

# Golden Chain

Southern Alameda County Buddhist Church  
32975 Alvarado-Niles Road, Union City, CA 94587

Office: 510-471-2581  
Email: [sacbcoffice@gmail.com](mailto:sacbcoffice@gmail.com)

Resident Minister: Rev. Dr. Takashi Miyaji  
Mobile: 253.640.4224 / Email: [gishin.tmiyaji@gmail.com](mailto:gishin.tmiyaji@gmail.com)

[www.SACBC.org](http://www.SACBC.org)

**OCTOBER 2022**

*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.*



## Basketball and Buddhism

When we think about the fall season, there is the start of many sports programs, one of them being Basketball. Here at SACBC, you are all well-acquainted with the Hawks, as many generations have played on this team, and many who have started out playing are now coaches, and perhaps parents, or maybe even grandparents of kids who play on this team.



Basketball for the Japanese Americans in the east bay area had its humble beginnings in 1955 through the direction of Paul Nomura as he was a part of starting the East Bay Youth Athletic League. An organized team for SACBC then develops in 1965 at the temple, with the girls' team following shortly after. Later with the help of Bill Sawasaki, Mr. Nomura continued to expand the basketball program. Many children were eager to be part of the Buddhist community and be active in sports. Nomura mentions, "This activity was started as a way to get children involved at the temple and to have them be a part of the community." As the basketball team grew larger and more kids joined, SACBC grew to be a well-known organization outside of the local area. "At one point we went from 8 teams to 28," says Nomura. It is because of his actions and that of subsequent leaders of this organization that we have a thriving basketball team and a sense of belonging. A large part of that was due to the foresight of the temple's leaders who saw the potential in attracting the youth to this spiritual center through sports.



I echo this sentiment and would like to point out the significance of having a basketball team at a Buddhist temple. Many readers are well aware that we can join various sports leagues and have our children get exposed to learning sports and what it means to be on a team. We can join another religious group, a community center, or a competitive league that will create hopefuls that might want to play in collegiate leagues or even the pros.

So why be a part of SACBC's basketball league? Many of you might not know this, but Buddhism and basketball are very similar. In an interview with the great Magic Johnson, he explained something very interesting. He said when he was younger, he always would practice dribbling and dribbling, keeping up with the basic drills and always honing his fundamental skills. In fact, he did it so much that at some point in his practice, he noticed that dribbling no longer became a conscious effort. He goes on to say that the basketball became an extension of his body. In fact, dribbling was so ingrained in his body that it became necessary for him to do, much like that of breathing! We can say that Magic *became* the basketball; he *became* the sport itself too. That is how much he played the sport. In the same way, we too, are "training" our spiritual hearts and minds in the sense that we are learning what it means to be our authentic selves and how to listen to the world of truth. If we train ourselves carefully, we can open our hearts to the calling voice of the world of truth, the world we Buddhists call "oneness." This gives us confidence, hope, and calm to live in gratitude.



Want to learn more? Come see me and say hi, let's have a chat. The temple can become the center of our spiritual lives. We can talk about life, or about basketball and Buddhism because there are many similarities that can be drawn from the two. I look forward to seeing you at the AA sponsored Sunday service on October 30th. Have a great season!

Gassho (with palms together)

## 柿の木

このお寺では果物の木がいくつかあります。もも、プルーンや、あんずのフルーツが夏の時に出来て、非常に美味しいです。毎年楽しみにしています。また、庫裡の庭には、梅の木と柿の木もあります。フルーツが熟してくると、たくさん出てきますので、食べ切ることができなくていつもお寺のメンバーたちに持って帰ってくださいとおねがいしています。

ところがある日、二人の女性がお寺にやってきて、大きな袋を持ってきました。私はその時、家の中にいて気づいていなかったのですが、妻がゴミを捨ててに行った時に見かけました。隣のホームである「梅野木」で働いている方だと思い込んで、日本語で挨拶したんですけど、なにか薄い反応が帰ってきて妻が悩みました。そしたら、その二人の女性が庭の方へ行き、果物があるところに行きました。妻はなんともないと思っていきましたが、だんだん時間が経つと、二人の女性がどうもこのお寺と関係のない人だなと感じたそうです。そして、袋にたくさんの果物を積んでパンパンの状態二人の女性はそのまま帰っていきました。私はちょうどその二人の女性が帰るところを見かけてもやはり、なんとも思いませんでした。

