



April 2024

I am a link in the Buddha's golden chain of love that stretches around the world. I must keep my link bright and strong. I will try to be kind and gentle to every living thing and protect all who are weaker than myself. I will try to think pure and beautiful thoughts, to say pure and beautiful words, and to do pure and beautiful deeds, knowing that on what I do now depends not only my happiness or unhappiness, but also that of others. May every link in the Buddha's golden chain of love become bright and strong, and may we all attain perfect peace.

"That Cool Refreshing Drink"

I remember once going on a Boy Scout trip when I was in my youth. I must have been about 11 years old and worried about going because it was one of my first times staying overnight outdoors. I remember that there were going to be other Boy Scout troops competing in a series of events, so there was added pressure that we had to do well. In addition, the weather was scorching, and I vividly remember the blazing sun of southern California.

However, the camp also had a rest area where I remember there was a large liquid dispenser. Many people thought the water dispenser contained only cold water, so they did not

bother to drink from it because they had brought their own cold bottles. But this water dispenser did not contain water. The host troop of the camp was kind enough to fill this entire water jug of about 10 gallons with a drink called "Calpico," a Japanese sweet drink popular in the summertime. I felt so refreshed and remembered chugging away the ice-cold Calpico drink from my canteen! It was a great and memorable time, and to this day, I still drink Calpico in the summer. Nowadays, many Asian markets will have this on their shelves and there are many different fruit-infused variations. However, the original recipe is still one of Japan's most popular and beloved drinks.



In America, this drink is called "Calpico," but its original name is "Calpis." For unfortunate reasons, the phonetic pronunciation of this drink didn't sound appealing to many English-speaking people (try pronouncing this name, and you'll know what I mean), but it has since seen a huge growth in popularity after the usage of the term Calpico. However, the word "Calpis" has Buddhist roots.

Calpis comes from the combination of the two terms "cal-" which comes from calcium, and "-pis," which comes from the Sanskrit word "sarpis." *Sarpis* yields what is known as *sarpir-manda*, which refers to the highest of the "five flavors" of the qualities of milk. In Buddhism, this refined milk has the best flavor and is said to be able to cure all illnesses. The company's founder, Mr. Mishima, is said to have visited Mongolia and became ill from fatigue due to prolonged travel. However, through the locals' recommendation, he drank fermented livestock milk and regained his health. Mr. Mishima credited this drink with

bringing him back to health, and he got the product back to Japan, where he made his own recipe. The Japanese Buddhist term for *sarpis* is "daigo 醍醐." This highest quality milk is a metaphor referring to the best and highest teaching that will end suffering for all beings who encounter it.

As we can see from this example, Buddhism and its influence can be seen in many different shapes and forms, but we often don't realize it. When we watch our favorite shows or movies or talk to many people, there is hardly a mention, if any, of Buddhist teachings. But if we slowly learn and expose ourselves and our family and friends to these teachings, we can gradually introduce these crucial teachings to the world. And just like drinking ice-cold Calpis on a hot summer's day, when we hear and receive the Buddha's teachings, we will feel refreshed in the midst of the hot and chaotic world we find ourselves in. Gassho.

最上の教え

少年時代にボーイスカウトキャンプの遠足に参加したことがありました。初めての野外宿泊だったので行くのが心配でした。他のボーイスカウトの団体もいましたので、少し緊張していました。さらに、真夏の時でしたので、猛烈の暑さの中で過ごしていました。

しかし、キャンプサイトには休憩所があり、そこには大きな液体の入れ物があったのを覚えています。10ガロンほどの入れ物でしたが、多分ほとんどの人たちはその入れ物には冷たい水ぐらいしか入っていないと思っていたため、誰一人もその入れ物から飲み物を取ろうとしなかったことも覚えてます。しかし、そこからボタンを押してみたら、なんと水ではなく、なんとも言えないぐらいのつめた〜いカルピスが出てきました。宝物を発見したように、僕はこっそりとその美味しい「水」を飲んでいましたけど、あのさっぱりした感はいまだに覚えています。毎年夏になりますと今でもカルピスを飲んでます。今では多くのアジアン・マーケットに行きますとカルピスの製品が置いておりますので、この国にでもだいぶ人気になっていると思います。

