



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.

Life is a Dream

As summer approaches, I am excited to be able to do more things outside and spend time under the sun. I hope that everyone has their summer plans and are excited for them as well. While living in Japan, summer was always a fun time with the Gion Festival in Kyoto, summer BBQ at the river, and watching the fireworks shows at Lake Biwa in Shiga and Osaka. Summer was the time to wear *yukata* and enjoy hanging out with friends at bars and restaurants.



Summers here are much the same with chicken teriyaki dinners, fireworks, and outdoor BBQ events. There may or may not be Obon odori in the Bay Area, but we are eagerly awaiting to hear from the temples. The sun stays out later in the evening, and we can enjoy summer foods like snow cones, ice cream, watermelon, and ice-cold beer!

It is in the midst of the summer heat that I remember the difficulty in staying focused on my work or my studies because of the commotion, excitement, as well as the heat that was in the air. When I recall my summer days in Japan, it all seems like a dream. It was hot and, at times, quite miserable with sweat beading down my face and back even while sitting still. But I look back on those memories with fondness. I look back at my summers here in America, too, with nothing but fondness. I think many of us feel the same way. Summers are fun, and they should be. It all feels like such a great dream.

The Buddha teaches us that it is not just the summers that are like a dream. Life itself is a dream. We may not sense it now, but this entire life is a dream. It is the illusion. This is not to say it is meaningless or that it is fake. There is a purpose. But the dream isn't the whole story. It is the means to get us to awaken to something bigger than just this self.

The nembutsu is the calling that tries to tell us that what we are in the midst of the dream right now, as we are in it. When we heed this call, we can live with confidence and joy while in this life. As one teacher puts it, "We have one foot in this world and the other in the Pure Land." Let's put our hands together in gassho for a teaching that shows us our true state of existence. Gassho.

人生は 幻^{まぼろし}

夏がそろそろやってきます。今年の夏はハワイ旅行やいろいろな予定を立てていますので、楽しみにしています。皆さんはいかがでしょう。夏は気楽になれますから楽しい時期であります。私は日本に滞在していた時、京都に住んでいましたので、夏といえば祇園祭^{ぎおんまつり}です。また、近くの桂川^{かつらがわ}に行き、バーベキューをしたり、琵琶湖^{びわこ}や大阪の花火大会を見に行ったりしてました。夏は浴衣を着て夜の夕食店やバーによく行ってました。

アメリカの夏も同じく外でバーベキューをしたり、花火を見たり、お寺の盆踊り^{ぼんおどり}に行ったりしますね。カキ氷や冷たいビールを食べたり飲んだりして楽しいですね。この暑い真夏の時に勉強や仕事なんか考える余裕はありませんよね。日本の夏を思い出しますと懐かしく感じます。確か、猛烈な暑さで、夏バテになったり、毎日汗が顔や背中を垂れていて気持ち悪かったけど、それもいい思い出です。アメリカの夏も毎年楽しかったです。皆さんはいかがでしょう。楽しくはなかったでしょうか。まるで夢を見ているみたいなのですね。

仏様は、私たちに夏の時期だけでなく、この世およびこの人生そのものが幻だと教えてくださいます。今はそのように感じないかもしれませんが、人生は夢みたいなのなのです。それは決して虚^{むな}しいものではないのですが、この人生そのものは全てではありません。真実の世界と出逢わせていただくための人生です。

そして、お念仏は今、私たちがこの夢の中にいる間に、そのメッセージを伝えようとしているおはたらきでございます。私たちにその呼び声が聞こえてきたら、この人生そのものの意義が分かり、真実の世界に相応する人生を送ることができるのです。ある先生から言われたのが、「片足がこの世にあり、もう片足がお浄土にある」と。このお言葉を思い出しながら人生を精一杯生きていきたいと思えます。合掌。

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>



Services for June 2022

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

June 5, 2022 – Shotsuki Hoyo

10 A.M.

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

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

Graduates will be recognized.

Mrs. Masuko Kitayama Scholarship will be presented.

Tak & Mary Misaki Buddhist Youth Award will be presented.



