

Orange County Buddhist Church
オレンジ郡仏教会
909 SOUTH DALE AVENUE
ANAHEIM, CA 92804

KORIN

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E-Mail: Hello@OrangeCountyBuddhist.org Web-Site: www.OrangeCountyBuddhist.org Fax: (714) 827-2860

Beware of the Second Arrow



We often hear that the Buddha taught an end to suffering. But this is not 100% accurate. In fact, it isn't even half right. It is only a third right because there are three types of suffering:

- 1. Suffering of physical pain
- 2. Suffering of loss
- 3. Suffering due to the dissatisfaction of life

A badly sprained ankle is an example of the suffering of physical pain. A sprain is very painful, and Buddhism cannot really help much here. It hurts and it should hurt. About ten years ago, I was getting ready for our Sunday morning mindfulness service, and I slammed my thumb in one of the drawers in the Nokotsudo. In that instant, my Buddhist practice went on pause as I yelled out in pain. I also blamed myself for not being more mindful.

The grief of losing a loved one or a close friend is an example of suffering of loss. One Sunday, a woman at OCBC told me that her dog had just died. She was overwhelmed with grief which is understandable. She said that she would never own another dog. It is just too hard because dogs have lifespans that are so much shorter than our own.

These two examples above also illustrate the suffering that is due to the dissatisfaction of life. This is where we add another level of suffering. My thumb hurt badly but it was an accident, not something I intended to do. Sometimes things like this just happen. It was not my fault. I am not to blame. Dogs also pass away before we do. They are on a different clock than we are. I wish it wasn't so, but we need to accept it. The grief we feel is actually a wonderful gift. It is due to the intimacy we are able to experience with another being.

This dissatisfaction with life is the suffering that the Buddha is speaking of when we see the word "suffering" in Buddhist teachings. This is called the second arrow.

The following is from an essay on Guilt and Buddhism:

"The Buddha taught that when we experience something painful — a physical illness, or the news that someone we love has died, or witnessing suffering all around us — it's as if the world has shot an arrow into us. It hurts! That pain is totally normal, and it's fine to acknowledge it. In fact, it's good to acknowledge it, to let ourselves simply be with the experience of pain.

But often, what we then do is shoot a second arrow into ourselves. That second arrow is any thought we use to spin up a 'story' around our pain, as a way of resisting simply being with the experience of pain. This can manifest in many different ways.

The Buddha, in the Sallatha Sutta, teaches that there's another way. The well-instructed disciples of the noble ones, when touched with a feeling of pain, do not sorrow, grieve, or lament, do not beat their breast or become distraught. So, they feel one pain: physical, but not mental. Just as if they were to shoot someone with an arrow and, right afterward, did not shoot them with another one, so that they would feel the pain of only one arrow. ... As they are touched by that painful feeling, they are not resistant."

It is this second self-inflicted pain that we need to be mindful of. This is the focus of Buddhism. In life, suffering is inevitable, but the additional pain of the second arrow is optional.

"We can even say that Buddhism is a way that relieves the suffering of people whose hopes are not fulfilled."

In gassho,
Rev Jon Turner

Joint Celebration – What a joy to attend with Dharma Friends from all over the World

Hello, everyone. I am writing this Korin article in Kyoto. I left LAX with the OCBWA members and friends on Sunday May 7th and arrived in Kyoto at midnight on Tuesday May 9th. Our airplane trip took 24 hours, and we missed the whole day of Monday May 8th, but everyone is doing well and enjoying their trip.



Yesterday, on May 10th, we attended the joint celebration service in the Nishi-Hongwanji. The Goiedo, meaning Shinran's Hall, was packed with so many attendees from Japan, North America, Hawaii, Canada, and Brazil. Here is the group photo.



Let me share the message from the 25th Sennyō Gomonshu -sama.

This year we will once again have the opportunity to observe the Commemorative Service of the Establishment of the Jodo Shinshu Teaching together. This service's name, 'Establishment of the Jodo Shinshu Teaching,' refers to Shinran Shonin's systematic presentation of the Jodo Shinshu teaching through his main writing, *Kyōgyōshinshō*, or *The True Teaching, Practice, and Realization of the Pure Land Way*. In this work, he clarified how Amida Buddha's compassionate working, or Other Power, reaches and guides each of us. This annual observance is a great opportunity for us to deepen our gratitude for the teaching. The founder of Buddhism, Sakyamuni Buddha revealed the reality of this world as "everything is changing" and "all things are without self." However, ordinary beings like us are not able to accept this reality, and that is why we struggle constantly. Typical examples are the four difficulties expounded by Sakyamuni Buddha, that is, birth, aging, illness, and death. We, who possess blind passions of greed, anger, and ignorance, cannot escape from suffering until the moment that life ends.

Shinran Shonin used the expression 'foolish beings filled with blind passions' to describe us, those who are not able to accept this reality. Amida Tathagata wishes to save us, who are drowning in the darkness of blind passions, and continues to work with compassion in the Nembutsu, "Namo Amida Butsu."