アメリカではこの飲み物は「カルピコ」と呼ばれていますが、本来の名前は「カルピス」です。英語では「カルピス」と言ったら、牛のオシッコという発音に似ているため、「カルピコ」という名前の方が使いやすいということで変わったのだそうです。しかし「カルピス」の語源は仏教用語から来らしいです。

カルピスは、「カルシウム」の"カル"と、サンスクリット語の「サルピス」の"ピス"の2つの用語の組み合わせからきています。そして「サルピス」の語源は、牛乳の特質を表す「五味」のうち最高のものを指す「サルピルマンダ」です。仏教では、この精製された牛乳は最高の味を持ち、万病に効くと言われていました。カルピスの企業を創った三島海雲氏はモンゴルを訪れた際、長旅の疲れから体調を崩したといいます。しかし、現地の人の勧めで家畜の発酵乳を飲んだところ、健康を取り戻したのだそうです。三島氏はこの飲み物のおかげで健康を取り戻したと信じ、その後、この製品を日本に持ち帰り、独自のレシピを作ったのだそうです。「サルピス」は漢語では「醍醐^{だいご}」と呼ばれます。この最高級のミルクは、それに出会うすべての生きとし生けるものの苦しみを消滅し、最高の中の最高の教えを指す比喻とされたのであります。

この例から分かるように、仏教とその影響はさまざまな形で見ることはできますが、私たちはそれに気づかないだけです。好きな番組や映画を見たり、多くの人と話したりしても、仏教の教えについて言及されることはほとんどないと思います。しかし、このように仏教の影響を紹介していけば、少しでもこの教えが広まっていくのではないのでしょうか。そして、暑い真夏の時に冷たいカルピスを飲んでスカッと来るように、この暑くてたまらない混乱した世界にいても、仏様の教えを聴くことによってすがすがしい気持ちになることを願っております。合掌。

March 2024 Birthdays!



Happy Birthday!

Ken Suyama, Liz Gan, Rev. Miyaji, & Kaori Miyaji (not pictured)

Reverend Ken Tanaka came to visit!

On March 3, 2024, Rev. Tanaka attended the March Shotsuki service. He was our resident minister in the 1990's. He was as pleased to see familiar Sangha members as we were to see him. He encouraged everyone to read his book, *Jewel*, which is available in front of the Onajin for everyone.

Rev. Tanaka and his wife will be spending Summers and Winters in the Bay Area. We look forward to seeing them often.



Rev. Miyaji & Rev. Tanaka

APRIL SHOTSUKI HOYO

Family, relatives and friends are invited to attend the monthly memorial service on

Sunday, April 14, 2024 at 10:00 AM.

DECEASED

1948	Magoichi Kawamoto
1953	Hiroshi Sekigahama
1962	Yasujiro Asano
1979	Yoshie Kitani
1982	Hanako Arai
1982	Koomei George Kato
1985	Iwanari Kajikawa
1995	Eiichi Takayama
1997	Mitsuko Tanaka
2001	Mitsuye Yamahara
2003	Tokiyo Kawaguchi
2005	George Kawamoto
2006	Shimako Naruo
2006	Bessie Shimoyo Karamatsu
2007	Edward Ng
2007	Mieko Yoko

2008	Yoshiye Nagata
2008	Yoshito Yakuma
2008	Kenji Osaki
2009	May Mark
2009	Yukie Nakano
2009	Yutaka Kotake
2009	George Kawaguchi
2012	Joe Kimura
2014	Itsuko Uemura
2016	Nikki Fudenna
2016	Rie Ando
2019	Robert Iguchi
2019	Chieko Uchida
2021	Hisao Yoko

2022 Yasushi Yamada

Tomiko Hayakawa(death yr unknown)