すると、妻がその二人の話を僕にして、その人はよその人だと教えてくれて、私は最初はそこまで怒っていませんでしたが、時間が経てば経っていくほど、だんだん腹が立ってきました。そしてついに

、「なんであのおばはんたちが、俺たちの果物を持っていくんだ！なんの挨拶もなく、なんの許可もなく勝手にお寺の敷地内まで入ってきて果物を持っていくのはけしからん！泥棒じゃ！」と怒りました。あの時、ストップするべきだと反省しました。今でも、どうも納得いきません。なんでよのところにやって奥の方にある木のフルーツを勝手に取っていった方がいいのかが理解できませんでした。

そしたら、この間そのことを思い出しますと、<sup>みょうこうにん</sup>妙好人の源在さんの話を思い出しました。「妙好人」はお経からの言葉で、親鸞聖人も「正信偈」にその言葉を使うのですが、仏法を深くご理解された熱心な念仏者のことを言います。この妙好人はたくさんいらっしゃいますが、その人たちについてのエピソードを集めて記録に残された書物がたくさんありますが、その中の一つに『<sup>みょうこうにんでん</sup>妙好人伝』というのがあります。一人の有名な方は<sup>あしかがきさぶろう</sup>足利喜三郎がいて、その方の通称は「<sup>げんざ</sup>源在」と呼ぶのです。彼は妙好人の中で最もよく知られている方で、この人についての話がたくさんあります。

源在さんの自宅に柿の木があったそうです。ある日、柿の木に<sup>いぼら</sup>茨 (thorny branch) が括り付けられてたそうです。そのことについて聞いてみると、息子がそれをつけたそうです。なぜだと聞いてみると、近所の子供たちがその木を登って柿を取って行ったのだそうです。ですから、それを防ぐために、登れなくしたのです。しかし、源在はそれはダメだと思って<sup>はしご</sup>梯を置いとけと言ったそうです。なぜなら、柿を取りやすくするためにしたいからだそうです。普通の人とはちがいますね。源在さんはそういう人だったみたいです。心の安らかな人で思いやりのある人だったそうです。

私と全然違いますね。うちには梯が沢山あるけど、あれからわざと隠しましたからね。私が言いたいポイントは、仏法を聴聞したからといっていい人になり、またはいつも優しくなり、怒ったりしないという訳ではありません。むしろ、ポイントは自分がいかに煩惱に惑わされているかということです。本当は、この果物の木は自分のものではないのに、そのように扱って、それが持っていけたら怒り出すのが、<sup>ぼんぶ</sup>凡夫 (ordinary and foolish being) の性格ですね。果物がたくさんあって、自分達で食べ切ることができないと分かっているにもかかわらず何か奪われたと感じて怒り出すのがまさに凡夫の姿ですね。本当にけしからんのは自分なのですね。しかし、そのように思うのはなかなか難しいことで、自分の本当の姿が見えないのが凡夫というのです。自分の力で自分を観ようとしても無理なのですね、不思議ですよ。やはり、自分以外のところからこないと自分の本当の姿が見れないのです。

<sup>しんらんしょうにん</sup>親鸞聖人が<sup>あみだによらいさま</sup>阿弥陀如来様のことを仰せになられたのは、仏のはたらきに照らされてやっと自分の本当の姿が見えたからです。聖人は次のような文章を残しておられます。

「<sup>むざんむぎ</sup>無慚無愧のこの身にて、まことのこころはなけれども、弥陀の回向のみ名なれば、功德は十方にみちたまふ」

と言われます。つまり、自分には罪を恥じる心は全くない、まことの心がないけれども、阿弥陀様のはたらきである名号を十方の皆に与えておられると仰せになっています。

ある先生によりますと、自分が光の源のほうに歩くとします。例えば太陽に向かって歩くとします。そしたら、太陽の温もりは感じて体は照らされますが、背中から影が反映されますね。自分からはその影があるとは見えないけど、振り返ったらはっきりとそれが見えます。これが光のお陰だということです。同じ体なのに、また光に包まれていても、やはり自我の闇がいつまでもこの身についてきます。しかし、その愚かさがあるにも関わらず、仏のはたらきに抱かれていることが分かるのです。これがお念仏の教えなのです。

私は、源在さんを見て反省しますが、改めて阿弥陀様のはたらきを思い出されます。煩惱があつて執着心から抜け出すことは非常に難しいことです。梯は今でも隠しております。しかし、私の心の中にそういうところがあると分かせていただくのが仏法の教えであり、そこから仏法を聴聞していく必要があるとわかるのです。ですから、阿弥陀様の智慧と慈悲のはたらきが私の支えとなり、心の拠り所となるものなのです。今後も、その智慧と慈悲のはたらきを続けて聴聞していきたいと思います。  
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 October 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.