Then, Gomonshu-sama expressed the essentials of the Jodo Shinshu Teaching in the following passage.

Gratitude for the Jodo Shinshu Teaching

Namo Amida Butsu.

"Entrust yourself to me. I will liberate you just as you are."

This is the calling voice of Amida.

My blind passions are embraced in the Buddha's awakening,

So the Buddha calls to me "I will liberate you just as you are."

Gratefully responding to the Buddha's call, I find that I am already on the path that leads to the Pure Land.

And the Nembutsu flows freely from my thankful heart.

Living with the Dharma as my guide Softens my rigid heart and mind.

Gratitude for the gift of life I have received Frees me from becoming lost in greed and anger, And allows me to share a warm smile and speak gentle words.

Sharing in the joy and sadness of others, I shall strive to live each day to its fullest.

Our trip will continue. We will attend the World Conference of Buddhist Women (WCWB) on May 11th and 12th. Then the party will go to Kanazawa, Nagoya, and Tokyo. The weather has been warming up. My next article will be about WCBW.

Namo Amida Butsu
Rev. Dr. Mutsumi Wondra



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Here's Looking at You Dave

In Buddhism, we often talk about interconnection. Okay, I often talk about interconnection! I do this as I feel that an understanding of interconnection makes us more aware and have a better understanding of the world around us. It is also something that gives Buddhism its spiritual side.

We can see interconnection in how the universe is both woven together and how it keeps expanding. We can look at our own planet and how so much interacts with each other as well as the evolution of life itself. We can just simply look at our day to day lives and see how much the simple passing of the time of day can bring a change in us.

So I am going to be Captain Obvious here and talk about a friend of mine that passed away recently. I have reached that age where more and more people I know seem to be passing away. That and how everything seems to hurt when I get out of a chair. This makes me think of a quote from humorist Robert Benchley: "Middle age is when you wake up in the morning and hope you feel better, old age is when you hope you wake up in the morning."

Though there is always sadness when someone close to us passes. It is also a reminder of how strong a connection we have with people. A reminder that not just the person who has passed, but that everyone we meet is always with us. My friend of over 44 years passed away. Known to me as Dave, but known to his students as Mr. Price or "good old" Mr. Price, one of the original opening day teachers at Katella High School in Anaheim. Having a teacher for a close friend for so long is a bit odd. I must confess that I was a horrible student and graduated in August!

Dave was a teacher/speech coach/cineaste/world traveler/sports enthusiast and so much more, especially to me. When I was 16 years old I walked into his classroom that was filled with film theater posters and I had found my high school home. Dave and I had a mutual passion for film, The Marx Brothers and Jonathon Winters. We once went to the Pacific Cinerama Dome in Hollywood to see Able Gance's *Napoléon*. A five hour silent film. We had but each other for such adventures. Along with countless discussions on *Citizen Kane*, *2001: A Space Odyssey* and *Lawrence of Arabia*. We had over 40 years of weekly trips to see a film. If we didn't go, he was probably out of the country traveling. Dave traveled to around 70 countries and took me with him to Greece, Egypt and the Yucatan peninsula. He taught me many important lessons in life. Like how to play the ponies on our summer trips to the Del Mar Race Track.

My interconnection with David is amazing, but he affected so many others along the way. With online posts about David's passing, there was an outpouring of comments and stories from former students dating back to the seventies and how he had inspired them. We need to remember that interconnection never stops. Those who learned from him will pass it on and it will keep on going. Some even became teachers themselves and are continuing his traditions.

I could go on forever about my one of a kind friend, but I will simply end with: good night David, see you at the big movie theater in the sky.

In Gassho,
Matthew A. Stolz, Minister Assistant

President's Message

Smile and say Thank You

It's hard to believe that it's already the month of June, and 2023 is halfway completed. I know the month of June is usually associated with Father's Day, Graduations, and Pride Month, but I'm writing this article in mid-May, so I feel a little bad moving on to Father's Day when I neglected to acknowledge Mother's Day in my last article. I need to give equal time and space to both holidays because I know for myself, I'm truly an equal combination of both my mother and father. I remember once when I was younger and I was on my way to purchase my first car on my own, my dad decided to impart some of his words of wisdom to me, "be strong, be tenacious, stick to your price, and don't be afraid to walk out of that showroom!" I was pretty pumped up and ready to leave when my mother told me, "And most important - smile and say thank you." I was then completely confused. Where in the art of negotiating with a car salesman does smile and thank you fit in? But they were both right. I thank my father for giving me the confidence to stand firm on my convictions and my mother for allowing me to find gratitude in all situations. I'd like to think that both these traits have served me well during my presidency.