FAMILY

Mrs. Shizuye Awamura
 Mr. Harry Sekigahama
 Mr. Alan Arai & Mr. John Arai
 Kitani Family
 Mr. Alan Arai & Mr. John Arai
 Mrs. Terry Sato
 Kajikawa Family
 Takayama Family
 Tanaka Family
 Mr. & Mrs. Tom Chun
 Kawaguchi Family
 Ms. Ann Kawamoto
 Mr. & Mrs. Gerald Naruo
 Mrs. Iris Yakuma
 Mr. Scott Ng & Mrs. Charisse Feldman
 Mr. Jerry Morino; Mr. & Mrs. Ron Oye &
 Ms. Edna Onodera
 Mr. & Mrs. Ken Nagata & Mr. Frank Nagata
 Mr. Steve Yakuma
 Ms. Noreen Osaki & Dr. Curtis Mark
 Dr. Curtis Mark & Ms. Noreen Osaki
 Mrs. Patricia Takemoto
 Mrs. Jean Kotake
 Mrs. Tomiko Kawaguchi
 Kimura Family
 Mr. & Mrs. Tetsuji Uemura
 Mrs. Sachi Fudenna
 Mr. Stan Ando & Mrs. Yumiko Fujii
 Jenna and Chris Iguchi
 Ms. Donna Hori
 Ms. Edna Onodera
 Mr. & Mrs. Ron Oye & Jerry Morino
 Mrs. Yoshie Yamada; Yukiko Osaki
 wn) Mrs. Haru Hamamoto

[illegible]

Memorial Service 2024

2023 – 1st year	2012 – 13th year	1992 – 33rd year
2022 – 3rd year	2008 – 17th year	1975 – 50th year
2018 – 7th year	2000 – 25th year	1925 – 100th year

If this is a special service year for a departed relative, please contact the church office at (510) 471-2581 to schedule a memorial service.



Services for April 2024

Please join us in-person in the Hondo or virtually via Zoom (hybrid service).
Masks are not required but strongly recommended in the Hondo.

April 7, 2024 – Hanamatsuri

10 A.M.

Hanamatsuri is the commemoration of the birth of
Gautama Siddhartha in Lumbini Garden.

On this auspicious occasion, we remember and pay homage to
the founder who later discovered the Buddha Dharma, and
brought to everyone the path to find true peace.

Rev. Dr. Takashi Miyaji will officiate this **hybrid service**.

April birthdays will be celebrated.

Dharma School will follow the service.

Dharma School & the BWA will host otoki lunch following service.

April 14, 2024 – Shotsuki Hoyo

10 A.M.

At this monthly memorial service, we will honor those loved ones
who passed away in the month of April.

Rev. Dr. Takashi Miyaji will officiate this **hybrid service**.

Japanese message follows the English service.

April 21, 2024 – Family Service

10 A.M.

Rev. Dr. Takashi Miyaji will officiate this **hybrid service**.

Dharma School & Jr. YBA will follow the service.

April 28, 2024 – Family Service

10 A.M.

Rev. Dr. Takashi Miyaji will officiate this **hybrid service**.

SACBC Hanamido



Dharma School students will be decorating
our Hanamido for our Hybrid Hanamatsuri
service this year! **Come help on Saturday,
April 6, at 2 pm, Hondo classrooms.**

**Please bring any flowers you have from
your garden!**

Those attending the Hanamatsuri service
in-person, will be able to pour sweet tea on
the image of the baby Buddha.

BWA – report by Karen Suyama

Happy to see members come out to our recipe exchange and tasting event on February 25. Your recipes will be included in our upcoming cookbook.

Thank you to the many people who came to help before/during/after to support our BWA Rummage Sale fundraiser during the first weekend in March. Glad we were able to set up on Friday afternoon, because we had many things to put out for sale.

Please join us for our next meeting on April 14th at 9:00am.

