



the Dharma

San Jose Buddhist Church Betsuin
640 North 5th Street
San Jose, CA 95112
(408) 293-9292
Email: sjbc@sjbetsuin.org

Volume 68 | Issue 9 | September 2021

Betsuin Calendar of Events

September 5th and 6th – OFFICE CLOSED

September 5th – No Family Service

September 13th – First Day of Dharma School (VIRTUAL)



We're Moving to .ORG!

The San Jose Buddhist Church Betsuin's website is making the move from .com to .org to better represent the Betsuin's non-profit online presence. The website address will be www.sjbetsuin.org beginning Aug 1, 2021.

Update bookmarks on your computers, phones, and tablets today and stay connected!

September

by: Gerald Sakamoto

The heat of summer still lingers as we begin to think about the fall. The Summer Olympics are behind us. Lots to think about and discuss regarding athletes' mental health and how we think of them. I get emotional watching the games. To see Carissa Moore, a native Hawaiian win the first Olympic gold medal for surfing. Walking in the footsteps of people like Duke Kahanamoku who brought surfing and the people of Hawai'i on to the world stage. He lived in a time when the sovereignty of the Kingdom of Hawai'i was overthrown by businessmen and the US Government. A time when Hawaiian language was illegal. A time when the culture of Hawai'i was systematically being erased. Kahanamoku, an Olympic gold medalist himself, was able to bring aloha and surfing to the world. And now a century after he brought surfing to the attention of the Olympic Committee, Carissa Moore returns to Hawai'i with the world recognizing her skills and the power and beauty of surfing. Note: People might assume that I surfed growing up. I tried it a couple of times. Got seasick in the swells between sets. So sad.

It was inspiring and humanity affirming to see athletes colliding on the track then picking each other up and finishing the race together. To see high jumpers rather than continue to compete, I decide at the moment to share the recognition of their highest Olympic achievement. There will be some who will not recognize or value these exchanges of humanity. However, many will see these brief glimpses and find hope.

There is so much chaos in the world. Sometimes we literally can't catch our breath. We cannot hope and ignore what is happening around us. Millions of people have died from COVID this past year. There are vaccines available but access may depend on who you are or where you are. Vaccines are not new. They have been used to eradicate diseases that have crippled and killed hundreds of millions. When a way to defend against smallpox was being explored smallpox had been around for centuries. It followed explorers and trade. Spreading rapidly through new populations. Smallpox killed 3 in 10 people. The development of the smallpox vaccine came through the observation of milkmaids and cowpox. Hopefully, we won't have to wait for millions more to die before we recognize the value and importance of everyone being vaccinated.

In the midst of all that is going on we should not forget that we have been caring for our sangha and our friends and neighbors. In these times when we struggle to recognize and understand the relationship we share with the world around us we should remember that we continue to engage the world through our actions. When we shop, our decision on how to shop and what we purchase affects the world around us. Shopping for groceries we make choices. Do we buy organic? Do we buy local? How is the packaging or non-packaging handled? Each of these decisions has consequences that can influence large scale macro activities. Kathy has been for many years a proponent of local grown organic food. Her Plant-a-Row project was a continuation of growing food from when we were in the Northwest. As plant based meats began appearing in markets she began incorporating that into her cooking. When I buy tri tip on sale I contribute to global warming and deforestation. If I reduce or eliminate beef from my diet I can join those who help reduce greenhouse gases and help turn around the degradation of land, water and air.

When we combine our efforts there is much we can do. The BCA's Endowment Foundation has been directing its investment manager to invest in companies that are socially and environmentally responsible. Our Betsuin is considering building materials for the new education building that will be less harmful to the environment than traditional concrete.

Although we are isolating ourselves to reduce the spread of covid, we are still in a relationship with the world around us. The shape of the relationship, as with all things, is changing. If we are mindful we might recognize that although the circumstances of our lives have changed, the relationship we share with the world around us is as creative and vibrant and meaningful as ever. We simply need to consider our own expectations and appreciate the life that we have always been immersed in.

"The light of Dharma which illuminates us Inside Out"

by: Etsuko Mikame

Have you watched a Pixar's animated comedy movie called "Inside Out"? I watched this movie recently and I thought this story would give us different perspectives to accept our difficulties in our lives.

Growing up can be a bumpy road, and it's no exception for Riley, who is an 11-year-old girl uprooted from her Midwest life when her father starts a new job in San Francisco. Like many of us, Riley is guided by her emotions -- Joy, Fear, Anger, Disgust and Sadness. The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life. All the memories are categorized accordingly into happy memories, bad memories, long-term memories and short-term memories and stored there. And each memory affects the person to make the person who they are.

As Riley and her emotions struggle to adjust to a new life in San Francisco, she tries to keep things positive. Her emotions conflict about how best to navigate a new city, house and school. In Riley's mind, one of the main emotions -- "Joy" -- shows its leadership and directs four other emotions to help Riley to have a happy and positive life in the new place. However, it doesn't go as Joy wished because of Disgust's disturbance. Joy, who always tries to think and accept things positively, felt like Disgust was always in Riley's way.

Then, one day both Joy and Disgust happen to run into trouble together. The troubles have a bad influence on Riley's school life and relationships with her family. However, through the work of getting out of trouble, Joy gradually realizes that she was wrong and at the same time has learned an important thing. Joy always believed that happy and joyful moments are the most valuable things for Riley's life and Joy didn't want Riley to have any negative feelings and bad experiences. But, Joy realized that any feelings and incidents which Riley experiences in her life even if it is sadness, disgust, fear, anger or happiness, are all necessary and important experiences for Riley's life for her to become who she is.

I thought this was not just for this animated story, but it is the same with our real lives.

It is natural for us to wish for more happy experiences and less bad and sad experiences to happen in our lives. Although we sometimes cannot help experiencing sad and bad experiences, the truth is that we want to avoid those moments as much as possible.

Although we don't want to experience any difficulties, we cannot avoid experiencing them sometimes. Sakyamuni Buddha tells us that those are our limitations which we have in our lives. Then, how can we get through this problem in Buddhism? Does Buddha tell us that we should see only the positive things, but don't need to see the negative sides of our lives?

