

GOLDEN CHAIN

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.



(510) 471-2581



32975 ALVARADO-NILES RD UNION CITY, CA 94587



OFFICE@SACBC.ORG



Rev. Landon Yamaoka

The Holidays

I hope the holiday season is going well for you. This season can be stressful, and for some, it is a difficult time. Growing up, I recall these times as particularly stressful, creating more stress than joy. When I got in trouble with my parents, we would argue more often than usual because everyone was under more stress during the holiday. This season still stresses me out, but, unlike when I was younger, I wouldn't say I hate this time of year now.

Multiple causes and conditions shifted my feelings towards the holidays. One Buddhist idea that helped me change my perspective is the concept of impermanence, which suggests that things can and do change. Ultimately, this concerns our appreciation for and recognition of Amida Buddha's vow to liberate us all, and how these feelings develop within us over time. But before we can get there, we need to have smaller "ah ha!" moments in our lives to shift our thinking.

Alongside impermanence, others in my life helped me to appreciate the holidays. Many of the women I dated before meeting my wife had warm feelings for the holidays, and spending time with them during this time helped me share their sentiment. My nieces also helped me experience more joy this time of year; seeing them opening gifts and talking about what Santa brought them made me hate the holidays much less. I don't love this time of year, but I am also not a Grinch either.

My work in a youth drug rehabilitation facility also produced more Buddhist "ah ha!" moments for me. These kids rarely received gifts growing up, and they were very grateful for the ones they did receive, even when they weren't the best fit, literally. One year, we needed to purchase more gifts for all the newer clients; By accident, I quickly grabbed a 3XL size pair of pants for a kid who was smaller in stature. He looked annoyed when he got the pants, and that was partially because they were forbidden from wearing baggy clothes. We took him to exchange the pants later, and he thanked us after we left the store. At the time, we thought this was because he was the only kid to pick his own gift, but it turns out getting gifts was not the norm in his house, so he was grateful to get anything at all. When I asked other kids, I was closer to if their story was the same, they said, that it was. This got me to reflect on my own experience around the holidays.

Sure, I was fighting with my parents, but I did get something in my life: a warm home, plenty of food, and positive role models. This was a far cry from the experience these kids had; some of their parents encouraged them to remain in gangs, and others requested that we use corporal punishment if their kid got out of line. Buddhist teachings encourage us to examine our own causes and conditions — the things that shape who we are. When we compare our own condition to that of others, it can help us shift our perspective.

I used to fight this shift; I held on to my anger toward my parents for a long time. However, as I have grown older, new memories have replaced the old ones, and the resentment I felt began to fade. The holidays used to be full of stress and anger for me, but now, with new experiences, my perspective has shifted. I have the Dharma to thank for this shift, as it has helped me realize that positive change is indeed possible.

In Gassho,
Landon

January Services

Please join us in-person in the hondo or virtually via Zoom (hybrid services).

January 1, 2026 | Thursday 10 A.M. Hybrid (Shusho-e) Service

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

Following service, we will welcome 2026 with a "toast".

January 4, 2026 | 10 A.M. | (hybrid) – Shotsuki Hoyo

Rev. Landon will officiate this HYBRID service.

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

January birthdays will be celebrated.
Dharma School will follow service.

January 11, 2026 | 10 A.M. | (hybrid) – BWA Memorial Service

At this annual service, past BWA members will be remembered.
BWA's Luncheon follows the service.

January 17, 2026 | Saturday | 1:30-4:30 P.M. (hybrid) – Winter Seminar

January 18, 2026 | 10 A.M. (hybrid) Ho'onko Service

This is the memorial service for Shinran Shonin, founder of Jodo Shinshu.

Rev. Dr. Takashi Miyaji will officiate this service.

January 25, 2026 | 10 A.M. (hybrid) – Family Service

The SACBC Board of Directors will be installed.
Dharma School will follow service.