**October 2, 2022 – Shotsuki Hoyo**  
10 A.M.

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

Rev. Dr. Takashi Miyaji will officiate this hybrid service.  
Dharma message in Japanese will follow the English service.

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**October 9, 2022 – Family Service**  
10 A.M.

Rev. Dr. Takashi Miyaji will officiate this hybrid service.  
October birthdays will be celebrated.  
Dharma School will follow service.

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**October 16, 2022 – Family Service**  
10 A.M.

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

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*October 22, 2022 – Fall Seminar (Saturday)*  
3-5 PM @ SACBC

**Rev. Kiyonobu Kuwahara** of Jodo Shinshu International Office (JSIO) will  
give a lecture on the meaning of the Pure Land.  
Details in the Golden Chain

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**October 23, 2022 – Family Service**  
10 A.M.

Guest Speaker **Rev. Hiroya Sato** of the International Ministers Orientation Program  
Rev. Dr. Takashi Miyaji will officiate this hybrid service.  
Dharma School will follow service.

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**October 30, 2022 – Family Service**  
10 A.M.

Rev. Dr. Takashi Miyaji will officiate this hybrid service.  
Athletic Association (AA) will chair this service.  
Dharma School will follow service.

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## OCTOBER SHOTSUKI HOYO

Family, relatives and friends are invited to attend the monthly memorial service for the following on **Sunday October 2, 2022 at 10:00 a.m.**



### DECEASED

1928 Torao Hisaoka  
1934 Yukie Takayama  
1939 Kou Tanaka  
1963 Magoichi Sekigahama  
1964 Naka Yasuhiro  
1969 Yaeka Haraguchi  
1973 Tama Sakuda  
1976 Yoshiye Yamamoto  
1978 George Yonekura  
1984 Annabel Cavan  
1984 Bryan Randall Hall  
1989 Masutaro Kitani  
2004 Teruko Tamasu  
2005 Sae Hamada  
2006 Emiko Miyakawa  
2006 Glenn Rice  
2007 Marie Cuccia  
2009 Noboru Kawaguchi  
2009 Nobuko Marge Okada  
2010 Jimmy Isao Tanaka  
2017 Kazuyuki Uemura  
Yama Mori  
Shizuo Kawaguchi  
Arnold Hsieh  
Mitsu Mukai  
Sumiko Kamiji  
2019 Masakatsu Nakamura

### FAMILY

Hisaoka Family  
Takayama Family  
Tanaka Family  
Sekigahama Family  
Mr. Philip Yasuhiro  
Mrs. Miki Tsutsui  
Sakuda Family  
Ms. Nancy Teruko Dodd  
Mrs. Toyoko Yoshioka  
Mr. & Mrs. Abel Cavan  
Dr. & Mrs. Kenneth Hall  
Kitani Family  
Mr. & Mrs. Koji Tamasu  
Hamada Family  
Mr. Yasuho Miyakawa  
Mrs. Jane Rice  
Mrs. Ann Cuccia  
Mrs. Harumi Watanabe  
Mr. & Mrs. Hideo Okada  
Ms. Cynthia Kawamura  
Mr. & Mrs. Tet Uemura  
Mrs. Takae Wong  
Kawaguchi Family  
Mrs. Sylvia Ma  
Mr. Ed Mayeda  
Mrs. Sachi Fudenna & Mrs. Michi Handa  
Mr. Philip Yasuhiro

### **Memorial Service 2022**

Memorial year for those who passed away in:

2021 - 1st year	2010 - 13th year	1990 - 33rd year
2020 - 3rd year	2006 - 17th year	1973 - 50th year
2016 - 7th year	1998 - 25th year	1923 - 100th year

If this is a special service year for a departed relative, please contact the church office at (510) 471-2581 to schedule a memorial service.

