



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.

BEING HONEST WITH OUR ATTACHMENTS

In November, we observed the Eitaikyo service and Rev. Harry Bridge of the Oakland Buddhist Church was our guest speaker this year. One of the things that he mentioned in his message was that sometimes he feels that many Jodo Shinshu Buddhists misunderstand the issue of attachment and think that a Buddhist should not be attached to one's emotions. He goes on to say that if one feels anger, frustration, or jealousy for example, that person should be honest with those feelings and not try to deny them. Yes, we should overcome our attachments and that is the goal in Buddhism, but that is not done by simply denying them. Instead, we need to be honest with our attachments and recognize that we have them. From there, we can learn to accept them and move beyond our egocentric selves, he explains.



By Rev. Takashi Miyaji
SACBC Resident Minister

For example, it has been twenty or so years since the passing of his parents, but Rev. Bridge still has a strong sense of connection and ties with them. It would be very difficult to try and deny or suppress his emotions of attachment to them. However, it is in recognizing this attachment, that he becomes all the more aware of Amida Buddha's Great Compassion that receives him as he is. In this way, his parents become his teachers and guide him to the Buddha Dharma.

I wasn't aware of this until someone pointed this out to me, but apparently many non-Buddhists think that we Buddhists are always supposed to be calm and never let anything get to us. That couldn't be further from the truth! Well, at least, for Jodo Shinshu Buddhists that is not the case. We get mad, frustrated, loud, annoyed, all of the above. This is not necessarily trying to excuse this kind of behavior, but my point is that we are also not always this calm, poised, self-composed people who act like nothing gets to us. As Jodo Shinshu Buddhists, we are indeed honest with our feelings.

However, we have to remember that we are able to be honest with our feelings because there is always Amida Buddha there to help remind us and keep us in check about who we really are. This self cannot be honest with itself; we need an outside source to make us be honest with ourselves. This is why we come to the temple to listen to the teachings of Amida Buddha's Great Compassion. When we come to temple, we are actually learning about our true selves. Furthermore, when we come to understand our true selves—not just the parts we want to see, but more importantly, the parts we don't want to see—next, we then learn about how to accept this self as we are. This is done through Amida Buddha's Great Wisdom and Compassion. This is what it means to be a Jodo Shinshu Buddhist: we learn to live honestly in its truest sense. Are you ready to live in that way?

執着に対して「誠実」になる

11月に永代経法要を厳修させていただき、オークランド仏教会のハリブリッジ先生からご法話をいただきました。そのご法話の一点をまとめさせていただきます。その一点とは、先生が思うには最近の多くの信者たちが仏教における「執着」を少し誤解しているのではないかとされました。それは、仏教徒は「執着」というものを離れなければならない、つまりそれを消滅（煩惱を消していくこと）していかなければならないと思込んでいる人たちが多からです。しかし誰でも怒り、フラストレーションし、憎み、そねみなどを感じるので、それを否定するよりも、それをどう受け止めていくのかということを考えるのが仏教徒であるのだと先生が説明されました。仏教は確かに煩惱をどのように乗り越えていくのかという教えですけれども、それを達成するのは自分の感じたことを否定していくのではなく、その気持ちを認めてから、それに対して誠実になり、そしてそれを受け入れられるようにならなければならないのだと言われました。

例えば、先生のご両親は亡くなってから20年も経ちますが、それがいつまで経っても自分の両親に対しての縁、つまりその繋がりを忘れことはできませんですね、と話されました。自分の親の愛情を忘れられないこと、つまりそれが「執着」の一つであるならば、それを消していくのは非常に困難なことでしょう。しかし、この縁の深い人たちに対する「執着」を認めた上で、自分のありのまま姿、つまりいつまで経っても親の愛情を忘れることができないという「執着」のある自分を受けとめていただくのは阿弥陀如来様のお慈悲の世界なのだということが分かせていただくのです。このように、自分の親への執着は悟りへの世界に達するまでのさまたげではなく、かえって仏法と出あえるまでの導きだったんだということが分かるのだとおっしゃっていました。

少し話が変わりますが、この間友人が教えてくれたことがありました。それは非仏教徒の多くの人たちは仏教徒はいつも落ち着いており、絶対に怒らないのだと思われているのだそうだというのです。それは完璧な勘違いですね。浄土真宗の信者たちは怒ったり、フラストレーションが溜まったり、腹が立ったりなどいつでもしますね。いつも落ち着いており、周りの人たちの前で暴れたりしないのは、何かの見せかけです。念仏者はそのように自分の心に誠実になるのが大切なのです。

