



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.



Coming Back to the Temple

As the season gets colder, there are many things to look forward to despite the fact that summer has gone and we will not be able to do the fun outdoor activities as much. The cold season always reminds me of having Japanese *nabe* (hotpot) for meals and eating persimmons with a cup of tea. Of course, who can forget about the warm cups of *shōchu* or *sake* to go along with the hot meals.

As the cold season approaches, the temple still remains a place of spiritual warmth. With the people coming to the temple activities and services, the joyfulness and energy we get from the sangha is crucially important for our spiritual well-being. I would like to continue to invite everyone to come to our services and experience what it is like to be a part of a sangha that values the Buddhist teaching.

As the county of Alameda is now in the green tier, we would like to make a push to get people to come back to the temple. In an effort to do so, I have decided that some services will continue in hybrid format, but other services will be in-person only. Of course, this will mean that for the in-person services, participants will not be able to view the services online. The schedule of what services will be hybrid and what will be in-person will be listed in the Golden Chain. I would like to start this new format beginning in January, 2023. At that time, all "special services" will be done in person, beginning with Shusho-e, the New Year Service.

The years during the pandemic has changed many aspects of our lives. There are both good and bad aspects about things being much more easily accessible than before. Zoom has revolutionized the way in which we socialize and interact with each other as a species. Finding the new balance between physical and virtual contact will be the new challenge. Who knows? In a few decades, we might be conducting all aspects of our lives in the meta-verse. But for now, there are still plenty of us who remember what a hug feels like, what the sweet fragrance of incense smells like, and how just simply being in a certain physical space can completely change your mindset and mood. The temple has and will always be your special place of spiritual comfort and peace. Welcome home. Gassho.

寒い時期がやってきました。秋の季節は家族や友人と一緒に鍋を食べながら楽しく時間を過ごすのが楽しみです。温かいお茶を飲みながら柿を食べるのも楽しみです。また、温かい焼酎とお湯わりもいいですね。

この寒い時期にはお寺の温もりも思い出されます。お勤めやお寺の行事の時にご門徒の方が集まり、御同坊・御同行がともに時間を過ごしていることがとても大切なことではないかと思えます。皆さんにぜひできる限りお寺に参っていただけることをお願いしたいと思います。

アラメダ郡は感染者数が減少したため、お寺でも前のようにさまざまな行事が行われるようになりました。それに伴って、ご門徒の方々にも以前のようにお寺に足を運んでいただくことをお願いしたいと思います。そのため、お勤めのいくつかの「ハイブリッド・フォーマット」を停止いたします。お寺の大きな行事、例えば「報恩講」、「お彼岸法要」、「涅槃会」などのいわゆる「スペシャル・サービス」をイン・パーソン（対面）の形で厳修させていただくこととなります。つまりこれらのお勤めはズーム抜きで行いたいと思えます。この新しい予定は来年2023年の「修正会」元旦のお勤めから始めさせていただきたいと思えます。皆さんの御了承よろしく申し上げます。ありがとうございます。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 November 2022

Alameda County is now “**Green – Low Transmission**” for COVID.
There are no restrictions. Wearing a mask in the hondo or Sangha Hall is optional.

November 6, 2022 – Shotsuki Hoyo

10 A.M.

DAYLIGHT SAVINGS (Set clocks back one hour)

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

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

Dharma message in Japanese will follow the English service.

November birthdays will be celebrated.

Dharma School will follow service.

Keirokai (in-person) will follow service. By invitation and RSVP only.

November 13, 2022 – Eitaikyo & Family Service

10 A.M.

Eitaikyo was originally intended to ensure that memorial services would continue even if there were no surviving relatives.

Eitaikyo reminds us that we should honor all who came before us while at the same time, ensuring that the Buddha Dharma continues to flourish for future generations to be able to hear. Your dana donations will help to secure that future and we thank you for your continued support, which we especially recognize at this time.

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

November 20, 2022 – Family Service

10 A.M.

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

Dharma School will follow service. Jr. YBA meeting will follow Dharma School.

November 27, 2022 – No Service



Let us be grateful for the many causes and conditions
that make our lives possible.