Buddhism is not a teaching to avoid the negative or inconvenient things for us or ignore the difficulties. Rather, it is a teaching to see the things as they are and accept the reality and understand. Buddha's wisdom illuminates us and our world to guide us to see everything from different perspectives.

With the teaching of dependent origination, things exist because of many causes and conditions. Looking back on my own life, I have experienced many happy moments and at the same time countless difficulties and hardships.

Before studying Buddhism, I wanted to erase my bad memories from my mind and I thought those experiences just tortured me. However, I learned many important lessons to grow myself from even the experiences. Those things gave me an opportunity to stop myself, who was tangled and confused, and to think about my life and to encounter the teaching of Dharma.

As long as we see the world as good or bad, meaningful or meaningless for ourselves, we are still bound by our own one-sided. But, seeing the world through the Buddha's guidance, we can gradually realize that every bit of my life experience was necessary to make me who I am, and we couldn't be what we are without those experiences which seemed meaningless, useless and valueless to our lives.

Now, we are still in a difficult situation due to the pandemic, and we live with some uncertainty. If you see this situation whether meaningful or meaningless to our life, that's it, it's up to you. But, free from our narrow insight, we will be able to accept even this difficulty as an opportunity to deepen our lives with Buddhist wisdom and compassion. This gives us the opportunity to turn our perspectives inside out.

If we can become aware of these new perspectives in our lives, the life of gratitude will be displayed in front of us here and now.

A poster for 'Keiro Kai at Home' by the San Jose Buddhist Church Betsuin. The background is a light green watercolor wash of leaves. The text is centered and reads: 'Save the Date!' in a bold sans-serif font, followed by 'Keiro Kai at Home' in a large, elegant script font. Below that is 'SAN JOSE BUDDHIST CHURCH BETSUIN' in a smaller sans-serif font. The next section says 'Keiro Kai is a celebration to honor our elders. Honoring their contributions, their wisdom and their strength. Please join us in celebrating this important part of our community.' followed by 'Watch for our registration form in the coming issues of The Dharma'. The date '2021 Keiro Kai at Home Saturday, November 20, 2021' is prominently displayed. At the bottom, it says 'Gift Delivery to Our Honorees and Online Presentation'. A circular logo for the San Jose Buddhist Church Betsuin is in the top right corner.

Save the Date!

Keiro Kai at Home

SAN JOSE BUDDHIST CHURCH BETSUIN

Keiro Kai is a celebration to honor our elders.
Honoring their contributions, their wisdom and their strength.
Please join us in celebrating this important part of our community.

Watch for our registration form in the coming issues of The Dharma

2021 Keiro Kai at Home
Saturday, November 20, 2021

Gift Delivery to Our Honorees
and
Online Presentation

Japanese Article

by: Etsuko Mikame

ながつき
長月だより



幸せとは何かと考えるとき、自分の思い通りに物事が進み、自分のほしいものが手に入るからこそが幸せであると考え人が多いのではないのでしょうか。

でも、「自分さえよければ」という思いのもとで自分本位な行動をとるのは、ほかの人々のことを思いやれず、もし思い通りにかなったとしても本当の幸せとは言えないのではないのでしょうか。

また、思い通りに物事が行っても、いつかは様々な要因でその通りに行かなくなることもあります。たとえば、若い時はバリバリ働いてお金を稼ぎ好きな場所に行き、好きなものを食べる。これを最高の幸せと思うとしたら、年を取り、病気を患い、働けなくなり、体を思い通りに動かせなくなってしまう。また、私は不幸せなのでしょう。

私の中には、「私さえよければ」、「こうであることが幸せ」と自分で自分の幸せを繰引きしてしまう心があります。その小さな心で考えている限り、私はその中でしか幸せを見つけないことができないのではないかと考えます。

仏教の教えをお聞かせいただく中で、私の心の小ささに気づかされます。自分さえよければと周りの人のことを思いやれなかった自分の姿、年を取ることで、病気になること、思い通りに物事が進まなくなることで、恐れを持ち、否定的な思いを持っている自分の姿、それらの自分の姿を映し出すのが仏教の教えです。たとえば、苦しみの真つ只中でも、かつこ悪い姿であつても、その私を見捨てず変えることなくお育てくださるのが仏様のお慈悲の心です。そのお育てに遇う中で、少しずつ私の小さな心が広がっていきます。

八代目の御門主 蓮如聖人は、「疑いても決して無くならない南無阿彌陀仏の仏様の教えに出遇うことが宝ですよ」と周りの方々にお話くださっていたそうです。この私の心や体がどれほどかわろうと「決して見捨てない」と貫いて、私の命をお引き受けくださる仏様のお慈悲の心に出遇い、どんな状況の私も「この身このままの尊い」自分であつたと受け止められることに、本当の幸せがあるのではないかと思います。本当の宝に出遇っています。



合掌 三瓶 悦子

President's Message

by: Steve Onishi

Incredibly, September marks the year and half “anniversary” of the COVID-19 pandemic. Back in March of 2020, I could never have imagined that we would still be in this situation. It was always “it’ll be a couple of months” or “it will disappear in the summer heat” or “definitely be over by the end of the year” or “gone with the development of a vaccine”. Nope, nope, nope and nope!

As you probably could have guessed, the church remains closed at this time. We have a “Re-Opening Committee” that meets monthly to evaluate the current situation and to keep abreast of all CDC and Santa Clara County health regulations. Even as late as the June/July time frame of this year, we had expected to be able re-open this Fall for in-person Dharma School as well as Japanese Language School. However, because of the worsening situation across the nation as well as here in Santa Clara County, it was determined that it would be premature to re-open the facilities and risk potential spread of the virus to anyone in our Sangha, especially for our unvaccinated kids as well as our older members. This is especially crucial at this time as it has been determined that even those vaccinated may become infected and unknowingly pass it on to others.

We will continue with our virtual Sunday morning services so please join us. Also, the Coast District will be holding its annual Nembutsu Family Conference on Oct. 24, 2021. This will be a virtual event so please register and join the conference. Additional details are contained in this Dharma as well as the San Jose Buddhist Church Betsuin website; sjbetsuin.org.

