

Golden Chain



Southern Alameda County Buddhist Church
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www.SACBC.org

November 2021

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.

The Changing of the Seasons

As the weather starts to cool and there are more windy and perhaps rainy days, I feel the transition in the seasons. This time of year always evokes a peculiar feeling within me. In a sense, I am relieved that we were able to get through the hot season. But now as it gets cooler, the days will become shorter and the mornings will make it more of a challenge to be able to get up in the morning. The leaves changing color is nice to see, but there is anxiety and excitement for the students as they start the new school year. As an instructor at the Institute of Buddhist Studies, I have the same feelings of anxiety and excitement from thinking to myself, "Will I do a good job this semester in teaching this class"?



Just recently, we observed the Fall Ohigan service. Ohigan is observed twice a year during the equinox in which the time of the days are said to be equal in length. The weather is fair, and it is easy to go to the temple to hear the Buddha Dharma. It is not too hot, nor is it too cold. But there is also another significance to this service being observed during this time of year. This is also the time where nature is in transition; because it is changing, so too do we change in response to the changing weather. I get seasonal allergies either in the spring or in the fall. Either way, I know that is how my body is adjusting to the changing weather. As the seasons change, our mentality and emotions change accordingly. We are constantly changing, even though we may not know it. Fall Ohigan serves as a reminder that we are changing—always changing. It is not necessarily good, nor it is not necessarily bad. Nevertheless, change is occurring.

Transitions always bring anxiety and excitement, whether that is in regard to the changing seasons, or the change in our jobs, or the change in our relationships with other people. Yet there is a constant that is always with us: Amida Buddha's Great Compassion. The world of absolute truth does not change. It is the root of all of our aspirations and hopes to live a life of fulfillment and spiritual peace of the heart and mind. During these times of emotional turbulence, when there is a transition taking place, it is all the more reason why we should open our hearts to hear the calling voice of Amida Buddha and earnestly listen to the Buddha Dharma. Gassho.

季節の変化について

最近、風が冷たくなつたようです。秋の季節がやってまいりました。この時期になりますと、何らか不思議な感じがします。夏が終わり暑い日々を乗り過ごせた感がありながらも、今後の寒い日が続き日中が短くなり、また朝起きるのも辛くなりそうです。紅葉を楽しみにしていますが、秋になりますと子供たちの学校が始まりますので、生徒さんたちは色々と不安や緊張を感じるでしょうね。私も仏教大学院で仕事をさせていますが、この時期になりますと生徒さんたちと同じような気持ちになります。「今学期も無事にやっていけるかな」などと不安に感じます。

近頃、秋の彼岸会の行事を勤めました。お彼岸は年に二度行われますが、昼夜平分時といって、太陽が出ている時間と夜の時間がちょうど半分ずつになる時だそうです。また、気候も安らかであり、暑すぎることもなく寒すぎることもなくお寺を楽に参ることができ、仏法を聴聞しやすい時期であるそうです。しかし、それだけでなくお彼岸はもう一つ大事なポイントがあると思います。それは、この昼夜平分時の時期に季節が少しずつ変わっていきます。周りの自然が少しずつ変わっていく中、我々も同じくその変化に応じていきます。例えば、季節が変わりますと、私にとってアレルギーがひどくなる時です。くしゃみや鼻がよく出ます。このように、季節が変わりますと、自分の気分や気持ちも色々と変わっていき、世の中全ての者が「無常」であることを感じさせられます。お彼岸はそのことを忘れないようにと教えてくれていることが分かります。変化は決して悪いこともなく、良いこともなくなります。唯ただ、世の中とこの「自分」が諸行無常しよぎょうむじょうであることを気づかしていただきます。

こういった「変化」があるが故に、様々な不安や緊張を感じる人が多いかもしれません。それは変わる季節であれ、仕事であれ、または人間関係で起きた変化もそうです。しかし、こういった修行無常の規則の中、ただ一つ変わらないものがあります。それは阿弥陀如来様の大慈悲の世界です。真実のものは変わりません。そしてその真実の世界は我々の人生に対する願いと希望を持つ根源たるものであります。人生の意義、または幸せ・心の安らぎの源は如来のお慈悲の願心にあります。この季節の「変化」を手がかりにして、心の不安が起きる中、まさに阿弥陀如来様の呼び声を聴聞していく必要性を改めて教えられます。合掌



Services for November 2021

November 7, 2021 – 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. Miyaji will officiate this service on ZOOM.