What's Up Dharma School?

For the 2022-2023 school year, Dharma school will be combined from K-12th.

For our first day of class, we focused on continuing the Alphabet Book with the letter S. We had the students identify things that start with the letter 'S', such as 'sensei', 'Sangha', and 'Shinran'. We then made Shinranshonin Musubi, with the hat and walking stick!

For our next class, students focused on the letter 'T' and came up with words like 'temple', 'tea', and 'teacher'. As a treat we made Takoyaki with custard filling with Josie being head chef!

We are starting to prepare for our annual Keirokai event. In the spirit of Shinranshomin's 850th celebration, our theme will be "Journey through Shinran". It will be held Nov.6, after service in the Sangha Hall. This is an in-person event only for those who are 70 years or older and may bring a guest (bento included). For those seniors unable to stay, bentos can be picked up around 12pm. Please RSVP by Oct.17 to ensure we have the correct amount of bento orders.

Dharma school is still open to accepting new students. Listed are the dates for this year.

- Oct.23, 2022-Dharma class
- Oct.30, 2022-Dharma class
- Nov. 6, 2022-Keirokai (it will be after service)/Birthday Celebration
- Nov.20, 2022 -Dharma Class
- Dec.4, 2022-Dharma class (Bodhi Day and Mochitsuki)/Birthday Celebration
- Dec.18, 2022-Dharma Class

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) and we will email them a registration link.

Again, stay safe and healthy!

In Gassho,

Cathleen and Betty



BCA YOUTH RETREAT
B.Y.R. FALL
ALL HIGH SCHOOL &
COLLEGE AGE WELCOME



Saturday 11.26.2022

📅 9:00 A - 8:00P
📍 2140 Durant Ave,
Berkeley 94704

[Reg & Info](#)



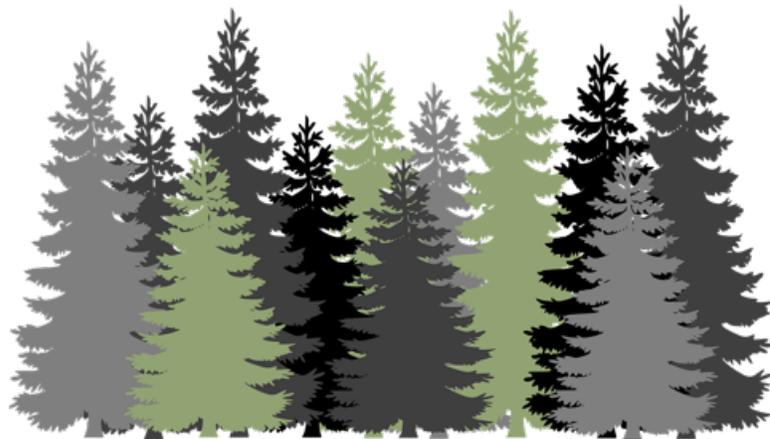
<https://tinyurl.com/BYRfall>

The BCA Youth Retreat or (B.Y.R.), is a program sponsored by the Buddhist Churches of America: Center for Buddhist Education to help engage and join youth members from all throughout the BCA.

This year we are hosting a one-day [BYR Fall Event on November 26, 2022](#). The event is open to all high school and college age participants. It will be a day filled with instruction and fun. It is a wonderful opportunity for young people to not only learn more about Buddhism, but to meet new people from around the BCA.

Please share this email with your youth leaders and volunteers. Please direct any questions to Koichi Mizushima: bkmizushima@bcahq.org.

Here is the registration link: <https://tinyurl.com/BYRfall>



Support the Stanley Family Christmas Tree Lots This Holiday Season

Bob & Sherri Stanley have been a longtime SACBC member and generous contributors in our past silent auctions. 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). The lots will be opening on Nov 20 (Sunday); 10:00 AM to 9:00 PM, 7 days/week. For more info, please call (510) 502-6619.**



WE WANT YOU!
As our next SACBC Treasurer for 2023!