I admit that I am naïve about a lot of things...but I really do not understand this whole “vaccine hesitancy” thing. Yes, we have a certain amount of freedom to do as we please, but don’t we also have a duty to ensure that those freedoms do not infringe on others? Why wouldn’t you do something that you know will benefit those around you? I am glad that we, as Buddhists understand the concept of interdependence. So please get vaccinated, wear a mask, maintain social distancing and we will eventually get to meet at church once again.

In Gassho,

Steve

COVID-19 Update

by: Randy Suzuki



Rinban Gerald Sakamoto
Rev. Etsuko Mikame

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COVID-19 Update

Betsuin Facilities to Remain Closed

August 13, 2021

The Re-Opening committee met August 11th and has decided that the Betsuin **meeting** facilities will remain closed for the time being. The temple and office will remain open for limited weddings, memorials, and funerals.

We made this decision “out of an abundance of caution”. With the rapidly escalating situation with the Delta variant of COVID-19, we felt that we could not in good conscience permit a situation where the virus could spread unnecessarily. This is especially true because of the ease that the new variant can spread through vaccinated people plus the fact that kids under the age of 12 years can’t get vaccinated at this time.

Although religion plays an important part in our lives, the core teachings and functions of the Betsuin are different from other essential services. The safety of everyone is essential to who we are as Buddhists and meeting virtually doesn't change who we are.

Keep in mind that this is a fluid situation with changes from the CDC and the Santa Clara Health Department occurring seemingly weekly. We hope that this is a short-lived situation. We'll continue to meet monthly to review our current position.

In Gassho,

Re-Opening Committee

Rinban Gerald Sakamoto

Reverend Etsuko Mikame

Steve Onishi, Betsuin President

Larry Handa, VP of Operations

Randy Suzuki, Office Manager

Deborah Aso, Facility Coordinator

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Organization Spotlight: Buddhist Women's Association (BWA)

by: Dennis Akizuki

The Buddhist Women's Association is one the oldest, largest and most active organizations at the San Jose Buddhist Church Betsuin.

BWA members can be seen helping in a wide range of temple activities, from making sushi for the Obon Festival to cleaning the altar each year to helping at the Dharma School mochitsuki (making rice cakes). BWA members regularly visit patients at convalescent hospitals and raise money to support temple activities and organize food and clothing drives for charitable groups such as Yu-Ai Kai, Second Harvest Food Bank, the Women's Gathering Place and Silicon Valley Strong, in addition to arranging fun social activities for themselves. The BWA has donated money for the organ, to buy robes for the ministers and to support the campaign to build new facilities. They are among the first to volunteer for any new temple activity. It wouldn't be a Betsuin event without delicious food from the BWA.

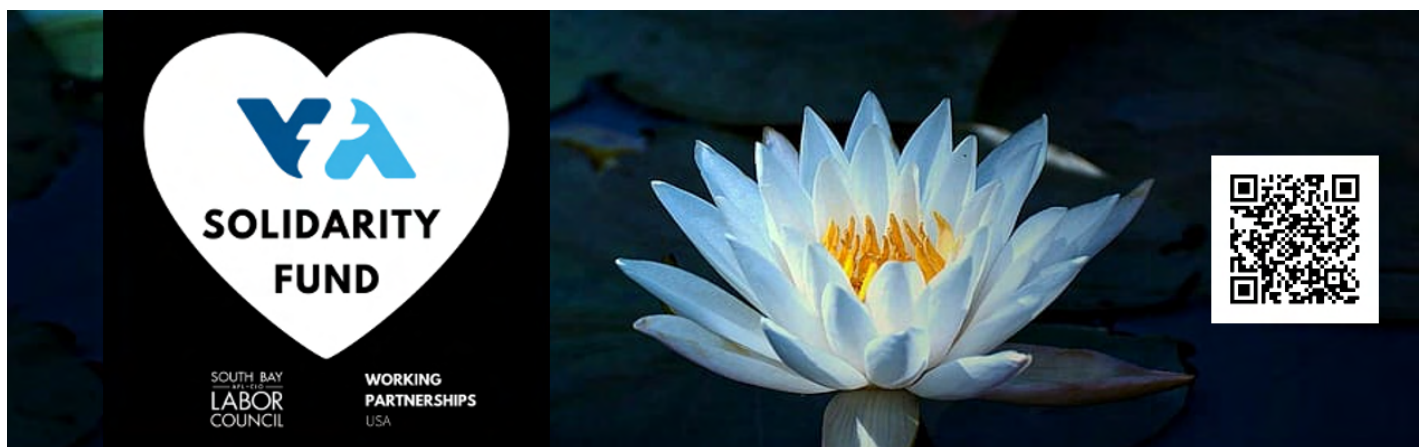
BWA members are inspired by the founder of the international organization. Lady Takeko Kujo started the BWA in 1905 at a time when Japanese women were absent from leadership positions. Despite her privileged upbringing as the daughter of the head of our sect of Buddhism, Lady Kujo focused her all-too-short adult life promoting Buddhist women's activities and helping the poor. She founded one of the first modern hospitals in Japan, helped start Kyoto Women's University, and spearheaded relief efforts after a devastating earthquake in 1923, including rebuilding a major temple. She died of sepsis at age 42, contracting the illness after working in poor neighborhoods.

San Jose's BWA was founded in 1908. It has successfully recruited a younger generation of women, who help keep the organization vital and energetic. The 140 members range in age from 14 to 101. The BWA is always looking for new members and is open to anyone who wants to join.

Reflecting on the importance of the organization, a BWA member said: "I have come to understand that being a BWA member is about sharing the Nembutsu with our Buddhist sisters, whether they live nearby or half a world away; sometimes sharing that experience involves cooking and sometimes it does not. The BWA, and all of groups with which it is affiliated, inspires and encourages Jodo Shinshu women to live by Shinran Shonin's (the founder of Jodo Shinshu) teachings and to help spread those teachings."