Dharma message in Japanese will follow the English service.

November 14, 2021 – Etaikyo & Family Service
10 A.M.

Etaikyo 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.

Rev. Harry Bridge of Oakland Buddhist Church will be the guest speaker for this service on ZOOM.

November birthdays will be celebrated.

Dharma School will follow service.

November 21, 2021 – Family Service
10 A.M.

Rev. Miyaji will officiate this service on ZOOM.

Dharma School will follow service.

November 28, 2021 – No Service



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

Holiday Greetings in the Golden Chain

Sending your holiday messages in the Golden Chain is an easy way to reach members of Sangha and will save you from having to get cards and mail them.

Greetings are limited to 2 lines only. Can be in English or Japanese.
We will provide the graphic design in color. See sample below.

Instructions:

1. Write who the greeting is from.
2. Email, call, or mail your order to Emily **by Monday, November 15, 2021.**
3. Suggested donation: \$15 for up to two lines.
 - a. Check to SACBC
 - b. Cash
 - c. Paypal or Venmo: sacbc.treasurer1@gmail.com
 - d. Donations can be made from the sacbc.org website.
Reminder: If you donate (or make payments) via PayPal, select "friends and family".
Selecting "friends and family" allows SACBC to receive 100% of the funds, otherwise a business processing fee is subtracted, and **SACBC** receives less.

Order form:

1. Your Name: _____

2. Greeting from: (How do you want your greeting signed?)

3. Donation: \$_____

SAMPLE of greetings/names



**Good Cheers and best wishes,
The Samuel Family**

**Wishing warmth and health to your family,
From the Grovers**

**Happy Holidays to your family,
Hope, Sue, Dave & Lily Smith**

**With Love from all of us,
The Smith Family**



Shopping on Amazon soon? SACBC is part of the AmazonSmile program. Shop at Amazon Smile and Amazon will make a donation to SACBC! We hope that you, your family and friends will utilize AmazonSmile for all your Amazon purchases – every little bit helps.

What is Amazon Smile? AmazonSmile is a simple and automatic way to support us at NO cost to you. When you shop at smile.amazon.com, you will find the same low prices, huge selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to SACBC.

Just so you know: SACBC Sangha has so far raised _____ since beginning of this year! Your continued efforts are definitely worthwhile all around for SACBC. Thank you for all the support!!!

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How do I shop at AmazonSmile? Simply go to smile.amazon.com or to the direct link: <http://smile.amazon.com/ch/94-1652028>

Which products on AmazonSmile are eligible for charitable donations? Tens of millions of products are eligible. These products are marked “Eligible for AmazonSmile donation”. The AmazonSmile donation will donate 0.5% of the purchase prices (less rebates, shipping, gift wrapping fees, taxes & service charges) to the charity by electronic funds transfer each quarter.

Can I use my existing Amazon.com account on AmazonSmile? Yes, you can.

How do I select a charitable organization to support? *On your first visit to AmazonSmile, select Southern Alameda County Buddhist Church before you begin shopping.* AmazonSmile will remember your selection and then every eligible purchase you make on AmazonSmile will result in a donation to SACBC.

Can I receive a tax deduction for the amounts donated from my purchases on AmazonSmile? Unfortunately, no. The donations are made by the AmazonSmile Foundation and are not tax deductible by you.



Coming up...Mark your calendars – **November 15, 2021 (Monday Night Football)**

Mountain Mike’s Pizza Fundraising on 3900 Decoto Rd., Fremont CA 94555
11:00am – 9:00pm

Mountain Mike's Pizza is donating 25% of Takeout & Pick up sales

What is the best advice you have received?

