matt Hamasaki

thrilling and he was career driven, he had an on-the-air “panic attack,” caused by his own stress, and aided by his secret use of drugs. It was an eye-opening experience, to see the state of his being. He knew he had to get help. Fortunately, he had been assigned to cover stories related to religion, in which he was asked to interview people of varying religious backgrounds, from evangelical ministers to noted popular teachers like Deepak Chopra and Eckhart Tolle. He also began to dabble in meditation.

At first it was torture to him to sit for even a few minutes. His back hurt, he couldn't focus... he went through what all people do when they first begin to meditate. But after getting through the initial struggles with meditation, he began to “get into it,” and started meditating on a daily basis, which led to participating in an intensive 10-day meditation retreat. During that retreat he had an experience of breaking into uncontrollable tears during a guided meditation in which participants were asked to reflect on loved ones in their life. His thoughts went to his mother, his grandmother, dear friends and other loved ones, as part of a “Metta,” loving kindness meditation caused him to shed tears uncontrollably. Dan Harris began to see even deeper, not only the meaning of meditation, but the significance of Buddhism and the teachings, as there were regular lectures on the Dharma at this intensive retreat.

After the retreat and with his continued practice of meditation and learning about Buddhism, Dan Harris found it still hard to admit to others that he meditated and that he was following the path of Buddhism. Once, a colleague at work asked, “What's with you and the whole meditation thing?” Rather spontaneously, he responded, “I do it because it makes me 10% happier.” His colleague's demeanor changed from skepticism to intrigue. She said, “Really? That sounds pretty good, actually.”

Many people would take that, wouldn't they? If someone said, “I know how you can become 10% happier,” I think most people would say, “Wow, what is that? How can I do that?” For Dan Harris, he found his own unique way of sharing what meditation and Buddhism had done for him. He wasn't expounding enlightenment, or various teachings of Buddhism, or how meditation had lowered his blood pressure or cholesterol. He simply stated, “It makes me 10% happier.”

In a previous article a few months ago, I wrote an essay on, “Practical Buddhism and Truth Level Buddhism.” I think that the book *10% Happier* expresses exactly what I was trying to say in that essay. People will first encounter Buddhism from a practical level. Will it help me in my life? Will it ease my stress? Will it help me with my relationships? All people start with this practical side of meditation and Buddhism. However, if they continue on the journey, they will come to see meditation and Buddhism at a deeper level. They will see it for something beyond the practical applications, and see it as a path that leads to a deep truth. Now, the motivation to meditate and learn about Buddhism is not just for the practical benefits, but the motivation is to come to realize the deep truths of Buddhism that await the seeker and listener of the Dharma.

I think that Dan Harris beautifully, even humorously, shows us that journey. I know that there are countless people like Dan Harris out there... people who are waiting to encounter the Buddha-Dharma, people who are looking for a spiritual path, people who want to live a meaningful, fulfilled life. May they all find what they are seeking, and may our temple be the first step on their spiritual journey to truth.

Namuamidabutsu.

As September is ending, we move into the next season of fall. This means that the weather cools down, pumpkin-inspired desserts and drinks are available everywhere, and that leaves will be changing color! While it can be a bit of a headache to rake up the leaves off of the ground, they are beautiful to look at when they are still on the trees. Sacramento may now be the “Farm to Fork Capital” (or so it is written on the water tower and I am not here to argue either way what that should be), but with all the greenery surround the city it still very much looks like the City of Trees. And with the change in season we will see the wonderful natural scenery.

Since I enjoy the colors, I began to wonder to myself, “what is it that happens that makes the leaves go from green to yellow, orange, and red?” Up until now I had never really given it a thought. It was just an occurrence that happened every year that I chalked up to some sort of natural magic science miracle. Now that my interest had piqued, looking into the reason, it ended up being quite interesting. Leaf colors come from natural substances produced by leaf cells called pigments. The green color has to do with the incredible and important process that the trees go through which helps sustain the world and comes from the pigment called chlorophyll. This amazing chemical gives trees the ability to absorb energy from sunlight in order to transform carbon dioxide and water into carbohydrates. Since it relies on the amount of sunlight during the day, the months with the most sun are when the trees are green.

Resident Minister (Continued)

During this time, there are other pigments present in the leaves called carotenoids. This word looks similar to the word “carrot” and for good reason — it’s the reason carrots are orange! Likewise, this pigment is orange in leaves but is not visible to the eye because of the large amounts of chlorophyll. The carotenoids exist to help regulate the absorption of energy from the sun. Chlorophyll is good at absorbing wavelengths of light except for blue and green, hence the color of leaves. The carotenoids can absorb those wavelengths and can either pass that energy along or dissipate it into heat, depending on if the amount of energy is too much for the leaf to handle or not. This is why they’re always present but not always seen.

