

the Dharma

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

Volume 69 | Issue 1 | January 2022

Betsuin Calendar of Events

December 2021

Family Service - VIRTUAL Sunday, December 26, 2022 at 10:00am

Joya E (New Year's Eve Service) – VIRTUAL Friday, December 31, 2021 at 7:30pm January 2022

Shusho E (New Year's Day Service) – VIRTUAL Saturday, January 1, 2022 at 10:00am

No Service on Sunday, January 2, 2022

Ho Onko Service – VIRTUAL Sunday, January 16, 2022

BWA Fuse no Hi – VIRTUAL

Sunday, January 30, 2022 @10:00am

Office will be Closed on the following dates:

December 2021

Friday, December 24th Saturday, December 25th Friday, December 31st (Office opens at 12:30pm)

January 2022

Saturday, January 1st – New Year's Day Sunday, January 2nd – After New Year's Day Monday, January 3rd – New Year's Day Observance Tuesday, January 4th – Day After NY's Observance Monday, January 17th – Martin Luther King Day



New Year's Greeting

Happy New Year, everyone! At the beginning of this New Year, I would like to extend my best regards to you all.

Over these past couple of years, we have had to adjust our lives in accordance with the scale of the spread of COVID-19. I would like to offer my deepest condolences to those who fell victim to the disease and express my sympathies to those who are undergoing treatment. I would also like to express my respect and sincere gratitude to the doctors, nurses, and frontline medical professionals who have been engaging in the treatment of infected people, as well as all essential workers who have made it possible for us to continue with our lives.

This infectious disease has not only greatly affected the life of each one of us, but also revealed many issues that had been contained in our society. Sakyamuni Buddha, who passed on the Dharma to us, made clear of the fact that we cannot see the truth because we are too attached to our own thought. Therefore, it is only natural that conflicts and divisions come about in a society in which those who, like us, fundamentally self-centered beings, act in accordance based on one's own thought.

In the following *wasan* poem, Shinran Shonin deeply reflected on himself and described what we humans are like,

Although I take refuge in the true Pure Land way, It is hard to have a true and sincere mind. This self is false and insincere; I completely lack a pure mind. *(Hymns of the Dharma-ages)*

As the *wasan* shows, we are basically incapable of accepting the reality of this world, such as, dependent origination, impermanence, and no-self. And because of this we constantly suffer. Only through being aware of and appreciating Amida Buddha's compassionate and salvific working, are we enabled to accept our true self. Shinran Shonin clarified that such ignorance is the very reason why Amida Buddha's salvific working has reached every one of us. Keeping in mind that we are always embraced in Amida's compassionate Light, let us live each day to the fullest, even though we have yet to see the end of the tunnel.

I feel truly assured hearing that many of you have been making efforts to share the Jodo Shinshu teaching within the greater society through various and innovative ways despite the current situation. It is my hope that your temples will continue serving as your spiritual home, and therefore, I humbly ask for your understanding and cooperation in support of your temples. I would like to conclude my new year's greeting with my heartfelt appreciation to you all.

January 1, 2022



年頭の辞

新しい年のはじめにあたり、ご挨拶申し上げます。

昨年も一昨年に引き続き、私たちの生活は新型コロナウィルス感染症(COVID-19)の 流行に対応したものとなりました。ここに、新型コロナウィルス感染症によりお亡く なりになられた方々に謹んで哀悼の意を表しますとともに、罹患されている皆さまに 心よりお見舞い申し上げます。また、治療・対策にあたられている医師、看護師をは じめとする医療従事者の方々、ライフラインの維持に努めておられる方々に深く敬意 と感謝を表します。

この新型コロナウィルス感染症は、私たち一人一人の生活に大きな影響を与えました。それは、同時に社会の問題も浮き彫りにしています。仏教を説かれたお釈迦様は、 自分自身の考えにとらわれ、真実をみることのできない私たちの姿を指摘されていま す。私たちが自分の思い通りに行動したら、社会の中に対立や分断を生むことになり ます。

親鸞聖人は、ご和讃に「浄土真宗に帰すれども 真実の心はありがたし 虚仮不実 のわが身にて 清浄の心もさらになし」とうたわれました。阿弥陀さまのおはたらき によって知らされる私たちの本当の姿は、縁起や無常、無我というこの世界の真実を そのままに受け入れることができずに悩み苦しむ姿です。親鸞聖人は、そのような私 たちに阿弥陀さまのおはたらきが届いていると明らかにされました。いまだに新型コ ロナウィルス感染症の収束が見通せない世界ですが、阿弥陀さまのおはたらきを聞き、 それを依りどころとして日々の生活を過ごしてまいりましょう。

現在の厳しい状況の中でさまざまな試みを重ねながら、今までとは違った方法で浄 土真宗のみ教えを広く社会へ伝える取り組みもなされていると聞き、たいへん心強く 思います。これからもお寺が皆さまの心の支えとなりますよう、お寺の活動にご理解 とご協力を頂きますことをお願い申し上げ、年頭のご挨拶といたします。

2022年1月1日

浄土真宗本願寺派

門主 大谷光淳

Happy New Year!

By: Rinban Gerald Sakamoto and Family

We've managed through another year of the pandemic. Some of us have adjusted to the changes others have not done as well. We have experienced death and the decline of health of friends and family. We have celebrated weddings and births. Some of us have managed to find time for renewal others of us have not found our way through the heaviness of daily life. The pandemic and isolation seems to amplify our experiences, the joy of being together and loneliness of our virtual worlds.

It is remarkable how similar Shinran's world was to our times. The Gempei war raged through the streets of Kyoto eventually drawing in other parts of Japan. Forces were made up of conscripts that fed the battlefields. Then in the midst of this chaos a famine emerged so deep that the war was brought to a halt. There were not enough people to fuel the war so the fighting stopped only to be resumed in 1183. The end of the war in 1185 transformed the governing power, established the Bakufu and ushered in the Kamakura era.

We don't know what our world will look like or when we'll know our world has changed. There will be no clear demarcation that will mark before and after. Historians may one day make that determination but that will be well after we're gone. Maybe in a generation or maybe two generations from now children will study about what happened in our time. Or perhaps it will be forgotten or rewritten and disappear.