Organization Spotlight: Buddhist Women's Association (BWA)





San Jose Buddhist Church Betsuin Disaster Relief Fund Partners with Working Partnerships USA for the VTA Solidarity Fund by Joyce Iwasaki

The San Jose Buddhist Church Betsuin, its members, families and friends extend our compassion and heartfelt concerns to the VTA gun violence victims, co-workers and colleagues, families, and public transit users for the May 26, 2021 tragedy. We join the Working Partnerships USA VTA Solidarity Fund with contributions to help with the needs of those who have been impacted. You can make your donations using the special link, which you will find below. Or you may mail in your contributions using the information also included below.

The San Jose Buddhist Church Betsuin Disaster Relief Fund is partnering with Working Partnerships USA (a 501c(3) organization) to donate funds to the VTA Solidarity Fund which was formed after the May 26, 2021 mass shooting at the VTA light rail yard in San Jose.

The VTA Solidarity Fund is governed by an Oversight Committee which includes labor partners, including the victims' unions ATU Local 265 and AFSCME Local 57, and representatives for the victims' families in order to equitably distribute the funds raised. The Oversight Committee will assess the varied needs of those who have been impacted and how the funds will be distributed. There are individual GoFundMe's and funds started by other individuals and organizations, including the ATU Disaster Relief Fund to cover the needs of the victims, families, and other witnesses/workers impacted by this tragedy. The Fund that Working Partnerships manage will not charge an administrative fee for donations (but there is a credit card transaction fee of about 3% for online donations) or use any donated money from the fund for overhead. There is no fee for donations made by check.

During the Betsuin's Executive Board meeting on June 3rd, the Executive Board authorized \$2500 from the Disaster Relief Fund and is appealing to our Sangha and friends to join this effort with personal donations. You may use the special Betsuin donation link below, or you may write a check payable to Working Partnerships USA and mailed to Working Partnerships USA, VTA Solidarity Fund, 2302 Zanker Road, San Jose CA 95131. If sending in a check, please indicate you are part of the San Jose Betsuin's Sangha, families and friends for tracking purposes. Please make your contributions by August 31, 2021.

Special Betsuin Donation Link: https://act.wpusa.org/vta_victims_support_fund?recruiter_id=93345
For questions or concerns, please contact the Disaster Relief Committee at: DisasterRelief@sjbetsuin.org

About Working Partnerships USA

Working Partnerships USA is a community organizing and public policy nonprofit that works closely with the labor movement. We run a program called Union Community Resources that provides financial assistance, information, and support referrals when union members and others in our community face tough times. During crises like this, we scale up the program to provide additional support. After the tragic shooting at the VTA light rail yard, we partnered with the South Bay Labor Council to create this fund.

About the San Jose Buddhist Church Betsuin Disaster Relief Fund

The Betsuin Disaster Relief Fund was established by the Board of Directors in 2017 with a committee comprised of Sangha members that is guided by processes and procedures. The committee appeals to Sangha members, families and friends to donate to specific disasters or to the program in general. Osaisen (offerings) collected at services are earmarked for this fund as well.

Since 2017, the Disaster Relief Fund has donated to the following:

2017	Santa Rosa City Schools District faculty and staff who lost their homes in the Sonoma County Tubbs Fire.
	Kids Meals Houston where Hurricane Harvey devastated the area.
2018	The Boys and Girls Club of Puerto Rico who incurred devastation from Hurricane Maria.
	Puna Hongwanji Mission of Keaau Hawaii to help rebuilding efforts incurred by the Kilauea Volcano eruption.
2019/20	Two Hongwanji Temples in Chiba Prefecture for the devastation incurred by Typhoon Faxai.
2021	Higashi Hongwanji Temple of Los Angeles for the property vandalism repairs.

Buddhist Women's Association

by: Barbara Sasaki

Karen Hironaga, Social Welfare Co-Chair sent well wishes to 3 people this past month.

Don't forget to support the Guadalupe Buddhist Church Panda Express Fundraiser on September 24, 2021. Order online using code 904519 at checkout to donate to the fundraiser.

Remember to register for the 2021 CD Nembutsu Family Conference which will be held via Zoom on Sunday, October 24, 2021, from 10:00 AM – 1:00 PM. There will also be a 1-hour breakout workshop for BWA members "Buddhist Women in Leadership Roles".

BWA gratefully acknowledges generous donations from the following:

- Karen Akimoto, Sumi Tanabe and Fumi Suyeishi in memory of Lillian Kanzaki
- Karen Akimoto, Sumi Tanabe and Fumi Suyeishi in memory of Irene Uchiyama
- Sumi Tanabe in memory of Jessie Tao
- Sumi Tanabe in memory of Scott Kimizuka
- Roy Idehara in memory of Matsuyo Idehara
- General donations from Pauline Sakamoto, Jacqueline Yamaguchi, Ruby Saito and Naomi Oda.

Betsuin Book Club

by: Lisa Kobayashi

We have a small group who gather to read and discuss books at a monthly book club.

Meetings are generally the Second Wednesday of the month at 7pm. We will be meeting virtually via Zoom through the end of the year.

Here are the upcoming books:

9/8/21 Think Like a Monk – Jay Shetty
10/13/21 Ikigai – Hector Garcia and Francses Miralles
11/10/21 TBD but possibly Saint Young Men – Hikaru Nakamura
12/8/21 A Promised Land – Barack Obama
1/12/22 Your choice of book by Marie Kondo

- Everyone is welcome
- The discussion starts from the book, but ranges to many other topics
- It is a good way to meet other readers who are interested in Buddhism
- You don't need to have finished the book (as long as you don't mind spoilers)

If you are interested in joining our group, please email Lisa Kobayashi at lisakoifish@gmail.com.

Jr. YBA

by: Kaylee Okamoto

School is starting for many of us and we're probably all getting back into the swing of being back in-person, so good luck to all our members with their first day of school! For this month our group was invited to the Santa Cruz Beach Boardwalk for the summer CD activity hosted by the Salinas Chapter. They participated in a scavenger hunt as an icebreaker and for the rest of the day explored around the boardwalk. On August 8th at Saratoga High School, our group was invited to participate in 3 on 3 basketball games. It was great to see everyone who came out and cheered or played. A big thank you to Gametime for hosting this one-day shootout.



