



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.

What is That Dot?

It is 8:30 AM and I just had my cup of coffee. My wife is talking to me about an upcoming birthday party that we will be attending this weekend, when suddenly my cat leaps against the wall for no apparent reason. Wondering what the heck my cat is doing, I try to isolate the source of his attention elimination. I eventually realize that it is the light from the Sun that is reflecting off my wrist-watch thus creating a circular light that moves when my arm does so. My cat chases this with the utmost concern. I also have a laser pointer that motivates him in the same way. He is determined to catch that small red dot that mysteriously disappears from time to time. My wife tells me not to use that, as it creates a lot of frustration for the cat because there is never any satisfaction of ever catching anything. But my cat does not know that. For all he knows, that ominous red dot has plans to destroy the world and it is his job to capture and eliminate that menace that has trespassed into this house that he owns. I wish I could explain to him that the dots he chases are just reflections of the Sun's glare or from a battery-operated laser pen. But he won't ever know that. And there's a small tragedy in that story. He won't ever know the source of his frustration, but I will.



That makes me wonder: What if I'm the cat in other ways? How much of this existence do I really know? How much do I think I know, but will never be able to get to the real answer? There is a phrase I came across written by Takamitsu Daisen, a Higashi Hongwanji minister. It reads, "Not ever able to resolve on my own this existence of mine is the human tragedy." Like my cat, I am caught in an existence that continues in its anguish because we do not know how to resolve the issue of suffering. Indeed, it is Buddha that sees the plight of the human condition and tells us of the path to be released from this world of delusion. I am no more able to resolve this issue of human suffering on my own than my cat who doesn't know how to capture the bright white light or red dot. So long as we do not know the resolution to this problem, we will always be caught in this cycle of suffering.

The resolution to this tragedy is to rely on the Buddha's teaching. It is the working that comes from outside of this self. Truth must come from outside of this self. But the human using the English language to try and explain to the cat where that light comes from is very difficult for the cat to understand. Likewise, the Buddha explains to us the source of human suffering and how to be emancipated from this situation, but it is very difficult for us to understand the Buddha's language. It is, in fact, almost impossible. Yet, we are still embraced by the wisdom and compassion of the Buddha. The Buddha says to us, "Rely on me, call on my name Amida. There is a path for you to escape this world of suffering." This is the meaning of Namo Amida Butsu and this is the path to spiritual liberation. But for a very long time, this phrase is cryptic, almost impossible to receive and accept. Almost.

My cat and I might be deprived from the truth. But when he cuddles up to mom and feels her warmth, OK with his situation. Likewise, I will continue to say the Name and feel the warmth of the Buddha's compassion. That will be my source of comfort in this turbulent world. Gassho.



「吾輩は猫である」

午前8:30になり、朝食後のコーヒーを飲み終わったところです。妻が今週末に参加する誕生日会の話を説明しています。すると、うちに飼っている猫マウイちゃんが突然壁に向かって飛び出すのです。何があったんやろうと思ひながら首を傾げます。原因を探していきますと、私自身の体があっちこち動きますが、左腕が動くとマウイと一緒に動きます。そこで分かったのですが、外の太陽の光が私が付けている腕時計に反射して壁に白い丸い光が映ります。それを見て彼が気になって追いかけていたのです。それと同じくレーザーポイントが出す赤色の点も猫が必死になって追いかけて回ります。妻はそれを使ったら猫にとってすごいストレスになるといいますので、最近になって控えていたところです。

しかし、マウイにとってそんなことは知らないはずで、彼はあの壁に映っている点は敵のようなもので必ずつかまえて殺してやらないといけないと思っているかも知れないのです。それは敵じゃなくて、ただの太陽の光だとか、ポインターの光だよと言ってあげたいのですが、彼はいつまで経っても分からないのです。これは一つの悲劇でもあると感じます。彼にはストレスになる原因がいつまで経っても分からないのです。

このことから自分を振り返って、自分はどんなのかなと思ひ始めました。自分はこの猫みたいにとりあえず知らないことがあるんだろうと考えだします。私が知っているという限界はどこまでなんだろうと考えていきます。高光大船先生という大谷派の僧侶は次のような言葉を書いておられます。「自分で自分の始末をつけ得ないのが人間の悲しさである」。猫が今いる状況の中のように、本当は私も困難な状況におりながら、そのところから抜け出す方法が全く分からないのです。その私と違って仏様は衆生の苦しむ現状がよく分かり、その世からの解脱の方法が分かるのです。一方私は、自分で自分の始末をすることができないのです。それはなぜかという、自分そのものが問題だからです。これに気づかない限り苦しみというものが続きます。それが人間の悲劇というものなのです。