I'd like to express my gratitude for the following events we were able to host at OCBC this past month:

A Rebel's Outcry - thank you to Bryan Furumoto for providing this opportunity to learn more about the Civil Rights activist - Sei Fujii. Thank you to Paul Goodman for MCing the event.

Gotan-E Service - thank you to our reverends for coordinating the dharma message from Rev. Hironobu Shoji of EKO Temple, Dusseldorf, Germany.

Gotan-E Luncheon - thank you to the BOD led by Bonnie & Greg Goodman for the delicious obento.

Girl Scouts Bridging - Congratulations to Gold Award recipients - Alyssa Ige, Kayla Kashima, and Kai Yamamoto

Boy Scouts Eagle Court of Honor - Congratulations to our newest Eagle Scouts - Austen Lock, Zachary Mauldin, Matthew Nakagawa, Preston Sasaki, Alex Wakabayashi, and Jaydon Yuki

Memorial Day Services - thank you again to our reverends for conducting service at OCBC and the local cemeteries.

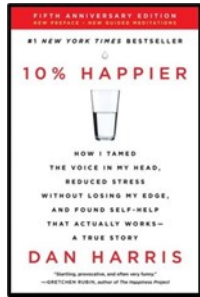
May was definitely a busy month, but June brings its own memorable moments as we prepare to wish our graduates the best, support our LGBTQ+ community, and show our appreciation to our dads. So many opportunities to "smile and say thank you"

In Gassho,
Jo Ann Tanioka
OCBC President

Shin Reader - My Favorite Books

I would like to share with you six of my favorite books on Buddhism. These are all relatively recent publications and are still available on Amazon at reasonable prices.

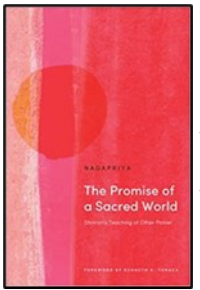
1. *10% Happier* (2014) by Dan Harris



This book is written by Dan Harris, the ABC news anchor, not Sam Harris, the atheist neuroscientist, philosopher. The two are often confused. Dan Harris tells the very personal story of how his unhappiness and cocaine addiction erupted on June 7, 2004 as an anxiety attack, live, on-air during a *Good Morning America* news report. From this point onward, he searched for something, anything that would help him find meaning in his life. This something was

Buddhism. He starts out a bit skeptical but then begins to see changes in both himself and his appreciation of life. Ultimately, he discovers that just a small 10% improvement can bring true and lasting happiness.

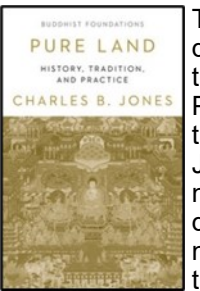
2. *The Promise of a Sacred World - The Other Power Teachings of Shinran* (2022) by Nagapriya



The philosopher Paul Ricoeur (1913-2005) says that there are three ways to appreciate a book, a poem or a song. First, is understanding the time in which it was written. What is the work speaking to. Second, is to look at the work and decipher why certain phrases and symbols were used by the author. Third, is to appreciate the meaning from the eyes of the viewer. In our Buddhist tradition, we tend to focus on the

first two when reading the *Collected Words of Shinran*. We try to understand the issues he is speaking to during his life and times and we also analyze his quotations and word choices. This book is somewhat unique in that it explores the emotional content of Shinran's writings both for Shinran and the reader. In this book, Shinran's sacred world comes alive for us, one that is asking us to join him.

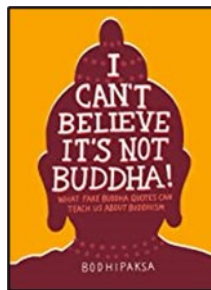
3. *Pure Land – History, Tradition, and Practice* (2021) by Charles B. Jones



This book focuses on the first approach just described. It gives us a panoramic view of the vast history, traditions and practices of Pure Land Buddhism, beginning in India, traveling through China and then arriving in Japan. This book provides the context necessary when we read Shinran's writings directly. This book also places Shinran in the middle of all the Mahayana debates of his time. There is also the myth called the *Lone*

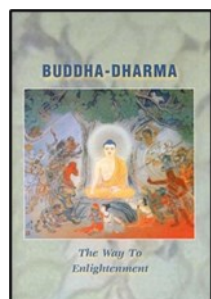
Genius, where we assume that great thinkers created their works in isolation. This type of thinking isolates Shinran from the Mahayana tradition which weakens his arguments rather than strengthens them. Shinran is still a genius just not in isolation.

4. *I Can't Believe It's Not Buddha: What Fake Buddha Quotes Can Teach Us About Buddhism* (2018) by Bodhipaksa



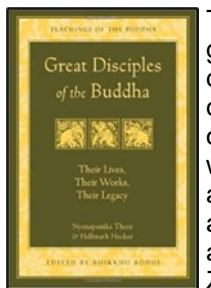
This book highlights how most of the quotations of the Buddha on social media are inaccurate. For example, the following quotation attributed to the Buddha was found on the Twitter bio of actress and pop icon Miley Cyrus: "Happiness does not depend on what you have or who you are. It solely relies on what you think." Bodhipaksa predicts "that in the distant future all quotes from our era will be attributed to Mark Twain, Winston Churchill, Albert Einstein – and of course the Buddha."

