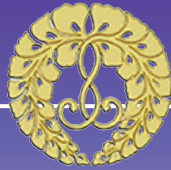


Golden Chain



Southern Alameda County Buddhist Church
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www.SACBC.org

October 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.

Letting Go and Flexibility

I would like to discuss a key characteristic of being a Shin Buddhist. That is to be able to learn to let go. Learning to let go; it's probably one of the hardest things to do in life. Yet letting go is one of the key teachings that Buddhism teaches us. I am trying to start a new tradition within our home. Every year, when it comes time for Bodhi Day, which is observed on December 8th, my family will pick three things to give away to Goodwill or charity, or throw away. I got the idea when I saw how much stuff we get on Christmas, so this was a good way to make room for more stuff in our house, recognize a Buddhist holiday, and to remember that material things ultimately don't bring about true happiness. In fact, holding on to things too much brings misery over time. It is a way for us as a family to remember that we have to learn to let go and allocate time for this type of reflection.



In the *Larger Sutra*, the most important Pure Land text for Shinran Shonin, according to the 33rd Vow, those sentient beings who are touched by the Buddha's light will "become soft and gentle in body and mind." What this means is that those who awaken to the truth of the Buddha's teachings, will become gentle towards others and oneself. The individual will have a mind that is more flexible, tolerant, and accepting of others. Why is this so? I believe it is because when one understands the Buddha's teachings, that person understands that much of what causes suffering and pain stems from how much we hold onto our ego selves. When we try to hold onto things: our beliefs, ideas, opinions, as well as our possessions which serve as accessories to our ego (imagine that slick silver Porsche that makes you look cool), that rigidity creates stress within ourselves. We get angry when things don't go the way we want them to. We hold grudges against people who disagree with us or who hurt our ego pride. We get anxious and preoccupied with our things when we feel our possessions might be taken away from us.

But for those who have received the Buddha's wisdom and compassion, these individuals know the nature of the ego self. Nembutsu practitioners know that holding onto things too much is not the natural way of looking at life and that all things must change or pass. They understand that always trying to be in control is simply not realistic, and that they must be able to adapt and adjust to the changing conditions. What is also important to note, is that Nembutsu practitioners know that they *cannot help but* to be attached to their egos. This is the meaning of *bonbu*, the ordinary foolish being.

So, it is not to say that Nembutsu people don't get mad, frustrated, or are humble at all times. It is also certainly not the case that one must be a person who keeps his/her composure in order to be a "good" Buddhist. But as I mentioned above about knowing the nature of the ego self, that means that one understands

that the ego tries to be controlling, overbearing, and commandeering. However, if one is shown through the Buddha's teachings that this is the nature of the ego self, that person can be aware of the ego and let go. When we are shown our true nature through reflection prompted by Amida Buddha's Wisdom and Compassion, we can understand that we can let go of our ego selves from time to time. We may forget, and at times we may not want to let go. But every so often when life happens, we remember the importance of letting go. When we do, our hearts and minds become soft and gentle towards ourselves and others. We take things as they come and we know that all things will change. Even though we may not want certain things to change, we know that this is the way life works and there is no sense in trying to fight it by holding on.

I will close by paraphrasing something Bruce Lee said in an interview. He explained that water can flow and crash, and the awesome power of water is that it is formless and it can adapt to the situation. "Be like water my friend," he says. I believe this is true, but it can't be done on our own accord. This is possible only when we receive the Buddha's guiding light. When we receive the world of truth, our hearts and minds become adaptable and flexible, soft and gentle, like flowing water. It becomes resilient and accepting, both at the same time. When we awaken to the world of Amida's embrace, we awaken to a world that is much grander than our own ego selves. Gassho.

