
GOLDEN CHAIN

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.

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Rev. Landon Yamaoka

I hope everyone is doing well and enjoying the Obon / Summer Season! I have been sick, so I have been trying to catch up on rest and listen to the doctors' orders. I have been asked a few times in the last week why I waited before going into urgent care, as I was informed, I should have been in the hospital based on symptoms that luckily got better on their own. I live in a state of constant pain, so a medical person, upon hearing that, replied semi-under her breath, "Men and their stupid pain tolerances!" She looked up, realized she'd said the inside thing out loud, apologized, and walked away.

I didn't care; it was stupid. I didn't go to the ER even though I had new things wrong with me. These turned out to be the things the doctor said if they return, go directly to urgent care. My range of pain is not "normal," so what one may think should qualify as a ten, maybe is lower, like a six for me, hence not thinking I was having a medical emergency. I learned a valuable lesson: I need to pay attention to my body, especially experiencing new things, but shouldn't we always pay attention to our bodies?!

The ability to push through pain is in part from just living with it, but also understanding my past causes and conditions socialized me to block this off and "deal" with it. This is not good nor bad, it just is. Many of these learned life occurrences that were hard and sometimes traumatic to go through, while bad in the moment and the years after, caused me to have physical and emotional pain. This seems bad, but there is a flip side as well. Having lived through this, also helped during our priest trainings, when my body gave out as it would be expected in a demanding environment, I could just keep pushing forward.

We cannot control our causes and conditions, and through these infinite interactions, we learn how to "act" in our current lives. There are always going to be times when I don't listen fully to my body, to just get through whatever lies ahead. However, what Buddhist Chaplaincy has taught me is to listen to it before it gets to be too much, sort of like what I just went through. It's important to be honest with ourselves and notice when we are struggling, and while what I felt was low in pain, I should have considered that I had new symptoms I had never experienced, and that should have gotten me to schedule an appointment with my doctor.

Where I would say Buddhism also really helped me through this is that while not physically and mentally feeling well, I didn't lose my temper, which easily would have happened had this happened a decade or two back. I may have failed to care for my physical health, but I am grateful I didn't project negative feelings onto the people around me. We should pay attention to our physical and mental well-being. The more we suppress this, I think, the harder it is to get something out of our sect of Buddhism, which asks us to be open to the teachings and Amida's compassion. How can we open to something outside of ourselves if we can't even be open with ourselves? Every day presents us with opportunities to learn more about ourselves, and if we can let our walls down even just a little, I think we would be able to let in the teachings that help us just a little bit more.

Then, hopefully, when we are feeling pain or are upset, we can learn to monitor these symptoms, instead of turning around and spreading more pain and anger to those around us. I believe the better we can "perform" this, the closer we are to better engaging with Amida.

In Gassho,
Landon

AUGUST Services

Please join us in-person in the hondo or virtually via Zoom (hybrid services).

Sunday, August 2, 2026 – Shotsuki Hoyo 10 A.M. (Hybrid Service)

At this monthly memorial service, we will honor those loved ones
who passed away in the month of August.
Rev. Landon will officiate this hybrid service

Wednesday, August 5, 2026 Hiroshima Bomb Memorial Observance 4:15 P.M. (PDT) In the Hondo

On August 6th, 1945, at 8:15 AM (JST), the atomic bomb on Hiroshima city was dropped killing initially 140,000 people and affecting countless more lives. Sensei will conduct a brief service and ring the kansho in our reflection of hope for world peace.

Saturday, August 8, 2026 Nagasaki Bomb Memorial Observance at 7:02P.M. (PDT)

During the Bon Odori, we will observe a moment of silence at the exact time the atomic bomb was dropped on Nagasaki.

On August 9th, 1945 at 11:02 AM (JST), the atomic bomb on Nagasaki city was dropped killing initially 70,000 people and affecting countless more lives. Sensei will conduct a brief service and ring the kansho in our reflection of hope for world peace.

Saturday, August 8, 2026 – Obon Dance Food at 5 P.M. Dancing at 7 P.M.

Dance practices (optional) in Sangha Hall at 7 PM on
July 28 & 30 and August 3, 5, & 6

Sunday, August 9, 2026 – Hatsubon & Urabon-e Service 10 A.M.

We will honor those loved ones who passed away since the Obon service in 2024.
Rev. JP DeGuzman from the San Fernando Buddhist Temple will be our guest speaker..

August 16 & 23, 2026 – No Service

AUGUST 30, 2026 10 A.M. (HYBRID)

Rev. Dr. Takashi Miyaji will officiate this hybrid service

-----Planning Ahead-----

Sunday, September 6, 2026 – No Service

September Shotsuki & Victims of War Memorial Services

September 13, 2026 10 A.M. (Hybrid)

Bazaar Appreciate Lunch follows service.

OBON Cemetery Visitations were held on July 25.