5. *Buddha-Dharma: The Way to Enlightenment* (2006) by the Numata Center



This book is 730 pages long but every one of them is necessary in order to weave all the Buddhist sutras together into a single, grand historical drama. It begins with the Buddha's birth, through his life and ends with his passing sampling the *Larger Sutra*, *Lotus Sutra* and *Nirvana Sutra*, among many others along the way. This gives the Buddhist sutras a consistency and cohesiveness that is missing when read in isolation. Just read two pages a day and you will be done in one year. Just $2 \times 365 = 730$. In this way you can appreciate the arc of the Buddha's life.

6. *Great Disciples of the Buddha: Their Lives, Their Works, Their Legacy* (2003) by Thera and Hecker



This book contains the stories of all the great disciples of the Buddha. Each one is depicted as a real person with struggles and dreams. We find that the two main disciples of the Buddha, Sariputra and Mogollana, were childhood friends, both bored with life and together went on a spiritual journey. We also learn about the questions that Kasyapa and Ananda asked that were the genesis of Zen and Pure Land Buddhism respectively.

The stories of many of the female disciples are also presented. For example, how the Buddha's stepmother Mahapajapati becomes the first Buddhist nun and begins the female monastic tradition in Buddhism.

Each one of these books is well worth the read. I hope you can find the time to do so. Just 2 pages a day.

Namoamidabutsu,
Rev Jon Turner

BWA News

Arigatou Gozaimasu! On behalf of our BWA cabinet, we would like to express our sincere gratitude for your assistance with sushi, wonton, and somen at the Hanamatsuri Festival. Returning in full capacity after a three-year absence was a challenge, but working side-by-side with friends and family is always a rewarding experience. When we work towards the same goal, everyone benefits from the camaraderie and gets to enjoy the tasty offerings when tasks are complete. Also, thank you to OCBC's service groups who provide volunteers to help us. We look forward to working with you again as the Obon season approaches.

-On May 1st, we celebrated birthdays for Janet Kotake and Taka Noguchi. Thank you to Janet Kotake and Irene Yamanishi for your monetary donations. 27 attendees enjoyed an oishii bento which included baked miso salmon, Hawaiian BBQ chicken, beet salad, broccoli w/shoyu mayo, and fresh fruit. Please join us at our next senior luncheon on June 12th as we honor our birthday celebrants and enjoy another delicious meal in the social hall.



-Thank you to everyone who supported our pop-up store on May 7th. Our next pop-up event will be held on June 4th. This will be our last one until OCBC resumes Dharma School in September. Our members will be busy during the summer making more items to sell.

-Our next BWA meeting will be held on Saturday, June 10th, at 10:00 am in the Kodo. Immediately following our meeting, the group will travel to the Spring Field Tea Garden in Fullerton. Please see the flyer, rsvp by June 2nd, and we look forward to seeing everyone at this fun outing.

-BWA will be hosting the Father's Day luncheon on June 18th. Toban A will be in charge but all members are encouraged to sign up for a shift and to help in any capacity. Thank you in advance for your assistance as we celebrate the dedicated fathers in our Sangha.

Questions: For general questions regarding BWA or its activities, you may contact Lynn Black at BWA@orangecountybuddhist.org

In Gassho,
Chris Nakamura

OCBC WISH LIST

The Festival Committee requests donations to purchase a \$300 Square terminal. OCBC currently has four terminals but is asking for one more. Today, festival attendees and Sangha members carry less cash and prefer to use credit cards. The Square terminal, a small handheld device, inputs orders, reads credit cards, prints receipts, and submits payments over a Wi-Fi connection. It processes credit cards, checks, and cash payments. Our Square devices have shown we can process orders more easily and efficiently than our old manual process. It also generates more sales with the credit card options!



Questions? Contact Calvin Togashi or the office.

Thank you for your continued support!
OCBC and the Festival Committee



2023 Obon Dates

Arizona	June 10
Sun Valley	June 17
Las Vegas	June 24
West Covina	June 24
San Fernando	June 24 & 25
Senshin	July 1
Oxnard	July 8
LA Betsuin	July 8 & 9
OCBC	July 15 & 16
Venice	July 15 & 16
Vista	July 22 & 23
WLA	July 22 & 23
Higashi	July 29
San Diego	July 29
Pasadena	July 29 & 30
Gardena	August 5 & 6

Dharma School

This has been a very special year for the Dharma School students. The parents and the students have been extremely patient and cooperative during our transition to almost a normal year. The increase in in-person attendance is an indication that many members of the sangha are very happy that they can feel safe attending service once again, enjoying time to be with friends and learning about the Buddha Dharma. We are so grateful to all of the parents who are bringing their children to OCBC for service and Dharma School classes.