レディング・ゴーと柔軟性

今回のテーマは「レディング・ゴー」と柔軟性のことであります。「レディング・ゴー」つまり自己中心的なところが自分の中にあることを知り、それにこだわらないようにしようという意味であります。これを実践することは非常に難しいことではないかと思いますが、仏教において最も大事な教えの一つでもありますので、それを取り上げてみましょう。

私の家族の間でやり始めたことですが、毎年12月8日の成道会にみんなで自分達が所有するものの中で三つの物を選び、それを寄付するか、ありがたく感謝して思いきり捨てることに決めました。このアイデアは毎年クリスマスや忘年会でプレゼントを交換して、家の中に物が増えていく一方であることから思いつきました。物を処分することで家のスペースが空き、仏教の行事を大切にすることもでき、また物だけでは本当の幸せが得ることはできないよと毎年改めて思わせて頂く良い機会となります。家族として「レディング・ゴー」をするというのは大切な教えとなり、それを認識する時間を設けることが必要だと思えるようになりました。

親鸞聖人が一番大切にされた『仏説無量寿経』の中に書かれている第三十三願によりますと、仏様の光明を受け入れる者は「身心柔軟」になると説明されています。これはどういう意味なのかと言いますと、真実である仏の教えと出会う者は自分や他人に対して優しくなるということです。つまりその人は自分と他人に対して受け入れやすくなり、寛容的になるということです。なぜかと言いますと、仏教を信受する者は、苦悩というものは、自我に執着するところから来るからだと分かるからであります。自分が大切に思うこと、信じること、考えること、または自分が所有するあらゆる物（これらは自分のアイデンティティを造り出すものです）が、それらがかえって自分の心を硬くしてしまい、ストレスを作り出してしまうのです。ですから、物事が自分の

おもうどお 思う通りに行かなかつたら怒り、他人から批判されたり傷つけられたと思つたらその人を憎み、また自分の所有する物がなくなると思つたら心配ばかりしてしまいます。

しかし、仏様の智慧と慈悲を受け入れる者は「エゴ」の姿が分かるのであります。念仏者にとつて執着することは真実に相応する見方でないこと、そして世の中は無常であるということが知らされます。さらに、物事をいつもコントロールできると思つるのが現実的でないことも思い知らされます。時が経つにつれて物事はどんどん変わっていくものであることもわかるのです。だから我々はそれになんとかして合わせていかなければならないと認識するのが念仏者であります。さらにその上で、念仏者にとって「エゴ」というものにこだわるのが仕方がないと分かることも大事な点であります。これが「凡夫」という意味であります。仕方がないのですが、その姿が見えることだけでそれにこだわらないことが大切なのだと仏教が教えるのです。

ですが、念仏者は怒り、憎み、フラストレーションなどを見せない訳ではありません。いつも大人しくして、謙虚であるという訳でもないのです。いつも善いことをして従順な仏教徒だと見せているかというとは決してそうでもありません。しかし、上に申しましたように、この「エゴ」の姿が分かるということは、そのエゴが物事をコントロールしようとするとう分かることでもあります。仏法によってその姿が見えてくることで、その人がその時に自分の「エゴ」に対してこだわらないことが可能となるのであります。阿彌陀如来の智慧と慈悲によって自分の「エゴ」から時々距離を置くことができるのです。「エゴ」を切り捨てることは不可能ですが、仏法を聴聞することで、「エゴ」に対して「レティンギング・ゴー」が必要だと教わるのです。それをするることによって、自分や他人に対しての対応が少しでも優しくなり、滑らかになり、柔軟的になるのであります。そしてこの世は無常であるため、時代と共に合わせていくことが大事だとわかるようになるのです。自分の心の中に物事が変わって欲しくないところも確かにありますが、人生はそう簡単にいかないと分かるのがこの教えによるのであります。

有名な俳優であったブルース・リーがインタビューで次のように語っています。「水というのはなめらかでありながら、ものすごい力もあります。その強力性は形が固定されてなく、どんな変化にも応じることができるところからくるのであります。コップの中に水を入れれば、そのコップの形をとりますし、違った器の中に入れれば、その器の形になります。あなたも水になりませんか」と言っています。私もその通りだと思つていますが、自分の力で水のように切り切ることはできません。やはり仏様が私たちを抱く光でそれが可能となるのだと思つてます。真実の教えをいただく中、我々の心が安らかになり、柔軟的になるのであります。そしてしっかりと根を仏さまのお心におきながら、ものごとに対して寛容的になれる。阿彌陀如来のはたらきに気づく時、私たちは自分の「エゴ」より素晴らしい世界があることに気づくのであります。合掌。



Services for October 2021

October 3, 2021 – 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. Miyaji will officiate this service via ZOOM.

Dharma message in Japanese will follow the English service.

October birthdays will be celebrated.

Dharma School will follow service.