人間の悲劇の解決はやはり人間以外のところからこないといけないのです。それは仏様のはたらきからくるものなのです。ところが、猫に対していくら光の点がどこから来ているのかを言葉で説明したとしても、その猫はなんのこっちゃと首を傾げます。私たちも同じく仏様がお使いになられる言語は非常に理解しにくいものなのです。なぜかというとそのような考え方が私たち凡夫にとってまったく考えも及ばないもの、つまり不可思議なものであるからです。仏様が一生懸命私たちに人間が苦しむ原因とその解決を説いてくださっているのに、それがなかなか頑固な私にとって了解できることではないのです。しかし、それにも関わらず私たちは真実の智慧と慈悲の世界に抱かれているのです。阿弥陀如来が私たちに、「我にまかせよ。我が名を称えよ、必ず救う」と仰せられるのです。これが南無阿弥陀仏の意味です。

うちに飼っている猫と私は真実から離れているかも知れませんが、けれども、彼が飼い主のママに可愛がられて愛情の温もりの中にいると文句なしに幸福です。彼にとってそれでいいのだと信じているのです。それを見て同じように、私も南無阿弥陀の名を称えて、仏様のお慈悲の中にぬくぬくといたいと思います。この困難な世の中に住んでいるからこそ。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 2023

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

November 5, 2023 – 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 12, 2023 – 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.

Change from printed newsletter: November 19, 2023 – Family Service on YouTube

Rev. Dr. Takashi Miyaji will pre-record this service and post it on our YouTube channel:
<https://www.youtube.com/c/SouthernAlamedaCountyBuddhistChurch>

Please note, service will NOT be held in person.
10 A.M.

November 26, 2023 – No Service



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

What's up Dharma School?

November and December 2023

This past Dharma class, we focused on our emotion 'disgust' by starting with Rev.Miyaji's dharma talk about the student who poured water on his classmate. The students came up with things that may 'disgust' them but there are some situations, just like the boy who poured water on his classmate, where we may not realize that the action taken was meant to be an act of compassion. There were situations where we can turn our 'disgust' into something more 'joyous' as simple as turning ice into shave ice which the students enjoyed after class!

We also are continuing to prepare for the upcoming Keirokai (theme: Colors of Amida Buddha). We look forward to seeing our seniors on Nov.5th!

Dharma class dates for 2023 (subject to change):

- Oct.22, 2023 Dharma Class
- Oct.29, 2023 Dharma Activity
- Nov. 4, 2023 (Sat)-Keirokai Prep
- Nov. 5, 2023 Birthday Celebration/Keirokai (will held after service)
- Nov.19, 2023 Dharma Class
- Dec.3, 2023 Dharma Class (Bodhi Day and Mochitsuki)/Birthday Celebration
- Dec.17, 2023 Dharma Class

In Gassho,

Cathleen and Betty



Looking for a Piano Player

Do do you play the piano and can help us at some of the Sunday Services. If we can get a few people to volunteer, we can make a flexible schedule and use our technology to supplement. Mrs.

Yamada would like someone else to alternate on Sundays, and will work with you on what we need. Please contact Karen Suyama at sacbcoffice@gmail.com or leave a message at 510-471-2581 if you can help us out.

Support the Stanley Family Christmas Tree Lots

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 19 (Sunday); 10:00 AM to 9:00 PM, 7 days/week. For more info, please call (510) 502-6619.

BWA. for November Golden Chain

BWA – report by Karen Suyama.

We held our first rummage sale since 2019 and had an abundance of items to sell. It was a hugely successful sale and we are looking forward to hosting another on March 2-3, 2024.

Saturday Tea Social – November 18

Please join us for our first Saturday Tea Social that will be held on Saturday November 18, from 3:00pm. All of our SACBC members (not just BWA) are invited to join us for a little social to share some tea and stories. Please RSVP to Emily at sacbcoffice@gmail.com or leave a message at 1-510-471-2581 and let us know when you RSVP if you need a ride. We can arrange for one of our members to pick you up.

Year End and Memorial Service – December 10

Let's get together to remember some of our members who have passed on and enjoy some time together. More information to come soon.

Also, if you are not already a member, please consider joining the BWA, anyone and any age can become a member for a nominal fee of \$15.00 per year. We are looking forward to planning some exciting activities in 2024.... A cooking class, a cardmaking class, an outing to a place you didn't even know existed in Union City/Fremont.

Please join us at our next meeting on November 19th at 9:00am. Everyone is invited.

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Save the Date: Saturday, November 18, 2023

**SACBC BWA will be hosting a Saturday Tea
All BWA members and our SACBC Sangha friends are
invited!**

Where: SACBC Hondo classrooms

Time: 3:00-5:00PM

**Kindly RSVP to Emily at the SACBC Office by November 8,
2023 if you would like to attend. Also, if ride assistance is
preferred, please let us know.**

Take care and we hope to see you there!

FUNDRAISER FOR

Federation of Buddhist Women's Associations

VIRTUAL COMMUNITY FUNDRAISERS



When

**Friday, November 03,
2023**

Place your order for pickup
or delivery on Friday,
November 03!

Where

**Available at Panda Express
locations nationwide**

www.pandaexpress.com

How

Online orders only

Apply code **915563** in the
Fundraiser Code box during
online checkout at
www.pandaexpress.com or
via App

28% of sales will be donated to: Federation of Buddhist Women's Associations

Our goal is to raise money for the FBWA 2024 Conference.