Dharma School Class Schedule:

June 4, 11 (Fun games in the Ball parking lot)

Classes begin immediately after service and end at 11:30 am.

Upcoming Events:

June 18: Father's Day All Music Service and Awards

June 25: Family Service, No Dharma School until Sept. 10

July 9: Obon Service at 10:00 am

July 15-16: Obon Festival

June 11 – Fun Games for the DS students

We want to give many thanks to Tessho Aoyama for working so hard to organize the many activities to provide a fun day for the DS students. Last year it was such a successful and enjoyable day!

Father's Day Musical Service and Awards

We hope that you will attend the musical service on June 18 that will highlight many talented members of the Sangha. Also, the high school and college graduating students will be recognized for their accomplishments so please attend!

BCA's "My Offering" Fundraising Drive

This fundraiser supports education and training of Dharma School teachers, provides new teaching materials, and helps new ministers who are beginning to serve in a BCA temple, particularly with the purchase of their new robes. The fundraiser will continue through June. Thank you in advance for your generous donation that will tremendously help in spreading the Dharma.

Obon Dance Practice Dates

The following are the dates for the dance practices that will be held at 7:00 pm:

Monday, June 26; Thursday, June 29;

Monday, July 3; Thursday, July 6;

Monday, July 10; Wednesday, July 12

Please bring uchiwa (or sensu – folding fan), tenugui, and kachi-kachi.

Obon "Informal" Odori

This year we are holding an "informal" Obon odori in the MPB on July 9 at 8:45 am right before Obon service. We want to provide a time for those members of the sangha who cannot dance during the actual festival due to their shift commitments the opportunity to dance with friends and families. The entire sangha is invited to join in, wearing your orange happi if you wish, to experience the feeling of Obon before attending service.

The Obon festival dancing will be from 6:30 – 8:00 pm on Saturday, July 15 and 6:30 – 7:45 pm on Sunday, July 16. It will be outside, as usual, with festive decorations. We hope you will all come and enjoy the dancing!

"Dharma School Gift Card Sales"

Graduation, end-of-the-year, and Father's Day are upon us so please consider supporting our Dharma School program by purchasing gift cards through our Dharma School Gift Card Sales that will be **available on the 1st and the 3rd Sundays of each month from 9:30-11:30am near the entrance of the hondo.** Lynn Morita and Michael Li are the new coordinators for our gift card sales. Advance orders can be made by emailing:

dharma.school@orangecountybuddhist.org.

This program helps to provide Dharma School teachers with materials, conference fees, equipment, books, etc. We want to extend appreciated thanks to the people who support this program.

We hope to see all of the Dharma School students on September 10 at our first service for the 2023-2024 school year!

Have a fun, relaxing, and safe summer!

In gassho,
Gail Harada

OCBC SCHOLARSHIPS

OCBC offers two types of scholarships to high school seniors to encourage and support post high school education: Talbert Gakuen Scholarships for college education and Ben Sanematsu Scholarships for individuals that are challenged and enrolled for continued education.

There are now three (3) scholarships for college students: the OCBC Ministerial Scholarship, College Scholarship and the Rev. and Mrs. T.S. Hirata Memorial College Scholarship. The Rev. and Mrs. T.S. Hirata Scholarship is a brand new opportunity for students who are enrolled in an undergraduate or graduate level program. This scholarship was created to offer some financial assistance to those currently studying in college. **The deadline for the Rev. and Mrs. T.S. Hirata Scholarship is July 28, 2023.**

Scholarship applications are available by request to: Rick Oishi, ricksoishi@gmail.com or by mail: 4664 Portofino Circle, Cypress, CA 90630

Please indicate which scholarship application.

High School: Talbert Gakuen Scholarship
Ben Sanematsu Scholarship

College: OCBC Ministerial Scholarship
OCBC College Scholarship
Rev. and Mrs. T.S. Hirata Memorial College Scholarship

Application deadline for all scholarships, except the Rev. and Mrs. T.S. Hirata Scholarship is May 30, 2023.

In gassho, Rick Oishi

Health Benefits of Tai Chi

Why Not Try It Out?

Tai Chi focuses on mental and spiritual aspects integrated into movement. This meditative form of exercise consists of a series of movements and poses.

While tai chi is a gentle, low-impact activity, people are advised to seek medical advice before starting, especially older people, pregnant women, and those with back pain or osteoporosis.

The benefits of tai chi are said to include the reduction of stress, anxiety, and depression, and the enhancement of mood, in both healthy people and in those with chronic conditions.

Other benefits claimed for tai chi include:

- Greater aerobic capacity and muscle strength
- More energy and stamina
- Enhanced flexibility, balance, and agility resulting in better balance
- Lower blood pressure and improved heart health
- Reduced inflammation
- Fewer falls.