October 10, 2021 – Family Service
10 A.M.

Rev. Miyaji will post this service on YouTube.

October 17, 2021 – Family Service
10 A.M.

Rev. Miyaji will officiate this service via ZOOM.

Dharma School will follow service.

October 24, 2021 – Family Service
10 A.M.

Rev. Miyaji will officiate this service via ZOOM.

October 31, 2021 – Family Service
10 A.M.

Rev. Miyaji will officiate this service via ZOOM.

Dharma School will follow service.



SPORTS!

Our Seniors and the Miyajis were asked about sports. What's your favorite team? What sport did you or do you play? Here's what we heard.



Rev. Takashi Miyaji

I'm not much of a sports guy, but I do root for Cal, and I have an innate disdain for Stanford. I like watching the Seahawks, and I do like watching the Dodgers and A's.

I used to wrestle in high school and do karate. I have a black belt.

Kaori Miyaji

I used to play volleyball when I was in junior high school. I played soccer when I was 10-12 years old. I don't have favorite teams, but I always enjoy watching the games.

Grace Kasai

I played basketball for the Monterey Buddhist Church. I enjoyed traveling to different churches for games. I enjoy watching the 49ers.

Haruo Kasai

I like the San Francisco Giants.

Jean Kotake

I enjoyed playing tennis, badminton, and volleyball when I was in high school. [Note: Jean is now 101!]

JoAnn Rogers

I played Field Hockey, Basketball, Badminton, and Volleyball at Washington High School.

Bill Sawasaki

I am a Warriors and Giants fan. I am, also, the biggest fan of my granddaughter's sports teams in high school which were swimming, basketball, and volleyball. I only missed 3 or four events the whole four years.

Nancy Minamide

I enjoy watching my sons and grandson play basketball. I used to go to my grandson, Jordan's, basketball games at American High School. I enjoy watching my grandchildren play basketball at SACBC.

Mary Misaki

I've always been a baseball fan! My favorite team is the YANKEES!

Jerry Tahira

Unfortunately, I lost two close relatives to drowning. This made me want to learn how to swim and succeed at it. I went to Diablo High School in Concord and broke the school record in breaststroke in 1953 and my record in 1954. I was the team captain in my Junior year. I, also, was a lifeguard and taught swim lessons.

From Concord, CA newspaper 1954

Diablo Paddlers Trim John Swett In Tank Tussle

Taking three first places and both relays, Mt. Diablo's Red Devil swimmers swept to an easy 50 to 25 triumph over John Swett's Indians in a dual meet Wednesday afternoon in Dialol Pool. Coach Art Poulin used reserves in most of the events. In the Class B races, Diablo's lightweights downed the visiting splashers by a 40 to 26 margin.

The meet was highlighted by the setting of a new school record by Jerry Tahira who swam unofficially in the 100-yard breaststroke. Tahira was clocked in

Nina Sawasaki

I enjoyed watching any team my kids or granddaughter was playing on. I am a Giants and Warriors fan. I remember my Dad taking me to a Warriors game at the San Francisco Civic Auditorium. My favorite Giant players were Willie Mays and Willie McCovey. Willie Mays lived a few blocks away in an area called Forest Hill in San Francisco. He was so kind to the neighborhood children by giving them autographed pictures when they came over. Willie McCovey lived around the corner. I used to see him drive by in his Cadillac.

Nancy Dodd

As a Sansei baseball fan, I grew up going to Cleveland Indians' games. During my years as a Navy wife, my husband was stationed in New London, CT. On occasion, he was able to drive us to Fenway Park for Boston Red Sox games. Having moved to the SF Bay area since late 1980's, Oakland Coliseum was an easy BART ride for Athletics' games. However, my favorite team is (drum roll) San Francisco Giants!

Fast forward to August 9, 2002 – Stacy was able to find and buy three (seasons tickets) on eBay, for a Giants game at Pacific Bell Park – The very night Barry Bonds hit his 600th Home Run! We watched as Barry's home run ball sailed over our heads into the left field stands, into a section not far from us. It was announced over the PA system: "All here at the park can turn in your tickets to a Giants Dugout Store to receive the Commemorative Pin of Barry Bonds 600th Home Run



Karen Suyama

I like the Giants (yay for them this year), and the Warriors. I played basketball for church (Sangha) in C and B divisions.

