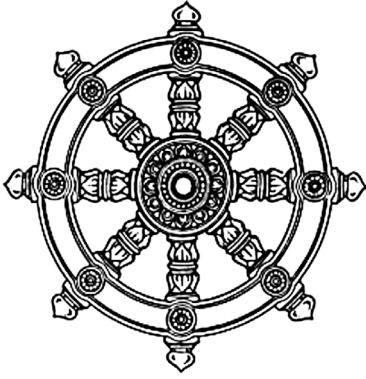


**Resident
Minister**
Rev. Matt Hamasaki



It's October, which means that the pumpkin-themed things are coming out, it's starting to cool down, and at the end of the month is Halloween! And with Halloween comes, of course... candy! While trick-or-treating may be a bit difficult again because of the COVID-19, there are still plenty of opportunities to buy and enjoy candy, as advertised by your local store. In thinking about what kind of candies to buy, I wouldn't consider myself a candy aficionado by any means (I don't eat a ton of it), but I am interested in the kind of candies that people like. So, I decided to look up the most popular Halloween candy!

Candystore.com regularly releases an annual map of the United States with the top three candies for each state. They did this by using their own private sales data from the last 12 years and worked with industry distribution partners to come up with their lists. And in order to rank the most popular candies of the nation, they took those top three from each state and calculated a weighted average to determine the top-selling candies in America during Halloween. As it turns out, the top selling candy for Halloween is... drumroll please... Skittles! Did you see that coming? Do you love Skittles?

I personally don't particularly enjoy Skittles (although the sour version ones are pretty good) and looked further at different lists. By happenstance, I stumbled upon an article by the very same *Candystore.com* which claimed it was the "Definitive Ranking of Worst and Best Halloween Candies" and had different rankings. The methodology was taking the data from 12 lists of best and worst candies that were published on reputable

(Continued on page 2)

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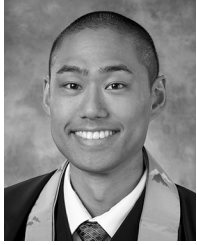
SANGHA

Sacramento Buddhist Church
Volume 58 Number 10 - October 2021

**Sacramento
Betsuin**
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Resident Minister
(Continued)



Reverend Matt Hamasaki
(916) 926-2221
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websites. They added this to their own customer survey data and combined, created their final list. I won't delve into the "worst" candies, lest I upset someone who really enjoys those, but for the best candy, the "Definitive" No. 1 is...one more drumroll... Reese's Peanut Butter Cups! Apparently, it wasn't even close. And it made sense to me because that is MY favorite candy!

But this is not to say that everyone has to like what I like, or that I have to like what everyone else likes. Rather, the point I wanted to make was quite the opposite. How could Skittles be the top selling but Reese's be the best candy? I'm sure there are many factors that contribute to this result (maybe people who love Skittles love them so much that they buy them more than any other person buys their favorite candy); however, I think the distinction is important for not just the choices we make when we buy candy, but for any decision we make in our lives. Are we choosing an option because it's popular and other people choose it? If everyone is buying something, does that mean that we need it, too? If everyone is doing something, does that make it right? Or are we choosing something because it's the best for us?

Buddhism tries to teach us to have this discerning mind, to recognize our own tendencies to get caught up in what other people are doing rather than focusing on ourselves. We won't come to the right conclusion if we're basing how we live our lives on other people's actions. Only when we take responsibility for the things that we have control over, for the decisions we make for our lives, can we truly be making the "best" decisions. So, this month I hope we're all mindful of our accountability to help us live the best we can, which also ends up being the tastiest!

President's Message
Karen Adachi
President-Elect

Greetings and welcome to the month of October and the 2021-22 Dharma School year! On Sunday, September 12, 2021, we held our first in-person Sunday Dharma Service in the church Kaikan. We appreciate the cooperation from all attendees in showing their proof of COVID vaccinations and wearing facemasks. We will continue to monitor and adhere to county health department guidelines and mandates to ensure we have proper safety measures in place for the protection of our sangha.

For our in-person Sunday services, we will continue to enforce the following safety protocols. These protocols are subject to change, depending upon the current situation in our county. The option of attending the services virtually will continue as well.