There is evidence that tai chi can help improve cognitive function and reduce the effects of dementia. It has been shown to reduce inflammatory response in patients with breast cancer, which may, say researchers, have implications for breast cancer survivorship.

If you are looking for a low-impact, relaxing form of exercise, try Tai Chi!

For information, email Rumi Nakatani at rumiko@sbcglobal.net.

Tomodachi Bento Project

Have you heard about Tomodachi Bento Project? We are a group of volunteers who deliver Asian-inspired foods to homebound seniors in Orange County and spend a little time with them to say "hi" and "how are you doing". Every now and then we have a volunteer who goes on vacation or doesn't feel well so we need substitute drivers to take their route.

Our lives are constantly changing so we also are looking for volunteer drivers to deliver lunches twice a month, usually the 2nd and 4th Mondays. For example, we just had one driver who became a grandma so she is babysitting and we need a person to replace her.

For more information please contact Rumi Nakatani at rumiko@sbcglobal.net.

Project Kokoro News

Family Day

Oct 8

Save the date – October 8 - to enjoy an afternoon of crafts, games, activities, and entertainment with the entire family. A flyer with details and reservation information will be available in the next Korin.

Team Scattergories Game

June 5

Come join in the fun of a game played on Zoom that stimulates the mind. Game time is 10am to 11am. Please log on 10 minutes before the start time. If you would like to play, or want more information, please contact Marion Nishimura: mieko4nish@gmail.com

PK Craft Club

The craft club meets on Wednesday mornings from 9am to 12pm in the social hall, with about 35-40 crafters each week. Many of the items are made to sell at the Hanamatsuri and Obon Bazaar each year. To join the craft club, or for more information, contact:

Dorothy Matsuoka: dcmatsuoka@aol.com or
Rumi Nakatani: rumiko@sbcglobal.net

OCBC/Tanaka Farms CSA Program

Farm fresh seasonal produce delivered every other week for members and affiliated organizations! PK member, Bonnie Goodman, will offer recipes and meal ideas. To signup, visit: <https://csa.farmigo.com/join/tanakafarms>

note: be sure to select OCBC as your "pick location"

To learn more, visit: <https://www.tanakafarms.com/about-csa> or contact Patty Nagatoshi: csa@tanakafarms.com or PK member, Bonnie Goodman: bgood1@cox.net

PK Membership and Involvement If you would like to become a PK Senior Member or would like more membership information you can contact PK President Liana Ogata: lianaogata3094@gmail.com

In gassho,
Neddie Bokosky

Thank You From The Youth Department

Earth Day (April 22) was a huge success at OCBC! Thank you Jr.YBA for recycling aluminum/plastic/glass at the OCBC campus, earning over \$200! Thank you Walt and Sue Ando and Boy Scout's representative, Earl King for coordinating the textile recycling which earned nearly \$2,000. OCBC's Sangha was SO generous in donating nearly 7,000 pounds of textiles. Thanks so much!

All proceeds will fund various Youth Department activities and scholarships.

In Gassho,
Fred Katsuda
Youth Department

ABA NEWS

We celebrated our first ABA Appreciation event since before the pandemic, and almost 60 members got together for an afternoon of food and games. Planning kudos to presidents Lynda Ogawa and Janet Uyeno, and to Alan and Sue Endo for their planning and delivery of our food! ABA members sure know how to have fun! You can plan all of the best games and activities on earth, but without willing and enthusiastic participants, no fun would be had! Many members mentioned that they hadn't played with bubbles since they were young, and it was so fun to see the inner child (and some brutal competitive energy) come out in everyone! Food was eaten, secrets were shared, balls were thrown, bubbles were blown, memories were made AND there was cake! It was a perfect celebration of ABA-ship! Thank you to those who attended!



Upcoming events include Obon worker's lunch and Obon chicken teri. For Hanamatsuri, ABA prepared over 600 lbs of chicken and produced 903 teriyaki chicken plates, which all sold out. More are being planned for Obon, so get plenty of rest beforehand, as we're counting on everyone's help!



The Wine Tasting event scheduled for October 14, from 3:00 – 6:00 p.m. is moving along in the planning stages. Much appreciation to the Folick and Watanabe families for their donations of wine. There will also be some non-alcoholic beverage options as well as a Silent Auction. Auction items include a one-week Tuscany vacation stay and a bottle of 12-year-old Yamazaki Whiskey.



ABA is also interested in planning some future outings/field trips. If you have any ideas, please share them with any of the ABA cabinet members. As the weather gets warmer and with the removal of many Covid restrictions, I hope that you will find yourself doing something fun! Maybe blow some bubbles, fly a kite, go fishing, etc. Bring out your inner child and just have fun!

With Gassho,
Jeanne Kumagai

Save The Date

“Friends, Food and Wine”

On Saturday, October 14, 2023, from 4 to 7 PM., Orange County Buddhist Church will host “Friends, Food and Wine”, a wine tasting event. This is for the casual as well as the avid wine drinker. We will have a selection of premium wines from California, Oregon and France paired with light appetizers.