However, during the colder months, there is less sun and the trees respond to the change by slowing down and eventually stopping their food-making process. The remaining chlorophyll breaks down, meaning the green color disappears. This allows the yellow and orange carotenoids to show through! But what about the beautiful reds that also show? Chemicals called flavonoids, and more specifically, anthocyanins, are responsible for them! These are not usually present in the leaves, but in the cold months they become necessary. During the day, the sugars in the sap can flow easily through the leaf veins to the branches and trunk, but when the temperature drops, it becomes more difficult and that’s where the anthocyanins come in to help recover the nutrients.

I found these leaves and this process to be quite similar to how we are as people. We all go through different seasons in our life. I mean this, of course, in the literal sense of we all experience the seasons, but in the more metaphoric sense that different things happen as we travel through the ebbs and flows. For instance, perhaps we are in a happy or exciting season with a new job or new relationship. And maybe we’re in a difficult season having trouble with our family or in a rut with who we are. When life is sunny, it’s easy for us to take care of ourselves, to turn the energy around us into positive motivation for our daily lives, much like the chlorophyll. When we get into the darker seasons of our lives, though, it can be very difficult to continue to do that. The world can seem very cold and it isn’t easy to move on. When, earlier, it was so easy to get up and feel energized about the day, now it is difficult, and we dread having to sit through it all only to repeat it again the next day. It feels like our “chlorophyll” is all gone.

What helps us during these seasons is something that’s always been there. The wisdom and compassion of the Buddha. Wisdom — when we come to temple or read books or talk to friends about Buddhism, we are laying the foundation for support during when times are tough. When our lives aren’t as sunny, the teachings reveal themselves and we can rely on them to help get us through that season. Just like the carotenoids! And compassion — if we have developed good relationships with our friends and family, they will be there to help us move along this difficult time. They can keep us company and maybe give us perspective or help us work through our thoughts. To sum it up, when we are feeling happy or doing well, it is important for us to share that joy with others and it is equally important to try to learn and live the Buddha-Dharma because while we may not need it at that time, it will become vital in times of difficulty. We can take this lesson from the fall leaves and contemplate on the seasons in our own lives as we appreciate their beauty.

You are all invited! On Sunday, October 20 after service in the Kaikan, the temple will host refreshments during our annual General Meeting of all the dues-paying members. We will outline the health of the temple, our outlook, and take any questions for the sangha. We look forward to meeting you in the Kaikan. We hope that you will attend and offer us feedback on how we are doing and how we can improve. Please come!

Bazaar Sponsors

For the 2019 Bazaar, we created a sponsorship program for the first time ever. We also resurrected the printed Bazaar program and actively sought out advertisers. The reason was of course to raise funds for the temple, but also to give businesses and individuals an opportunity to show their generous support and help improve our financial situation. The Bazaar is our largest fundraiser of the year and generates about one-third of the funds necessary to operate the temple.

I am very happy to report that Oto’s Marketplace became the first-ever Bazaar sponsor and we are very grateful to them and the entire Oto family for their generosity. Without the sponsorship, we also would not have been able to provide the orange Bazaar T-shirts for all the volunteers!

In addition to the Bazaar sponsorship, we had 26 businesses, organizations, and individuals who contributed by placing ads into the printed program. The printed program can be seen at www.buddhistchurch.org and clicking on the “Bazaar” link under “Events & Activities” at the bottom. It contained feature articles about the different organizations and an article about Reiko written by Brian Hatano. For those who missed it, the article is reprinted below.

President’s Message Stuart Ito

President's Message
(Continued)

Here are the sponsors for the 2019 Bazaar:
2019 Platinum Bazaar Sponsor: Oto's Marketplace

2019 Printed Program Sponsors:

Sacramento Adult Buddhist Association (ABA)	Hoshida and Reyes Architects	Sacramento Betsuin Ministers & Minister Assistants
AJ Sheetmetal	Keith Adachi, Kellogg Insurance	Sakura Gakuen Japanese Language School
Barbara Nakatomi	Kiyo's Floral Design	Sacramento Buddhist Women's Association (SBWA)
Betsuin Sports Program	Klump's, Marlene Moehler	Springer Financial Advisors, Keith Springer
Binchoyaki Restaurant	Legacy Endowment Fund	Stuart Ito
Boy Scout Troop 50	North American Food, NA Trading, Judy Inaba	Venture Crew 50
EC Elevator Controls, Ron Ishimoto	Oak Park Market, John Louie	Wayne Kurahara
Efilliate, Sandy Tokunaga	PowerTank, Steve Sasaki	
First Allied Securities, Inc, Stanford Hirata	Rev. Marvin Harada	
Gayle Kono		

Reiko Kurahara Is the Heart of the Temple
Brian Hatano

At the Buddhist Church of Sacramento (also known as the Sacramento Betsuin, one of five large churches designated as a Betsuin in the United States), few things stay the same for a long period.

There once was a koi pond in the courtyard near the main hall. There once were two ministers on the grounds. They are merely a memory now.



One constant for more than 30 years has been our beloved Mrs. Reiko Kurahara. You couldn't tell that she turned 92 in May. She exhibits boundless energy and love for the Sacramento Betsuin. She's always here, it seems, and never gets weary.

