

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.

☎ (510) 471-2581

📍 32975 ALVARADO-NILES RD UNION CITY, CA 94587

✉ OFFICE@SACBC.ORG



Rev. Landon Yamaoka

In a few weeks, I will be attending a Naikan retreat at the Jodo Shinshu Center. It is a Jodo Shinshu-based form of self-reflection that guides users to focus on gratitude and interpersonal connection. There are three questions: 1. What have I received? 2. What have I given? 3. What troubles have I caused? In Jodo Shinshu, there is no explicit guide on how to “understand” or “practice” our tradition. I see this as a hindrance to those of us who grew up in the West, as expressed instructions make better sense for us

I believe, to varying degrees, we all have unconsciously learned to understand the world through a Christian lens. While this is neither good nor bad, it does affect our ability to engage with teaching from Asia, as we do so without its centuries of cultural context. Jodo Shinshu is a relatively recent form of Buddhism; for context, Master Shinran died about 230 years before European settlers arrived on the shores of North America.

I appreciate the idea behind Naikan, as it brings an aspect of “doing,” allowing Shin practitioners a breakdown of what “Buddhist practice” can look like for them beyond just thinking. Certain aspects of the difficult practices found in other schools, e.g., controlling one’s thoughts and emotions, do happen in Jodo Shinshu, but it may take us a long time to make any headway. We are not required to make these efforts and yet, the teachings transform us very slowly over time. A benefit of the teachings is that there is a change in us.

Naikan can be very hard to jump into, especially if one is not used to “living inside one’s head.” During my first retreat, most people around us were crying while working on their last questions, or just sitting, crying with their faces in their hands, unable to continue the assignment. The inside of my head is not always a pleasant place. I think most people would be traumatized if they saw what goes on in my head, and for a long time, I struggled with these negative emotions and afflictions.

My “inner voice” often goes to worst-case scenarios, either in outcomes, or projecting people’s intentions I may be interacting with. I just had an interesting discussion amongst friends: one who, like me, is Buddhist; one who is lightly informed theoretically and tries to engage with the teachings; and one who maybe has only been to funerals at Buddhist temples or special services. The other Buddhist and I were talking about our “inner voices,” and the other two thought we were saying we were hearing voices telling us to do things that we had no control over. I don’t have much control over this voice in my head, usually thinking the worst of people, but my “voice” and I talk to each other often. My Buddhist friend googled “inner voice,” and what I suspected was that not everyone hears a voice when “thinking” on right or wrong, or trying to plan things. Some visualize pictures or scenarios before acting on their “thoughts”. Some people get into heated arguments over this...

The four of us had just shared 6 meals plus free bread, and the two “less” Buddhists also got Fenton’s ice cream and might have been too full to have this discussion. We gave up from stress and our full stomachs. It made me wonder about how each of us “thinks” about the teachings, and how we “hear” or “visualize” Buddhist teachings and ideologies.

I struggle to imagine things, which hinders my learning, but it may help me appreciate Naikan, as I am used to overthinking and making connections this way. I am being trained to facilitate some discussions in this training, so this discussion gave me new ideas to “think” about and to ask all of you to “think” about how you reflect on the teachings.

In Gassho,
Landon



Services for May 2026

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

May 3, 2026 – Shotsuki Hoyo

10 A.M. (Hybrid)

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

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

May 10, 2026 – Gotan-e and Gomeinichi Service

10 A.M. (Hybrid)

Gotan-e is the observance of the birth of Shinran Shonin, the founder of Jodo Shinshu

HAPPY MOTHERS' DAY

May 17, 2026 – Family Service

10 A.M. (Hybrid)

Dharma School will chair service.

May 24, 2026 – Family Service

10 A.M. (Hybrid)

May 31, 2026 – Memorial Day & Family Service

10 A.M. (Hybrid)

This service is to honor and remember those women and men who died while serving in the U.S. Military.

Shinran Shonin's actual birthday is on May 21, 1173. He was born in Kyoto, Japan. Because of Shinran's efforts to spread the Nembutsu teaching, this tradition has been passed down to us for over 800 years! The message of Amida Buddha's Great Compassion is spreading throughout the world in other parts of Asia, Europe, South America, and here in North America as well. Let us proudly remember our founder and celebrate his birthday together!



Clean Up! Saturday, June 6, 9 AM – Noon

In preparation for our annual bazaar, we need to clean up. The focus will be in Sangha Hall: store room, table tops, kitchen, and area outside of the "food service area".