However, our times will be remembered for how we are living now. We make decisions and choices based on our circumstances. We know so little about Shinran. We have his writings and the letters of Eshinni that confirmed his existence. We know some of the big decisions he made but little about what he wore or ate. What he did when he wasn't reading or writing. We can only guess at what his life was like how he interacted with and engaged his world. Was he happy? Did he enjoy his life?

As we begin this new year, like Shinran in his time, we continue to face uncertainties. Like Shinran, in the midst of uncertainties, we may be able to experience a settledness in our life. Shinran described this world as "like a burning house" in which only the nembutsu was true, real and sincere. The nembutsu is both the absolute assurance of Amida and our gratitude for that assurance. Whatever may come in this new year the nembutsu will not change. As our appreciation for Amida's assurance deepens our lives are transformed into a life of gratitude.

Thank you for your kindness and support throughout the years. May we realize in this new year the deep connection we share with all life.

Why do we conduct the service? -What the moon told me

By: Rev. Etsuko Mikame

When I was still a child, my mother occasionally took me to the field that was five minutes' drive away from our house for stargazing. Especially when she watched the news of the meteor showers or full moon on television, she woke her kids up at around 2 a.m. or 3 a.m. and gave us chances to gaze up the night sky and shooting stars. Since I was born and raised in the countryside of western Japan, we fortunately were able to see the stars clearly even from our house. That was so fun whether we were actually able to observe the meteor showers or not. I still remember how beautiful the night sky and shooting stars were and how joyful it was when I could share something beautiful with someone.

Now I am grown up. It is sad, but I hardly look up at the sky, maybe because I seldom go out at night and maybe I am having a busier daily life than that I did in my childhood. Probably, I might forget the joy of gazing the night sky. I happened to be able to see a big clear full moon in the night sky the other day while driving. It reminded me of the stargazing memories when I was still a child. That made me feel so happy and I suddenly had a strong desire to tell my mother in Japan that I saw a big full moon. After going home, I instantly called her and told her about it. Although she couldn't see the moon at the same time and place with me, she was as happy hearing it from me as if she and I had seen the moon together. She said that she was observing the moon from her place the night before, and we got so impressed that we were able to view the same moon even though we were far apart. I would never have been able to see the moon if I had never gazed up to the sky.

Here, I would like to share a famous poem written by Honen Shonin who is a master of Shinran Shonin and a founder of Jodo Shu.

There is no place where the moonlight

Casts not its cheering ray;

With he who has the seeing eye

Alone that light will stay.

This poem showed us that moonlight casts everywhere and we take it for granted, but when we are able to see the light with our own eyes, the light reaches our hearts. We notice how beautiful it is and it will stay in our hearts. Here, they say that the moon here is a metaphor of Amida Buddha's virtues.

As Honen Shonin says in his poem, our perspectives tend to be fixed or narrow when we live in our daily lives. We have many things to do in front of us and our hearts and minds may be busy and full of something related to work, parenting, relationships, studying and many things. Troubles and things we have to do sometimes make it difficult to take our eyes off them and see the world as it is.

Even if there is a beautiful moon or rainbows in the sky, unless we go outside and try to see it, we would never be able to know how beautiful it is. We are able to live through our days and it doesn't matter if we live without this. But I believe we can live differently. I was fortunate that I was able to see it and I thought this added a beautiful color to my normal day. I thought this is something my mother might have tried to tell us, to show us its beauty by stargazing together when I was a child.

I believe that teaching of Buddha also gives us a similar experience in our lives and encourages us to see the world in a different way and realize its beauty.

I would say that joining "Buddhist services" and hearing "the teaching of Buddha" are also acts linked to this realization. Buddhist services give us the special time and space to turn our hearts to things that we don't normally notice, think about, or feel in our daily lives. It's an opportunity to think about one's life, to think about death, and a relationship with people surrounding us and a deceased person or a loved one.

Professor and Rev. Tesshu Shaku says, "Religious rituals are devices that extend the time that shrinks due to the busyness of everyday life." I agree with him. We live busy daily lives and feel like literally time flies by. On the other hand, our average life span is getting longer and is now expected to be around 100 years. However, as Rev. Shaku mentioned, Buddhist teaching and services make us realize that the connection of each life will never end in such a short-term connection but have been continuing in endless connection and it's here, we are living the endless life.

I believe we definitely need the time to stop and to be mindful of our lives in this worldly life and look at the world from a different perspective. By doing so, I think this will make us start noticing the "true beauty" of our lives just like when we look up at the moon in the sky. It may be a tiny thing, but it is a special thing for you. I believe that joining the services and hearing Dharma is a special act to see and experience its beauty on our own and share it with others.

2022 Office Hours

Beginning Friday, January 7, 2022 the San Jose Betsuin office hours will be extended on Fridays to better serve the Sangha and Betsuin Organizations. We'll be open until 6:00pm on Fridays.

> Monday - Thursday 8:30am-5:00pm Friday 8:30am-6:00pm Saturday - Sunday 8:30am-4:30pm

Japanese Article

By: Etsuko Mikame

如月だより

よび



もどうぞよろしくお願いいたします。 皆さんあけましておめでとうございます。二〇二二年

さいきんほんとう い み やす

皆さんは最近本当の意味で安らぎを感じています **お**う さきん ithiの hi の hi 51 J 16 最近読んだ法語で次のような言葉がありました。 ほんとう あんのん か ま 「本当の安穏は 勝ち負け超えたところにある」この rio⊾ 1/ort b# U⊬ U 言葉を少し味わってみようと思います。 がっこう しょくばない きょうそう かいしゃどうし きょうそう 学校や 職 場内での競争、さらには会社同士の競争 わたし やい おょうそうしゃかい なか など、 私 たちは小さいころから 「 競 争 社会」の中で 生きており、なかなか心の休まる暇がないのではない でしょうか。 べんきょう レごと すぼーつ しかも、勉強や仕事、スポーツばかりではなく、 いもうよい すいやい きょうそうい しき むいしき 日常の生活においても、無意識のうちに競争意識を 働かせながら暮らしています。 5-2110 たとえば「もっときれいに」「もっと健康に」「もっ ద ద とスマートに」「もっとおいしく」など、日々 5.015.IF V11011 180-シャワーのごとく浴びせられる広告や宣伝によって、 11113 #14/0 M/0 3.2 私 たちは知らず知らずのうちに他人への競争 心をた えず煽られつづけて生きているのではないでしょう わ° NNN £to これでは、なおのこと、心が休まる間がありませ ∕S∘ しゅくは いかつそうせいかつ 0U10G きょうそう み さず 学校でも、職場でも、日常生活でも、競争に身を削 ศีธ ดูเปป しゅうきょう り、心を削られているとしたら、宗教 やヒーリン なに せいしんてき やす え グなど何かで精神的な安らぎを得たいとする欲求が高 とうぜん まるのは当然のことだと思います。