Sachi Fudenna

My favorite team is the WARRIORS!

Masako Mori

My favorite team is the Warriors. I played basketball for the Stockton Buddhist Church on a team called the "Busy Bees".

Linda Fujikawa

My favorite teams are the SF Giants, SF 49ers and the GS Warriors. My favorite sport was bowling which I bowled in a league just for fun. I wasn't very good at it.

Ken Suyama



Here's my photo which was used for a Cal stadium cut out last season. Also, I'm a big Giants fan (notice the cap) as well as the Dubs and Niners but I don't have any photos with their stuff.



Karen Fujii

I'm a Cal Alum who still goes to football games and arrives early to see the marching band! Here's a photo of my Cal cut out from the 2020 season when I could only go "in spirit". I'm a Warriors, Giants, and Niner fan. Go Bay Area!



SACBC members love sports! We have played sports! We have our favorite teams right here in the Bay Area where we have been to see games while enjoying popcorn, hotdogs, garlic fries, nachos, and our favorite beverages! Here are some quotes from successful athletes:

"Age is no barrier. It is a limitation you put on your mind." Jackie Joyner-Kersey

"A trophy carries dust. Memories last forever." Mary Lou Retton

"That's life: nobody wins every time---and whatever happens, happens." Steve Kerr



Our future is bright if we are ready for the challenge.

Interest in Buddhism is growing in America as people seek a better way to live in a self-centered, divisive culture. Our temples offer sangha: a community, a shared experience of the teachings, and a place to call home as we listen to the dharma together. The Institute of Buddhist Studies also offers sangha: a graduate school community of engaged scholars, practitioners, and future ministers.



These communities exist because of dedicated efforts over many generations to carry the dharma forward to us. In gratitude for the Buddha's wisdom and compassion, now we carry the dharma forward with entrusting hearts. Our opportunity to grow is greater than ever, and the pathway to a bright future includes YOU!

***Dharma Forward* is our vision to build the future of Buddhism in America**

BCA and the Institute of Buddhist Studies propose
a major investment in our future through these initiatives:



EDUCATION & PROGRAMS

- Digital resources and publications to share Shin Buddhism
- Professorial Chairs to expand graduate education and scholarship at IBS
- Minister education and training
- Dharma-centered programs for members, youth, and the public



TECHNOLOGY & OUTREACH

- Marketing and outreach team to grow our digital presence
- Video production studio at the Jodo Shinshu Center
- BCA Tech Squad to assist temples
- New equipment to facilitate distance learning and online events



FACILITIES & OPERATIONS

- Facilities Improvements & Repairs
- BCA Building Maintenance Fund
- IBS Operations Endowment
- Loan Repayment to BCA Endowment, generates \$175,000/year for outreach



SCHOLARSHIPS & SUPPORT

- Scholarships for IBS students & ministerial candidates
- Ministerial support for ordination, training, and continuing studies



INSTITUTE OF
BUDDHIST
STUDIES



What is our campaign target?

\$15 million. *Dharma Forward* has raised over \$3 million in early donations. We have resolutions of 100% support from the BCA National Board, Endowment Foundation, IBS Board of Trustees, and overwhelming support from the Ministers Association. We are now expanding outreach as we prepare for our member launch in Spring 2021. The campaign will continue until we reach our target.

This sounds like a big commitment to our future.

It is! Now is the time to focus on digital development and Buddhist scholarship to share our teachings in innovative ways. Using the latest resources and technology, *Dharma Forward* will strengthen our temples by engaging members and newcomers to embrace lives of gratitude in community with one another. Our vision can only be achieved with a collective effort.

How can I give to *Dharma Forward*?

To meet our campaign’s ambitious goals, we are requesting a five-year pledge. This allows individuals and families to consider larger gifts than could be made at one time. If you would like to structure your gift differently, we are grateful to receive donations of any amount, paid over multiple years or as a one-time gift.

How will my pledge be allocated?

Pledges are allocated to areas of greatest need unless further specified by the donor. Projects will be prioritized by an allocation committee of BCA, IBS, and BCAEF leaders, with regular updates and annual reporting to our donors.

How should pledges and payments be made?