MAY Shotsuki Hoyo
Sunday, May 3, 2026 at 10:00 am

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

DECEASED

- 1920 SHOICHI MISAKE
- 1940 TAKICHI MISAKE
- 1941 SEIZO HANDA
- 1945 SUSUMU SAITO
- 1947 ZENICHIRO SHIBATA
- 1954 SUMIKO KATO
- 1954 ITO MISAKE
- 1964 NAOICHI IKEDA
- 1965 KATSUJIRO MARUYAMA
- 1969 TOMIE SHIKANO
- 1976 CHIKANO MARUYAMA
- 1978 HAMANO FUDENNA
- 1987 YASUTO KATO
- 1988 BARNEY HACHIRO HANDA
- 1990 YOSHIKO SATO
- 1990 HARUTO HAMAMOTO
- 1991 ALYCE SETSUE MASAMORI
- 1992 KELVIN KATO
- 1993 KIMIYO SEKIGAHAMA
- 1997 SCOTT HOANG
- 1998 BERNICE EMIKO MONGI
- 2003 NATSU TESHIROGI
- 2008 TOSHIKO ABE
- 2008 ROBERT WHITAKER
- 2010 ROBERT KINJI SHIBUYA
- 2012 HARUKI TAKEMOTO
- 2013 ROY HIRABAYASHI
- 2018 KATSUMI MARUYAMA

- 2018 ICHIZO SHIKANO
- MAE SANAYE NISHIGUCHI
- FUSA KAMIMOTO
- 2019 ED SAKAMOTO
- 2020 AYAKO FUJII
- 2020 SAYOKO TAMURA

- 2021 MASAHITO HIRAMINE
- 2023 HARUO KASAI
- 2025 JIMMIE SUYATO YAMAGUCHI

FAMILY

- DAVID MISAKE & KAREN FUJI
- DAVID MISAKE & KAREN FUJII
- MRS. MICHIKO HANDA & JOANN ROGERS
- MR. & MRS. TSUYOSHI TESHIROGI
- MRS. ARLYNE SHIBATA
- MR. WAYNE SAKUDA
- DAVID MISAKE AND KAREN FUJII
- IKEDA FAMILY
- MARUYAMA FAMILY
- MR. BEN SHIKANO
- MARUYAMA FAMILY
- FUDENNA FAMILY
- MR. WAYNE SAKUDA
- HANDA FAMILY
- MARUYAMA FAMILY
- HAMAMOTO FAMILY
- MASAMORI FAMILY
- MRS. PAULA KATO
- SEKIGAHAMA FAMILY
- MRS. BETTY HOANG
- MONGI FAMILY
- MR. & MRS. TSUYOSHI TESHIROGI
- MR. DAVID ABE
- MRS. MARCIA WHITAKER
- SHIBUYA FAMILY
- MRS. PATRICIA TAKEMOTO
- MS. JOY HIRABAYASHI-DETHIER
- MS. MITSUKO MARUYAMA
- MRS. GRACE JOO, MS. SANDY MARUYAMA
- MR. BEN SHIKANO
- MR. DON NISHIGUCHI
- MR. & MRS. ART SAKAI
- MRS. MARIE SAKAMOTO
- MRS. KAREN SUYAMA
- MR. & MRS. KYLE YAMASAKI;
- MR. YUZO TAMURA &
- MS. LAUREN YAMASAKI-CRAMER
- MRS. YOKO HIRAMINE
- MRS. GRACE KASAI
- YAMAGUCHI FAMILY

MEMORIAL SERVICES 2026

Memorial year for those who passed away in:

2025 - 1 st year 2022 - 3 rd year 2019 - 7 th year	2013 - 13 th year 2009 - 17 th year 2001 - 25 th year	1993 - 33 rd year 1976 - 50 th year 1926 - 100 th year
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MAY 2026

BWA REPORT
by Karen Suyama

THANK YOU to everyone who have been coming to help at Boutique. I understand the sewing machines are humming along with items to sell at bazaar. The group is almost finished with the boutique projects.

The last couple of meetings will be on Thursdays (May 7 and 21st) from 9:00am.

Our next BWA meetings is May 17th at 9:00am.

Hope to see everyone then.

Thank you for your continued support of the BWA.

BAZAAR

Our largest fundraiser is just around the corner, **and we need your help and support.** **Our annual bazaar will be held July 18 & 19.** We are working on the bazaar roster now, and it should be mailed out soon.

Construction begins Sunday July 12th at and will continue through the week until it's all done. Please contact John Arai if you can spare some time to help with construction.

We are looking forward to a fun weekend of food, game and meeting up with old friends. The Bay District is sharing the dates with our sister temples to come visit, and hope we have lots of people and great weather.

Stay tuned for more info.....

Come and Join us!!!

**A BWA Card and Paper Craft class will be held on Sunday June 7th
after church service. (11-1)**

Please email Cindy at FruityC@aol.com to reserve a spot by May 19
and she will send a confirmation with the details.

Light snacks (but no lunch) will be provided.

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

Hope to see you at this event!



"SACBC Athletic Association – Recreational Basketball League

The SACBC Athletic Association is excited to begin preparations for the 2026–2027 recreational basketball season!

Our youth rec league is open to boys and girls in 1st through 8th grade and is designed to provide a fun, supportive, and community-focused environment for players of all skill levels. Whether your child is brand new to basketball or looking to continue developing their skills, this program serves as a great entry point to learn, grow, and build confidence on and off the court.