We will also have a silent auction for our attendees. This will be a fun and informative event for our Sangha and friends.



Korin Articles Due

June 18, 2023**
Email articles to:
OCBCKorin@GMAIL.com

**ALL Scout Troops may submit articles

Dharma Wheel Club

It was great seeing everyone at our annual Hanamatsuri Service and Festival! Thank you to all who helped work the game booth, we really could not have done it without everyone's help!

At our May meeting, Sensei Chad Eagan and the Jinen Kai Hombu Dojo Team introduced our Dharma Wheel Kids to traditional Japanese karate and the kids had a great time!

We can't believe that the school year is almost over! We are hoping we can find a time to get together for an end of the year party, please be on the lookout for further information.

We also look forward to seeing everyone at our Obon Festival in July! We will also need your help working the game booths, please be on the lookout for those sign ups!

In Gassho,
Nicole Chaisawasdi & Olivia Ohta
Dharma Wheel Club Advisors



Sangha Teens

Hi everyone!

It was so nice to see everyone at Hanamatsuri! Great food and good company! Our families worked hard at our soda booth and a big shout out to the Nishi, Yonemitsu, Kawashima, and Shimada families for being our Hanamatsuri chairs!



We recently had our event, "In a Pickle." We all got together to play basketball, "knock out," and pickleball. Even the advisors got in on the action. Good food and snacks made the kids's energy levels pop back up! Thank you to the Sato and Yoshida families for helping us host a fun night! A special shout out to Mr. Tessho Aoyama for helping us with the sports equipment!

We are looking forward to our Southern District Social on June 10th. We are inviting Sangha Teens from other temples in Southern District and looking

forward to meeting new people and connecting with those we already know!

We are so fortunate to have great kids and families who support our organization. Thank you for all your hard work.

In Gassho,
Joanne Hirotsu
Sangha Teens Advisor



Jr. YBA

Hi everyone! We hope you are all doing well and staying healthy. Over the past couple of months, it seems we have had a taste of almost every kind of Jr. YBA activity: our usual Korin foldings/general meetings, Southern District Undokai, Hanamatsuri, religious retreats, and even a seminar.

In March, Jr. YBA gave parents a chance to take a break and enjoy a fun night of BINGO during Bingo Babysitting. This was an extremely successful event and will probably go down as a night neither adult nor kid could forget.

On April 1, Southern District held the first in-person Undokai tournament held at OCBC and run by Boys Athletics Chair Joshua T. With each round featuring their own games of dodgeball, tug-of-war, and basketball free throws, the participants showed off their athletic and competitive side. The weekend of April 15th and 16th, our members could be seen dishwashing, helping out in dango or running the boba booth at OCBC's Hanamatsuri. On the 22nd of April, Southern District held their religious retreat run by Religious Chair Ava Y and hosted at the Buddhist Temple of San Diego. Finally, to end the month of April on a high note, the San Fernando Valley and Sun Valley Jr. YBAs co-hosted our final seminar of the year, *Seminar 3: Buddhism at the Beach*.

On May 13, Jr. YBA members attended the showing of "Lil Tokyo Reporter". Guest panelist Academy Award winner Chris Tajima, actress Keiko Agena and filmmaker/publisher

Jeffrey Gee Chin stopped by during our Mother's Day prep in the social hall. We introduced them to Jr. YBA and our activities and welcomed them to future events at OCBC like Obon.

Most recently, we had the first Mother's Day Pancake Breakfast in over three years and we had a great turnout. Seeing so many generations of mothers and families come together to celebrate with us was wonderful. Thank you so much to Fred Katsuda for the oranges, Fujishige Farms for the strawberries, and Irvine Village Flowers for the corsages (made by Jr. YBA members). Additionally, thank you to the Morishitas, Yoshidas, and Wakabayashis for chairing this event. This would not have been possible without all of you.

These past couple of months have been action-packed, both in Jr YBA and out. With Advanced Placement and International Baccalaureate tests finally coming to a close and finals drawing near, it is clear summer is almost here. After all the hard work put in, we look forward to recognizing our upcoming graduates at our year-end breakfast. We still have so much in store and simply cannot wait for Obon, our end-of-the-year Disneyland trip and Southern District conference co-hosted by Nishi and Gardena. With that, we hope that everyone continues to be in good health and spirit!

In Gassho,
Shannon Ueno
OCBC Jr. YBA Publicity



Daion Taiko

Last when we caught up it was only Hanamatsuri and here we are at the “end of the year”. Our first full year back together and our last year of rebuilding all of our teams. Next year we'll finally be in full strength, woohoo!