EcoSangha: EcoTip

By: Dave Pascual

"...3% of the world's water is fresh water, and two-thirds of that is tucked away in frozen glaciers unavailable for our use. As a result, some 1.1 billion people... lack access to water, and 2.7 billion find water scarce for at least one month of the year..." (www.worldwildlife.org)

Think Globally, Act Locally, Conserve water.



Aloha Club

By: Kathy Sakamoto

A 'ohe lana nui ke alu 'ia

No task is too big when done together by all.”
(‘Olelo no ‘eau-Hawaiian Proverbs)

Aloha kākou~

Lately, there have been tremendous shifts in our environment, haven't there? Beyond the pandemic, there are awful fires again and horrendous temperatures in the Northwest USA. Other places have mudslides, earthquakes and floods.

We can get the pandemic under control if we listen to scientists and doctors. However, can we shift the change that we've put upon the earth? I don't know, but it's Do or Die, literally. The United Nations' report didn't have a silver lining, but it did say that IF we humans change our ways, we might have a chance of avoiding an apocalypse.

In my imagination, we can shift ourselves to accommodate the change of location of water and sun, heat and cold. But in reality, the built environment that we've invested in, have made us less able to change rather than more.

Very few people have the ability to live without 'luxuries' like electricity, cars, refrigeration, heat, etc. I am in the majority rather than the minority in this. Recycling would be great if there were technologies to bring our synthesized materials that we casually throw into our recycling bins back into the world, reimagined or reworked to be stable components or materials. <https://www.smart.unsw.edu.au>.

One would think that a place like Hawai'i would be amazing in terms of creating and sustaining the environment. However, they also have adopted or have had to adopt the habits of the continental USA. The pandemic caused so many small businesses to close. Despite the knowledge throughout the government, associations, communities and businesses that this is unsustainable in the event of an emergency like a pandemic, the travel industry still commands the most revenue with 847,044 visitors in the first quarter of 2021 (seems like a lot of people for a tiny land space) which was, at that, a *decrease* of 59.6 percent from the same quarter in 2020. (*information from State of Hawai'i Department of Business, Economic Development & Tourism, Research & Economic Analysis report). And this reports some of the largest 'non-agriculture' payroll jobs during the April 2020-March 2021 period. Accommodation and food & drinking places accounted for 42.2 percent of the total job losses with a decline of 55,000 jobs.*

That sounds crazy doesn't it?

But what if those jobs went into industries that created sustainable, net zero focused businesses and industries that would help the planet? It's a job that's too big for me. But with everyone, I'm sure those technologies, microfactories and customers/consumer demand can happen. With everyone. Not alone, not one genius, but many people working together. 'A 'ohe lana nui ke alu 'ia

Mālama Honua Namō Amida Butsu
~Aloha no~
Kathy

Qigong

By: Jeanne Nakano

Qigong classes via Zoom will continue thru August & September, 2021. During the pandemic, the Betsuin Board of Directors & Ministers have been careful to protect our safety and health. To help for our eventual safe return to the Betsuin, please be fully vaccinated.

Our Qigong instructor says, "It looks like Zoom's security has changed. You may be asked for your passcode." Passcode: 392360.

Masa's classes are offered Mondays, Wednesdays & Fridays, from 9:30 - 10:45 AM. His fee is \$5 per person, per class. You can pay through his PayPal link or with a check to his Union City address. Feel free to invite your family & friends to try the class!

PayPal link - [Qigong Class](https://paypal.me/pools/c/8obqTn8gSh) (<https://paypal.me/pools/c/8obqTn8gSh>)

Masanori Naito's address: 33721 10th St., Union City, CA. 94587

Questions about Qigong movements can be directed to the instructor Masa Naito, kikoh4000@sbcglobal.net
Other questions or concerns can be sent to Jeanne Nakano jmnakano@sbcglobal.net

Passcode: 392360

Topic: Qigong Class 8/01 - 9/30

Time: Aug 2, 2021 09:30 AM Pacific Time (US and Canada)

Every week on Mon, Wed, Fri, until Sep 29, 2021, 26 occurrence(s)

Aug 2, 2021 09:30 AM	Sep 1, 2021 09:30 AM
Aug 4, 2021 09:30 AM	Sep 3, 2021 09:30 AM
Aug 6, 2021 09:30 AM	Sep 6, 2021 09:30 AM
Aug 9, 2021 09:30 AM	Sep 8, 2021 09:30 AM
Aug 11, 2021 09:30 AM	Sep 10, 2021 09:30 AM
Aug 13, 2021 09:30 AM	Sep 13, 2021 09:30 AM
Aug 16, 2021 09:30 AM	Sep 15, 2021 09:30 AM
Aug 18, 2021 09:30 AM	Sep 17, 2021 09:30 AM
Aug 20, 2021 09:30 AM	Sep 20, 2021 09:30 AM
Aug 23, 2021 09:30 AM	Sep 22, 2021 09:30 AM
Aug 25, 2021 09:30 AM	Sep 24, 2021 09:30 AM
Aug 27, 2021 09:30 AM	Sep 27, 2021 09:30 AM
Aug 30, 2021 09:30 AM	Sep 29, 2021 09:30 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://us02web.zoom.us/meeting/tZU5fuCpzkpHd3nPnDPNsrrTa1OzuZ-ay/ics?icsToken=98tyKuGprzljG92Xsx6ORpwcBYr4XevxmHpegqcOki_kDQRjTBDkPPB2M-NQCs3q

Join Zoom Meeting

<https://us02web.zoom.us/j/81199192379?pwd=Y0dNWDZWaDZZK3ZZeHowTUtRMVNEZz09>

Meeting ID: 811 9919 2379

Passcode: 392360

Donations

The San Jose Buddhist Church Betsuin gratefully acknowledges your generous support.
July 26, 2021 to August 20, 2021