Seniors share the advice they were given that guided them throughout the years. As Isaac Newton said, "If I have seen further, it is by standing on the shoulders of giants." We "are standing on the shoulders of"... our seniors who share the advice that helped them, so that we might find peace, happiness, and thoughtful decision-making.

Rev. Takashi Miyaji

The man who thinks he CAN and the man who thinks he CAN'T are both right.

Kaori Miyaji

Happiness is not something that will be brought to you one day, in a box with a big ribbon, it is little things that you feel in your everyday life. So do not wait for it, just look around you!

Nancy Dodd

Keep a Gratitude Journal:

Each night, reflect and write down three things you were grateful for during that day.

Karen Fujii

My mother told me, "There's no shame in changing your mind or plans. There's shame in not recognizing you need to change."

Kenny Rogers singing "The Gambler": "You've got to know when to hold 'em; Know when to fold 'em."

From multiple sources: "Stay in Your Lane!"

Jean Kotake

Don't tell lies! Know when to keep your mouth shut.

Sachi Abe

Don't leave any rice in your rice bowl.

Nancy Minamide

My mother advised me, "You must go to college." Nancy is proud to be a Cal Berkeley grad.

Noel Lowe

Always stay positive.

Nina Sawasaki

My mother always said, "Treat others as you would like to be treated." I have always tried to live by her advice.

Paul Nakao

You have 2 ears, 2 eyes, 2 hands and 1 mouth

So, listen, observe, and work twice as much as you speak.

Jerry Tahira

My grandfather who was in the US 1899-1906 advised me to: A. Never lie (USO), B. Never brag (IBARU), and C. Never complain (MONKU), because it will come back and HAUNT you!!

It is very important to maintain respect, credibility, trust, and stay positive. Also: a. review your past,

b. get off the "Merry-Go-Round", c. establish short- and long-term goals, d. ask for help (SODAN),

e. systematically implement them!!, and f. build your image.

Cindy Sakihara

All that exists is impermanent. Nothing lasts. Therefore, nothing can be grasped or held onto.

Michi Handa

From getting advice from others who cared, I've learned so much.

Curtis Mark

From Mrs. Yamada, "Learn how to play the ukulele!"

Noreen Osaki

Pick and choose your battles. You can't win them all, nor should you.

Mary Nakagawa

If you have a passion for anything, follow it because if you're passionate about it, it won't feel like work.

Lani Uemura

Have no regrets. You only live once (YOLO)!

Judy Tokubo

"Yesterday is already a dream and tomorrow is only a vision;
But today, well lived, makes every yesterday a dream of happiness
And every tomorrow a vision of hope." (Sanskrit quote)

"Choose a job you love, and you will never have to work a day in your life." (Confucius)

Thank you for passing on these words of wisdom.

Gomenasai! Please Excuse Me!

My apologies for the following goofs and omissions in previous *Golden Chains*. Is my aging brain fogging up so often that I should retire before I get fired? Karen Fujii

- Helping at the omigaki in July was JoAnn Rogers. After cleaning the hondo and Sangha Hall, she joined the others in polishing the brass adornments of the onaijin. Thank you, JoAnn!
- Jean Kotake is an Octogenarian who celebrated her birthday in September. I'm sorry, Jean, for my error in reporting your age. May you live many more years in good health while enjoying adventures and experiences with your family and friends.
- Michi Handa continues to be a sports enthusiast. In high school she played basketball and after graduating, played in a Nisei league. Basketball continues to be her favorite sport, especially as a Warriors fan. She was an avid Raiders fan until they left town, when the A's became her favorite team. Living in Fremont is the best place for a sports fan where she is surrounded by professional teams! Go Teams, Go!

What's Up Dharma School?

Dharma School has been holding classes via zoom for the start of the 2021-2022 school year. The elementary class has been working on their ABC book. In learning about the letter "K" we made our own Kansho bell and ate KitKats. The Kansho bell ringing calls us into service! We also read the book Eyes that Kiss in the Corners.