Reiko can be seen every Sunday serving up refreshments including pastries, coffee and tea and soda, manju — even spaghetti, curry over rice, and other treats — for the Dharma School children and parents after service. Her friendly smile and hugs for the children are why many of them come to church (in addition to Reverend Matt's Dharma messages). You can't help but admire her selfless dedication to Dharma School.

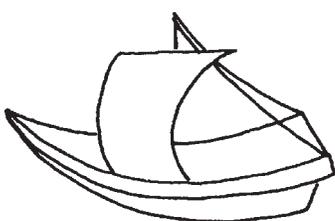
Reiko has been a chairperson of the Outside Pastries Booth at the annual bazaar for the past three years; prior to that she chaired the Tempura Booth for 30 years. Each month she organizes many otoki (the reception following a funeral). And as a member of the Buddhist Womens' Association, she is involved in their many activities.

Born in Sacramento, Reiko and her family were interned at Amache Relocation Center in Colorado.

After the war, they settled in Colorado before moving to Sacramento. She is the mother of Maynard (married to Cindy), along with three wonderful grandsons of college age whom she lovingly had a hand in nurturing.

If you see Reiko serving refreshments in the courtyard on Sundays, or working at the Bazaar, or managing an otoki, take a moment to show your appreciation by saying Doomo Arigato, Reiko-san!

Sacramento Buddhist Women's Association
Keiko Jean Kashiwada



The SBWA held its monthly meeting on Wednesday, September 4, led by President Loleen Nakano, after a short service and message by Reverend Matt Hamasaki. The SBWA appreciated Reverend Hamasaki's highlights of the World BWA Conference.

Donations to SBWA appear in the "Donations" section at end of the SANGHA newsletter.

World BWA Conference in San Francisco

President Loleen Nakano reported that the Conference was very successful and everyone who attended had a great time. Barbara Nakatomi reported that Sensei Grace Hatano's line dancing workshop was a very popular workshop ... the room was overflowing and people were dancing in the hallway. Elaine Yoshikawa reported that Koichi Mizushima's workshop was also successful and very well attended.

In addition to Sensei Grace Hatano and Koichi Mizushima, these were the members of the Sacramento delegation: Fusako Takahashi, Beverly Tanaka, Katsuko Hirota, Jane

Sacramento Buddhist Women's Association
(Continued)

Komure, Lori Itow, Midori Ito, Nancy Hashimoto, Shirley Kato, Naomi Hamamoto, Gayle Kono, Barbara Nakatomi, Diana Nishimura, Mollie Oto, Cheryl Inouye, Teruko Matsumura, Loleen Nakano, Cheryl Lieu, Sensei Kelvin Mark, Betsuin President Stuart Ito, and Reverend Matt Hamasaki.

Upcoming Services & Events

- Hoonko Service: November 10
- Bodhi Day Services and SBWA Bonenkai – service and luncheon: December 8

Next SBWA Meeting

The next SBWA meeting is scheduled for Wednesday, October 2, with service starting at 5:45 p.m.

"It would be so cool if we could..."

Do you have an idea, a dream, a wish, something that will bring joy and meaning to our sangha members and are you 25 years of age or younger? The Legacy Endowment Fund (LEF) Board is requesting proposals for projects to be considered for funding with a grant.

This is an opportunity for individuals, groups or organizations with temple members within this age range to take a meaningful project that shares our Jodo Shinshu tradition with the Sacramento community from concept to reality.

The greatest resource any community has is its youth. We have a thriving and accomplished temple youth population with rich imaginations, filled with dreams, ambitions and ideas of bettering the temple and surrounding community. They possess the greatest gift of youthful curiosity and optimism and don't know boundaries or what they cannot achieve.

*"All our dreams can come true if we have the courage to pursue them."
— Walt Disney*

Brainstorming sessions are in the planning stages. Watch this space for updates. Project goals, criteria and an in-depth 11-point format will be covered in brainstorming sessions.

Grant Coordinator: LEF Board Member Pat McLafferty, psm@psmclafferty.com for support and proof of concept.

Process of evaluation for consideration: presentation at LEF Board meeting with targeted goals, budget planning, deliverables and how it benefits the Betsuin. Though we are a friendly group, there will be a rigorous vetting process for grant funding up to \$5,000. Proposers may choose to seek scouting recognition for their project, high school or college credit. To the extent possible, the LEF will support this.

Legacy Endowment Fund
Sandy Tokunaga & Pat McLafferty



2019 Family Memorial Service Schedule

Traditionally, family memorial services are held for loved ones on designated anniversaries. These are precious occasions to honor the treasured memories of our beloved ones and to realize how fortunate we are to be embraced by Amida Buddha's light of wisdom and life of compassion.