Donations

May Takata
Peggy Yabumoto
Diane Masuda
Mike and Shirley Kodani
Nicholas Bridger
Kelvin and Jody Kamachi
South Bay Hiroshima Nikkeijin Kai

*In Honor of Rinban Sakamoto and Janice Oda for
Obon Hondo Visits*
Reiko Iwanaga

Weddings

In Honor of our September 2021 Wedding
Tom Takano and Miakje Kamstra

In Honor of Nick Muraoka and Chee-Ah Thao
John and Joni Muraoka

Funerals

In Memory of Ted Masuda
Diane Masuda
Family and Friends of Ted Masuda

In Memory of Jesse Tao
Hisako Tao
Allan and Nancy Hikoyeda
Shizuko and Sadakazu Koga
Fred and Miwako Yamada
George and Shiz Hanada
Tricia Tao
Lisa Tao
Emma, Logan and Russell Tao
The Randall Family
The Lim Family

In Memory of Mary Ichida
The Family of Mary Ichida

In Memory of Sumiko Santo

The Family of Sumiko Santo
George, Stephanie, Aaron & Mikayla Lee
Greg, Karen, Roman, Kira, Mia and Sasha Shiraki
Joanne & Sterling Makishima
Tsuyako Sakamoto
Ernie and Toyo Inouye
In Memory of Nori Yabumoto
Peggy Yabumoto
Mike and Shirley Kodani

In Memory of Sakae Rose Yuki

The Sakae Rose Yuki Family
Frances Schwamm
Michie Kimizuka
Emie Yamate
Tim Yuki
Herb and Barb Yuki
Cynthia and Ed Morris

Memorials

In Memory of Joan Ikeda Wilson
Kazuko Nose
Larry and Lynn Handa

In Memory of Florence Takeda
Sharon Uyeda
Yorko Uyeda

In Memory of Lillian Kanzaki

Ray and Lucy Matsumoto
May Takata
Emily Ando
Yasuo and Janice Hara
Robert Nishimura
San Jose Betsuin ABA
Bob and Louise Hayamizu
Margaret Oyama
Lois Midori Matsumoto
Aiko Sato

In Memory of Haruko Rosie Takata
May Takata

In Memory of Kunio Idemoto
Aggie Idemoto

In Memory of Polly Sakamoto
Craig Sakamoto

In Memory of Toshio Kobata
Mary Kobata

In Memory of Seiji Nakamoto
Fumi Suyeishi

In Memory of Keith Onishi
Allan and Nancy Hikoyeda

In Memory of Rose Iso
Allan and Nancy Hikoyeda

In Memory of Henry T. Yamate
The Yamate Family
Sanaye Kagawa

In Memory of Takaji & Sueko Mayeda
Julia Mayeda and Spencer Mayeda

In Memory of Sayoko Takata
May Takata

*In Memory of Chi Akizuki and members of
Akizuki Family*
Dennis Akizuki

In Memory of Mary Sugimoto
Richard and Lynne Sugimoto
William Sugimoto
Phyllis Sugimoto
Michael and Elaine Jones
Craig, Denise, Caden, Jaden, Landen and
Tysen Kanazawa
Dennis Akizuki
Kaye Masatani

In Memory of Roy Murotsune
Tsuyako Sakamoto
Bud and Jody Mine
Tim and Vivian Takeda

In Memory of Beverly Takeda
Tim and Vivian Takeda
Mark and Beverly Takeda
The Family of Beverly Takeda

In Memory of Yukio and Nari Kurimoto
The Family of Yukio and Nari Kurimoto

In Memory of Wesley Nishioka
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In Memory of Lillian Nishimatsu
Leon Kimura
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Stephen and Sylvia Fujii

In Memory Joyce Hanamoto and Warren Hanamoto
Shoso Hanamoto
Elaine Hanamoto
Dale and Lynn Nakano
Seigo and Keiko Hanamoto
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Riuji and Laura Hanamoto
Jean Caravalho and Family

In Memory of Judy Iida Matsuoka
Amy Dobashi

In Memory of Henry and Ada Uyeda
Sharon Uyeda
Glenn and Caroline Kurimoto

In Memory of Irene Uchiyama
Tsuyako Sakamoto

In Memory of Alyce Morita
Margaret Oyama

In Memory of Louise Oyama
Margaret Oyama

In Memory of Haruyo Nishimura
Geraldine Watanabe

In Memory of George and Carolyn Fujimoto
Elaine Umeda

Nokotsudo Eitaikyo
Lynn Otani
Lorance Wilson

In Memory of Jesse Tao
Hisako Tao

Disaster Relief
May Takata

Hatsubon
In Memory of Terrie Aikiko Mayeda
Julia Mayeda and Spencer Mayeda

In Memory of Marvin Aoki
Susan Aoki and Craig Clark

In Memory of Kazuhiko Nakamura
Jeannie Nakamura

Generations Capital Campaign
San Jose Betsuin Jr. Choir
Sadahiro and Amy Iwamoto
Alvin and Karen Hironaga
Sadahiro Iwamoto - Apple Matching
Anonymous
Earl and Helen Santo
Charlotte Hiroshima
James Yamakawa
Generation Pickers

In Memory of Haruyo Nishimura
Joyce Iwasaki

In Memory of Yukio and Nari Kurimoto
Michael and Elaine Jones

In Memory of Sumi Santo
Michiko Itatani

In Memory of Mary Sugimoto
Diane Ikegami



DHARMA SCHOOL



San Jose Buddhist Church Betsuin Dharma School is open for registration and we welcome all of you!

If you and your child(ren) are interested in joining the temple community to learn about Buddhism along with your and their peers, consider attending Dharma School Family Services and Dharma School Classes for school-aged kids.

First day of Family Service and Classes are on Sunday September 12, 2021. Services are Sundays 9:30am-10am and classes are 10:10am-11am. See the church calendar or hear announcements for special services and events.

We are starting the year with virtual classes to ensure the safety of the students, families, teachers and ministers.