We are planning to kick off the season in September, with registration expected to open in June 2026. We are currently beginning early outreach to gauge interest and start organizing teams

As a volunteer-run program, we are always looking for individuals who want to make a positive impact in our community. At this time, we are actively seeking coaches and team managers to help support our teams. Families who volunteer will receive priority registration for their players.

We also warmly invite past SACBC AA families and alumni to return and reconnect with the program. Many of our current families have shared fond memories of their time in SACBC, and we hope to continue building that same positive experience for the next generation of players.

If you are interested in participating, volunteering, or learning more, please reach out to us at: SACBCAA@gmail.com

BAACHAN'S CLOSET/ASIAN GIFTS

New booth at Bazaar 2026!

Please donate Asian items to be sold, cash & carry.

Art work, dishes, serving pieces, jewelry, accessories, etc.

Items must be clean and in good condition.

Leave in office labeled "for Karen fujii"

THANK YOU!



What's Up Dharma School? May 2026

Thank you to Keisai, Akaly, Ami, and Mia for participating in this year's Hamamatsuri video presentation and Zuiho Taniguchi for helping with packing the flowers. We hope the sangha enjoyed the presentation! Here are the remaining dharma classes for the year.

- April 19
- May 3
- May 17 (DS will be hosting service)
- June 7 (Last Day of Dharma School)

In gassho,
Betty and Cathleen



HANAMIDO DECORATING

Thank you to those who were able to make it to the hamamido decorating on April 4. A BIG thank you to Karen Fujii for arranging preparations to decorate the Hanamido and John Arai for picking up the flowers and Yamasaki's for providing lunch. Thank you to Nancy Minamide (white flowers), Jessie Sakai, Judy Tokubo (wisteria) and Amy Hastushi (astromelias) for bringing additional flowers to decorate with.

Participants: Karen Fujii, Keisai Miyaji, Kaori Miyaji, Rev.Miyaji, Daniel & Maya Polo, Josie Matsubayashi, Cathleen Mastubayashi, Eileen Yoshida, Judy Tokubo, Nancy Minamide, Paul Gan, Glen Sekigahama, and Kyle & Betty Yamasaki.



HANAMATSURI

Many sangha members (zoom and in-person) celebrated Hanamatsuri on April 5. The sangha poured sweet tea (provided by Karen Fujii) over the baby Buddha in the hanamido. Thank you to the following for the refreshments: Rev.Landon and Kyla for the cookies, Nancy Minamide for the candy peeps and candy basket for the kids, Cathleen Yoshida for cookies, Betty Yamasaki for brownies, and Kaori for preparing the tea.



CALLING ALL GRADUATES!

PLEASE EMAIL BETTY YAMASAKI (B_YAMASAKI@YAHOO.COM) IF THERE ARE ANY FORMER DHARMA SCHOOL STUDENTS WHO MAY BE GRADUATING FROM COLLEGE, GRADUATE SCHOOL, ETC..., BY MAY 18 SO WE CAN RECOGNIZE THEM FOR THIS 2026 SCHOOL YEAR.

MAY

AA - Athletic Association
 JLS - Japanese Language School
 DS - Dharma School
 BWA - Buddhist Women's Association

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 5-10pm AA	2 8:30-3pm JLS
3 Shotsuki Hoyo 10 am	4 3-5 pm Taiko 4-5pm Taiko (beginner) 5-10pm AA	5 6:30-8:30pm Scouts 5-10pm AA	6 3-5 pm Taiko 5-10pm AA 7:30-9:30pm Board Meeting	7 11am-1pm JLS prep 5-10pm AA	8 6am O-Jinjo  5pm - 10pm	9 8:30-3pm JLS
10 Gotan-e and Gomeinichi 10am Mothers' Day	11 3-5 pm Taiko 4-5pm Taiko (beginner) 5-10pm AA	12 6:30-8:30pm Scouts 5-10pm AA	13 3-5 pm Taiko 5-10pm AA	14 11am-1pm JLS prep 5-10pm AA	15 5-10pm AA	16 8:30-3pm JLS
17 Family Service 10 am	18 3-5 pm Taiko 4-5pm Taiko (beginner) 5-10pm AA	19 6:30-8:30pm Scouts 5-10pm AA	20 3-5 pm Taiko 5-10pm AA	21 11am-1pm JLS prep 5-10pm AA	22  5pm - 10pm	23 8:30-3pm JLS
24 Family service 10AM	25 3-5 pm Taiko 4-5pm Taiko (beginner) 5-10pm AA	26 6:30-8:30pm Scouts 5-10pm AA	27	28	29	30
31 Family Service 10 am Memorial Day						

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

MAY HIGHLIGHTS

3 – SUNDAY | SHOTSUKI HOYO

10 – SUNDAY | GOTAN-E & GOMEINICHI
MOTHERS' DAY

17 – SUNDAY | FAMILY SERVICE

24 – SUNDAY | FAMILY SERVICE

31 – SUNDAY | **MEMORIAL DAY** & FAMILY SERVICE

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