ちょうじかんしんしゃ ちゃ ほんらい じかん も 本来なら、長時間心身を休める時間を持つのがよいの じかん お せいかつ げんだいじん でしょうが、時間に追われて生活している現代人にと ಎಹಎ っては難しいことかもしれません。 まんえん まう Ъ 勝ち負けとは違いますが、コロナウィルスが蔓延し始 にねく めてからもうすぐ二年になります。いまだ収束が よそく ふあんてい なか CH) 予測できない不安定な中でも、 少しずつ 私 たちの にちじょう じょうきょう てきおう 日常はその状 況に適応して、先行きの見えない **ひび おく** ふあん きも いだ 不安な気持ちを抱きながらも、 それぞれの日々を 送 っていらっしゃることだと思います。 そこで、忙しい中でもなんとか機会を見つけ、せめ ごふん じっぷん きょうそう お せいかつ ふあん て五分や十分でも競争に追われる生活、不安に追わ せいかつ はな じかん も たいせつ れる生活から離れる時間を持つことは大切ではないか GLOI と思うのです。 いったん世の中の動きと少し離れて、心を休めてみょ きょうちょう きょうほう こころ やすうこう やす ٥° みどり おお こうえん のやま しょく できれば 緑 の多い公園や野山など自然を感じられる HEINO & 風景を目にすると、なお心が休まると思います。 かんきょう り 環境を変えられなくても、できることはあります。 わたし て あ な む あ み だ ぶ つ \$215D 私 は手を合わせ静かに「南無阿弥陀仏」とお念仏を 0.6-2 #StO 11:56 称える時間を大切にしています。 01 #0 がっしょう 動き回りたがる手を止めて合掌し、繰り返し「どの ようなあなたであっても決して見捨てません」と喚ん きょう でくださる 仏 さまの名を呼ぶことで、せわしない ・) シン がち 時間の流れから少しだけ身をずらすことができます。

日本語サービスのお知らせ

ください。予定しています。詳しくはお寺のホームページをご覧ます。 まてい ユーチューブにて配信しています。次回は一月九日を まいった第二日曜日、十一時から日本語で仏様のお話を まいったいにはちょうが というし ロルロ ほんし

President's Message

By: Steve Onishi

Happy New Year! While I do admit to a certain amount of naivete, I remain the eternal optimist. The beginning of 2020 was certainly a low point. Remember March of 2020? That is when the COVID situation worsened and California became the first state to issue a "stay-at-home" order. Seems like eons ago! Soon all states (and in fact, most of the world) followed. Use of masks and social distancing became part of our everyday vocabulary. Who knew what social distancing meant back then?! There were dire predictions that 800,000 people in the US would succumb to this disease. Sadly, that projection has come true.

If not for the heroic efforts of the medical community, many more would have perished. Eventually, an historic effort by the combined efforts of academia, governmental agencies and the pharmaceutical industry produced several vaccines which have proven to be lifesavers and the number of infections reduced dramatically. With reduced infections came a gradual relaxation of the rules for shutdowns and isolation and business has begun to recover. While we are still not "out of the woods", the positive trend cannot be ignored. My hope is that people will continue to believe in the science!

I am also hopeful that people will also soon believe in the science of climate change. While this topic has been debated for decades, the evidence cannot be ignored any longer. It seems like there is almost weekly news of some sort of historic change in weather patterns or weather consequences around the world...not just water starved California! Again, I view this from an optimistic viewpoint that as more and more people are convinced, changes will be made.

It is with this optimistic bias, I look forward to the year 2022! We have slowly begun to reopen some of the facilities at the church. Various organizations have begun to have activities again. While a decision has not yet been made on a 2022 Obon (always the second full weekend in July), we hope to have some sort of event once again. Phase II efforts will begin to take off, both from design/planning as well as fundraising perspective.

So, I hope that you are as optimistic about 2022 as I am! Please keep in touch with the church through our website and monthly Dharma newsletters. And remember to renew your 2022 membership...it is vital for our continued success!

In Gassho,

Steve

COVID-19 Update

By: Randy Suzuki

We're continuing to operate cautiously; the Betsuin is adhering to the following guidelines and capacity limits. We're resuming in person office hours on weekdays and weekends.

Office Hours & Guidelines

- Weekday Office Hours: Monday through Friday 8:30am-5:00pm
- Weekend Office Hours: Saturday and Sunday 8:30am-4:30pm
- New Weekday Office Hours Beginning Wed. Jan. 5th:
 - Monday through Thursday 8:30am-5:00pm
 - o Friday 8:30am-6:00pm
- Highly encourage advance notice for in person visits
- You may be asked to wait outside if we're helping other visitors.

Service/Ceremony Guidelines

- Sunday services and special holiday services will remain virtual through the summer.
- Offering in person Hondo (Temple) weddings, funerals and memorial services limited to
- 100 attendees plus the officiating minister(s).
- Virtual memorial and funeral services are available as an option or to supplement in person services.
- No contact receiving lines are required.
- No Otoki/Refreshments are allowed at this time.
- The Nokotsudo and Betsuin office is open by advance appointment on weekdays and weekends; we'll do our best to accommodate walk-in visits.

Facility Use for all Betsuin and Community Organizations

- Indoor or outdoor meetings or events allowed.
- Sports not allowed.
- Contact the Betsuin office at <u>facilities@sjbetsuin.org</u>, or 408-293-9292 for availability, requirements, and capacity limitations.
- Facilities remain closed to outside organizations.