Registration form link:



Fill out the registration form and email to our Superintendent, Steve Sorakubo at: ds-superintendent@sjbetsuin.org

If you prefer to mail in a hard copy, please send or deliver to the church office at **SJBCB Dharma School, 640 N. 5th Street, San Jose, CA 95112**

Questions? Feel free to email the Superintendent, Steve Sorakubo at ds-superintendent@sjbetsuin.org or

the Dharma School Parent Organization Chair, Mae Kawamoto at dspo@sjbetsuin.org

Read more about Dharma School at the SJBCB

Website: <https://www.sjbetsuin.org/programs/dharma-school/>

Support Cub Scout Pack 611



Delivering Popcorn to your Doorstep!

Cub Scout Pack 611 once again will be offering **LOCAL ONLINE** Popcorn orders with **FREE delivery** courtesy of Cub Scouts.

Popcorn sales help to support pack activities, such as Pinewood Derby, Blue and Gold Dinner, Scout Olympics, etc.

To place an order please click here: <https://bit.ly/37UOiAh>

Order Deadline is Oct 10th





Sweet & Savory Collection
Over \$29 to local kids*
Contains: Milk
• White Cheddar Popcorn
• Salted Caramel Popcorn
Comes in a gift box.



Milk Chocolate Pretzels
Over \$18 to local kids*
Contains: Milk, Soy and Wheat



Salted Caramel Popcorn
Over \$18 to local kids*
Contains: Milk and Soy



12pk Unbelievable Butter™ Microwave
Over \$14 to local kids*
Contains: Milk



White Cheddar Popcorn
Over \$14 to local kids*
Contains: Milk



Sweet & Salty Kettle Corn
Over \$14 to local kids*



Blazin' Hot Popcorn
Over \$14 to local kids*
Contains: Milk



Popping Corn Jar
Over \$10 to local kids*



Caramel Corn
Over \$7 to local kids*
Contains: Soy



SHOW YOUR SUPPORT WITH A DONATION TO AMERICAN HEROES!
Send a gift of popcorn to our first responders, military men and women, their families, and veteran organizations.

EVEN MORE PRODUCTS AVAILABLE THROUGH ONLINE DIRECT IN THE APP!

Thank You for Your Support!!

Healthy Teen Living

Troop 60260 – Silver Award Project



Hello! We're some of the Girl Scouts from Troop 60260.

We have created a website as part of our Girl Scout Silver Award Project to discuss mental health from a teenage point of view. On our website, we have mentioned helpful ways to deal with and better understand some of the mental health struggles we all go through. Some of the subjects we discuss include sadness, stress, peer pressure, and confidence.

Website link: <http://healthyteenliving2021.weebly.com/>

Website QR Code:



We hope you will take a look at it and find it helpful!
If you have any feedback feel free to email us at healthyteenliving2021@gmail.com

Min'na no Mura - A Village for Everyone

By: Elaine Jones

“Min'na no Mura, A Village for Everyone,” presented an LGBTQ+ Awareness Event in November 2019, with support from Marsha and Aiden Aizumi of Okaeri. On Saturday October 16 from 11:15 a.m. - 1:00 p.m., “Coming Out, Coming Home” will be the second event to be presented by Min'na no Mura of the Betsuin, but this time over Zoom. Through this event we hope to increase LGBTQ+ awareness, help educate the community, and encourage dialogue.

The event will begin with viewing of the video, “Coming Out, Coming Home,” which focuses on four 60+ year-old LGBTQ+ individuals’ coming out stories and their experiences as Nikkei. In this video, you will see the vulnerability and courage of the speakers, and also understand why Okaeri decided to create this shortened version of their 2020 event. After viewing the video, we will have a discussion about what the speakers experienced.

The Zoom link and a four page packet will be sent via email to those who register by October 12 for this free event. Included in the packet will be the video link, a reference photo page of speakers in the video, and questions that may be used for discussion after viewing the video. Hope to see you there — be part of the dialogue!

On another note, Okaeri, a Nikkei LGBTQ community, is holding their bi-annual conference virtually on the weekend of November 12-14. Michael, Julie and I attended their last ‘in-person’ conference in 2018. It proved to be an informative, inclusive, and safe place for all. Since this year’s conference is virtual, you don’t have to travel to L.A., but can be in the comfort of your own home to attend! There will be something for everyone: guest speakers, workshop sessions, meet-ups (for the LGBTQ+ individuals), and also a special guest! Registration opens on August 31 so save the dates for the conference and then more details will be provided.

We hope you take part in these informative events. Please see the flyers in this Dharma issue.

And here is a good first-person article about a young woman’s reflections on growing up as a queer Asian American Shin Buddhist: <https://www.lionsroar.com/i-figured-i-would-never-find-another-on-being-a-queer-asian-american-buddhist/>

If you have any questions about “Coming Out, Coming Home” or the Okaeri Conference, including the link for registration, contact Elaine Jones at: minnanomura@icloud.com.



San Jose Buddhist Church Betsuin
Min'na no Mura - Village For Everyone
Presents an Okaeri* Program



“Coming Out, Coming Home”

A Video Presentation and Discussion over Zoom

Join us for this video focused on four 60+ year-old LGBTQ+ individuals' coming out stories and experiences as Nikkei.
Discussion following video.

Saturday, October 16, 2021
11:15 a.m. - 1:00 p.m.

To sign up for this event, email Elaine Jones at:
minnanomura@icloud.com
Deadline is October 12, 2021
Zoom link will be sent after registration.

This free event is presented to bring greater understanding and education to our community.

→ October is LGBTQ History Month — October 11 is National Coming Out Day ←

**Okaeri is an LGBTQ+ community of individuals, parents, and allies, based in Los Angeles who want to give everyone the opportunity to connect, support, and discover resources and information, in order for all identities to be celebrated, respected and embraced.*



感謝

COAST DISTRICT NEMBUTSU VIRTUAL FAMILY CONFERENCE

KANSHA

GRATITUDE

OCTOBER 24, 2021 10:00 AM-1:00 PM

(Recommend login early between 9:15am-9:45am)

GUEST SPEAKER: REV. HARRY BRIDGE
OAKLAND BUDDHIST TEMPLE

VIRTUAL CONFERENCE VIA ZOOM

Registration: \$20 (adults) | \$10 (students age 12-18) Free (under 12 yrs).