June & July Birthdays will be celebrated.

Dharma School will follow service. (This is the last Dharma until September)
JrYBA Meeting will follow Dharma School.

Japanese Dharma message follows the English service.

June 12, 2022 – Eshinni and Kakushinni Memorial Service

10 A.M.

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



Eshinni was Shinran Shonin's wife. She wrote many letters that became crucial in understanding life at the time they lived. She was also a devout Shin follower.

Kakushinni was Eshinni and Shinran's daughter. She was instrumental in establishing the initial stages of Shinran's mausoleum and the foundations

June 19, 2022 – Family Service (Father's Day)

10 A.M.

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

**HAPPY
FATHER'S
Day!**

June 26, 2022 – Family Service

10 A.M.

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

Board meeting Wednesday, June 8, 7:30 pm - Zoom

What's Up Dharma School?

In April, in preparation of Hanamatsuri, students were able to help decorate the Hanamido after two years! A HUGE thank you to Karen Fuji for coordinating and for lunch! Thank you to our dharma students: Josie, Rylan, Nolan, Ami, Mia, and Keisai, and to Royce M, Lindsay M and Kaori for helping.

For service, Dharma school put together a short presentation with a video song of "I am a Link in the Golden Chain" and haiku readings for the Hanamatsuri Service. When the students were released to class, we did our annual "Hanamatsuri Egg Hunt" where the older kids hid eggs for the younger ones.

In May, we were able to set up the Hinamatsuri Display for an early Kodomo No Hi and belated Girls Day Celebration for the May 1 service. A BIG thank you to Karen Suyama, Grace Joo, Mitsuko Maruyama, Ken Suyama, John Arai, Kathy Velasco, and Kyle Yamasaki helping with the set up. And for Karen, Grace, Mitsuko, and Ken for being available again to put it away along with Russell Yamasaki. For class, we celebrated by making paper hats, Hina origami, eating sakura mochi, and making a Koi-nobori.

On May 15, the Jr/High School Dharma students (representing Jr.YBA), hosted Gotan-E service. We are thankful for Mitsuko coming out the day before to teach and put together the flower arrangement with Josie. Thank you Yumi, Bryce, Kristin, Chance, Josie, Tyler, Kara and Rylan for the videos and running service. The students participated in sensei's Q & A about Shinran Shonin. They are now REALLY well versed about Shinran Shonin! During class, we did a special craft for Father's Day.

Our final Dharma class for 2021-2022 will be June 5. We'd like to invite our Sangha to join us in the Sangha Hall celebrating our seniors: Yumi Florando, Chance Tokubo, and Bryce Osaki, after service.

We hope to see you there!

In Gassho,

Cathleen and Betty





CAUTION! Scammers Are After YOU!

In these times with the advancements in technology, Scammers are working around the clock to try to take advantage of you and get your assets. Here are some tips on how to avoid getting “caught”. I have read articles online and am including the “tips” that seem to address the most common scams. Writing enclosed in brackets [] are mine. I suggest you search online for other articles with suggestions as the following are only a few. Stay safe! I’m sure there are members reading this who have more expertise and experience than I do. Please send an email or leave a phone message at the church office. Your valuable information or corrections to any information in this article will be shared via the GC or church member email. Karen Fujii

From the Federal Trade Commission: (<https://consumer.ftc.gov/articles/how-avoid-scam>)

Four Signs That It’s a Scam:

1. Scammers PRETEND to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the [Social Security Administration](#), the [IRS](#), or [Medicare](#), or make up a name that sounds official. Some pretend to be from a business you know, like a [utility company](#), a [tech company](#), [Amazon, Google, Xfinity, Norton, etc] or even a [charity](#) asking for donations.

[The email might have the company logo that you recognize, BUT the scammers have made a small change that you might not see. Xfinity spelled with an “!” for an “I”. Amazon spelled, AmAzon]

They use technology to change the phone number that appears on your caller ID. So, the name and number you see might not be real.

2. Scammers say there’s a PROBLEM or a PRIZE.

They might say you’re in trouble with the [government](#). Or you [owe money](#). Or [someone in your family had an emergency](#). Or that there’s a [virus on your computer](#).