Year of Death	2019 Memorial	Year of Death	2019 Memorial
2018	1 year	1995	25 year
2017	3 year	1987	33 year
2013	7 year	1970	50 year
2007	13 year	1920	100 year
2003	17 year		

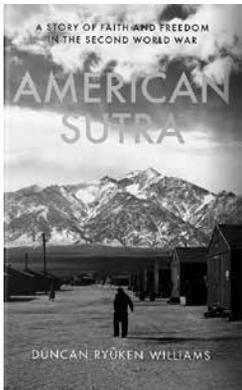


Condolences to the Families Of



- Yoshio IwasaJanuary 25, 1927 - August 8, 2019*
- May Arai.....September 18, 1918 - August 18, 2019*
- Richard HerotaJune 11, 1949 - August 30, 2019*
- Mary Tsukiji.....March 2, 1925 - September 2, 2019*
- Janice TaharaMarch 23, 1948 - September 12, 2019*

Buddhist Education Class
Sacramento Betsuin



Please join us for an informative book talk from Duncan Ryūken Williams, author of American Sutra. The mass incarceration of Japanese Americans during World War II is not only a tale of injustice; it is a loving story of faith. In this pathbreaking account, Duncan Ryūken Williams reveals how, even as they were stripped of their homes and imprisoned in camps, Japanese American Buddhists launched one of the most inspiring defenses of religious freedom in our nation’s history, insisting that they could be both Buddhist and American.

An ordained Buddhist priest in the Soto Zen tradition, Duncan Ryūken Williams has spent years piecing together the story of the Japanese American community during World War II. A renowned scholar of Buddhism, he has taught at the University of California at Berkeley, University of California at Irvine, and Trinity College, and is now the director of the Shinso Ito Center for Japanese Religions and Culture at the University of Southern California.

American Sutra
A Story of Faith and Freedom in the Second World War

“...tells the story of how Japanese American Buddhist families like mine survived the wartime incarceration. Their loyalty was questioned, their freedom taken away, but their spirit could never be broken. A must-read for anyone interested in the implacable quest for civil liberties, social and racial justice, religious freedom, and American belonging.”

— George Takei, actor, director and activist

October 13, 2019, 11:30 a.m. - 1 p.m.

Book signing to follow.

Sacramento Buddhist Church, 2401 Riverside Blvd.

(916) 446-0121, www.buddhistchurch.org

Buddhist Education Class
Sacramento Betsuin



Please join us for an informative and thought-provoking discussion about the meaning and experience of the Nembutsu in 21st century America presented by Dr. Reverend Kenji Akahoshi.

The Millennial generation and the Digital Age brings about change. Why don’t our children type? Mimeograph? And post ads on bulletin boards? How might we share the essence and benefits of Shin Buddhism in the digital age? In this session, Dr. Reverend Akahoshi will discuss how this change impacts Buddhism today.

Dr. Reverend Kenji Akahoshi currently serves as the minister for the Buddhist Church of San Diego. He is also our guest speaker on the same day for our Ho-nko Service at 9:30 a.m.

Free admission. Donations welcome.

American Nembutsu Journey:
The Meaning and Experience of the Nembutsu
in 21st Century America

Has time and culture changed the experience of the Nembutsu from 13th century Japan to 21st century America?

November 10, 2019, 11:30 a.m. - 1 p.m.

Sacramento Buddhist Church, 2401 Riverside Blvd.

(916) 446-0121, www.buddhistchurch.org



Welcome New Members



Anthonee Alforque & Mei Chin
Jennifer & Matthew Baldwin
Ann & Stephen Friebert
Stephen Jiang
Keri Nomura
John & Christine Trolinger
Karen & Oliver Weiss

**Sakura Gakuen
Adult Class**



The Sakura Gakuen Adult Class fall semester started on September 9 with 79 students, including three Buddhist Church of Sacramento members.

We are offering two introductory Beginner Level 1 classes, as well as a Kanji reading and writing class, Beginner Level 2 through Advanced level conversation classes, and Japanese Proficiency Exam Prep classes.

Our church members get 20% off on tuition.

It is not too late for you to join our ongoing classes. Please contact Masako Thomas at thomas@sakuragakuen.org.

**Cub Scout
Pack 50**



**Cub Scout Pack 50
Annual Pancake Breakfast
& Bake Sale
Sunday, October 13, 2019
8 a.m. - 11:30 a.m.**

Sacramento Buddhist Church
2401 Riverside Blvd.
Sacramento, CA 95818

**All You Can Eat
\$10**

Children 3 and under Free

**Tickets pre-sold by any Pack 50 Cub Scout
or available at the door.**

**Menu Includes
Pancakes, Sausage, Ham, Scrambled Eggs,
Potatoes, Fruit, Beverages and More**

Homemade Baked Goods for Sale

For more information, please contact
Cub Scout Pack 50
Pancake Committee Chair Krissy Hirai
at krissyhirai@me.com.

**Annual
Halloween
Party
Doreen Imura**

Can you believe it's October already? The church's annual Halloween party will be held on Saturday, October 26, from 6 p.m. to 9 p.m. in the kaikan. As in the past years, we will have a costume contest for all ages (even adults), games, crafts, and the infamous haunted house presented by Boy Scout Troop 50. There will be lots of FUN and Good Eats! So, please bring your favorite potluck dish to share!