SIGN-UP DEADLINE: OCTOBER 10, 2021

For any questions, email buddhist@wbtemple.org | Phone 831-724-7860



COAST DISTRICT VIRTUAL NEMBUTSU FAMILY CONFERENCE

"KANSHA (Gratitude)"

Sunday, October 24, 2021 Watsonville Buddhist Temple

10:00 am to 1:00 pm

(A zoom link will be emailed to all attendees prior to the conference)

Guest Speaker: Rev. Harry Bridge from Oakland Buddhist Temple

Reg. fee: Adults \$20 Family rate \$50
 Students \$ 10 (age 12 - 18)
 Children (Under 12) Free

Circle one Fee

Name _____ Japanese/English \$ _____

Check one: ☐ Adult ☐ BWA ☐ YBA ☐ Dharma School

Email address _____

Temple: _____

Contact #: Area Code (_____) _____ Age (if 18 <): _____

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Name _____ Japanese/English \$ _____

Check one: ☐ Adult ☐ BWA ☐ YBA ☐ Dharma School

Email address _____

Contact #: Area Code (_____) _____ Age (if 18 <): _____

Deadline: October 10, 2021

Total \$ _____

Return this form with check payable to:

Watsonville Buddhist Temple (re: Nembutsu Conference)

423 Bridge Street; Watsonville, CA 95076

OR You may pay through Watsonville Buddhist Temple website (PayPal): www.wbtemple.org

If questions, please contact the Temple Office at (831) 724-7860.

FREE & OPEN TO THE PUBLIC ~ REGISTER FOR ZOOM LINK



2021 CBE Seminars Online For All

FALL: SEPTEMBER ~ NOVEMBER

SATURDAYS, 11 AM - 1 PM (PACIFIC TIME)

Explore topics in Jodo Shinshu Buddhist doctrine, practice & culture

SEPTEMBER 18 & SEPTEMBER 25 REGISTER ONLINE https://forms.gle/zQVGSZExun1MYCvw7	SHINJIN - Part 1 & Part 2 Rev. Dr. David Matsumoto President, Institute of Buddhist Studies	
OCTOBER 16 REGISTER ONLINE https://forms.gle/RiXbVsVgauJcpnpH8	JODO SHINSHU MODERNITY Dr. Galen Amstutz Adjunct Faculty, Institute of Buddhist Studies	
OCTOBER 23 REGISTER ONLINE https://forms.gle/V7MunamGzRtmsck7	日本語セミナー 本願のこころ ワンドラ 睦 オレンジ郡仏教会 開教使	Japanese Seminar: Hongan no Kokoro Rev. Dr. Mutsumi Wondra
OCTOBER 30 REGISTER ONLINE https://forms.gle/6PxLrRudinuQQghz6	CBE Every Day Buddhism Committee presents THE THREE POISONS Rev. Marvin Harada Bishop, Buddhist Churches of America (BCA)	
NOVEMBER 13 REGISTER ONLINE https://forms.gle/8XXe4kRcTaVNQh58A	日本語セミナー 浄土真宗をととえと？ 桑原 淨信 パークレー仏教会 開教使 * マリン仏教会 開教使	Japanese Seminar: Jodo Shinshu wo tatoeru to? Rev. Kiyonobu Kuwahara
NOVEMBER 20 REGISTER ONLINE https://forms.gle/REAsxvfArT4YZrAng	KOICHI'S KITCHEN Koichi Mizushima Guest Chef/ CBE Youth Program Coordinator	

QUESTIONS? EMAIL: CBE@BCAHQ.ORG PHONE: (510) 809-1460

DONATIONS ARE WELCOME! PLEASE NOTE "CBE/SEMINAR DATE" IN DEDICATION BOX

REGISTER AT WWW.BUDDHISTCHURCHESOFAMERICA.ORG/BUDDHIST-EDUCATION
OR, DOWNLOAD THIS FLYER IN PDF FORMAT TO ACTIVATE REG LINKS

V 8-2a



Midori Kai
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Virtual Boutique
14 Exciting Days of Shopping & Silent Auction!
Check in often!

www.midorikaiboutique.com
Goes live at 8 am on Sept. 5 & closes at 5 pm on Sept 18

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Japanese American Museum-San Jose
Nichi Bei Foundation
Suzume no Gakko

100% of the Boutique proceeds go to the Midori Kai, Inc. Foundation for our grant recipients

For more information please contact
Phyllis Osaki (925) 596-1770 or Marsha Baird (510) 579-1518
posaki@gsmanagement.com or marshabaird@me.com
www.midorikai.com



BCA VIRTUAL ART EXHIBIT SUBMISSION FORM

For BCA Artists of All Ages

BCA is hosting an online virtual art exhibit. This is a wonderful chance to share your art with our BCA community. Please click the link below to submit digital photos of your art. Submissions are due by 8/15/21 and will require approval by the committee. Questions: bkmizushima@bcahq.org

REGISTER HERE:
<https://tinyurl.com/4urhwz4x>

SEPTEMBER 19 - 26, 2021
www.buddhistchurchesofamerica.org

SAVE THE DATE

OKAERI 2021

VIRTUAL CONFERENCE
NOVEMBER 12-14, 2021

REGISTRATION WILL OPEN ON AUGUST 31, 2021




Japanese Telephone Dharma Message

The San Jose Buddhist Church Betsuin is now offering a Japanese Dharma Message using your telephone. To listen to the message, you will need to call (408) 293-9292.

If you call between the hours of 8:30am to 5:00pm the Betsuin office staff will have to transfer you to the extension to listen to the Dharma Message.

If you call after 5:00pm, follow the message prompts and select the appropriate number to get you to the Japanese Dharma message.

2021 Memorial Service Schedule

Please schedule a service if your loved ones passed away in the following years:

<u>Year</u>	<u>Service</u>
2020	1 st Year
2019	3 rd annual
2015	7 th annual
2009	13 th annual
2005	17 th annual
1997	25 th annual
1989	33 rd annual
1972	50 th annual
1922	100 th annual