Upcoming activities:

1. Lei making class – Saturday March 30 at 10:30am in the hondo. Members free, non-members \$5.00. Supplies provided. RSVP required by March 28th to make sure we have enough supplies. Please leave a message in the office or email karensuyama@yahoo.com.
2. BWA Baklava cooking class – April 20 at 2:30pm in the Hondo. Members free, non-members \$5.00. RSVP required by April 16th, please leave a message in office or email karensuyama@yahoo.com

SPRING CLEAN-UP DAY

Saturday April 13, from 12:00 Noon to 3:00pm

COME ON DOWN..... Please help us do a little cleaning before bazaar.

How you can help us:

- Clean up storage sites in back food service areas
- Clear the weeds outside
- Wash and clean tables in the gym
- Clean/wipe down the standalone refrigerators in back, inside and outside
- Clean kitchen appliances
- Sweep and mop kitchen, reception room floors
- Rake/clean out leaves in front of temple

If you are helping outside and can bring any tools (hoe/rake/pruning loppers), please mark them clearly with your name. Wear long-sleeved shirt and long pants, closed toe shoes (no sandals).

- Bring sunscreen, dark glasses and a hat
- Bring gloves if you have them
- Bring a water bottle

MANY HANDS MAKE WORK LIGHT and go quickly THANK YOU!!!



Spot Light On:

Larry Gissible, SACBC Board Treasurer

For more years than can be counted on one hand, Larry has been the Treasurer. He has passed the ~~Baton~~ Check Book and Pen to Ken Matsubayashi. Larry will continue to serve on the Board.

Larry,

Thank you very much for all of your hard work and the countless hours spent on making sure that the temple was being managed well financially. I know I only caught a glimpse of your many years of service, but thank you on behalf of all the ministers who served here. Looking forward to seeing you at the many temple functions!

In Gassho,

Rev. Miyaji

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Larry - Thank you for your many years of service on behalf of SACBC! You were always a valued and trusted Board officer who I know contributed many hours of work often behind the scenes. You made my job as President easier throughout the years. Your leadership and reliable reporting were very much appreciated not only by the Board but by our entire Sangha as well. Many thanks again!

Gassho,

Ken Suyama

Thank you, Larry, for all your years of dedication and stewardship as SACBC's Treasurer. Truly appreciate your thoughtfulness, leadership, and guidance during my first year.

Gassho,

Kyle Yamasaki

Thank you, Larry for your many years of "balancing our checkbook".

Gassho,

Karen Suyama

*****Thank

ank you for all the years you kept the finances balanced and accounted for at the church. We truly appreciate all you have done.

[Your] hard work is sincerely appreciated.

In Gassho,

Cindy Sakihara

Thank you, Larry!

Garret Murai

Thanks for so many years of service! You are truly the best to work with.

Thanks for making my membership role 100X easier!

Gassho,

Yvette Hornig

Thank you, Larry, for sharing your knowledge and skills to keep our finances in order and to report our employees' forms to the State and Federal agencies. You have been an invaluable member of our Board. I appreciate the quick reimbursements when I have made purchases for church otokis, repairs, and the BEC.

Gassho,

Karen Fujii

FREE EWASTE PICK UP

to benefit Southern Alameda County Buddhist Church

Go to www.eWaste4good.com and fill in your information. Enter our organization as the beneficiary. Within a few days, a dispatcher will call you to schedule an at home or office pickup date. Then, your electronics will be picked up, recycled and the proceeds will be sent to our organization. You can also call eWaste4good at 800-317-3112

Thank you for supporting SACBC!





SACBC SPECIAL MERF TOUR EVENT **at the San Francisco International Airport**

Tour: Marine Emergency Rescue Facility (MERF) MERF is a full marine fire station with the equipment to respond to any plane crashes into the Bay. The tour will be of the facilities.

Location: 1020 North Access Road, S.F. Ca. 94128 (Adjacent to the right side of the US Coast Guard Air Station)

Date: Saturday, April 27, 2024; **Time:** Tour starts at 2:28pm. To carpool, meet at church at 1pm.