自分の心に誠実になるのは、阿弥陀如来様がいらっしゃっておられるからこそ、そうになれるのです。親鸞聖人は、自分の心は自分で分かることが不可能だにご指摘されます。自分以外のものからでしか、自分の本当の姿はみることができないのです。ですから、「誠実」なものは、自分の心から出てくるものではありません。真実そのものから「誠実」さがあらわれてくるのです。そのため、お寺に参らせていただき、仏法を聴聞させていただくのです。私たちは「誠実」というものを一生懸命自分の心の中に見出そうとするのですが、探しているところがそもそも間違いなのです。よって、お寺にくることは、本当の自分を学びにくるということです。本当の自分が分かることは、自分のいいところではなく、自分の醜いところそのまが見えるということです。つまり、自分が「凡夫」であるということが分かるのです。さらに、仏教はそこで止まらず、その凡夫である自分を抱いてくださる真実の世界があるということをお教へいただくのが浄土真宗です。自分にとって何が出てきても安心する居場所があるのです。それは無限の阿弥陀如来様の智慧と慈悲の世界の中です。この世界によってこそ私たちは本当の意味で「誠実」になれることができます。

Checkout the Podcasts Channels!

1. My Personal Podcast Covering Jodo Shinshu Buddhism



<https://podcasts.apple.com/us/podcast/no-doubt-a-shin-buddhist-approach/id1511351502>

2. Our Weekly Sunday Services Can Be Found Here:



<https://podcasts.apple.com/us/podcast/shin-buddhist-sangha-services/id1517181914>

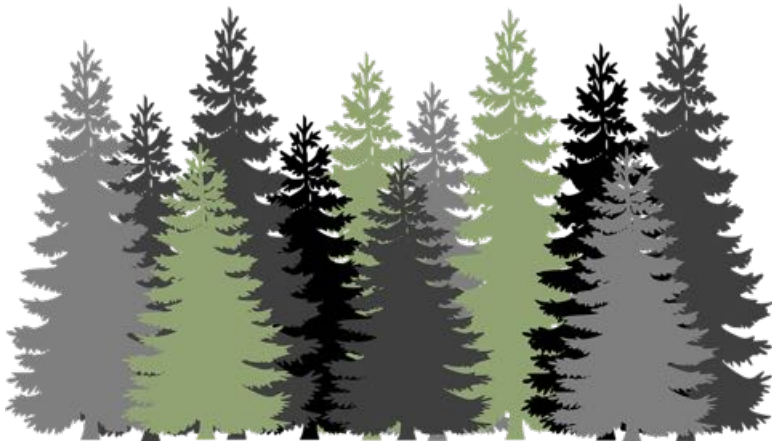
PRESIDENT'S UPDATE

Dear SACBC Sangha,

As the COVID situation continues to improve and if we survive the holidays without another major spike, we hopefully plan to resume live services in our Hondo beginning next year. **On Sunday January 9 we will have our first live service with a hybrid option to attend via Zoom.** Our Zoom services were very well received and the plan is to continue them along with our live services. The hope is that more ways to attend services will reach a wider audience. However, we will need additional help at services to maintain any COVID protocols and to help Zoom our services. Upcoming service announcements will have more information on how you can help out.

Thank you for your understanding and support during an unprecedented time. Your generous donations have helped SACBC weather the COVID storm and we ask for your continued support and patience as things return to normal. Please take care and stay safe as we hopefully restart live services in the Hondo with Rev Miyaji in 2022.

In Gassho,
Ken



Support the Stanley Family Christmas Tree Lots This Holiday Season

Due to our current contract with Genentech, the **Stanley Family Christmas Tree Lot** will not be available on our parking lot this year. However, we encourage you to visit and support their two other locations in **Hayward** (101 Harder Road) **and Fremont** (corner of Blacow & Stevenson next to Grocery Outlet). Lots opening on Nov 21 (Sunday); 10:00 AM to 9:00 PM, 7 days/week.
For more info, please call (510) 502-6619.

Services for December 2021

December 5, 2021 – Shotsuki Hoyo & Bodhi Day Service
10 A.M.

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

Bodhi Day will be observed.

Bodhi Day is when we commemorate □□kyamuni Buddha's attainment of awakening. This day signifies the dawn of humanity's universal emancipation from suffering and unawareness.