- NOTE the start time of the service is 9 a.m. Please arrive early for check-in.
- Service will be held in the Kaikan with seating properly spaced apart. Families may be seated together.
- Proof of COVID vaccinations (vaccination card or electronic record) must be presented at the door for entry.
- Children not yet eligible to be vaccinated may accompany their vaccinated parents/guardians to the service.
- MANDATORY wearing of masks by all attendees (masks will be available for those who do not have them).
- Adhere to social distancing while in the Kaikan and Temple.
- Hand sanitizers will be provided at the entrances to the facilities.
- No service book will be provided. (Please bring your Seiten books.)
- No food or refreshments will be allowed in Kaikan.
- No food or refreshments will be served prior to or after service.

Below is a schedule of services planned for October through December. Please note that the services will be held in person and on Facebook Live and YouTube. Dharma School class will be held virtually on Zoom on the first and third Sundays of the month starting at 10:15 a.m. beginning Sunday, October 3, 2021.

Sunday, October 3, 2021	9 a.m.	Dharma Service
Sunday, October 3, 2021	10 a.m.	October Shotsuki Hoyo Service
Sunday, October 3, 2021	10:15 a.m.	Virtual Dharma School Class (via Zoom)
Sunday, October 10, 2021	9 a.m.	Eitaikyo/Dharma Service
Sunday, October 17, 2021	9 a.m.	Dharma Service
Sunday, October 17, 2021	10:15 a.m.	Virtual Dharma School Class (via Zoom)
Sunday, October 24, 2021	9 a.m.	Dharma Service
Sunday, October 31, 2021	9 a.m.	Dharma Service
Sunday, November 7, 2021	9 a.m.	Dharma Service
Sunday, November 7, 2021	10 a.m.	November Shotsuki Hoyo Service
Sunday, November 7, 2021	10:15 a.m.	Virtual Dharma School Class (via Zoom)
Sunday, November 14, 2021	9 a.m.	Hoonko Service
Sunday, November 21, 2021	9 a.m.	Dharma Service
Sunday, November 21, 2021	10:15 a.m.	Virtual Dharma School Class (via Zoom)
Sunday, November 28, 2021		NO SERVICE

Please note that in-person services are subject to cancellation if county/CDC (Centers for Disease Control and Prevention) guidelines change or if it becomes too risky for the safety and health of our sangha members to continue with indoor gatherings. In the event of a change, we will post the updates on our website, Facebook page, and send a message out to our email list.

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Kashiwada Shannon Suo

Sports Cmte Alan Wu
Sakura Gakuen Masako Thomas

President's Message

(Continued)

Sacramento Buddhist Women's Association

Barbara Nakatomi



Legacy Endowment Fund

Ruth Seo

おかげさま

Betsuin Office Hours

Beginning Sunday, September 12, 2021, the Betsuin Office will be open on Sundays from 8:30–10:30 a.m., except while the service is in session. A maximum of three people will be allowed in the office lobby area at one time.

Request for Referrals

The Betsuin would like to have the Hondo and Kaikan curtains professionally cleaned and are looking for local cleaners who can clean these large curtains. We have received one bid so far, but we would like to obtain one or two more bids. If you know of a company that provides these services, please contact the church office at (916) 446-0121.

Fall greetings. Summer is but a memory and the holidays are looming on the horizon. The new normal is always with concerns for health during the continuing cautionary pandemic period. All of this while trying to maintain a sense of normalcy in our families for our mental health and well-being. Balancing that teeter-totter is not automatic and it is sometimes exhausting — also very necessary.

I have noticed that with this sense of uncertainty, it has divided how I see the interactions within our world, not only on a grand scale, but also our local communities. How we treat each other has seemingly become more noticeable in the polarities of kindness and pushy and divisive.

I am reminded of one of Reverent Matt's earlier Dharma talks where he describes the Golden Rule and the Platinum Rule. Both are rooted in kindness. The Platinum Rule, when it can be delivered, is more kind. The Golden Rule, as we have been taught, is "Do unto others as you would have them do unto you." The Platinum Rule is "Do unto others as they would have you do unto them."

The shift in perspective is that you are either doing TO them or FOR THEM.

In our world of special people with whom we share mutual kindness and respect, we would want to extend kindness to a greater level, in which case, we could extend the Platinum Rule to further connect our spirits with kindness.

In my world of special people, I like making that distinction of doing something kind FOR them, something they would appreciate.

It's a distinction with a difference.

Namo Amida Butsu.