Please complete a pledge form to allow us to properly record and acknowledge your gift. Reminders will be sent according to your specified schedule. Pledge payments can be made monthly, quarterly, semi-annually or annually by check or credit card. Recurring online donation options are available at <https://bca.kindful.com>. To donate via stock transfer, employer matching, or Qualified Charitable Distribution from a 401K or IRA (tax-free), please contact us in advance.

Is *Dharma Forward* the single best way for me to give to BCA & IBS?

Dharma Forward is our comprehensive program to support the growth of BCA & IBS. We appreciate gifts to any program that is right for you and your wish to express gratitude for the teachings.

Dana Program	Supports annual budget of existing Buddhist education programs
Friends of IBS	Supports IBS-specific initiatives
Zaidan	Offerings made at district and national gatherings, Bishop Memorials
Social Welfare Fund	Supports those suffering from deprivation of basic human needs
1000 x \$1000 x 4	Legacy program: <i>DF</i> gifts may be made under these terms by request

Questions? Contact Michiko Inanaga, BCAEF Director of Development, at minanaga@bcahq.org



SACBC Bento Fundraiser by Chef Royce Mori

Wednesdays: October 6, 13, 20 & 27 / 3 – 4pm

SACBC & Chef Royce are continuing the Pick-Up Bento service to SACBC Members (Wednesdays only).

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

Order deadline: Mondays at NOON! No late orders, please.

Pick Up: Wednesdays, 3PM – 4 PM. Sangha Hall Lobby
(Runners will bring food out to the cars),
SACBC, 32975 Alvarado-Niles Road, Union City, CA

Payment: There are five options for payment:

- 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 please. No change will be given.) in a sealed envelope with your name & address on the outside.

OCTOBER

PICK UP	MEAT	VEGETARIAN
Oct. 6th	Huli Huli Chicken \$17 Island Style Beef Chili Wok Fired Napa Cabbage & Bacon Steamed White Rice	Miso Glazed Salmon \$18 Wasabi Caesar Salad Sauteed Mushrooms and Green Beans Steamed White Rice
Oct. 13th	Tonkotsu Ramen \$16 Chashu Pork Belly, Corn, Spinach, Soft Boiled Egg, Green Onions 2 Spam Musubi	Island Style Garlic Shrimp \$18 Mac Salad Corn and Steamed Broccoli Steamed White Rice
Oct. 20th	Clay Pot Style Sesame-Soy Chicken \$17 Mixed Green Salad w/Creamy Miso Dressing Grilled Rice, 63 Degree Poached Egg, Dashi Braised Eggplant, Enokii Mushrooms and Baby Bok Choy	Clay Pot Style Sesame-Soy Vegetables \$17 Mixed Green Salad w/Creamy Miso Dressing Grilled Rice, 63 Degree Poached Egg, Abura Age, Kabocha, Daikon, Enokii Mushrooms and Baby Bok Choy
Oct. 27th	Beef Yosenabe (Soy-Ginger Hot Pot) \$18 Mixed Green Salad w/Creamy Sesame Dressing Beef, Napa Cabbage, Bok Choy, Shimejii Mushrooms, Tofu and Kamaboko Steamed White Rice	Saba Shioyaki \$18 Served with Oroshi and lemon Mixed Green Salad w/Creamy Sesame Dressing Soy Braised Potatoes, Ohitashi, Sesame Bean Sprouts Steamed White Rice

Welcome Emily Carpio!



Emily is our new Office Manager! She is a recently retired former claims adjuster and auditor with experience in business systems and office management. She started on September 15th and one of her first duties is producing this Golden Chain newsletter. Victoria graciously offered to help with the transition and Karen Fujii is helping her get up to speed. The next time you stop by the office or call on the phone, please say “hi” and introduce yourselves



OCTOBER EVENTS

- SUN. Oct. 3 SHOTSUKI SERVICE
- SUN. Oct 10 FAMILY SERVICE WILL BE POSTED ON YOUTUBE
- SUN. Oct 17 FAMILY SERVICE VIA ZOOM
- SUN. Oct 24 FAMILY SERVICE VIA ZOOM
- SUN. Oct 31 FAMILY SERVICE VIA ZOOM /
DHARMA SERVICE FOLLOWS HALLOWEEN

ALL SUNDAY SERVICES START AT 10:00 AM VIA ZOOM

Meeting ID: 818 7869 6300 Passcode: 549504