Organization Events

- Follow Betsuin Covid safety requirements
- Follow Betsuin Covid capacity limitations
- Indoor and outdoor crowd management team in place
- Proof of Covid Vaccination or 72 hour negative Covid test required for all volunteers and attendees

In Gassho, Betsuin Office Staff

Organization Spotlight: Betsuin Choir

By: Dennis Akizuki

For its members, the Betsuin choir provides more than just an opportunity to sing, it enables them to connect with other members of the temple, provides a way to express their joy in Jodo Shinshu teachings and to share Buddhist music with a wide audience.

It's been that way since the first choir formed in 1950. Over the decades, the choir has been a pacesetter among Shin Buddhist choirs, organizing the first Northern California Buddhist music festival, hosting music recitals and performing at major temple and Buddhist Churches of America events.

The San Jose Betsuin Senior Choir was founded in 1950. Its first directors were music teachers from the San Jose Unified School District. The choir's first performance was during a visit of the Gomonshu, head of the temple's sect of Buddhism that is headquartered in Kyoto, and his wife during a visit to the United States.

In 1959, Mrs. Yumiko Hojo arrived in San Jose with her husband, Rev. Eijitsu Hojo. Mrs. Hojo is one of the three women recognized as pioneers of Shin Buddhist music in the United States, along with Jane Imamura and Chizu Iwanaga. They wrote some of the most enduring and endearing English-language gathas sung by generations of Dharma School students and adults at services.

Under Mrs. Hojo's direction the choir began to sing at major services. Beginning in 1963, the choir performed in a recital that featured Buddhist gathas, Japanese folk songs and contemporary English language tunes. The event continued for 14 years.

The choir's contributions to the temple and the Buddhist Churches of America were recognized on its 10th anniversary. Then-Bishop Kenryu Tsuji presented a certificate to the choir for "outstanding contributions to American Buddhism by developing interest in and appreciation for creative Buddhist music, not only in your own Sangha, but also throughout the BCA."

The choir milestones include a tour of Hawaii with the Junior Choir in 1982, a 1976 tour of the Pacific Northwest, performances at the Betsuin's 100th anniversary in 2002, hosting the first Northern California Choir Festival in 2005, and a joint performance with San Jose Taiko at the Japanese Immersive festival in 2018.

"The choir offers a wonderful space to connect with sangha members and also provides opportunities to practice/experience interconnectedness, remain in the present, and learn about gathas," says choir member Aiko Yep.

The choir practices every Tuesday night in the Hondo (temple building), doing so via Zoom since February 2021 due to the pandemic. But there is a special night that the members look forward to ... the monthly snack night. But that's not the only social activity.

"We'll celebrate marriages, births, retirements, any reason for us to be happy for one another," a choir member says.

When Aiko Yep moved to San Jose, she decided to join the choir.

"I previously sang with another temple choir, and when I moved to San Jose, I was excited to connect with the San Jose Betsuin and join this group," Aiko says.

Eventually, her husband, Ben, decided he would give singing with a choir a try.

"I started choir at the same time I started to play ukulele, and because of that I was able to increase my confidence to sing for a public performance," Ben says.

During the pandemic, the choir gathered virtually to record gathas, which was not easy to do. The choir members had to record themselves singing, mostly on their own. Each recording had to be synchronized with the other recordings. The virtual performances were played during Sunday services and also at the Coast District Nembutsu Family Conference. These recordings have been used in our regular Sunday services and also will be available in the upcoming BCA Music Library for temples' use when a musician is not available for services.

The Betsuin-choir members continue to do what they love to do best, singing together and sharing their love of the Dharma through music.



Organization Spotlight: Betsuin Choir



Buddhist Women's Association

By: Barbara Sasaki

Happy 2022!

Karen Hironaga, Social Welfare Co-Chair sent well wishes to six people this past month. We hope all these people are feeling better. Karen arranged for See's Candy to send Mrs. Hojo and Mrs. Tsukamoto candy for their 100th birthdays.

Joanne Akizuki and Lynda Ichinaga, Workshop and Activities Co-Chairs, wanted to thank everyone for supporting the Minato's fundraiser. Also, a big thanks to Minato Restaurant for giving a portion of their profits to BWA! This is a popular event and will be repeated in 2022 so look for the announcement.

Lynda Ichinaga said all had an enjoyable time on the Japantown Hidden History walking tours. Thank you for arranging this event, Lynda.

Phyllis Sugimoto gave a big thank you to everyone that helped with the Crafts Fair and Social. Several people stepped up and made crafts and many items were sold at the Fair.

For 2022 there will be no Chirashisushi/Botamochi fundraiser and BWA will not have a booth at Nikkei Matsuri.

After much discussion, the Board decided the 2022 Lady Kujo Community Outreach Project will support two projects, one being the Malala Fund. The Malala Fund was founded by Malala Yousafzai who is a Pakistani woman and the youngest person to receive the Nobel Peace Prize. When only 15 Malala spoke out publicly on behalf of girls and their right to an education which made her a target, and she was shot on the left side of her head. She was treated in England and when recovered joined her family in the U.K. With her father, she established the Malala Fund which is dedicated to giving every girl an opportunity to achieve a future she chooses by being able to learn and lead.

In addition to the Malala Fund, the board voted to help the homeless. Sumi Tanabe, who is a member of he AAUW Homeless Committee, will discuss with the committee the best way to help the homeless and report back to the board.

San Jose BWA members took part in the Winter See's Candies Fundraiser to raise money for the 2023 World Buddhist Women's Conference in Kyoto Japan. Joyce Iwasaki, the chair wanted to thank all members and friends for sales and purchases. Thanks also to Karen Akimoto for helping transport all the candy and to Joyce and Nancy Hikoyeda for their generous donations.

Do not forget the Fuse no Hi/Kisaragi-ki (Lady Takeko Kujo Memorial Service on Sunday, January 30, 2022, at 10:10 AM.)

If you are interested in attending the WBWC Conference in Kyoto, Japan in 2023, please watch for the Zoom meeting sometime in February which will give more information on the tour, prices, and deadlines.

BWA would like to give heartfelt appreciation to the following people that so generously donated to the organization:

Ken and Carol Sato in memory of Carol Sato-Nakashima for past members memorial Service.