When I realized it was my turn to write the SANGHA newsletter article for the Legacy Endowment Fund Board and the deadline for submission had already passed, panic set in as I madly tried to come up with something to write. As I searched through some files, I came across a speech given by a high school classmate, George Jr. Watanabe, at a Nisei Appreciation event held in Utah honoring the Nisei of Box Elder County. Although he addressed the Nisei, second generation Japanese in America, in Utah, the experiences are similar to many Nisei here in the Sacramento area. I hope that these excerpts from his speech will bring memories for the Nisei and an appreciation for the legacy they leave for us.

The Nisei of Box Elder County were born the sons and daughters of immigrants. They endured the hard times of the Great Depression. They suffered the indignities of discrimination and prejudice during World War II. But from the refiner's fire came a generation who gave support and care to their Issei parents, and a heritage beyond measure to their sons and daughters.

Junior used a verbal quilt describing pieces that showed fathers laboring in the fields, mothers up early preparing the meals before spending the days in the fields and caring for the home and children, and how food was the binder for bazaars, family gatherings, and New Year's celebrations. He talked about the Nisei baseball games on Sundays, judo instruction at the Corinne dojo and out-of-town tournaments, fishing trips to the canyons, community picnics, and casino trips. Other quilt pieces described raising flowers to take to the cemetery, making cookies for friends and neighbors, and jams and tsukemono to send home when family or friends came to visit.

Lives often involved visiting relatives or neighbors with some kind of food in hand. Dads and uncles shared great fishing tales, or how hard life was when they were young. They told stories of being in internment camps (more accurately described as prisons), and of those who were sent off to fight in the war even as their families lived under curfews and restrictions in Utah. Those from the West Coast were uprooted from their homes and forced into remote, desolate camps. Despite the hardships, they persevered and did their best to make life as normal as possible for their families.

He described New Year celebrations with extended families gathering to pound mochi and to enjoy the feast, including teriyaki chicken, nishime, sushi, tempura and so many delicious foods enjoyed only at this time of year.

The gardens of tomatoes, corn, Japanese cucumbers, napa, gobo, beans, naga imo and many other vegetables supplied food for the table all summer long. Junior noted,

Legacy Endowment Fund
(Continued)

“... after years of effort, the sansei have finally developed the gardening skills to equal you in at least one vegetable: zucchinis.”

While sitting around large tables cutting seed spuds, or in the fields thinning beets or hoeing tomatoes in the summer sun, Nisei passed on stories of their youth, making us laugh, making us sad, but now, mostly making us grateful for who they are.

The last piece of the quilt is a memory of mom and dad going with us out to the car after a great visit at home. They load us up with vegetables in summer and fall, bottled preserves in the winter and spring. Despite their advancing years and sometimes bad weather, they come outside to say good-bye. Despite being told to go in, they stand in the driveway. They don't often say much, but stand there as we back out, waving good-bye until we are gone.

Most of the Nisei who were at that celebration about 20 years ago have passed on. We sansei are now in those seats and we have our own memories of “the old days” when we were growing up. Life is better for us because of the sacrifices our parents and grandparents made for us. We hope our children appreciate the legacy they inherit and share the stories of their ancestors and add their stories to pass on.

Let's cherish the times we have together and appreciate all who have enriched our lives. The Sacramento Betsuin has played a big role in providing memories we will always cherish.

Thursday Night Medical Series: 'Living Each Day Well'

Join us for these friendly, informative sessions. Ask questions and learn about steps you can take to ensure a healthy and happy life for yourself and those around you!

Please sign up at BetsuinPrograms@buddhistchurch.org

Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233



Promoting Community Wellness through Taiko

Thursday, October 21, 2021 - 6:30 p.m.



Sydney Shiroyama
Occupational Therapist and graduate student at the Institute of Buddhist Studies

Weekly Yoga Via Zoom

Interested in learning something new?

The Yoga for Health class is designed for any age and physical condition.

Join us for weekly yoga classes with Bob Matsueda via Zoom every Wednesday evening at 7 p.m.

For more information and Zoom link, contact betsuinprograms@buddhistchurch.org.



Adult Buddhist Association
Keiko Jean Kashiwada
ABA President

Articles for the SANGHA are due on the 15th of each month. Late articles will be published in the following month's issue. When sending articles by email, please send email to: Sangha@buddhistchurch.org with a cc to: betsuinoffice@buddhistchurch.org and inform the church office at (916) 446-0121. Please include the author's name. Thank you.

Sakura Gakuen Adult Class
Masako Thomas



2021 Family Memorial Service Schedule

Due to the COVID pandemic, ABA has canceled all its normal in-person activities. We continue to discuss important subjects via Zoom meetings or emails to our ABA officers and members and we hope to try an outdoor in-person meeting in the near future. Any future activities will all be dependent upon the current COVID pandemic numbers.