August Shotsuki Hoyo

Sunday, August 2, 2026 at 10:00 am

Family, relatives, and friends are invited to attend the monthly memorial service for the following:

DECEASED

FAMILY

1920	Yoshio Shibata	Tanaka & Shibata Family
1966	Sanosuke Yamauchi	Handa Family
1969	Tokiyo Yamauchi	Handa Family
1972	Takeo Fudenna	Fudenna Family
1975	Kumachiyo Kamiji	Mrs. Michi Handa
1976	Gengo Tanaka	Tanaka & Shibata Family
1976	Saranelis Jayaweera	Dr. Palitha Jayaweera
1985	Ben Matsumoto	Mr. Mitchell Matsumoto
1985	Takao Misaki	Ms. Karen Fujii & David Misaki
1987	Masato Kato	Kato Family
1987	Tamako Suyeyasu	Suyeyasu Family
1989	Shitoyo Kotake	Mrs. Jean Kotake
1991	Katsuyoshi Kinoshita	Mr. Nobuo Kinoshita & Mrs. Teiko Funk
1992	Shie Hiramine	Mrs. Yoko Hiramine
1995	Shizue Hashimoto	Dr. Walter Hashimoto & Dr. & Mrs. Richard Hashimoto
1996	Robert Sueo Okamura	Okamura Family
1999	Kiyoko Tsurui	Mrs. Alice Nagata
2000	Kay Katsuko Fujitani	Fujitani Family
2001	Mary Mariko Tomotoshi	Tomotoshi Family
2001	Fumiko Sato	Mrs. Terry Sato
2002	Masaru Yoshioka	Mrs. Toyoko Yoshioka
2008	Joy Lee Geisick	Geisick Family
2010	Helen Yamasaki	Ms. Lauren Yamasaki & Mr. & Mrs. Kyle Yamasaki
2010	Hideo Katsumoto	Katsumoto Family
2010	Sadako Kawamoto	Ms. Ann Kawamoto
2017	Francis Kawahara	Kawahara Family
2017	Nobuo Noma	Mrs. Joyce Noma Quan
2019	Melissa Abe	David & Alice Abe
2020	Isao "Ace" Handa	Michi Handa, Joann Rogers, Jeff Handa
2021	Yaeko Yasuhiro	Mr. Philip Yasuhiro
2022	Aiko Joo	Mr. & Mrs. Joo
2023	Joan Wong	Wong Family
Unknown	Ryo Tomotoshi	Tomotoshi Family
Unknown	Shizuma Hamamoto	Hamamoto Family
Unknown	Hama Kajiwara	Kajiwara Family
Unknown	Wataru Tashiro	Tashiro Family

MEMORIAL SERVICES 2026

Memorial year for those who passed away in:

2025 - 1 st year	2014 - 13 th year	1994 - 33 rd year
2024 - 3 rd year	2010 - 17 th year	1977 - 50 th year
2020 - 7 th year	2002 - 25 th year	1927 - 100 th year

2026 Hatsubon Service

Sunday, August 9, 2026 at 10:00 am

Family, relatives, and friends are invited to attend the monthly memorial service for the following:

LOVED ONE	DATE
Shizuye Awamura	10/11/2025
Yutaka Fujimoto	12/18/2025
Lilyan Okamura	04/02/2026
Noel Lowe	05/06/2026



SACBC Obon 2026

SACBC Obon Lantern Tags

At our Obon on August 8th, we will be adding memorial tags to our lanterns.

If you would like to honor a past family member(s) or friend(s) please fill out the form below or let the office know.

We are suggesting a donation of \$35 first time tag and \$20 for renewal tags. Tags will be laminated so they can be reused in future Obons.

Please order by **August 1st** (August 4th at the latest).

Online request form:

<https://forms.gle/h6skD7qTr3iQmzPj6> or scan:



Donations can be made by check via mail to the temple office, or you can make a secure donation via our **SACBC PayPal** account by using the QR code or via our **SACBC Venmo**: @SACBC.

Please add a note to the donation that is for **Obon Lantern Tags**.

Questions: email Cathleen Yoshida at cathleenandken@yahoo.com.



Scan the SACBC QR
Donation Code Here

A message from Rev. Miyaji

Mrs. Michiko Yukawa's Funeral



Dear SACBC sangha,

I had the honor of representing our sangha at Mrs. Michiko Yukawa's funeral that took place on June 13th at the Tacoma Buddhist Temple. Rev. Yukawa and his family were in attendance, along with many people of the sangha, including some members from Sacramento. Rev. Bob Oshita gave the Dharma Message. Many of the reflections spoke of Michiko san's smile and ability to always make people feel welcome. She would never speak ill of anyone. She contributed to the writing of many gathas we use today, and she was

instrumental in bringing the community together through her singing, cooking, and friendship. It was a great honor and a pleasure to know Michiko-san. We are grateful for her guidance throughout the years on the Nembutsu teaching.

In Gassho,
Rev. Miyaji

SACBC Dharma School

What's Up Dharma School?

Our **first day of Dharma School** for 2026-2027 will be **Sept.13, 2026**.

Please click on the registration link [here](#).

You can type in the URL <https://forms.gle/Boyud6TsECSM2V7q8>.

Tentative dates will be coming out soon.

If you know any other family that might be interested, please email Betty Yamasaki (at b_yamasaki@yahoo.com) or Cathleen Yoshida-Matsubayashi (cathleenandken@yahoo.com).