**Happy
Halloween**



Come join us for a spook-tacular night at the...

Annual Halloween Party!

Saturday, October 26, 2019

6:00 to 9:00 PM - Kaikan

Costume Contest - Registration starts at 6 p.m. Contest starts at 6:45 p.m.

Face Painting

Games and Crafts

Haunted House

Potluck - Please bring a dish to share

Hosted by
Cub Scout Pack 50
Girl Scout Troop 569
Boy Scout Troop 50

Sponsored by
ABA
Sacramento Buddhist Church Scouts
Dharma School Committee
Victory Trophies

Golf Committee

Richard Kai



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Ruth Hayashi
Sanaye Imajo
Mae Kaneko
Alice Kataoka
Jane Komure
Mutsuko Noguchi
Lynn Sunahara
Fusako Takahashi
Virginia Uchida
Faye Uyemura

There are a several descriptive words to best describe the community's response to the 10th annual Sacramento Buddhist Church (SBC) Golf Tournament held at the Teal Bend Golf Course on August 21, 2019, such as: **amazing - fantastic - incredible - unbelievable - record setting** — you get the picture?

The SBC Golf Committee extends its appreciation to the field of 164 players – two foursomes short of the maximum number of golfers allowed on the course at one time; and the many tee box hole sponsors, cash and raffle prize donors who contributed to the success of the temple's annual fundraising event. The number of golfers was the most ever hosted by the golf course in its long history of operations in Sacramento. WOW!

Highlights of the event include:

- Number of Players: 164, most ever for our event and Teal Bend Golf Course.
- Luncheon: Served 200 people (players, guests and volunteers) in the Kaikan following the completion of play.
- Sponsors and Donors: More than 85 generous tournament sponsors and raffle prize donors, including:
 - Gold Level Sponsors: 9
 - Silver Level Sponsors: 3
 - Bronze Level Sponsors: 11
 - Hole Sponsors (\$100-\$124): 2
 - In Memory of: 17
 - Raffle donators: 37
 - Grand Prize Raffle: Robbie Midzuno: four-night stay at Lake Tahoe Resorts.
 - Hole-In-One Prizes: J. Morey, Inc. Carol Takasugi - \$5,000 main prize with merchandise offerings on each of the other Par 3s. (Unfortunately, no one had a hole-in-one, although some were very close.)
 - Tee Prize Donors: Starbucks on 15th and Broadway, Spinners Bakery and Sun Valley Rice Growers.
 - Luncheon Sponsor: Russell Oto donated the gyoza and Steve Hiromoto his authentic homemade kimchi, both of which were served at the luncheon.

This event is not possible without the many teams of volunteers who were led by committee members Marty Sakata and Gordon Nitta (food prep and cooking), and Sheryl Kajjoka and Diane Shimosaka (event organization, garment accountability, check-in, table setting and luncheon prep and serving) and their respective group of helpers.

Many accolades are extended to the following for their dedication to reaching the committee's fundraising objective and to the success of the event:

- Keith Kato for his role to collect donations and merchant gift certificates and cards;
- Alan Wu for preparing the program and mulligan and miracle putt coupons;
- Ted Yoshimura for developing tournament rules;
- Wayne Kurahara for pulling in players;
- Allan Hoshida and Minh La for tee box sponsor signage;
- Minh La and Myra Okasaki for scoring and calculating blind team scores and winners;
- Minh La for taking on-course pictures and keeping the golfers refreshed with water and spirits; and
- Robbie Midzuno and Shirley Sekeres for gently separating every dollar in the players' purse and wallet in the good name of temple fundraising.

The committee sincerely thanks all of those listed below for their donations and sponsorship to the 2019 golf tournament. We look forward to see you at next year's tournament at Teal Bend Golf Course scheduled for Wednesday, August 19, 2020.

Gold Sponsors

Curtis and Emily Ishii and Family
Leland Lee, D.D.S Periodontics - Microsurgery-Implants
Ministers and Minister Assistants - Patti Oshita
Sacramento Buddhist Church Dharma School - Valerie Fong
SBC Legacy Endowment Fund Board - Allan Hoshida
Wayne and Lynn Kurahara
Nancy and Dennis Hashimoto
Mike and MaryAnn Kashiwagi
Marcia Matsuda

Silver Sponsors

First Allied Securities – Stanford Hirata
Sacramento Buddhist Women's Association - Loleen Nakano
Grace Hatano

Golf Committee (Continued)

Sangha Staff

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

Contributing Reporters

President Stuart Ito
SBWA Keiko Jean Kashiwada
Legacy Fund Sandy Tokunaga/ Pat McLafferty
Dharma School Valerie Fong
Sports Cmte Alan Wu
Golf Cmte Richard Kai
Halloween Party Doreen Imura