Some scammers say there’s a [problem with one of your accounts](#) and that you need to verify some information. Others will lie and say you won money in a [lottery](#) or [sweepstakes](#) but have to pay a fee to get it. [Sometimes an email will say, “your order has been received”, “your purchase has shipped”, or “your account has been charged”. Then there might be a link to click to see what you supposedly ordered or how much your account was charged. You might not recognize the company or know you did not purchase anything from a company you sometimes purchase from. DO NOT CLICK ON the LINK!]

3. Scammers PRESSURE you to act immediately.

Scammers want you to act before you have time to think. If you’re [on the phone](#), they might tell you not to hang up so you can’t check out their story. They might threaten to arrest you, sue you, take away your driver’s or business license, or deport you. They might say your computer is about to be corrupted.

4. Scammers tell you to PAY in a specific way.

They often insist that you pay by [sending money through a money transfer company](#) or by putting money on a [gift card](#) and then giving them the number on the back. Some will send you a [check](#) (that will later turn out to be fake), tell you to deposit it, and then send them money.

[If you call a phone number on the scammer’s email, they will ask you to open the email and then access your computer. They can see how much money you have in your bank account and pressure you (#3 above) or tell you to pay in a specific way (#4 above).

What You Can Do to Avoid a Scam

Block unwanted calls and text messages. Take steps to [block unwanted calls](#) and to [filter unwanted text messages](#). **[Do Not Click on any Links.]**

Do not give your personal or financial information in response to a request that you didn't expect. Legitimate organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

Resist the pressure to act immediately. Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

Know how scammers tell you to pay. Never pay someone who insists you pay with a gift card or by using a money transfer service. And never deposit a check and send money back to someone.

Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

Report Scams to the FTC

If you were scammed or think you saw a scam, [report it to the Federal Trade Commission](https://consumer.ftc.gov) (<https://consumer.ftc.gov>).

5 Ways to Detect a Phishing email – with examples

(This article was very informative, but very long. I took the liberty to give brief explanations and delete the graphics. kf)

[Luke Irwin](#) 22nd March 2022

<https://www.itgovernance.co.uk/blog/5-ways-to-detect-a-phishing-email>

Phishing is one of the most common types of cyber crime, but despite how much we think we know about scam emails, people still frequently fall victim.

1. The message is sent from a public email domain

No legitimate organization will send emails from an address that ends, [for example] '@gmail.com'. Most organizations, except some small operations, will have their own email domain and company accounts. For example, legitimate emails from Google will read '@google.com'. If the domain name (the bit after the @ symbol) matches the apparent sender of the email, the message is probably legitimate. By contrast, if the email comes from an address that isn't affiliated with the apparent sender, it's almost certainly a scam.

[Always hover over an email address to see if it is legitimate. Example: An email supposedly from Amazon is sent from an email address of johnAdoe@gmail is a phishing email.]

2. The domain name is misspelled

There's another clue hidden in domain names that provide a strong indication of phishing scams. The problem is that anyone can buy a domain name from a registrar. And although every domain name must be unique, there are plenty of ways to create addresses that are indistinguishable from the one that's being spoofed.

[Example 2: Email was sent from: msonlineservices@micosfrtftonline.com

The email says the person's account has expired with a sign-in page to go to. The email address has "microsoft" misspelled.

3. The email is poorly written (Phishing email continued)

You can often tell if an email is a scam if it contains poor spelling and grammar. Remember, many of them are from non-English-speaking countries. With this in mind, it becomes a lot easier to spot the difference between a typo made by a legitimate sender and a scam. It's therefore the recipient's responsibility to look at the context of the error and determine whether it's a clue to something more sinister. You can do this by asking:

- Is it a common sign of a typo (like hitting an adjacent key)?
- Is it a mistake a native speaker shouldn't make (grammatical incoherence, words used in the wrong context)?
- Is this email a template, which should have been crafted and copy-edited?
- Is it consistent with previous messages I've received from this person?