Gene Hane and Setsuko Hane family in memory of Setsuko Hane

Grace Kobata and Joanne Akizuki for memorial services

Georgia Sakai for Minato fund raising event

Reverend Etsuko Mikame who donated back her orei for the Eshinni/Kakushinni Service

Warren Iwamura for general donation

Steve Onishi for general donation (thank you for get well card)

Betsuin Choir

By: Paul Endo

JOIN THE SAN JOSE BETSUIN CHOIR!

Akemashite Omedetou Gozaimasu! Another year has passed with COVID concerns continuing to impact us all. But as we start this new year, we are hopeful that things will return, if not to normal, at least to a point such that we can safely gather and practice music once again in person.

The San Jose Betsuin Choir members are amateur singers who have spread the Dharma through music for over 70 years. Anyone who loves to sing, has a sense of humor, likes to eat good food, and make lasting friendships is invited to join our choir family. Sopranos, altos, tenors, and basses are needed – no auditions!

We hope that you will join us in person when it is safe to do so, but in the meantime, we have virtual rehearsals via Zoom that you are welcome to attend. Our usual time is:

Days:	Tuesday evenings
Time:	7:00 to 8:00 pm
Place:	SJ Betsuin Hondo (640 N 5 [™] Street, San Jose)
Via Zoom:	Contact Paul or Michael at sjbetsuinchoir@gmail.com

We perform for the Hoonko, Hanamatsuri, and Obon services each year.

We are still unsure when our next performance will be as it depends on how quickly the state and nation get the coronavirus under control enough for us to start in person rehearsals again. So if you love music and would like to sing with us, contact Paul Endo at 415-730-3395 or Michael Yoshihara at 408-712-9259 or email either of us at <u>sjbetsuinchoir@gmail.com</u> and we will keep you informed as to when practices will resume.

Jr. YBA

By: Kaylee Okamoto

This month we had our holiday succulent fundraiser and completely sold out! We will be having our White Elephant gift exchange this week, can't wait to see what everybody brings. Also a heads up that we will be having our Spaghetti Dinner in February, and it will be takeout only.

We wish the best of luck to our members during their week of school finals and happy holidays to all!



Sangha Crafters

By: Betty Kinoshita and Tomi Imokawa

January is here, the very best to all for 2022!!! Hope the pandemic is under control this year. Let's all hope for the best.

Happy New Years to all from the Crafters and Quilters! In December, 70 blankets were collected and delivered to Project Linus. They will be distributed to children in need through various organizations such as hospitals, foster care programs, shelters, public health, etc. Thanks to all for their time and talent. Put joining us on your list of things to do in 2022.

Next gathering is January 7, 2022 Friday at 11A in the far parking lot at the Temple. We will exchange completed and to be done projects.

Any question, comment, suggestions, ideas: bettysjc@sbcglobal.net or GeorgeTomi@yahoo.com

Cub Scout Pack 611

By: Den 7 Wolf Leaders

This year the Wolf Cubs of Den 7 have been holding a mix of virtual and in-person outdoor meetings. We are continuing to make adjustments, and although we lost one member from our Tiger group last year, we gained two others. The Wolves currently have 11 members who are excited to continue their learning and friendships.

With the addition of two new Wolves, we focused on the Bobcat rank as a refresher for the boys who continued on, and used it as an introduction for our new members. In September we were able to complete the Paws on the Path requirements, which incorporated an outdoor hike at Alum Rock Park. This was a fun event where we went over the Leave No Trace principles, as well as hiking safety and using their skills of observation as we hiked along the path.

November had us exploring Howling at the Moon requirements, which included learning how to perform skits virtually, which we were able to then perform outside in our little skit groups in front of the Education Building parking lot. This was part of the campfire program that the boys developed, which provided some fun along with the fake campfire that we created. Our eager parents were able to enjoy the show the boys put together.

Here in December, we completed the Council Fire requirements. We completed an outdoor meeting to learn about folding our flag, while also hearing from a veteran who told the boys about his experiences. We were able to show appreciation for our veteran volunteer by giving him thank you cards after learning about all of his experiences.

Girl Scout Troop 61334

By: 61334 Leaders

By far, our most delicious meeting ever! The girls learned about sweet and savory snacks, then they made some spam musubi to earn a Snack badge. They got to enjoy the fruits of their labor by munching on musubis and sipping on delicious "fruit" smoothies (complete with a bit of spinach), while learning and discussing animals to also earn their Pets badge!



The girls (plus a couple of younger brothers) really enjoyed an outing to Happy Hollow Park & Zoo - riding rides, seeing animals, doing crafts, and watching a puppet show together!



Finally, our troop hosted the Fall Event for the 1st, 2nd and 3rd grade troops, where about 40 girls joined online for some Bug Fun, making cute bugs with clay (kawaii!!), and later using magic erasers to make almost 200 "spam musubi" favors for Yu-Ai-Kai! Thanks to all the parents for helping out!



Girl Scout Troop 60782

By: Ann Chavez

Our troop was just starting to work on our Bronze Awards when the pandemic changed our path. Our scouts showed their resilience and dedication by completing their projects and requirements during the shelter-in-place. We are very proud of them, Congratulations!

Adelyn, Mikayla, Ellie

After brainstorming ideas, we decided to make a slideshow and a poster to raise awareness about animals and nature. We started on the slideshow and recorded a video of us talking about it to send out to organizations. In addition, we wanted to build a website to not only include the slideshow and what we are doing, but different places you can donate/recycle to. Later, we met up and made a poster with about 10 animals to send to CuriOdyssey (a science museum and zoo).

Lexie

I had noticed the paint on the wall hangings outside of Lotus Preschool were flaking off, and the colored paint was fading a bit as well. Some of the wood also had some jagged bits which are a safety hazard.

After meeting with Ms. Lynne, I went to Lotus Preschool to uninstall the wall hangings, and then I brought them home with me. The first thing I did when I got the wooden hangings was spray them off with water and scrape off any paint that was flaking away. Some of the wood had been eaten away by termites, so I had to spackle the wood. I then sanded the wood to make the surface smoother and easier to paint. After that I painted white primer on both sides, and then went over that with the designs in paint. After that we went back down to Lotus Preschool and reinstalled the wall hangings.