Rev. Dr. Takashi Miyaji will conduct this service on ZOOM.

December birthdays will be celebrated.
Dharma School will follow service.

Jr. YBA will meet after Dharma School.

December 12, 2021 – BWA Memorial Service
10 A.M.

Rev. Dr. Takashi Miyaji will conduct this service on ZOOM.

December 19, 2021 – Family Service
10 A.M.

Rev. Dr. Takashi Miyaji will conduct this service on ZOOM.

December 26, 2021 – No Service

December 31, 2021 – New Year's Eve (Joya-e) Service
7 P.M. (Friday)

Joya-E service is a time to recollect the countless kindnesses and compassion received throughout the year and to be grateful for the many causes and conditions that make our lives possible.

Rev. Dr. Takashi Takashi Miyaji will officiate this service on ZOOM.

January 1, 2022 – New Year's Day (Shusho-e) Service
10 A.M. (Saturday)

Rev. Dr. Takashi Miyaji will conduct this service on ZOOM.



DECEMBER SHOTSUKI HOYO

Family, relatives and friends are invited to attend the monthly memorial service for the following on **Sunday, December 5, 2021 at 10:00 AM via Zoom.**

DECEASED

1935 Jutarō Suyeyasu
1952 Matsukichi Hamamoto
1958 Naoko Asada
1965 Sadaichi Kawaguchi
1971 Taki Tsuyuki
1974 Shuzo Wazaki
1976 Robert Yoshio Mitsutome
1977 Shigenobu Tamasu
1979 Mieko Kitani
1980 Kesao Sato
1988 Yoko Kitagawa
1988 Michie Suyeyasu
1989 Ichiro Baba
1995 Katsuya Yasuda
1995 Asako Teshima
2000 Jukichi Furuyama
2003 Clifton Hoang
2003 Aiko Hatakeda
2003 Takefumi Mineishi
2003 Lewis Yamamoto
2004 Kazuho Kawaguchi
2004 Charles Hatakeda
2005 Tsuruo Enta
2006 Ronald Minamide

2006 George Shimamura
2006 Bumpei Morimi
2007 Haruye Stroy
2008 Henry Otani
2010 Shiro Handa
2017 Jane Sato
2017 Kazuo Hatsushi
2018 Wakae Usui
Yoshinobu Tanaka
Tomeko Murakami
Jennifer Hall
Tsutomu Sakai
Taeko Tashiro
Kingo Kotake
2019 Rev. Doie Fujii
2020 Seiji Nakamoto
Joyce Hirabayashi

FAMILY

Suyeyasu Family
Hamamoto Family
Asada Family
Kawaguchi Family
Saito Family
Hamamoto Family
Mr. & Mrs. Yoichi Mitsutome
Mr. & Mrs. Koji Tamasu
Kitani Family
Mrs. Takeko Maruyama
Mr. Naotaka Kitagawa
Mr. Shigenobu Suyeyasu
Mr. & Mrs. Tsuyoshi Teshirogi
Mrs. Miyako Yasuda
Ms. Paige Ajimura
Mr. Matsuo Furuyama
Mrs. Betty Hoang
Mr. Glenn Nitta
Mrs. Jamie Nagata
Mrs. Sadie Yamamoto
Kawaguchi Family
Mrs. Dorothy Sato & Mr. Richard Kaku
Enta Family
Mrs. Nancy Minamide &
Mr. & Mrs. Jeff Minamide
Mr. Dave Shimamura
Mrs. Fumiko Boushehri
Ms. Mayumi Stroy
Mr. Richard Otani
Mrs. Lucille Misaki
Mr. Alan Sato
Mrs. Takiko Hatsushi & Mrs. Amy Hatsushi Hughes
Ms. Etsuko Miyazono
Tanaka Family
Murakami Family
Dr. & Mrs. Kenneth Hall
Mr. & Mrs. Art Sakai
Mr. Kyle Yamasaki
Mrs. Jean Kotake
Mrs. Michiko Fujii
Mrs. Emilie Nakamoto
Ms. Joy Hirabayashi Deither

Memorial Service 2021

Memorial year for those who passed away in:

2020 – 1 year	2009 – 13 year	1989 – 33 year
2019 – 3 year	2005 – 17 year	1972 – 50 year
2015 – 7 year	1997 – 25 year	1921 – 100 year

If this is a special service year for a departed relative, please contact (510) 471-2581 Or at sabcoffice@gmail.com to schedule a memorial service



ZOOM Service with my Mom

On November 16, 2021, my mother, Mary Misaki will be 102 years old. Wow!