The General Meeting will be held after service. A quorum is needed, so please attend in-person, on Zoom, or sign a proxy. A quorum is needed to approve the 2026 budget and motions that guide the Board in the coming year.

To attend on Zoom, stay on Zoom after service or sign into the same Zoom Meeting

January Shōtsuki Hoyo

Sunday, January 4, 2026 at 10:00 am

Family, relatives, and friends are invited to attend the monthly memorial service for the following:

DECEASED

1937	CHIZUKO SEKIGAHAMA
1958	SAKUE KAMIJI
1960	TSURU NOMURA
1965	HICHIZO OTA
1966	RURIKO KATAOKA
1968	KOYURI SHIBATA
1976	MOTO TSURUI
1978	HARUYO KAWAGUCHI
1986	TAIJUU KATO
1993	TSUYUKO SUZUKI
1996	RICHARD SAKAKIDA
1999	CHRISTOPHER TAKAYAMA
1999	TSUGIKO HAYASHI
1999	CHIYEMI SAKUDA
2000	DENNIS JAMES HATAKEDA
2000	KATHLEEN MARIE DUPLER
2002	TOSHIHARU OKADA
2003	KATSUNORI HATSUSHI
2005	TSUGIO NISHIMURA
2006	YOSHIKO KAWAGUCHI
2006	JOHN NAGATA
2007	MARIE PAYNE
2007	HOSSHII SHINGETSU AKAHOSHI
2008	KEN OKUBO
2011	JUNE OKINO
2011	YUKA MATOBA
2011	JON NAKAMOTO
2014	MOSS FUJII
2014	MOLLY KITAJIMA
2018	RONALD MISAKI
2020	ANNE TANAKA
2020	KEIKO OKUBO
2020	HARRY MARK
2021	HARUKO HAMAMOTO
2021	SHIGEYO IMAHARA
2022	MARY MISAKI
UNKNOWN	YOSHIMITSU USHIJIMA
UNKNOWN	ICHITARO YAMASAKI
UNKNOWN	MATSUE YAMASAKI
UNKNOWN	MACHI DOAMI
UNKNOWN	MARCUS SUSUMU HISHINUMA
UNKNOWN	EDWARD CUCCIA

FAMILY

SEKIGAHAMA FAMILY
MRS. SACHI FUDENNA & MRS. MICHI HANNA
NOMURA FAMILY
OTA FAMILY
KATAOKA FAMILY
SHIBATA FAMILY
TSURUI FAMILY
KAWAGUCHI FAMILY
MR. & MRS. WAYNE SAKUDA
SUZUKI FAMILY
SAKAKIDA FAMILY
MR. & MRS. MICHAEL TAKAYAMA
MR. RICHARD HAYASHI
MR. & MRS. WAYNE SAKUDA
MR. HAROLD HATAKEDA
MR. RON DUPLER
MR. & MRS. HIDEO OKADA
MRS. KYOKO HATSUSHI
MR. & MRS. FUJIO YAMAMOTO
KAWAGUCHI FAMILY
MRS. JAMIE NAGATA
MRS. NANCY CAMACHO
AKAHOSHI FAMILY
MR. PATRICK OKUBO
OKINO FAMILY
MRS. HARU HAMAMOTO
NAKAMOTO FAMILY
FUJII FAMILY
MR. & MRS. BOB KITAJIMA
MS. JOSLYNN BROWNE & MS. TIFFANY MISAKI RATLIFF
MR. GARY TANAKA
MR. PATRICK OKUBO
DR. CURTIS MARK & NOREEN OSAKI
MR. GARY HAMAMOTO
MR. ALAN IMAHARA
MS. KAREN FUJII & MR. DAVID MISAKI
MRS. YOSHIE YAMADA
MR. KYLE YAMASAKI
MR. KYLE YAMASAKI
DOAMI FAMILY
MR. & MRS. SABU HISHINUMA
CUCCIA FAMILY

MEMORIAL SERVICES 2026

Memorial year for those who passed away in:

2025 – 1 st year 2022 – 3 rd year 2019 – 7 th year	2013 – 13 th year 2009 – 17 th year 2001 – 25 th year	1993 – 33 rd year 1976 – 50 th year 1926 – 100 th year
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December 2025 Birthday Celebrant!
Best wishes for many more!