Jordyn

I created a Power Point to help aid our younger sister troops with art projects to help earn their art badge. I also helped fold 1001 cranes to give to Charlotte & family. A design to show she's not alone.

Madisen & Kylie

We helped the younger girl scout Daisy troop earn a petal badge, and by the end of the day, they were sisters to each other. We also helped the leaders, who were new to the experience. Having to do it virtually was just making it harder. We hopped onto a Zoom meeting with the Daisies and walked them through the activity live. We also ended up making recordings of us doing the craft and posting it, so other troops could use it in the future.

Addison

A brand new 4th grade teacher at Addison Elementary School moved into a classroom with very little furniture. The custodian had to find her desks, chairs and bookshelves from other classrooms. As a new teacher, she already didn't have much to begin with.

The few bookshelves that were left in her classroom were mixed/matched shelves that other teachers didn't want. Many of her books were still in boxes because there was no place to put it. She didn't even have a place to store her bins of math games and manipulatives.

I decided to make movable custom-made bookshelves for the classroom. The bookshelves were built to fix exactly under the window ledge to create a classroom library. The teacher wanted it to be movable so she would have the option to rearrange her library layout. I built 2 large bookcases with 2 shelves that could also fit picture books if needed. This project includes using math skills to measure and power tools: Table saw, hand drill and a sander.

Sara

I contacted Lynne Yamaichi at Lotus Preschool to schedule a pick-up time and what needs she had for the bookshelves. We picked up the two bookshelves that needed to be refurbished so they would be safe to use by the staff and preschoolers. My grandfather and I planned a supply list of scraper, sandpaper, tarp, paint, paintbrushes and a shopvac. I fundraised to cover the cost of the paint, the rest of the supplies we already had in our garage. We put a tarp down outside to catch the paint and the sawdust. We put the bookshelves on top of the tarp, scraped, sanded, vacuumed and painted two coats of paint. The paint we used is less susceptible to damage from rain and outdoor weather.

Kalea and Kasey

We care about senior citizens and our Japanese American culture and history. The issue we feel passionate about is the problem of senior citizens feeling lonely. Loneliness makes people feel empty, alone, and unwanted. During the pandemic when people had to stay home and with the rise of Asian American hate crimes against seniors, we decided we wanted to address how Japanese American senior citizens have been experiencing loneliness and sadness. In our research, we learned that people are social and need connections with others. Research has shown that loneliness can affect physical and emotional health. This includes: boosting stress level, altering brain function, increasing heart problems and stroke risk, triggering depression and suicide, causing poor decision-making, decreasing memory and spurring the progression of Alzheimer's disease, leading to antisocial behavior, and causing substance abuse.

The root cause of the issue of loneliness in senior citizens is that they don't have someone to be there. They can't have pets because they are too high maintenance and also the biggest issue now because of Covid-19, family and friends can't visit them. Loneliness is a problem for everybody, but it can affect senior citizens the most. In June 2020, we saw that 56% of people over the age of 50 said they sometimes or often felt isolated from others. Many seniors have been isolated. There have also been cases of Asian American hate crimes against seniors in our community. This has led to seniors feeling lonely and sad.

We wanted to help find a way to make senior citizens in our community feel less lonely by sending cards and succulents to the senior citizens at Yu Ai Kai in San Jose Japantown (140 people) and Sakura Gardens (15 residents). We raised money by recycling cans, bottles, and glass to buy materials, plants, and soil. We made more than 165 succulents with cards expressing our thoughts of staying strong and powering through the pandemic. We spent time making each origami card and then we got together for a weekend to work on the plants. Our main goal was to let seniors in our community know that our Girl Scout Troop cares about them and that they are not forgotten, even though there has not been much face-to-face contact.

The project is sustainable because the succulents, which require little water, can last for years. We researched how gardening has been shown to help with feelings of loneliness. Taking care of another living thing keeps people busy and makes them feel less lonely. Giving cards and succulents to the senior citizens reduces the amount of loneliness and spreading the word about the issue sparks kindness to help others. We measured the success of our project by using a Google survey. We know this worked because of the positive responses received from the senior center administrators who were happy to receive the plants from our troop. The residents at Sakura all received the plants, and the Yu Ai Kai seniors who participate in the lunch program also received our plants. We also dropped by plants to the Betsuin office and Rinban Sakamoto and Reverend Mikame to show our gratitude. We know that this project made a long-term impact because succulents live a long time, and we also know that gardening has been proven to be helpful and therapeutic.

EcoSangha

By: Lynda Ichinaga

How to detect leak in toilet?

The household toilet is one of the major culprits of wasting water. So, you should check to see if you have a leaky toilet. The easiest way and no need to get a "toilet tablet" is to just get some food coloring from your kitchen and place a few drops of food coloring into your toilet tank. Wait for 10 minutes or so, and then check to see if there is coloring in your toilet bowl. If there is coloring in the bowl, you need to probably change the flapper in the toilet tank.

Volunteer Recognition 2020-2021

By Terry Oshidari

Mike Mori nominated by Lotus Preschool and Board of Directors for helping on campus for the many repair jobs in addition to joining the crew that did all the garden cleanup and various other needed repairs or updating: Mike is on the campus several times a week to do various handyman work such as board up the vacant house in the lot to keep transients out, fill in the gap next to the wall in the Lotus playground gate, change the bathroom fans at Lotus, change the upstairs bathroom toilets in the education building and just doing whatever needs come up at the Betsuin

Sangha Crafters nominated by the Sangha Support Committee for supporting outreach to various non-profit groups with caps, blankets, scarves, various sewed, knitted, and crocheted projects to help with group requests for needy clients. This hardworking Crafters group includes the following creative ladies who work diligently each month to produce these products: leaders Betty Kinoshita and Tomi Imokawa who label each item and do all the legwork to pick up materials and deliver finished products; Janice Doi, Shiz Hanada, Janice Hara, Linda Iwasaki, Christine Kawashima, newcomer Candy Kido, Kay Masatani, Lois Miyahara, Ricki Miyahara, Sharon Miyahara, Joyce Morihiro, Eileen Moriya, Naomi Oda, Terry Oshidari



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)

Hau'oli Makahiki Hou!