She was born in Florin, California to Issei parents who grew strawberries and grapes. Her father was a “founding father” of the Florin Buddhist Church in 1919, the year Mom was born. She grew up learning the Dharma from a very young age.

For almost 6 years, she has been a resident of a Senior Assisted Living place. I decided for her 102nd birthday, I would have her join the SACBC Sunday service on Zoom on November 14, 2021, so she could see some of her Dharma friends. (Why didn't I think of this sooner?)

Mom's body is very strong, but her brain functions slowed down especially during the isolation in the first 14 months of the COVID-19 pandemic “Shelter In Place”. She has days or times when she is alert and times when she wants to nap. Her memory of people is very challenged as is her ability to comprehend exactly what is being said. You'll understand when you read about the gathas below. But she is always happy and continually expresses how well her caregivers take care of her while reminding me to thank each one every time we see one. She greets all the other residents she sees as she walks with her walker to activities, the dining room, and around the common areas.

We joined the ZOOM service, and Mom engaged in some incredible ways. Despite my going an hour before service started to have her eat and drink to perk her up, she remained sleepy and wanted to stay in bed after having breakfast. Being determined, I had her sit up in bed and held my laptop so she could see her Dharma friends and they could see her. She recognized some people, waved, and said “Hello” to everyone. When she saw the onajjin, she smiled and said, “How beautiful”. The service started with the ringing of the kansho bell. She insisted she was going to sleep. I muted and turned off the video, but left the audio on so she could hear as she dozed off saying, “Namo Amida Butsu”.

She dozed off and on as the service continued. After the gatha, “Say Namo Amida Butsu” was sung by the choir the first time, she sang a few bars of “Shinransama”, and dozed off. I nudged her as Sensei was almost to the end of Junirai. She chanted a few sentences and dozed during the Reading. After “Say Namo Amida Butsu” was sung the second time, again, she sang a few bars of “Shinransama”. Then she opened her eyes wide and with a big smile said, “Because I say, ‘Namo Amida Butsu’, Shinran is going to come and take me to the Happy Place. Isn't that nice?” My reply was, “Yes, Mom, you will go to the Happy place. When you go there, who will you see? Will you see Dad?” With that big smile on her face she said, “Why, I will be there in the Happy Place! Shinran will take me there.”

At 102, my mother is still guiding me. She has her faith in the Buddha, Dharma, and Sangha. When someone close to her was in their final time in this life, she would go see them and ask them if they knew where they were going. She would remind them and assure them that they were “all right” and will be “okay”. Today she let me know that she is “okay” and trusts in Namo Amida Butsu to take her to “the Happy Place”. Thank you, Mom. I will share this with your son, grandchildren, great grandchildren, nieces, nephews, and their progeny, as well as your Dharma friends. So many still remember you on your 102nd birthday. They will be joyful and grateful to know you are “okay” and gain this wisdom from you. Namo Amida Butsu. Karen Fujii

What's Up Dharma School?

Dharma school has been busy since our last update! The Dharma school students sent in photos for our 'virtual' halloween Umenoki parade along with a care package for the residence.

Thank you to those who were able to join us for Keirokai 202: Tokyo Olympics via zoom or in person! We hope you enjoyed the lunch and the company. We like to thank (no particular order)

- Ken Suyama and Rev.Miyaji for their participation during the luncheon
- Jeff Florando for designing and ordering this year's keirokai bag
- Kathy Jang for ordering and picking up the bentos with Gordon
- Lani and Tet Uemura for the beautiful and creative "traveling" photo booth and running back and forth for the picture taking
- Yukiko Osaki for the 'golden' candy favors
- Christina Yung for her help with setting up and orchestrating putting together the bags
- Kathy Murai for heading the set up of the table decorations
- Senior outreach group for helping us inform and contact the seniors
- Mr. Yuzo Tamura (Betty's Yamasaki's father) for the kaki, picked from Los Angeles
- Gail Minamoto and Cathleen for preparing the thank you notes



And to ALL of the Jr High/HS Dharma School students...THANK YOU! Thank you for your help with the set up, putting the bags together, welcoming the seniors, collecting COVID forms, serving tea, cleaning up, and running BINGO. We appreciate taking time out of your busy schedule to help run this event!