Bronze Sponsors

First Allied Securities - Mark Frederick
Hoshida and Reyes Architects - Allan Hoshida
SBC Sports Committee - Marty Matsuda
North American Food Distribution Co, Inc. - Harley and Judy Inaba
Walsh Station Automotive Service - Rodney Kunisaki
CASE Medical Group - Drs. Kelvin Mark and Cheryl Lieu

Individual Bronze Sponsors:

Sherman Iida
Myra and Dean Okasaki
Sheryl Kajioka
Shirley and Keith Kato
Reverend Marvin Harada

Hole Sponsors

Diane and Dennis Shimosaka
Mark Endo

Special Event Sponsors

Grand Prize Raffle: Robbie Midzuno: four-night stay at the Lake Tahoe Vacation Resort
Hole-In-One Sponsor: J Morey Company, Inc. Carol Takasugi

In Memory Sponsors

In Memory Of: Ed Itto and Sumiko Ikemoto and Mas and Mitsue Hashimoto - Nancy and Dennis Hashimoto
In Memory Of: May S. Ishida – Brent Ishida
In Memory Of: Laurie Mizutani – Steve Hamamoto, Eddie Imai, Ron Tsumura and Walter Menda
In Memory Of: Shigeru Fukushima - Dick Fukushima
In Memory Of: Yukio Morisawa - Yuki Morisawa
In Memory Of: Bill Kashiwase - Paul Kashiwase
In Memory Of: Kuni Hironaka - Dave Hironaka
In Memory Of: Mike Nishio - Sharon and Ted Yoshimura, Aileen Nishio and Harvey and Janice Tahara
In Memory Of: Stan Nishio - Aileen Nishio
In Memory Of: Ginger Lee - Richard and Pearl Kai
In Memory Of: Joe and Hisashi Urokogata - Sheryl Kajioka
In Memory Of: Willie Hayashida – Derek Seo
In Memory Of: Chiyoko Miura – Miura Family

Raffle Prize Donations from Businesses and SBC Organizations

Cafeteria 15L - Albee Wong: Gift cards
Firestone Public House – Albee Wong: Gift cards
Starbucks – 15th and Broadway: Carafe of coffee
Kiyō's Florist - Lisa Taira: Gift certificate
Royal Florist – Linda Tanaka: Gift certificate
Club Corp Golf – JT Maas: Green fees and cart for four: Empire Ranch, Teal Bend and Turkey Creek Golf Courses
Ikeda's Market - Marcelino Medina: Gift certificates for pies
SBC Boy Scout Troop 50 – Nick Shebert: Crab Feed Tickets
Spinners Bakery – Sandy and Larry Taing: Cinnamon rolls and muffins
California Bank & Trust – Susan Tamai: Gift box
Grips Fast Golf – Stan Nakagaki: Gift certificate and golf balls
Girl Scout Troop 569: Gift certificates for cookies
Osaka Ya – Linda Nakatani: Gift card
Tenjin Ramen House – Owner: Gift card

Individual Raffle Prize Donations

Audrey Yokoi: Panera Bread Gift Cards (5)
Brent Ishida: Assorted Sports Team Apparel
Naomi Hamamoto: Akebono Restaurant Gift Card
Eddie Imai: 4 Dozen Golf Balls
Keith and Shirley Kato: Chicago Fire Gift Card, Flaming Grill Gift Card
Hiroko Takamoto: Box of Peets Coffee K Cups, Peet's Coffee Gift Certificate
Wayne and Lynn Kurahara: 6 Dozen Golf Balls
Richard Kai: 3 Dozen Golf Balls
Brian and Cindy Hatano: Liquor and Spirits
Lance Iwanaka: Pacific Grove Golf Links Gift Certificate, Cherry Island Golf Links Gift Certificate, Crystal Springs Golf Course Gift Certificate, Callippe Preserve Golf Course Gift Certificate
Sharon and Ted Yoshimura: Amazon Gift Cards (2), Starbucks Gift Cards (2)
Allan and Meriko Hoshida: Bottles of Wine (2)

Notes from the Office

Kaikan Floor - Refinished!

Many thanks for your understanding and flexibility during September when the Kaikan was closed to allow time for the floor to be refinished. We are back up-and-running and the floor looks like new!

Upcoming Dates

- Sunday, 10/6/19
11:30 a.m.: Shotsuki Hoyo Memorial Service
- Sunday, 10/13/19
8 a.m.-11:30 a.m.: Cub Scout Pack 50 – Pancake Breakfast
9:30 a.m.: Eitaikyo Service
Guest Speaker: Rev. Duncan Williams
11:30 a.m.: Buddhist Education Class with Rev. Williams
- Sunday, 10/20/19
10:30 a.m.: General Meeting for all Betsuin Members, Main Hondo

Thanksgiving Holiday - Change In Betsuin Schedule

Beginning this year, the Betsuin will not be having Dharma School Family Service on the Sunday of Thanksgiving Weekend, so the Betsuin will be closed. Our holiday office hours:

- Wednesday, 11/27/19: 9 a.m.-12 noon
- Thursday, 11/28/19: Closed
- Friday, 11/29/19: Closed
- Saturday, 11/30/19: 9 a.m.-1 p.m.
- Sunday, 12/1/19: Closed

Mark your calendar for the Funnest 7th Oldies-But-Goodies Dance hosted by the Adult Buddhist Association on Saturday, November 23, 2019, at the Buddhist Church of Sacramento, 2401 Riverside Boulevard, Sacramento, CA 95818.
Time: 7 p.m.-11 p.m.