Some of our ABA officers continue to meet via Zoom with the ACC Senior Services and many of us have completed the mandatory training and advanced "bystander" training. Please feel free to contact either John Yoshikawa or me if you have family members who might want to take advantage of this service. It may be as simple as having one of us accompany you or your family members on a walk.

ACC Senior Services is also welcoming donations or volunteers to help the staff at ACC. The ACC Senior Escort Committee is also very fortunate to have the "tech team" comprised of our college students who are currently working on software to make it easy to schedule volunteers to meet our seniors. The software will keep track of the days that each volunteer is available, what geographical area they can cover, and other criteria to make it easier to schedule appointments. When you contact ACC Senior Services, the ACC staff will contact one of the volunteers who lives the closest to you and we will be happy to accompany you on a walk or meet you at a grocery store or outside your medical appointment to walk you to your car. You could probably even request a volunteer from the ABA organization.

If you have any questions, our email addresses are: John Yoshikawa at spyron@aol.com or Jean Kashiwada at ksjkash@aol.com.

We hope you were able to take advantage of ABA's shredding event last Saturday, September 25. Thank you to John & Elaine Yoshikawa for chairing this event. We hope to do it again next year, since the current COVID stay-at-home order enables us to do some house cleaning and purging of our "stuff." I couldn't believe that I filled boxes for shredding from my house for ABA, BWA, Choir, the Church Board and finally our personal old tax records! Now... let's hope we can have a Church Rummage Sale again soon. I have things for that, too!

Please continue to check in on your family and friends who are unable to drive and offer to do shopping or other errands for them. Until next month... stay healthy and stay safe.

We miss in-person classes at the church but are teaching online by Zoom until the time comes to be safe to teach in the classrooms. We started fall semester with 60 students this year, including six church members.

If you know some Japanese, you can still join an ongoing class at Beginner Level 2 and Level 3.

Join us by contacting Mrs. Thomas (Thomas Sensei) at thomas@sakuragakuen.org.

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

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



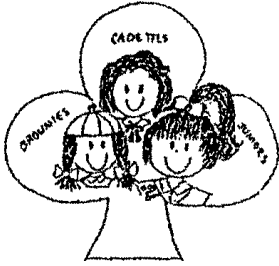
Condolences to the Families Of



- Masaaki Kobayashi.....April 14, 1935-June 23, 2021
- Hiroshi Kubochi.....April 5, 1925-July 27, 2021
- Gerald "Gerry" Miyata.....September 9, 1950-August 1, 2021
- Jack Miura.....July 27, 1931-August 15, 2021
- Bob Burmeister.....December 26, 1944-August 24, 2021
- Sally Yamaichi.....May 7, 1932-September 8, 2021

Girl Scout Troop 569

Shannon Suo



Sports Committee

Alan Wu

Girl Scout Troop 569 kicked off a new year early in September with a Leader meeting, setting dates for our important events and discussing plans for the 2021–22 year. As we are still impacted by COVID, 569 troop-wide events remain limited to virtual, but we remain hopeful that at some point this Girl Scout year we can resume in-person activities on a larger scale.

Some troops are meeting with safety measures in place, such as distancing, outdoors, and masks, especially now that vaccines are widely available, but the Daisy, Brownie and Junior troops are typically under 12 years old. The good news is that common public health lore is predicting emergency use approval for 5–11 year olds around the end of the calendar year! It will be nice for our younger scouts to have options.

Important dates for the Girl Scout calendar:

- Investiture/Rededication 11/5 at 6:30 p.m. (Zoom link to be sent out);
- Thinking Day 3/18 at 6:30 p.m. (possibly Zoom, TBD);
- Bridging 5/6 at 6:30 p.m. (location TBD).

After bridging to Ambassadors 3, Troop 569-30 finished their 2020–21 season with a trip to an archery class and Horses for Healing demonstration. Each scout gained confidence with their archery skills after hitting at least one or more bullseyes. The therapeutic value of horses for people with disabilities/injuries is incredible. Also, empathy for how hard people with disabilities/injuries work to accomplish tasks (walking, body coordination, etc.) was recognized.

Cadettes 3 members are working on their Silver Awards, Eco Trekker badge, and looking at the Girl Scout Tree Promise Badge as they kick off their new year as Cadettes!