Panda Express Locations:

Hayward/Union City – 30158 Industrial Parkway, near Target
Newark – 5829 Jarvis near Safeway
Fremont – 39429 Fremont Blvd., near Food Maxx

Valid for **online orders only**. Panda Restaurant Group reserves the right to cancel any and all fundraiser events, if the Panda Restaurant Group Virtual Community Fundraiser guidelines are **not followed**. Panda Restaurant Group will donate 28% of all purchases made, **pre-tax and before fees**, at your local Panda Express when purchased with designated code at check-out. Purchase(s) of gift cards do not count towards the fundraiser, but purchases made with gift cards will count. No portion of purchase is tax deductible.

HOW IT WORKS **START A FUNDRAISER**

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, December 11, 2023.**
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.

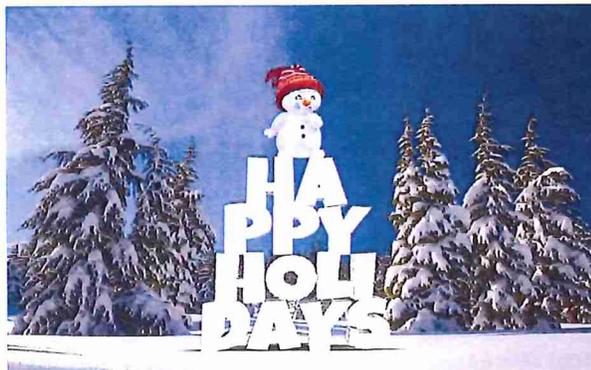
Order form:

1. Your Name: _____

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

3. Donation: \$ _____

SAMPLE of greetings/names

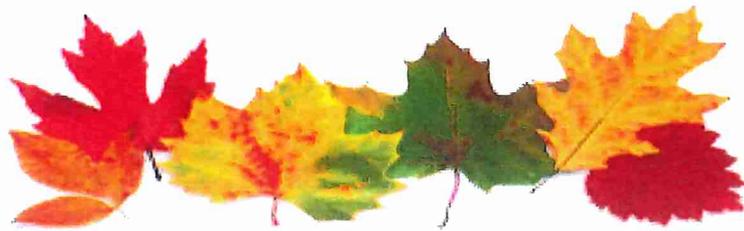


Good Cheers and best wishes,
The Samuel Family

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



November 2023

NOTES: Events are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 JLS 8:30 am -4 pm (8/21/23 to 6/1/24)
5 10am Shotsuki Hoyo 11am Keiro Kai	6 6:00am O-jinjo Service 8:30am Qi-gong Taiko 4-5 pm 5-9pm AA 7pm Kendo	7 6:30 pm Scouts	8 Taiko 4-6 pm 5-9pm AA	9 6:00am O-jinjo Service 11am-1pm JLS teacher prep 5-9pm AA 7pm Kendo	10 6:00am O-jinjo Service	11 JLS 8:30 am -4 pm (8/21/23 to 6/1/24)
12 10am Eitaikyo Service	13 6:00am O-jinjo Service 8:30am Qi-gong Taiko 4-5 pm 5-9pm AA 7pm Kendo	14 6:30 pm Scouts	15 GC article(s) deadline Taiko 4-6 pm 5-9pm AA	16 6:00am Gomeinichi 11am-1pm JLS teacher prep 4-9 pm Bay Dist Council (Kitchen & Reception Rm)	17 6:00am O-jinjo Service 5-9pm AA	18 JLS 8:30 am -4 pm (8/21/23 to 6/1/24) 3-5 pm BWA Tea Social
19 10am Family Service	20 6:00am O-jinjo Service 8:30am Qi-gong Taiko 4-5 pm 5-9pm AA 7pm Kendo	21 6:30 pm Scouts	22 Taiko 4-6 pm 5-9pm AA	23 Office Closed Thanksgiving 5-9pm AA 7pm Kendo	24 Office Closed Thanksgiving	25
26 No service THANKSGIVING	27 6:00am O-jinjo Service 8:30am Qi-gong Taiko 4-5 pm 5-9pm AA 7pm Kendo	28 6:30 pm Scouts	29 Taiko 4-6 pm 5-9pm AA	30 6:00am O-jinjo Service 11am-1pm JLS teacher prep 5-9pm AA 7pm Kendo		

*6:00am O-Jinjo Morning Services held Monday, Thursday and Fridays

Southern Alameda Co. Buddhist Church
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Union City, CA 94587-3165

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RETURN SERVICE REQUESTED

NOVEMBER EVENTS

5th—SUN	SHOTSUKI HOYO; KEIRO KAI AFTER SERVICE
12th—SUN	EITAIKYO SERVICE
16th - THUR	BAY DISTRICT COUNCIL MEETING 4:00-9:00 PM
18th - SAT	BWA TEA SOCIAL
19th—SUN	FAMILY SERVICE
23 & 24TH— THUR & FRI	THANKSGIVING — OFFICE CLOSED
26th—SUN	NO SERVICE
<p>SUNDAY SERVICES START AT 10:00 AM Zoom Meeting ID: 818 7869 6300 PASSCODE: 549504</p>	