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# 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.*

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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

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## 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”.

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### **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.

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### **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.

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

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### **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.

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### **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

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## January Shotsuki 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 TAIJU 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 HOSSHI 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 HANDA  
 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 <sup>st</sup> year 2022 - 3 <sup>rd</sup> year 2019 - 7 <sup>th</sup> year	2013 - 13 <sup>th</sup> year 2009 - 17 <sup>th</sup> year 2001 - 25 <sup>th</sup> year	1993 - 33 <sup>rd</sup> year 1976 - 50 <sup>th</sup> year 1926 - 100 <sup>th</sup> 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 Matsubayashi 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
				<b>1</b>  <b>Office Closed</b>	<b>2</b> 5-10pm AA	<b>3</b>
<b>4</b> 10am <b>Shotsuki Hoyo</b>	<b>5</b> 3-5 pm <b>Taiko</b> 4-5pm <b>Taiko</b> (beginner) 5-10pm AA	<b>6</b> 6:30-8:30pm <b>Scouts</b> 5-10pm AA	<b>7</b> 3-5 pm <b>Taiko</b> 5-10pm AA	<b>8</b> 11am-1pm <b>JLS prep</b> 5-10pm AA	<b>9</b> 6am <b>O-Jinjo</b>  5pm - 10pm	<b>10</b> 8am-1pm: <b>JLS New Year's Event</b> 8:30-3pm JLS
<b>11</b> 10am <b>BWA Memorial Service</b> 11am <b>BWA New Year lunch</b>	<b>12</b> 3-5 pm <b>Taiko</b> 4-5pm <b>Taiko</b> (beginner) 5-10pm AA <b>GC Articles Due</b>	<b>13</b> 6:30-8:30pm <b>Scouts</b> 5-10pm AA	<b>14</b> 3-5 pm <b>Taiko</b> 5-10pm AA	<b>15</b> 11am-1pm <b>JLS prep</b> 5-10pm AA	<b>16</b> 5-10pm AA	<b>17</b> 8:30-3pm JLS
<b>18</b> 10am <b>Family Service</b>	<b>19</b> 5-10pm AA	<b>20</b> 6:30-8:30pm <b>Scouts</b> 5-10pm AA	<b>21</b> 3-5 pm <b>Taiko</b> 5-10pm AA	<b>22</b> 11am-1pm <b>JLS prep</b> 5-10pm AA	<b>23</b>  5pm - 10pm	<b>24</b> 8:30-3pm JLS
<b>25</b> 10am <b>Family Service</b>	<b>26</b> 5-10pm AA	<b>27</b> 6:30-8:30pm <b>Scouts</b> 5-10pm AA	<b>28</b> 3-5 pm <b>Taiko</b> 5-10pm AA	<b>29</b> 10am <b>Family Service</b>	<b>30</b> 5-10pm AA	

AA - Athletic Association

JLS - Japanese Language School

DS - Dharma School

BWA - Buddhist Women's Association



**Southern  
Alameda County  
Buddhist Church**