Good day to you sir, and good day to you madam. Hey, don't look now but it is the 4th quarter and we need a homerun! Well, we really don't need a homerun. Wasn't it exciting enough to have the hapless San Francisco Giants, in what many considered to be a "rebuilding" year, actually make it the post-season? And, in case you lost count, the Giants have not been in the post-season since 2016... but that was then, and this is now. Shouldn't we just be happy that they grabbed the lead in the National League West, and managed to hang on? And shouldn't we be happy that they showed us some exciting games, and 9th inning comebacks, and how every game at the end of the regular season was huge because the Dodgers were always within striking distance? Wasn't that fun to see to play out in real time? Maybe nerve wracking?

Let's not forget about going across the Bay Bridge. Wasn't it also exciting that the Oakland A's took the lead in the American League West? Wasn't it exciting that the founders of Moneyball, who were thought to be fodder for the league, rose up to the top? At least for a little while. And wasn't it curious how the Houston Astros started winning more games and seemed to zoom past everyone else? One could only speculate on how the Astros keep winning games! It could also be said that that was then, and this is now ... and it could be said something about a leopard and his spots ... but that's a whole different story. All in all, Bay Area baseball was must-see TV this summer. Wouldn't you agree?

The 2020 Summer Olympic Games in Tokyo was also must-see TV in the summer of 2021! One reason it was must-see TV was that spectators were not allowed to see, in person. On one hand, didn't it seem odd to see all the venues missing the spectators? On the other hand, haven't we grown accustomed to seeing empty arenas and stadiums?

Well, we are seeing more and more arenas and stadiums getting filled with spectators, and along with other protocols being relaxed, is it any wonder that hospitals are full again? But this is a whole other story! Wasn't this the purple elephant in the room, that no one saw standing there?

Having the 2020 Olympics in 2021 turned out to create very interesting scenarios. You have the established world class athletes devoting their entire lives to ultra-high performance using the latest state-of-the-art technology to peak in the summer of 2020, only to have it postponed. So, they have to recalibrate for another year, while getting older, and exposing themselves to another year of potential injury, and also giving another year for the up and coming to dethrone the incumbent. The postponement also contributed an additional year of pressure to stack on top of the already-present pressure. These are kids, from the late teens, to the early twenties with the eyes of the world staring at them, and the weight of a nation on their shoulders. Didn't you have that same pressure on you at that age?

On the other end of the spectrum, the one-year postponement enabled some athletes to become old enough to participate. Not only did they participate; they took home the gold!

Imagine this: the top member of your team is not feeling it, cannot give it 100%, and steps aside to let someone else help to win the gold. That someone else did exactly that — stepped up and won the gold. Then a couple of months later, back at home, that someone else is named to be a member of the next installment of: Dancing with the

Sports Committee
(Continued)

Stars! This sounds like an After School Special or movie on the Lifetime channel! Hey, wake up! This is not a figment of your imagination; this really did happen. Yes, it really happened after the 1 million or so individual cosmic events that led up to what we witnessed in real life. Who would've thunk it?

Stay tuned for the next topic: Can Tiger come back to win his 400th Major?

Where Does Your Donation Go?

Brian Hatano

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. You also 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.

Use Amazon Smile Link to Support the Sacramento Betsuin



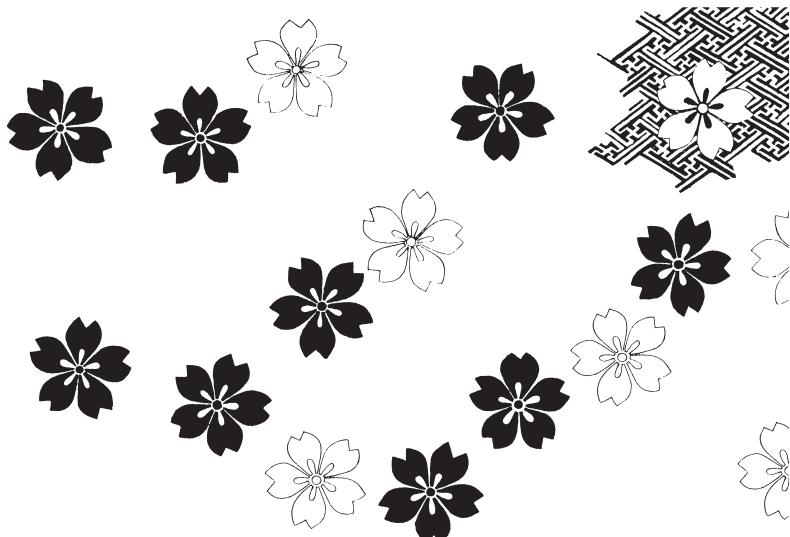
You shop. Amazon gives.