Participant Guidelines: Max 20 people (signup early); Must be 12 years or older. Waiver signed by parent/guardian required for ages 12-17. Must be mobile; no ADA accommodations available

Attire: Dress warmly as the tour will be both inside and exposure to outside.

Driving Directions: Carpools can be arranged from church. Use Google Maps & Take North Access Road Exit

Sign up Deadline: Wednesday, April 17. Email Emily at sacbcoffice@gmail.com or call 510-471-2581.

No Cost to attend!

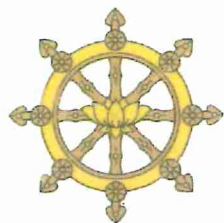
Coordinator: Paul Gan

Upcoming events

2024 SACBC BAZAAR – July 20-21, 2024

Saturday, July 20, 10:00am – 7:00pm

Sunday, July 21, 11:00am – 3:00pm



**51ST BAY DISTRICT BUDDHIST WOMEN'S
LEAGUE CONFERENCE**
"Reflections and Resilience"



Saturday, May 18, 2024
Registration starts 9:00 a.m.

Guest Speaker:
Former BCA Bishop, Rev. Kodo Umezu

Panel speakers by BWA representatives from each Bay District Chapter

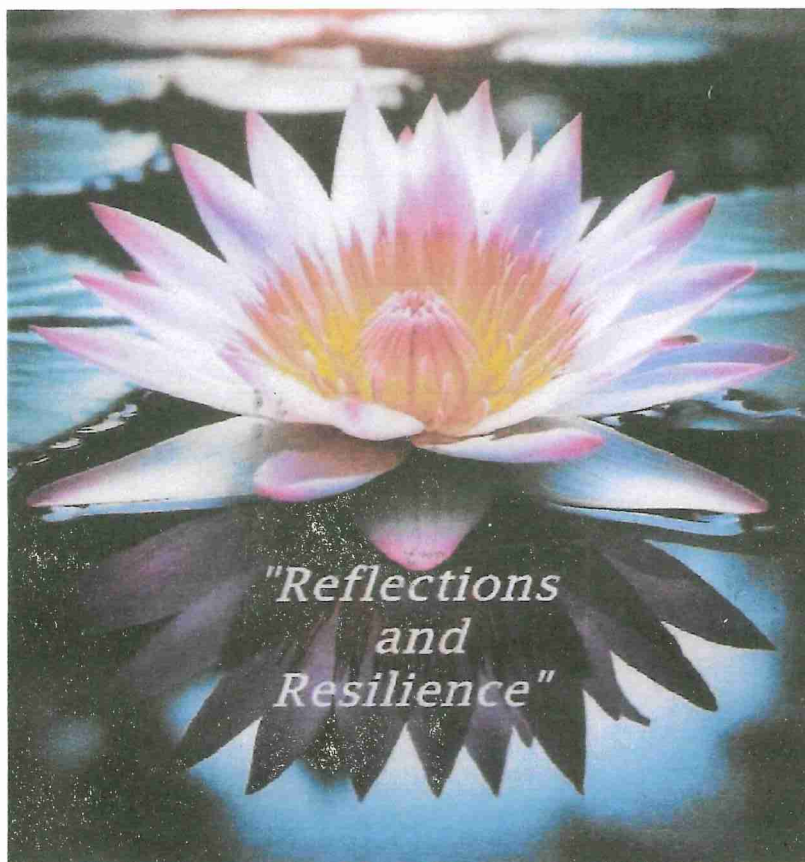


Image created using Microsoft Copilot AI, powered by DALL-E 3

Wheel of Dharma image courtesy of Shutterstock

To register, please contact your BWA President
Registration fee \$40.00
Registration deadline: Monday, April 15, 2024

Hosted by Enmanji BWA

Enmanji Buddhist Temple
1200 Gravenstein Hwy. So.
Sebastopol, CA 95472

Umenoki is now accepting New Residents!