Here's hoping that you've had some good times since the last Dharma newsletter!

Rinban Gerry & his family in Hawai'i have told us in the past about fireworks on New Year's Day in Hawai'i ("us"means Elanor, Sarah and I because otherwise, who would not know, right?). We've never experienced them since we have always been here at our designated temples on New Years Eve and New Years Day since 1979.

Sometimes though, fireworks come in different ways – like the time I was buying donuts and a young man next in line asked for a cup of coffee and two donuts. As I got into my car, I saw him leave the donut shop. As he left, he bent over and placed the cup of coffee and one donut on a napkin next to the man sleeping at a doorway a couple doors down from the donut shop. The sleeping man sat up, looked up and nodded his head. The young man smiled and went on his way. It was simple and quiet and beautiful.

It lit up the day...

~Aloha~ Hauʻoli Makahiki hou!

Mālama Honua Namo Amida Butsu

Kathy



By: Jeanne Nakano

Qigong's Zoom Schedule for January 2022

Masanori Saito felt it was important to continue pandemic precautions & offer classes via Zoom through the winter months. We're now hearing of an uptick of Covid 19 cases so we appreciate being able to join Masa's classes from the safety of our homes. His Qigong classes are offered Mondays, Wednesdays, Fridays & Saturdays from 9:30 - 11:00 AM. His fee is \$5. per person, per class. You can pay by PayPal or with a check to his Union City address. There's plenty of room in his classes so feel free to invite your family & friends to give Qigong a try!

<u>Note: There's a new update to paying by PayPal. Please read Masa's message below.</u> This is the holiday season, and there will be no classes on Christmas (12/25) and New Year's (1/1).

Paypal accounts can now be searched by email address as well as phone number. Email kikoh4000@sbcglobal.net or 408-332-4608 (Masanori Naito)

Thank you, Masa

For payments by check, please mail to Masanori Naito: 33721 10th St., Union City, CA. 94587

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

Masanori Naito is inviting you to a scheduled Zoom meeting.

Topic: Qigong Class Dec – Jan Every week on Wed, Mon, Fri, Sat, until Jan 31, 2022, 34 occurrence(s) Time: 09:30 AM Pacific Time (US and Canada)

Jan 3, 2022 09:30 AM Jan 5, 2022 09:30 AM Jan 7, 2022 09:30 AM Jan 8, 2022 09:30 AM Jan 10, 2022 09:30 AM Jan 12, 2022 09:30 AM Jan 14, 2022 09:30 AM Jan 15, 2022 09:30 AM Jan 17, 2022 09:30 AM Jan 19, 2022 09:30 AM Jan 21, 2022 09:30 AM Jan 22, 2022 09:30 AM Jan 24, 2022 09:30 AM Jan 26, 2022 09:30 AM Jan 28, 2022 09:30 AM Jan 29, 2022 09:30 AM Jan 31, 2022 09:30 AM

Please download and import the following iCalendar (.ics) files to your calendar system. Weekly: <u>https://us02web.zoom.us/meeting/tZEt</u> <u>duiorTksHtf9mSRNIEUDTDh1XL3ogkmU/ics?icsTo</u> <u>ken=98tyKuGtrjorGteXth2ERpwMAoj4d_Tztnpdgr</u> <u>dbxRLWMQ56RzbSAsZKY4pTQ9fX</u>

Join Zoom Meeting

https://us02web.zoom.us/j/85011032643?pwd= MU9NM3U1M3JXdWxKSS9mdng3R0h5UT09

Meeting ID: 850 1103 2643 Passcode: 487212

Min'na no Mura

By: Elaine Jones

Happy 2022 to everyone! We hope this year will bring continued awareness and understanding of the LGBTQ+ community, along with good physical and mental health for all.

The Okaeri Virtual Conference was held on November 12- 14 and was well attended by those not only in Southern California, but also those in Northern California, Chicago, North Dakota, Hawaii, and Denver. Thank you to those from our temple who attended. We hope that you enjoyed the workshops, especially the "Creating Inclusion in Faith Spaces" session. Rev. Ko'e Umezu of West Los Angeles Buddhist Temple and Rev. John Iwohara of Gardena Buddhist Temple gave an informative talk of the Ichi mi Program of the Gardena Temple. Also heard were viewpoints from Bishop Grant J. Hagiya and Coke Tani of the United Methodist Churches. The message from all of inclusion was very clear, along with having a safe space for discussion.

Speaking of having a safe space for discussion, we have learned that the San Jose Chapter of PFLAG has started holding meetings for the API community. The San Jose PFLAG API meetings will be held the 3rd Tuesday of each month at 7 p.m. Their mission: "...to form a loving

New Crosswalk Safety Lights



If you've been to the Betsuin or Japantown recently you may have noticed the new mid-street crosswalk safety lights the City of San Jose installed more than a month ago.

Please be sure to cross cautiously even when using the crosswalk safety lights.

Pledges

Pledges received November 26th to December 16th

San Jose Buddhist Church Betsuin gratefully acknowledges the following families who have pledged for 2022.

Nicholas and Jacquline Leong Abad **Emily Ando** Llovd and Elaine Ando Mary Ando **Kimiye Aozasa** Gwen Aso Hanaye Baba Timothy and Rebecca Brennan Kent and Sharon Tanabe Brown Ron and Shirley Bungo Chiyoko Doi Steve and Janice Doi Derek and Mari Fujikawa Mitoshi Fujio-White Tomie Fujita Joyce Fukuchi Kenneth Furukawa and Joyce Yamamoto Shozo and Kaoru Hada John and Ruby Hall Mitchell and Linda Handa Scott and Dee Dee Hashiguchi Dorothy Hatai Jon and Shelley Hatakeyama June Hayashi Allan and Nancy Hikoyeda Charlotte Hiroshima Irene Hirota Dick and Alice Horio Diane Tsukamoto Hurd and Peter Hurd

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Donations

The San Jose Buddhist Church Betsuin gratefully acknowledges your generous support. November 15, 2021 to December 16, 2021