Shopping on Amazon is an easy way to benefit the Sacramento Buddhist Church. Just go to this link to get started — <http://smile.amazon.com/ch/94-1243674> — then return to smile.amazon.com when you shop. Making qualified purchases benefits the temple at NO EXTRA COST to you.

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

Reminder: Please visit smile.amazon.com when you shop (not amazon.com). You will need to manually turn on AmazonSmile if you shop using the Amazon mobile app. Also, you may have to periodically update your Amazon Smile preference for the Buddhist Church of Sacramento if you no longer see the temple listed with your account.

Thank you for your support!





サンガ



～10月の予定～

10月 3日 10時 祥月法要
10月 10日 9時 永代経法要

お問い合わせは別院事務所【916】446-0121

理事長のメッセージ アダチ・カレン (代行)
10月に入り、ダーマスクールの2021-2022新学期が始まりました。9月12日(日)に会館にて初めてのIn-Person日曜サービスを実行いたしました。参加された皆様にワクチン接種カードの提示やマスク着用のご協力をして頂き有難うございました。これからもカウンティの感染予防対策規制に沿って、皆様の安全を期すために適応した処置を継続していきたいと思っております。
日曜サービスは安全を保つために以下のルールに沿って行います。

- サービスは午前9時に始めますがチェックインのために早めにお出かけ下さい。
- サービスは会館で適宜に間を開けて席に着くように。家族は一緒に着席できます。
- ワクチン接種カードを入場前に必ず提示のこと。
- ワクチン接種を受けていない12才以下の子供達はワクチン接種した両親と同伴して参加できます。
- 参加者は必ずマスク着用のこと、忘れた場合はお寺で提供されます。
- 別院内ではソーシャルディスタンスを守る事。
- ハンドサニタイザーは各入口に設置されています。
- サービスブックは持参のこと。
- 食べ物や飲み物は会館に持ち込めません。
- サービスの前後に茶菓の接待はありません。

10月から11月にかけての予定は以下の通りです。サービスはIn-Personだけではなく、Facebook Live やYouTube でも見ることができます。ダーマスクールは10月3日より第1と第3日曜日、午前10時15分より始めます。

10月 3日(日)	9AM	ダーマサービス
	10AM	祥月法要
10月 10日(日)	9AM	永代経/ダーマサービス
10月 17日(日)	9AM	ダーマサービス
10月 24日(日)	9AM	ダーマサービス
10月 31日(日)	9AM	ダーマサービス
11月 7日(日)	9AM	ダーマサービス
	10AM	祥月法要
11月 14日(日)	9AM	報恩講

11月 21日(日) 9AM ダーマサービス

11月 28日(日) お休み

尚、In-Person サービスは感染状況に応じて中止されることがありますのでご了承下さい。

会長のメッセージ

中富バーバラ

夏は終わり、ホリデーシーズンが近づいてきました。パンデミック禍で日常生活は一変し、新しいノーマルな生活となり、私達は常に健康に注意していなければならなくなりました。そして家族のために精神的に強くなけてはなりません。この両方のバランスを上手に取って毎日を過ごすことが必要ですが、自動的に出来ることではなく時には疲労を伴います。

この不安定な状況にあって世の中も身近なコミュニティでも分断されていると感じます。人々はお互いに親切ではなくなり、反対に厚かましく、不仲になって行くのが目に見えています。

Rev Matt の法話でゴールデン・ルールとプラチナム・ルールのことを思い出しました。両方とも親切な行いをもとにしています。プラチナム・ルールの方は実行出来たときにはもっと親切な行いになるということです。

ゴールデン・ルールは「他人から自分にしてもらいたいと思うような行為を人に対してせよ」と私達は教えられてきました。

プラチナム・ルールは「相手がしてほしいと思うような行為を相手にせよ」という意味です。

観点を変えていうと、相手に自分がして欲しいことをするのではなく、相手がして欲しいことをしてあげるといことです。

私達が親切な行いを更に一段と高いレベルに持つて行くには、このプラチナム・ルールを私達(仏教徒)が持っている慈悲の精神に繋げることです。

私は相手が本当に喜んでくれる親切な行為、相手のために相手がして欲しい事をしてあげる行為をはっきりと区別したいと思います。

そこには明確な違いがあります。

南無阿弥陀仏

Translation by katsuko hirotta