Music to be disc jockeyed by Don Kazama, who will play the '50s, '60s and '70s music. Pupus and hosted refreshments will be provided. Tickets are \$15 per person.

Purchase your tickets from:

- Karen Adachi (916) 392-3206 / karenadachi@aol.com;
- Grace Hatano (916) 451-7520 / bghat1@sbcglobal.net;
- Curtis Ishii (916) 329-8080 / curtisishii@comcast.net;
- Stephen Kashiwada (916) 213-7427 / slkash@aol.com;
- Jean Kashiwada (916) 392-0958 / jeankash@aol.com;
- George Kashiwagi (916) 363-5941 / georgekashiwagi@yahoo.com;
- Wayne Kurahara (916) 392-3022 / kurahara@sbcglobal.net;
- Martha Kushida (916) 834-9209 / dockush6@sbcglobal.net;
- Carolyn Murata (916) 939-0667 / ccmurata@gmail.com;
- Bob Nishimoto (916) 422-9415 / BNish@sbcglobal.net;
- Tosh Ohara (916) 248-6012 / toap@sbcglobal.net;
- Misa Oshiro (916) 427-5059 / cmkoshiro3@msn.com;
- Mike Ota (916) 213-8558 / caz3311@yahoo.com;
- Ruth Seo (916) 425-0791 / rseo@att.net;
- Irene Takeda (916) 393-9560 / itakeda@comcast.net;
- Virginia Uchida (916) 421-3538 / Uchida9@comcast.net;
- Hisako Yoshikawa (916) 641-1861 / hisako1310@comcast.com;
- John/Elaine Yoshikawa (916) 383-4755 / spyron@aol.com.

They can also place your ticket(s) at "Will Call" at the church to be retrieved on the day of the event. You can pay for your tickets through one of our members, pay at the time of the dance, or submit to the church office: 2401 Riverside Blvd, Sacramento, CA 95818, ATTN: ABA 11/23 DANCE.

Please let one of us know that you'll be attending for head count purposes. If you have 8 or more people in your group and want to reserve a table, let us know.

Sacramento Adult Buddhist Association Presents 7th Oldies Dance



Support the Betsuin through Amazon Smile

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- Go to: smile.amazon.com.
- Log in or create a new account.
- Select "Buddhist Church of Sacramento" in the charity search box.
- Bookmark it, and shop away!

It doesn't cost you anything and the temple gets a percentage of all qualified purchases.

Dharma School News

Valerie Fong
Superintendent



Dharma School is off to a great start and we have some exciting updates to share. We have a full roster of teachers and teacher assistants (TA). We now have at least one teacher for each class and at least one TA helping in each classroom. Our new 4th grade teachers are Bradley and Roma Whyte. And we have Board of Trustees member Aaron Imura joining our team as our new 7th/8th grade teacher.

Some of the Cabinet positions and duties have been modified and/or redistributed. We have a superintendent, secretary, treasurer, service coordinator, and a “team” to cover the attendance duties.

We have created a new “sub-in-waiting” teacher list to support our regular teachers when a planned or unplanned absence occurs. The adult volunteer substitute teachers are ready to step in, when available, to lead the class using the teacher’s prepared lesson or project.

Our Emergency Evacuation Drill Procedures have been revised and updated. Dharma School students, TAs, and teachers will conduct an emergency evacuation drill on Sunday, October 6, during class time. Our designated Drill Coordinator will be working with Board of Trustees members who will have greeter and security duty on October 6. We ask everyone not directly involved with the Emergency Evacuation Drill to stay clear and to allow the Drill Coordinator and teachers to conduct the Drill. All students will be dismissed from their respective classrooms at the end of class.

We have created two new Registration & Emergency Forms — one for **FIRST TIME** students and one for **RETURNING** students.

The green **FIRST TIME** form is for a student age 4 or older and enrolling in Dharma School for the very first time. The starting age for Dharma School used to be 3 years old, but now that we have only one Nursery class, this meant that for most children they would be in Nursery for possibly 2 years. So, again, a child must be 4 years old as of September 1 to be enrolled in Dharma School.

The pink **RETURNING** form is for a student who was enrolled last term OR during any other prior year. For example, if a student attended Dharma School in Kindergarten and then skipped a year or more, and came back say as a 3rd grader, this would be a **RETURNING** student who would complete a pink form.