### **IN MEMORIAM**

*Our Sangha is sad to announce the passing of **Mrs. Aiko Joo**, mother of Tom (Grace) Joo. She passed away on August 26, 2022. She was 95 years old. Services have been held.*

# SACBC's BEC Bookstore

For the convenience of our Sangha, we have ojuzu's, incense, candles and a large assortment of books including the Collected Works of Shinran, Ocean and many more available for purchase in the SACBC Office. Please contact Emily Carpio to arrange pickup of the any items you want. We also have several Butsudans. If you are interested, please contact Emily to arrange an opportunity to see them.

Also, do not forget to check out our library in the Hondo.



## CAR DONATION PROGRAM

- \*\* Donate your unwanted car, truck or van
- \*\* Receive a tax deduction and help SACBC
- \*\* Running or not, even wrecks are accepted
- \*\* We handle all DMV paperwork
- \*\* It is fast and easy      \*\* Towing is free!



For more info and to schedule a pick- up call:

Harold's Car Donation Service  
800-310-5274  
Website: [haroldscardonationservice.com](http://haroldscardonationservice.com)

\*\*Don't forget to mention that this is a donation for SACBC so the proceeds from the sale of the car go to our church.

## FALL SEMINAR



Rev. Kuwahara

**“What is the  
Pure Land?”**

**Saturday, October  
22, 2022 from 3-5  
@ Hondo**

Rev. Kuwahara, of the Berkeley Buddhist Temple and director of the Jodo Shinshu International Office, will be giving a lecturing discussing the significance of the Pure Land and what it means to be a Pure Land Buddhist. Please join us in this lecture on:

**Join Zoom Meeting**  
**<https://gtu.zoom.us/j/98670646244>**

**Meeting ID: 986 7064 6244**

## Dharma Family Service



Rev. Hiroya Sato

**Sunday, October  
23, 2022 at 10 AM**

Rev. Hiroya Sato, a prospective minister who is now training through the International Ministers Orientation Program (IMOP) will be providing an Adult English and Japanese Message at the family service on this day. Please join us in welcoming sensei.

*SACBC Dharma School Proudly Presents*  
Journey through Shinran  
Keirokai Edition



November 6, 2022 (Sunday)  
In Sangha Hall  
11:30-1:30pm

Please join us for some good company & games!  
**RSVP** to SACBC by **October 17, 2021** (Tuesday).

PLEASE RSVP TO EMILY  
at 510-471-2581  
or  
email at [sacbcoffice@gmail.com](mailto:sacbcoffice@gmail.com)

Be sure to include in the phone message or email:

- Name
- Phone number (where we can reach you)
- Email
- Number of complimentary bentos for seniors
- Staying or pick up

**NOTE:** If you cannot stay but would like to pick up bento, please indicate that. Pick up will be after service until 12:00pm. Please note this will be an in-person event.

***Please RSVP by October 17 (Tuesday)***  
***This is an in-person event only.***

# Bay District WBWC Japan Trip Tour

## May 6–19, 2023



**May 6:** Leave SFO to Haneda Airport

**May 7–10:** Stay in Tokyo: Visit Tsukiji Hongwanji, see Tsukiji Outer Market, visit other areas like Tokyo Sky Tree.



**May 10–14:** Stay in Kyoto: Participate in Joint Celebration at Hongwanji, Attend WBWC Conference, Go to Mt. Hiei



**May 14–15:** Stay in Fukuoka: visit the many sites then stay at the famous Hakusuikan onsen. Go on a river cruise and visit a katsuobushi (bonito) factory.



**May 17–18:** Go to Kagoshima: Tour of the “Kakure” Nembutsu where we visit the various sites where Jodo Shinshu followers worshipped in secret hiding areas in order to evade persecution. Visit Chiran Peace Museum that has an exhibit on kamikaze pilots. We will stay at another hotel known for its onsen hot baths. We will go to a shochu distillery and eat, eat, EAT!