Stay safe and healthy

In gassho,

Cathleen and Betty

Dharma school is proud to announce that we will be hosting a **Mochitsuki-Otoki** on **Jan.16, 2022** after service in the Sangha Hall. We ask that you sign a COVID questionnaire for this event. You can complete and email it to b_yamasaki@yahoo.com or bring it on the day of the event.

COVID form: tinyurl.com/QUSCOVID



Dharma School
Events:
'Virtual'
Halloween
Parade



A few photos from Keirokai 2021:

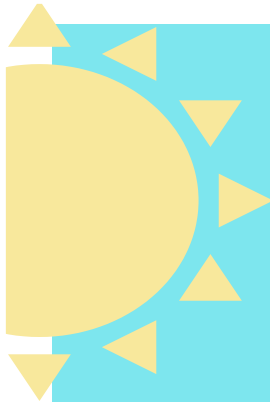
Here is a link to the Keirokai Video created by Kyle during the Nov.7 service:

<https://tinyurl.com/2021SACBCKeiroKaiVideo>

Here is a link to more Keirokai photos taken by Cathleen: <https://tinyurl.com/keirophoto2021>



Medaka no Gakko



Japanese Culture Summer Camp

3-weeks In-Person
Jun 20-July 8, 2022

Sign-up starts mid-January

Kofu Scholarships
available for members
of the SACBC & the
SACBC Japanese School.
For more information,
please contact
Naoko Fujii at
kofuscholarship@
gmail.com OR
650-485-1560



Medakanogakko.org
Camp 8:45am–1pm
Extended Care 1–4pm
K-6th grade
Parent Co-op
Located at Palo Alto
Buddhist Temple,
2751 Louis Rd
Palo Alto, CA 94303
edakanogakko.org





Medaka no Gakko

Japanese Culture Summer Camp 3 weeks in-person Jun 20-Jul 8, 2022

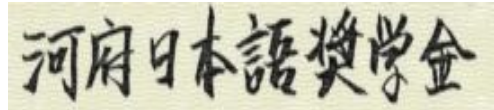
www.medakanogakko.org

Camp 8:45-1 PM; Extended Care 1-4 PM; K-6th grade; Parent Co-op; registration begins in mid-January 2022

Located at Palo Alto Buddhist Temple, 2751 Louis Road Palo Alto, CA only 21 min from SACBC; carpool contacts available

Kofu Scholarships available for members of SACBC and the SACBC Japanese School for partial tuition assistance

For more information: naoko.fujii@gmail.com or Naoko Fujii at 650-485-1560



SACBC's BEC Bookstore

For the convenience of our Sangha, we have ojuzu's, incense, candles and a large assortment of books including the Collected Works of Shinran, Ocean and many more available for purchase in the SACBC Office.

Please contact Emily Carpio to arrange pickup of the any items you want. We also have several Butsudans's. If you are interested, please contact Larry Gissible to arrange an opportunity to see them.



happy new year

Hello Sangha! Happy Holidays and Greetings to you!
We hope that you have a great winter season
embraced in the warmth of Amida Buddha's Great
Compassion. Take care and on to 2022! Namo Amida
Butsu.
—The Miyaji Family

Warmest Greetings This Holiday Season!
From Ralph & Amy Hughes

Happy Holidays!
Iris and Steve Yakuma

Wishing You Good Health and Prosperous 2022
Happy Holidays from Takiko Hatsushi

Happy New Year to my Dharma friends! Mary Misaki

Happy Holidays and wishing everyone a joyous 2022!
Phil and Yvette Hornig

Best wishes for a peaceful and memorable holiday season to cherish,
The Sakihara Family

Happy holidays and best wishes for a
healthy, happy and safe 2022!
Art, Jessie and Family

WISHING EVERYONE A HAPPY AND HEALTHY SEASON.
PAUL AND LIZ GAN

Happy Holidays! Best
wishes for a happy and
healthy 2022!
The Sawasaki Family

With metta during this holiday
season, From Shig and Judy Tokubo

Best wishes for the holiday season
& the New Year! George & Nancy Takahashi
Michi and JoAnn
Happy Pawlidays!
Ken, Cathleen, Allison, Josie, and Maki (woof)

HAPPY HOLIDAYS!



SHINNEN AKEMASHITE OMEDETOO GOZAIMASI!