Where we are today is the result of folks who have quietly stepped up to help. We gratefully acknowledge the support and guidance from our **resident minister**, Reverend Matt Hamasaki; **Board of Trustees Members** — Aaron Imura, Brian Hatano, Diane Shimosaka, Gordon Nitta, and Richard Kai; **Dharma School and Sangha Members** — Cheryl Lieu, Grace Hatano, Ruth Seo, Karen Yamamoto, and Bradley and Roma Whyte; **Office Staff** — Cindy Kitade, Kellie Morioka Sato, and Mika Matayoshi.

With gassho.

Hello, Happy October! Welcome to the last quarter of the year, and if we are all partaking in the annual traditional “closing” of the year, we will all recognize that if today is October 1st, then we all have only 85 more shopping days left! The number 85 can swing plus or minus depending what time of day it is right now, and if the stores are open or not, but 85 seems to be a good round number.

But is it a round number? Maybe half of it is round, but the other half is not. The only real good round number is zero! It can be said that 8, 88, 888, or 8888 are good round numbers, but that’s a whole different story that we could get into... or not. But before we look 85 days down the road and whether or not you need to find an open store; let’s look at October and what October has in store for us.

Right off the bat, Leif Erikson Day, October 9, sails right into your horizon... right?! Leif, as we have grown to know him, was born in 970 CE in Iceland and set out to explore the land west of Greenland in 1003. Leif was the discoverer of Newfoundland, Canada. There are rumors that Leif may have ended up in the area that will become Minnesota, but those rumors are unproven. So what does this have to do with October 9 here in the U.S.? Well, actually, nothing. October 9, 1825 was when the ship named Restauration from Stavanger, Norway arrived in New York. The Restauration kicked off the Scandinavian movement to the U.S. Since Leif was an Icelander or Icelandish with Norwegian ancestry and not really from Norway, the arrival of the Restauration from Norway is not associated with any event in Leif Erikson’s life. Go figure.

There are a couple of things that are worth noting. First, “Right off the bat” may be the first and last sports reference in this month’s edition, but after all, October is the month for the World Series. Second, we have talked about this before, but it bears repeating, because it just appeared one day without notice or warning; Leif Erikson was born in

Sports Committee

Alan Wu



Sports Committee

(Continued)

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

Where Does Your Donation Go?

Brian Hatano

970 CE. CE stands for "Current Era" or "Common Era" and BCE stands for "Before Current Era" or "Before Common Era." Back in the olden days, we used AD and BC, and when it was changed, no one really knows; it just popped up one day.

Now let's get to the real October "holiday." We all know this traditional October "holiday." it happens every year on the same date. The date is etched in every person since they were young. This date is October 31. This "holiday" is, of course, National Magic Day! As we all know and love the story, this "holiday" serves to commemorate the death of Harry Houdini on October 31, 1926. Harry was born Ehrich Weisz in Hungary and immigrated to Wisconsin when he was 4 years old. He was fascinated with magic and when he started performing his own magic as a teenager, he took the stage name of Harry Houdini. As he challenged police departments to keep him handcuffed, he became known as Harry "Handcuff" Houdini and then the King of Handcuffs when nothing could keep him from escaping. Harry was also an aviation pioneer and was the first person to pilot an airplane in Australia.

So, to honor Harry Houdini on October 31st, learn a magic trick and perform it for your friends and family; of course don't do anything life threatening like escaping a straitjacket while under water, but something more like sawing your assistant in half with a buzz saw.

Without a doubt, Halloween is the predominant event that defines October, so there is no need for any further elucidation on this matter. Just be sure to be safe and sane.

Is it more than a coincidence that Harry Houdini, Howard Hughes and Happy Halloween are of similar alliterations? Just sayin'.

Have a ghoulish night.

When you donate to the Buddhist Church of Sacramento, your tax-deductible contribution helps support the operation, maintenance and many programs of the temple. Likewise, your membership dues and income generated from our annual Bazaar in August help sustain the church throughout the year.

Donations to the temple are placed in the General Operating Fund. In addition to the General Fund, you may direct your donations to the church to benefit one of our many programs, such as Scouts, Dharma School, ABA, SBWA, Minister Assistants, or for a capital expenditure project.

You may also contribute to the Legacy Endowment Fund, which is a long-term investment in which the principal remains untouched — only the interest generated is used. The fund is managed by financial professionals and the LEF Board. Contributions to the fund help fulfill these needs in a timely manner without undertaking major fundraising or depleting general operating funds.

Specific needs include:

- Educational programs / scholarships for members, ministers, ministerial candidates plus perpetual or periodic scholarships
- Eitaikyo: Renovation and general maintenance of the temple shrine.

Of course, cash and checks are greatly appreciated, but your donations can be in the form of automobiles, and of distributions from IRAs, stocks and bonds. We also can take credit cards in the office. Click on the Amazon Smile logo on our website to enable the Betsuin to get a commission on your purchases on Amazon.

Thank you for your ongoing support of the Buddhist Church of Sacramento. Because of your generosity, we have a vibrant and active Sangha — one of the largest in the Buddhist Churches of America organization. Our rich legacy began with our founding in 1899, with the mission to sustain the temple for the present and generations to come.