Job Description:

- Bank deposits: organize & copy checks. (SACBC Office Manager can assist). Review deposits and total checks by type of donation:
Membership, Memorial, Special service, etc. Input deposit information into SACBC Financial Reports.
- Payments: issue checks and make online payments. Update SACBC Financial Reports.
- Payroll: issue paychecks. Update SACBC Payroll Worksheets & SACBC Financial Reports.
- Quarterly: prepare & submit reports to EDD and IRS. Annual: send information to our Payroll Consultant to prepare W-2 and W-3.
- Property Tax: Annually file Property Tax Exemption.
- Insurance: Annual Workers Compensation Audit. Annually review coverage and consider whether limits should be increased.

Time required:

When deposits are processed, it takes 1 – 2 hours to do the various tasks depending upon how many checks are received. If there is no deposit, it takes 30 minutes or less to do the various tasks per week. Month-end tasks (payroll & preparing the next month's financial statements) takes about 1 ½ hours. Except for the copying of checks, it can all be done at home on your computer on your own timing.

Larry Gissible has been a tremendous asset to SACBC and given back for over a decade as our treasurer and wishes to transition his duties. Larry is willing to train!

Larry, John Arai, and myself, are forever grateful for a volunteer for the 2023 church fiscal year.

Please send your interest to SACBCOffice@gmail.com or reach out to John or myself directly.

Gassho, John Arai, President & Kyle Yamasaki, Vice-President

Exercise Class – Are you interested?

Karen Fujii

The exercise classes that have been provided for many years by an organization in Hayward has not been held because no instructor has been available. For the past 2.5 years, I have been taking a weekly Qigong class on ZOOM. (*See the explanation of Wuji Qigong below.) I have found the instructor, Jim, to be very knowledgeable about the body and the importance of exercise to keep healthy. Qigong is a set of practices that coordinate body, breath, and mind. He focuses on nourishing the joints and organs of the body while cleansing them.

My personal experiences include improvements in both physical health and mental well-being. One example is lowering my blood pressure by 20 points after doing only 6 cleansing and nourishing breaths! My posture and balance have improved.

The exercises are simple and done at your own pace. Most can be done sitting down, while all can be done standing up either holding on to something or not. No equipment is needed.

Jim is willing to start a beginner's class on Mondays, 9-10 A.M. on ZOOM. Classes can begin in January 2023.

If you have any questions or would like me to show you some of the exercises, please let me know. I am willing to show you on ZOOM or meet you at church for a preview. My contact information is in the church directory, OR leave a message with Emily or send her an email. I'll get your messages from her.

If you are interested in a Qigong class, please let Emily in the office know.

If people are interested, Jim will start a beginner's class. The cost has not been determined, but I find them very reasonable.

**Wuji Qigong is a series of mind & body exercise forms that utilizes simple meditation, breathing, and movement to increase energy and enable the body to heal itself. The exercises and healing techniques used during a practice session were developed in ancient China and Tibet. It is practiced for many reasons and has a significant number of health-related benefits. Wuji Qigong is a form of light exercise that involves easy, repeatable movements, includes focused breathwork, stretching, and strengthening of the body. By doing this, qigong restores the flow of energy in the body and helps us become more aware of the flow of our own life force energy, or chi.*



Southern Alameda Co. Buddhist Church

*32975 Alvarado-Niles Rd.
Union City, CA 94587-3165*

NOVEMBER EVENTS

- | | |
|---------------------------|---|
| Nov. 6 – Sunday | Daylight Savings Time ends (set clocks back one hour)
Shotsuki Hoyo
Keirokai by Dharma School (11:30-1:30 pm in Sangha Hall) |
| Nov. 13 – Sunday | Eitaikyo Service |
| Nov. 20 – Sunday | Family Service; Dharma School after the service
Jr.YBA meeting follows Dharma School |
| Nov. 24 – Thursday | HAPPY THANKSGIVING! (OFFICE CLOSED) |
| Nov. 25 – Friday | Black Friday (OFFICE CLOSED) |
| Nov. 27 – Sunday | No service (Thanksgiving) |

ALL SUNDAY SERVICES START AT 10:00 AM IN-PERSON OR VIA ZOOM

Meeting ID: 818 7869 6300

Passcode: 549504

HAPPY THANKSGIVING; BE WELL, BE GRATEFUL