The Jr.High/High school level has been discussing more in depth about Rev.Miyaji's dharma talks, such as discussing actions of peace globally and personally and the many types of 'masks' (figuratively speaking) people wear, including ourselves.

SACBC Dharma School also sponsored an Author's Visit with Joanna Ho along with Dharma Schools from Oakland, Berkeley, San Mateo, Palo Alto, and San Francisco. Joanna Ho wrote a book about Yo-Yo Ma playing his cello at the borders to promote peace among the border nations. Keisai was one of the dharma students who was picked to ask a question to Mrs.Ho!

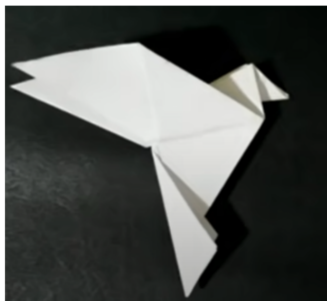
We will be hosting KeiroKai, "Tokyo Olympics" that will take place on November 6th, 2021 at SACBC. This year KeiroKai will be a hybrid event following the current CDC guidelines. Hope everyone signed up!

Stay safe and healthy!

In Gassho,

Cathleen and Betty

"Peace is Offering"
Origami Peace Dove

A colorful poster for an author's visit. The top left features a photo of a young girl holding a book titled "Eyes that Kiss in the Corners". The top right features a photo of a man playing a cello, with the book title "Playing at the Border: A Story of Yo-Yo Ma" below it. The main text reads "AUTHOR'S VISIT WITH JOANNA HO" in large, bold letters, followed by "Sunday, October 10th, at 10 AM". Below that, it says "PLEASE RSVP TO DHARMASCHOOLBCO@GMAIL.COM BY 10/1" and "ZOOM INFORMATION WILL BE SENT TO ALL FAMILIES VIA EMAIL". At the bottom, there is a circular logo and the text "Hosted by Buddhist Church of Oakland & Co-Sponsored by Berkeley Buddhist Temple, San Mateo Buddhist Temple, Buddhist Church of San Francisco, Southern Alameda County Buddhist Church".

**AUTHOR'S VISIT WITH
JOANNA HO**
Sunday, October 10th, at 10 AM

PLEASE RSVP TO
DHARMASCHOOLBCO@GMAIL.COM BY 10/1

ZOOM INFORMATION WILL BE SENT TO ALL
FAMILIES VIA EMAIL

Hosted by Buddhist Church of Oakland
& Co-Sponsored by Berkeley Buddhist Temple
San Mateo Buddhist Temple
Buddhist Church of San Francisco
Southern Alameda County Buddhist Church

Dharma school is proud to host Keirokai!

Pick up will be on Nov.6 (SAT) from 1-2pm.

There will be an option to stay and eat at the temple and play BINGO! Must have RSVP.

Hope to see you all there!

SACBC Dharma School Proudly Presents

A poster for the Tokyo Olympics Keirokai Edition. It features the five Olympic rings in their traditional colors (blue, yellow, black, green, red). Below the rings, the text reads "November 6, 2021" and "Pick up at SACBC from 1:00-2:00pm".

**Tokyo Olympics
Keirokai Edition**

November 6, 2021
Pick up at SACBC from 1:00-2:00pm

Happy 100th Birthday to Shiz Awamura!



Shiz became a Centenarian in September. Congratulations! Best wishes for many more years of good health and wonderful adventures.



See's Candies sends gift to Centenarians!

For years, See's has been celebrating its customers who make it to the big 100. If you have a relative or friend turning that age, write a note to See's Customer Service and a "Gift of Elegance" will be on its way. This is See's lavish gold-box assortment - 4 pounds' worth!

Send note to: See's Customer Service, 20600 S. Alameda Street, Carson, CA 90810

Note: Shortly after writing a letter for my mother, Mary Misaki, The "Gift of Elegance" was on my doorstep. The box measures 21" x 10" x 2" and is wrapped in gold foil with a huge gold ribbon. See's is 100 years old this year! KFujii

Your Senior Outreach Team!