We hope to see you at our Obon! Have a great summer!

In Gassho,
Cathleen and Betty



SACBC BWA

Card and Paper Craft Class

A BWA Card and Paper craft class will be held on **Sunday September 27** after Fall Ohigan service. Please email sacbccoffice@gmail.com to reserve a spot by September 6 and she will send a confirmation with the details. Light snacks will be provided.

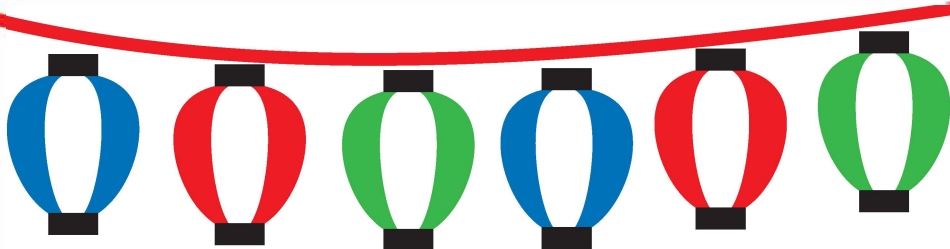
Cost: \$15 BWA members and \$20 non-BWA members.

Hope to see you at this event!

Cindy Sakihara



Southern Alameda County
Buddhist Church



Annual Obon Festival

FREE! Everyone is invited • Saturday, August 8th, 2026

Food Sales: 5pm • Obon Dance: 7pm (PDT)

You're invited to the Southern Alameda County Buddhist Church's Buddhist Festival of Obon.

We will have Obon Dancing, Japanese Music with the San Jose Chidori Band, and pre-ordered Japanese food. For info, Email: office@sacbc.org or call 510-471-2581.

Fun for everyone!

Colorful yukata-clad participants gather for the Obon dance – a memorial day for our departed loved ones, and a day to give thanks to them. With joy and gratitude, we honor and remember our deceased loved ones, whose very existence has made our own lives possible.

Obon Dance Practices (Optional)

7:00 pm on 7/28, 7/30, 8/3, 8/5 and 8/6 in the Sangha Hall at SACBC. (Tues., Thurs., Mon., Wed., Thurs.) Dance Practices are **OPTIONAL** – you need not practice. You can just come & join our Obon Dance. **EVERYONE is invited to DANCE!**

Rev. Dr. Takashi Miyaji & Head Obon Dance Instructor,
Karen Suyama

**Hatsubon and Obon Service
online and in-person, Sunday,
August 9, 2026 at 10:00am.**

SACBC will conduct its Annual Buddhist Obon Spiritual Service for all our departed loved ones. Those who lost their loved ones this past year are especially welcome. We will conduct a special service for them called **Hatsubon** (1st Obon Service).



Southern Alameda Co. Buddhist Church
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SACBC AA HAWKS

BASKETBALL REGISTRATION

2026 – 2027 SEASON



Registration is now open for boys and girls,
Kindergarten and up – all skill levels welcome!

PRIORITY REGISTRATION DEADLINE

AUGUST 16, 2026

QUESTIONS?

Email us at:
sacbcaa@gmail.com

SCAN TO REGISTER

Secure your spot before the priority deadline



COME LEARN. PLAY HARD. BE THE FUTURE.

Space is limited – register early to guarantee your spot.

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 10am- Shotsuki Hoyo	3 3-5 pm Taiko 4-5pm Taiko (beginner) 7:00pm Obon Dance Practice	4 6:30-8:30pm Scouts	5 4:15 pm Hiroshima Bomb Memorial Observance 3-5 pm Taiko 7:00pm Obon Dance Practice	6 7:00pm Obon Dance Practice	7	8 Bon Odori 7:02 pm Nagasaki Bomb Memorial Observance
9 10am- Hatsubon Service	10 3-5 pm Taiko 4-5pm Taiko (beginner)	11 6:30-8:30pm Scouts	12 3-5 pm Taiko	13	14  5pm - 10pm	15
16 No Service	17 3-5 pm Taiko 4-5pm Taiko (beginner)	18 6:30-8:30pm Scouts	19 3-5 pm Taiko	20	21	22
23 No Service 30 10am- Sunday Service	24 / 31 3-5 pm Taiko 4-5pm Taiko (beginner)	25 6:30-8:30 pm Scouts	26 3-5 pm Taiko	27	28  5pm - 10pm	29

AA - Athletic Association

JLS - Japanese Language School

DS - Dharma School

BWA - Buddhist Women's Association



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AUGUST HIGHLIGHTS

*** No Service on 16th & 23rd**

2ND - SUNDAY | SHOTSUKI HOYO

5TH - WEDNESDAY | HIROSHIMA BOMB MEMORIAL
OBSERVANCE

8TH - SATURDAY | OBON DANCE |
NAGASAKI BOMB MEMORIAL OBSERVANCE

9TH - SUNDAY | HATSUBON SERVICE

30TH - SUNDAY | SUNDAY FAMILY SERVICE

ALL Sunday Service Start at: 10:00 AM PST
ZOOM Meeting ID: 818 7869 6300 | **Passcode:** 549504