If you're in any doubt, look for other clues that we've listed here or contact the sender using another line of communication, whether that's in person, by phone, via their website, an alternative email address or through an instant message client.

4. It includes infected attachments or suspicious links

Phishing emails come in many forms. We've focused on emails in this article, but you might also get scam text messages, phone calls or social media posts.

But no matter how phishing emails are delivered, they all contain a payload. This will either be an infected attachment that you're asked to download or a link to a bogus website.

The purpose of these payloads is to capture sensitive information, such as login credentials, credit card details, phone numbers and account numbers.

In this next section, we'll explain how each of those works.

Infected attachments

An infected attachment is a seemingly benign document that contains [malware](#).

It doesn't matter whether the recipient expects to receive [anything] from this person or not, because in most cases they won't be sure what the message pertains to until they open the attachment. When they open the attachment, they'll see that the information isn't intended for them, but it will be too late. The document unleashes malware on the victim's computer, which could [perform any number of nefarious activities](#).

We advise that you never open an attachment unless you are fully confident that the message is from a legitimate party. Even then, you should look out for anything suspicious in the attachment. For example, if you receive a pop-up warning about the file's legitimacy or the application asks you to adjust your settings, then don't proceed. Contact the sender through an alternative means of communication and ask them to verify that it's legitimate.

Suspicious links

You can spot a suspicious link if the destination address doesn't match the context of the rest of the email. For example, if you receive an email from Netflix, you would expect the link to direct you towards an address that begins 'netflix.com'.

Unfortunately, many legitimate and scam emails hide the destination address in a button, so it's not immediately apparent where the link goes to.

In [an] example, scammers are claiming that there is an issue with the recipient's Netflix subscription. The email is designed to direct them to a mock-up of Netflix's website, where they will be prompted to enter their payment details.

By including the link within a button that says 'Update account now', the fraudsters achieve two things. First, it makes the message look genuine, with buttons become increasingly popular in emails and website. But more importantly, it hides the destination address – making

it instead a hyperlink. To ensure you don't fall for schemes like this, you must train yourself to check where links go before opening them.

(Phishing email continued)

Thankfully, this is straightforward: on a computer, hover your mouse over the link, and the destination address appears in a small bar along the bottom of the browser.

On a mobile device, hold down on the link and a pop-up will appear containing the link.

5. The message creates a sense of urgency

Scammers know that most of us procrastinate. But the longer you think about something, the more likely you are to notice things that don't seem right. Maybe you realize that the organization doesn't contact you by that email address, or you speak to a colleague and learn that they didn't send you a document.

Even if you don't get that 'a-ha' moment, coming back to the message with a fresh set of eyes might help reveal its true nature. That's why so many scams request that you act now or else it will be too late.



**VOLUNTEER OPPORTUNITIES...PLEASE MARK YOUR
CALENDAR**

June 18th Clean Up Day
(Saturday)

We will start at 9 am, expecting to be finished by midafternoon. Even if you can only spare a couple of hours your time is very much appreciated. Lunch will be provided. Anyone who can bring pitchforks and/or steel rakes would very helpful.

July 1st-July 4th Fireworks Sales
(Fri-Mon)

SACBC will once again be selling Fireworks from July 1 – July 4. There will be four (4) shifts each day:
9 am – noon
Noon- 3 pm
3pm – 6 pm
6pm – 9 pm

Fireworks sale will be one of the few fundraisers for SACBC this year. SACBC always splits the profits from the Fireworks sales with the organizations that provide help running the booth. Anyone able to help, please email me at johnmarai1482@gmail.com.

JUNE EVENTS

- SUN – June 5** **Shotsuki Hoyo**
June and July birthdays will be celebrated.
Dharma School; Jr.YBA meeting follows
- SUN – June 12** **Eshinni & Kakushinni Memorial Service**
- SUN – June 19** **Family Service; Father’s Day**
- SUN – June 26** **Family Service**

ALL SUNDAY SERVICES START AT 10:00 AM IN-PERSON OR VIA ZOOM
Meeting ID: 818 7869 6300
Passcode: 549504