**May 19:** Return Home Kagoshima to Haneda to SFO



Tour Price & Plans	Original Plan (12 nights)	Tokyo & Kyoto Plan (7 nights)
30~80 participants	\$ 6,900.00 per person	\$ 4,700.00 per person
Additional Costs	Fuel Surcharge & Tax by JAL Airlines (\$ 485.00 as of 2/28/22) WBWC Participation fee (\$227.50) , Donation Y2,000 Group photo (\$ 10.00) & Lunch box (\$13.00) on the Joint Cerebration on 5/10.	
Single Supplement (additional)	\$ 1,100.00	\$ 700.00

**THERE IS STILL TIME TO REGISTER!!**

Registration can be done through this link:

<https://cvent.me/e2rl7w>

Having Problems? Have Questions? Please contact:

**Rev. Miyaji** — [Gishin.tmiyaji@gmail.com](mailto:Gishin.tmiyaji@gmail.com)

Or you can contact our liaison at Kintetsu International America Company:

**Naomi Takehara**

T:408-544-2451

E:[naomi.takehara@kintetsu.com](mailto:naomi.takehara@kintetsu.com)

## Apology & Correction:

In the September Golden Chain article on “Omigaki August 7, 2022”, Mrs. Takiko Hatsushi participated in polishing the adornments in the onaijin. (Mrs. Kyoko Hatsushi did not attend.) My apologies for this error. Karen Fujii

**Drought and our lawn:** ACWD sent a notice of violations to the “Mandatory Water Use Restrictions”. “Runoff from irrigation or watering is prohibited”. According to the Ordinance, Enforcement has 4 steps: 1. First a Written Notification (We got this.) 2. On-Site Notification 3. Termination of Water Service 4. Restoring Water Service.

Violations are Misdemeanors. Punishment is by up to 30 days in the County Jail, fine up to \$600, or both.

The water to the sprinkler system for the front lawns has been turned off. The grass is turning brown.

Water conservation is critical. The ACWD website has information on how to save water including the “Mandatory Water Use Restrictions”. [acwd.org](http://acwd.org)



**Trick or treating is around the corner and the National Safety Council (NSC) has these Safety Tips for Motorists:**

- **Watch for children on roads, medians and curbs**
- **Enter and exit driveways and alleys carefully**
- **At twilight, watch for children in dark clothing**
- **Discourage new, inexperienced drivers from driving on Halloween**

**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 2022 church fiscal year.

Please send your interest to [SACBCOffice@gmail.com](mailto:SACBCOffice@gmail.com) or reach out to John or myself directly.

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

# SACBC Bento Fundraiser by Chef Royce Mori

**To order:** Call and leave a message at church: 510-471-2581 or Email: [SACBCOffice@gmail.com](mailto: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](mailto: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.

## OCTOBER BENTO MENU

	Meat	Vegetarian/Pescatarian	Notes
October 5th	<b>No Bentos</b>		
October 12th	<b>Tonkotsu Ramen</b> Chashu Pork Belly, Corn, Spinach, Soft Boiled Egg, Green Onions  2 Spam Musubi <b>\$18</b>	<b>Roasted Salmon w/Wasabi Pesto</b> Cabbage Salad w/Sesame-soy Vinaigrette Dashi Braised Vegetables Wok-Fired Ginger Choy Sum Steamed White Rice <b>\$18</b>	
October 19th	<b>Huli Huli Chicken &amp; Chili</b> Wasabi Caesar Salad Island Style Beef Chili Steamed Broccoli Seasoned Corn Steamed White Rice <b>\$18</b>	<b>Ginger &amp; Scallion Crispy Tofu and White Fish</b> Wasabi Caesar Salad Steamed Broccoli Seasoned Corn Steamed White Rice <b>\$18</b>	
October 26th	<b>Udon &amp; Gyudon</b> Chopped Green Salad w/Ume Dressing Soft Boiled Egg Kamaboko & Green Onions Steamed Broccoli Steamed White Rice <b>\$18</b>	<b>Shrimp Chanko Nabe (Sumo Wrestler Stew)</b> Chopped Green Salad w/Ume Manila Clams Tofu Kamaboko Age (Marinated Tofu Skin) Napa Cabbage Long Choy Sum Steamed White Rice <b>\$18</b>	



## OCTOBER EVENTS

Oct. 2–Sunday	Shotsuki Hoyo
Oct. 9–Sunday	Family Service; Dharma School to follow
Oct. 16–Sunday	Family Service
Oct. 22–Saturday	Fall Seminar with Rev. Kuwahara (in-person or via Zoom)
Oct. 23–Sunday	Family Service (guest speaker Rev. Sato)
Oct. 30–Sunday	Family Service (AA will chair this service) Dharma School to follow

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

**Meeting ID: 818 7869 6300**

**Passcode: 549504**