ZUIHO TANIGUCHI LISTENS TO THE HAPPY BIRTHDAY SONG!

Personal Emergency Preparedness



Paul George is the ALCO Fire Department's **Community Emergency Response Team Program Manager**.

He presented a training on **Personal Emergency Preparedness**. His slides, handouts, and equipment explained how we can prepare ourselves for an emergency or disaster.

Bodhi Day - 2025



Rev. Miyaji explains to The Count the significance of Bodhi Day!

What's Up Dharma School?

新年明けましておめでとうございます! Happy New Year!

Dharma School hosted Mochitsuki on Dec.7th. It was an enjoyable afternoon with our Mochi-usu master, Garret Murai leading the pounding with the students and Sangha. Dharma school provided a variety of 'toppings', appetizers, fruit salad, warm freshly pounded mochi, and enjoyed each other's company for the afternoon. We are truly grateful to those of you who were able to join us to make this another memorable and successful Mochitsuki.

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A very big thank you to **Karen Fujii** for donating 10lbs of mochi gome, chocolates, and cookies! Also thank you to the **Yamasaki Family** for donating 6 lbs of the mochi gome!

We would especially like to thank:

- Rev. Miyaji for opening and closing gassho
- Karen Suyama and Grace Joo for making the kagamimochi for the altar, rounding the mochi and kitchen help.
- Japanese Language School and Betty Yamasaki for the use of their machines.
- Garret Murai, our Mochi-Usu master
- Kaori Miyaji, Mitsuko Maryama, Sandy Maruyama, Cindy Sakihara, Ray Sakihara, Natlie Murai, Kathy Murai, for helping in the kitchen and with the mochi.
- Cathleen Matsabayashi for preparing all of the material for pounding the mochi and food shopping.

Looking ahead, Dharma School classes is scheduled for (dates are subject to change):

- Jan.4, 2026
- Jan.25
- Feb.1
- Feb.8
- March 8
- March 29
- April 4 (Hamaido decoration)
- April 5 (Hamamatsuri)
- April 19
- May 3
- May 17
- June 7 (Last Day of Dharma School)

In gassho,
Cathleen and Betty



january

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  Office Closed	2 5-10pm AA	3
4 10am Shotsuki Hoyo	5 3-5 pm Taiko 4-5pm Taiko (beginner) 5-10pm AA	6 6:30-8:30pm Scouts 5-10pm AA	7 3-5 pm Taiko 5-10pm AA	8 11am-1pm JLS prep 5-10pm AA	9 6am O-Jinjo  5pm - 10pm	10 8am-1pm: JLS New Year's Event 8:30-3pm JLS
11 10am BWA Memorial Service 11am BWA New Year lunch	12 3-5 pm Taiko 4-5pm Taiko (beginner) 5-10pm AA GC Articles Due	13 6:30-8:30pm Scouts 5-10pm AA	14 3-5 pm Taiko 5-10pm AA	15 11am-1pm JLS prep 5-10pm AA	16 5-10pm AA	17 8:30-3pm JLS
18 10am Family Service	19 5-10pm AA	20 6:30-8:30pm Scouts 5-10pm AA	21 3-5 pm Taiko 5-10pm AA	22 11am-1pm JLS prep 5-10pm AA	23  5pm - 10pm	24 8:30-3pm JLS
25 10am Family Service	26 5-10pm AA	27 6:30-8:30pm Scouts 5-10pm AA	28 3-5 pm Taiko 5-10pm AA	29 10am Family Service	30 5-10pm AA	

AA - Athletic Association

JLS - Japanese Language School

DS - Dharma School

BWA - Buddhist Women's Association



Southern
Alameda County
Buddhist Church