Donatíons

Shirley Kodani(\$80) Anonymous(\$40) Sharon Nakagawa(\$50) Steve Onishi(\$300) James & Jean Nishimoto(\$1,000) Luc Phung(\$20) Harry Yamano(\$100) George T. Yamaoka (\$2,000)

In Appreciation of continued support Cub Scouts Pack 611(\$200)

In Appreciation of the Dharma Study Class Sumiye Tanabe(\$100)

In Honor of Sally Idemoto's Retírement as Edítor of "the Dharma" Reiko Iwanaga(private)

In Honor of the Hall Family Joy Sakai(\$500)

In Appreciation for use of office supplies San Jose Buddhist Women's Association(\$1,000)

Obutsudan Donatíon Patricia Nakashima(\$1,000) Patricia Nakashima(\$300)

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In Memory of Fred Yamada Aki and Linda Iwasaki(\$30)

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In Memory of Roy Yamada Jett & Taylor Yamada, Lynn Gotauco Lee, Leslie & Lauren Gotauco

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In Honor of Sally Idemoto, Newsletter Edítor Joyce Iwasaki(\$100)

In Memory of Benjamin Shinseki Tom and Terry Oshidari(\$25) Michael and Jeanne Nakano(\$25)

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REFLECTIONS on the life and work of REV. GYOMAY KUBOSE

SATURDAY, JANUARY 22, 2022 11 AM - 1 PM (PST)

GUEST SPEAKER: **REV. MARVIN HARADA** BISHOP, BUDDHIST CHURCHES OF AMERICA

Prior to appointment as the bishop of BCA in April, 2020, Rev. Harada served as resident minister of the Orange County Buddhist Church for over three decades. He is the author of <u>DISCOVERING BUDDHISM IN EVERYDAY LIFE</u>. Rev. Harada studied with Rev. Kubose as he embarked on his ministerial path, deeply inspired by his example.

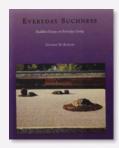
I have always dreamed of establishing an American Buddhism - different from Indian, Chinese, or Japanese Buddhism - a uniquely American Buddhism that could be easily understood and practiced by Americans and that would contribute to American life and culture...

- <u>Rev. Gyomay M. Kubose</u>



Rev. Gyomay Kubose (June 21, 1905–March 29, 2000)

Author of <u>EveryDay Suchness:</u> <u>BUDDHIST ESSAYS ON EVERYDAY</u> <u>LIMING (1967) and other works.</u>



Born in the U.S., Rev. Kubose spent his early years in Japan. He attended University of California at Berkeley, earned a degree in Philosophy in 1935, then went to Japan to study under his teacher, Rev. Haya Akegarasu at his Dai-Nippon Bunkyo-kenkyu-in... He returned to the US in 1941 just prior to World War II and spent two years in the Heart Mountain Relocation Camp in Wyoming...In 1944, he founded the Buddhist Temple of Chicago..."

Photos and excerpted from Bright Dawn

V11-11

Register online

https://forms.gle/CjoU2aA6gRZAXp198 **Donations** are gratefully accepted.

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Kenko (Healthy) Living Series Presents



THE INTERNET OF THINGS AND HEALTHCARE

Guest Speaker: *Ilze H. Duarte, PhD* Technology Trainer for Senior Planet from AARP at Avenidas

Date: Wednesday, January 26, 2022 Time: 10:00 to 11:30 am via Zoom Video Conference

Please register online at: https://yuaikai-kls-internet.eventbrite.com For questions: <u>Staff@yuaikai.org</u> or (408) 294-2505 Note: Your Zoom link for this presentation will be sent to you via your <u>email</u> the day before.

At the end of this session, participants will be able to:

- Describe the Internet of Things (IoT) & how it can be applied to health care
- Name devices, apps, & platforms helpful in your own health care
- Identify precautions to keep your personal & medical information safe & private

There is no cost for this workshop; however, donations to Yu-Ai Kai are welcomed. Should you not have a device or WiFi and would like to participate in this workshop, please contact us (408) 294-2505

Sponsored by:





January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					December 31 7:30 Joya E Service – Virtual OFFICE HOURS: 12:30pm to 5:00pm	1 10:00am – Virtural Shusho E Service OFFICE CLOSED
2 NO Sunday Service OFFICE CLOSED	3 OFFICE CLOSED	4 OFFICE CLOSED	5	6	7	8
9 9:30am – Dharma School Service 10:10 – Adult Service	10	11	12	13	14	15
16 9:30am & 10:10am Ho Onko Service – Virtual	17 MLK DAY DHARMA DEADLINE OFFICE CLOSED	18	19	20	21	22
23 9:30am – Dharma School Service 10:10 – Adult Service	24	25	26	27	28	29
30 9:30am – Dharma School Service 10:10 – Adult Service & Fuse No Hi	31					

Upcoming Services:

Sunday, December 26, 2021 – Family Service at 10:00am

Friday, December 31, 2021 - Joya E Service at 7:30pm – Virtual Service

Saturday, January 1, 2022 – Shusho E Service @ 10:00am – Virtual Service

Sunday, January 2, 2022 – No Service

Sunday, January 16, 2022 – Ho Onko Service @ 9:30am & 10:00am – Virtual

Sunday, January 30, 2022 – Fuse No Hi Service @10:00am - Virtual

Funeral and Memorial Service

If you need to schedule a service please call the temple office at (408) 293-9292. Due to COVID-19 we are limiting services to 100 people in the hondo. Masks will be required at all times.

Nokotsudo Hours

Monday thru Friday 9:00am to 4:30pm Saturday and Sunday: 9:00am to 4:00pm

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.

2022 Memorial Service Schedule

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

Year	<u>Service</u>
2021	1 st Year
2020	3 rd annual
2016	7 th annual
2010	13 th annual
2006	17 th annual
1998	25 th annual
1990	33 rd annual
1973	50 th annual
1923	100 th annual

San Jose Buddhist Church Betsuin 640 North 5th Street San Jose, CA 95112 Phone: (408) 293-9292 Fax: (408) 293-0433 Email: <u>sjbc@sjbetsuin.org</u> Website: <u>www.sjbetsuin.org</u>

Office Hours: Monday thru Friday: 8:30am to 5:00pm Saturday and Sunday: 8:30am to 4:30pm