Dear Sangha,

The Senior Outreach Team has met our goals of supporting our Seniors during the height of the pandemic. We were able to provide the following:

- Update the database (spreadsheet) with current information on members with a focus on identifying members 65 and older
- Create a "phone tree" to efficiently and effectively contact all Seniors
- Perform well-checks with friendly calls and emails to our Seniors
- Help those in need with running errands, providing face masks, picking up groceries and food, and helping with other essential tasks
- Provide updates to Seniors on how to stay safe and follow the CDC and Alameda County COVID guidelines
- Provide timely updates when and where to receive vaccinations
- Provide training on how to use Zoom to attend virtual services
- Help Royce with the start-up of the Bento Program and provide pick-up and delivery services as needed
- Submit monthly articles to the Golden Chain with stories from the Sangha

The Senior Outreach Team really enjoyed getting to know the Sangha during these unprecedented times. It has been, and continues to be a trying time, but together we are able to gain strength through our community engagement and compassion shared by everyone.

Gassho,

The Senior Outreach Team

Victoria Consul, Karen Fujii, Janet Hatano, Mitsuko Maruyama, Nina Sawasaki, Lani Uemura, Jamie Wu, Cathleen Yoshida, and Kyle Yamasaki

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.

NOVEMBER BENTO MENU

| | Meat | Vegetarian/Pescatarian |
|-----------|---|--|
| Nov. 3rd | <p>Tonkatsu</p> <p>Served with Cabbage Salad w/Creamy Miso Dressing, Sesame Green Beans and Steamed White Rice</p> <p>\$17</p> | <p>Ebi Fry Curry (Panko Crusted Shrimp)</p> <p>Served with Cabbage Salad w/Creamy Miso Dressing, Vegetable Curry and Steamed White Rice</p> <p>\$17</p> |
| Nov. 10th | <p>Loco Moco (Chef Royce Style)</p> <p>Served with Mixed Green Salad w/Creamy Thai Basil Dressing, Specially Seasoned Hamburger Patty over Garlic Rice and topped with two Over Easy Eggs and Brown Gravy, Portuguese Sausage and Mac Salad</p> <p>\$18</p> | <p>Salmon Shioyaki</p> <p>Served with Oroshi-Soy Sauce, Sauteed Brown Rice, Roasted Potatoes and Broccoli</p> <p>Mixed Green & Apple Salad w/Citrus-Soy Dressing</p> <p>\$18</p> |
| Nov. 17th | <p>Korean Style Short Ribs</p> <p>Mixed Green Salad w/Creamy Sesame Dressing, Vegetable Jap Chae, Sesame Bean Sprouts, Housemade Kimchee (mild) and Steamed White Rice</p> <p>\$18</p> | <p>Crispy Garlic Soy Cod</p> <p>Mixed Green Salad w/Creamy Sesame Dressing, Vegetable Jap Chae, Sesame Bean Sprouts, Housemade Kimchee (mild) and Steamed White Rice</p> <p>\$17</p> |
| Nov. 24th | <p>Happy Thanksgiving! (no bentos)</p> | |

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

NOVEMBER EVENTS

| | |
|--------------------|---|
| SAT, Nov 6 | KEIRO KAI (1:00-2:00 PM TO PICK UP BENTO) |
| SUN, Nov 7 | SHOTSUKI HOYO; DAYLIGHT SAVINGS TIME ENDS (set clocks back 1 hour) |
| THU, Nov 11 | VETERANS DAY |
| SUN, Nov 14 | ETAIKYO & FAMILY SERVICE |
| SUN, Nov 21 | FAMILY SERVICE |
| THU, Nov 25 | THANKSGIVING DAY (OFFICE CLOSED) |
| FRI, Nov 26 | (OFFICE CLOSED) |
| SUN, Nov 28 | NO SERVICE |