Peace and Good Health to you and yours! Happy New Year! Karen Fujii

Season Greetings & Best Wishes, Mary Nakagama

Happy Holiday to you and your family. Wishing you a joyous 2022! From Paul & Yuki Nomura

Happy Holidays to your family!
Takeko, Mitsuko & Sandy Maruyama

In Loving Memory of Shizuko Yamauchi,
Nancy Dodd, Stacy and Adam Cole

Where does Santa hide his gifts? In his Clauset!
Happy Holidays — The Yamasaki Ohana

“Happy 2021!..... Wait, is it 2022 already?”
— Curtis, Noreen, Kailen & Garrett Mark

“Best wishes for a happy and healthy 2022”... Mas & Aileen Hisaoka

Wishing everyone good health and happiness in 2022!
The Uemura Family

Best Wishes for a happy & healthy 2022!
Peter Yeh, Reina Fujii, Dali & Escher

Happy New Year! Jason Fujii

Season's Greetings and Happy New Year,
Arlyne Shibata

Happy Holidays!
Wishing Everyone a
Happy Holiday Season Filled With
Joy, Peace and Family.
With Gassho,
Karen and Ken Suyama

SACBC Bento Fundraiser by Chef Royce Mori

To order: Call and leave a message at church: 510-471-2581 or Email: SACBCOffice@gmail.com

Order deadline: Mondays at NOON

Pick Up: Wednesdays, 3PM – 4 PM SACBC, 32975 Alvarado-Niles Road, Union City, CA 94587

Payment: There are five options for paying:

- Paypal or Venmo: sacbc.treasurer1@gmail.com
- Credit card: VISA, Mastercard (will be processed onsite during pick up)
- **Check** made out to: SACBC or Cash (Exact amount pls) in a sealed envelope with your name and address on the outside.

DECEMBER BENTO MENU

	Meat	Vegetarian/Pescatarian	Notes/comments
December 1	Kalua Pork & Cabbage Served with Mixed Green Salad w/Ume Dressing Gyoza Wok Fired Baby Choy Sum Steamed White Rice \$17	Roasted Hamachi Kama Served with Mixed Green Salad w/Ume Dressing Miso Glazed Eggplant Roasted Broccoli & Caramelized Onions Steamed White Rice \$18	
December 8	Tonkotsu Ramen Chashu Pork Belly, Corn, Spinach, Soft Boiled Egg, Green Onions 2 spam musubi \$16	Ramen Salad Crispy Tofu, Corn, Spinach, Soft Boiled Egg, Green Onions, Crispy Shallots, Sesame-Soy Dressing \$14	
December 15	Teriyaki Beef Wasabi Caesar Salad Sauteed Mushrooms Steamed Broccoli Steamed White Rice \$17	Japanese Vegetable Curry Wasabi Caesar Salad Vegetable Gyoza with Ponzu Sauce Steamed White Rice \$14	
December 22	New Year Bento Sunomono (Cucumber salad) Namasu (Daikon salad) Shira-ae (Japanese Creamed Spinach) Kuromame (Sweet Soy Black Beans) Kimpira Gobo (Sauteed Burdock Root) Kamaboko (Fish Cake) Tazakuri (Sweet Soy Glazed Baby Sardines) Sake Poached Shrimp Teriyaki Chicken \$20	Chicken Karaage Sunomono w/shrimp Corn Roasted Cauliflower Steamed White Rice \$16	
December 29	No Bentos...Happy New Year!		

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

NEW OFFICE HOURS

Effective January 2022, regular SACBC Office hours will be 10am to 2pm Monday through Thursday. The office will no longer be open on Fridays which is usually a slow day anyway. Please work with Emily if you have anything that may need attention on a Friday.

DECEMBER EVENTS

Dec. 5 – SUN	SHOTSUKI HOYO & BODHI DAY
Dec. 12 – SUN	BWA MEMORIAL SERVICE
Dec. 19 – SUN	FAMILY SERVICE
Dec. 24 – FRI	OFFICE CLOSED; CHRISTMAS EVE
Dec. 26 – SUN	NO SERVICE
Dec. 31 – FRI	NEW YEAR'S EVE (JOYA-E) SERVICE 7PM
Jan. 1, 2022	NEW YEAR'S DAY (SHUSHO-E) SERVICE 10 AM

ALL SUNDAY SERVICES START AT 10:00 AM VIA ZOOM

Meeting ID: 818 7869 6300

Passcode: 549504