Umenoki is a place where families can confidently turn to when a loved one needs more care than the family can provide. At the start of the pandemic, Umenoki stopped accepting new residents to protect and minimize the chances of the spread of COVID to current residents and staff. As the world has “re-opened” and through the hard work and countless hours put in by our devoted staff, we are happy to announce that we are accepting new residents.

Masa Fukuizumi is the Manager and Head of Care at Umenoki. He works tirelessly alongside our dedicated staff, some who have been caregivers at Umenoki for the past 18 years, to ensure the happiness and well-being of our residents.

With the success of maintaining a COVID free environment, Masa and the Umenoki staff are comfortable accepting both new residents and volunteer staff on a limited basis.

For further information regarding volunteer opportunities, resident care or a tour of the home, please email Masa at UmenokiManager@gmail.com or call (510) 487-5001.

Thank you,

Ken Suyama
President, Wisteria Gardens



APRIL 2024

Events subject to change.

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
	1 6am O-Jinjo 8:30am Qi-gong 3-5pm Taiko 4-5pm Taiko (beginner) 6-9pm AA	2 8:30-Noon JLS Classes	3	4 6am O-Jinjo 11am-1pm JLS teacher prep 6-9pm AA 7pm Kendo	5 6am O-Jinjo	6 8:30-Noon JLS Classes 2pm Hanamido Decoration
7 10am Hanamatsuri Service 11:30-3pm Oterakai	8 6am O-Jinjo 8:30am Qi-gong 3-5pm Taiko 4-5pm Taiko (beginner) 6-9pm AA	9 6:30 pm Scouts	10 3-5pm Taiko 6-9pm AA	11 6am O-Jinjo 9-2pm Boutique 11am-1pm JLS teacher prep 6-9pm AA 7pm Kendo	12 6am O-Jinjo 6-9pm AA	13 8:30-Noon JLS Classes Noon-3pm Spring Clean-up Day
14 10am Shotsuki Hoyo	15 6am O-Jinjo 8:30am Qi-gong GC article deadline 3-5pm Taiko 4-5pm Taiko (beginner) 6-9pm AA	16 6:30 pm Scouts	17 3-5pm Taiko 6-9pm AA	18 6am O-Jinjo 9am-2:30pm Boutique 11am-1pm JLS teacher prep 6-9pm AA 7pm Kendo	19 6am O-Jinjo 6-9pm AA	20 8:30-Noon JLS Classes 2:30pm Baklava Cooking Class (Hondo)
21 10am Family Service	22 6am O-Jinjo 8:30am Qi-gong 3-5pm Taiko 4-5pm Taiko (beginner) 6-9pm AA	23 6:30 pm Scouts	24 3-5pm Taiko 6-9pm AA	25 6am O-Jinjo 11am-1pm JLS teacher prep 6-9pm AA 7pm Kendo	26 6am O-Jinjo 6-9pm AA	27 8:30-Noon JLS Classes 1pm Meeting time at SACBC for MERF tour
28 10am Family Service	29 6am O-Jinjo 8:30am Qi-gong 3-5pm Taiko 4-5pm Taiko (beginner) 6-9pm AA	30 6:30 pm Scouts				

Southern Alameda Co. Buddhist Church
32975 Alvarado-Niles Rd.
Union City, CA 94587-3165



APRIL EVENTS

6 th SAT	JOIN DHARMA SCHOOL DECORATE OUR HANAMIDO
7 th SUN	<i>HANAMATSURI</i> <i>DHARMA SCHOOL & BWA HOST OTOKI LUNCH AFTER SERVICE</i>
13 th SAT	SPRING CLEAN-UP
14 th SUN	SHOTSUKI HOYO
21 st SUN	FAMILY SERVICE
28 th SUN	FAMILY SERVICE
ALL SUNDAY SERVICES START AT 10:00 AM IN -PERSON OR ON ZOOM Meeting ID: 818 7869 6300 PASSCODE: 549504	