First things first, thank you again to our awesome families for all the hard work with chicken salad and teri burger. Thank you especially to our leaders Barb Konishi, Joyce Ochiai, and Janet Hayashida. Speaking of Hanamatsuri, our teams put on a great show! It was so nice to be back on the stage performing for everyone. Hopefully you were also able to see the OCBC debut of our intercollegiate team Seishun.

While the main group hasn't been too active with outside performances, Seishun has been very busy. One of the big reasons we started Seishun is to extend our community outreach to the many K-12 requests we've always had to turn down. They've performed at Los Alamitos High School, Stanford Middle School in Long Beach, and CSULB's NSU Culture Night. They performed at Long Beach Airport for Southwest's Hawaii anniversary. Memorial Day weekend, and will be participating in the Intercollegiate Taiko Invitational being held at UC Davis.



As is now tradition, 6 of 8 seniors will be performing at the Father's Day Musical Service. We're so happy they had a full normal year back on the taiko, but we wish it were a little bit longer. While we still have them through Obon, we're excited to see the amazing things Alex, Carina, Courtney, Kathryn, Kyle, Lauren, Maddie, and Shannon do in the future. It's been a privilege to have seen them grow these last 8 years.

Upcoming Events

ITI 2023 5/27-28

Father's Day Musical Service 6/18

Chicken Salad Prep 7/7 & 7/14

Obon 4pm & 6pm Performances 7/15-16

OCO Natsu Matsuri 8/26

In Gassho,
Daryl Doami

In Memoriam

The Orange County Buddhist Church wishes to express its deepest sympathies and condolences to the families of the late:

***Chizuko Tadokoro
Sue Miyoko Hikawa
Kiyoko Sarashina***

May the family members find solace and comfort in the infinite compassion of Amida Buddha

Namo Amida Butsu

Services Conducted

Apr

- 21 Chizuko Tadokoro, Funeral
- 22 Chiyeko Kawaguchi, 13-year Memorial Service
- 23 Kiyoko Sarashina, Funeral
- 24 Kiyoko Sarashina, Burial
- 29 Sue Miyoko Hikawa, Funeral

May

- 06 Mitzi Tanizawa, 3-year Memorial Service





OCBC'S WEEKLY WHEEL PODCAST IS HERE!

THE WEEKLY WHEEL PODCAST WILL BRING THE DHARMA DIRECTLY TO YOUR FAVORITE PODCAST PLAYER!

- MEDITATION
- CHANTING
- DHARMA MESSAGE
- SPECIAL TOPICS & DISCUSSIONS

YOU CAN FIND THE WEEKLY WHEEL ONLINE AT:



ITUNES PODCASTS



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SOUND CLOUD

WEBSITE: SoundCloud.com/weeklywheel

E-MAIL: WeeklyWheel@OCBuddhist.org



Weekly pickleball sessions In the MPB gym.

For more information:

Wednesdays 12:30p—2:30p session email Ryan @ rko7@hotmail.com

Weekend sessions (times based on gym availability)
email Jeff/Carol @ ocbpickleball@gmail.com

ACKNOWLEDGMENTS

The Orange County Buddhist Church gratefully acknowledges the following for their very generous donations, received and recorded from April 16, 2023 through May 13, 2023.

Shotsuki Hoyo Donations

Anonymous	Babcock, Jeanne Sadakane
Chan, Darrell/Cheryl	Chronley, Karen/Michael
Feeko, Steve/Vicky	Fujioka, Shiro/Nancy
Fujishige, Nancy	Hamada, Masako Byrda
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Nokotsudo Maintenance Donations

Anonymous	Hanano, Dean/Michele
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Ota, Atsuko/Gene	Sadakane, John/Ann
Turner, Linda/Rev. Jon	

Orei to the Church

Hamada, Nancy	Hikawa, Doug/Kathi
Sarashina, Junji	Tadokoro, Jane
Tanizawa, Richard/Carol	



Hanamatsuri Service Donations Add'l

Hirata, Janet	Ito, Kathy
Koga, Irene	Muramoto, Karen
Nagahori, Fred	Nakano, Ronald/Jean
Sakamoto, Jeff/Carol	Takagi, Carol/Noboru
Tanaka, Fred/Yuriko	Yamamoto, Misae

Hanamatsuri 2023 Special Donations Add'l

Arisue, Allen/Janice	Folick, Namy
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Sasaki, Jane	Shigetomi, Chieko
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Umehira, Howard/Joann	Uyeda, Davis/Karen
Uyeda, Leo	

Special or Miscellaneous Donations

BCA Endowment Fund - Dana Program	
Tilden/Lisa Osako	Steve/Carole Sugimoto
Girl Scout Troop 2041	Le, Yen K.
Muranaka Family	Nishimura, Rodney/Marion
Ochiai, Alan/Kathy	Oishi, Rickio/Dolly
Treseder, Kathleen	Wakabayashi, Edwin/Lori
Yokomi, Sue	

In Memory of Mrs. Cathy Tanaka

Tanaka, Masaru and Family

In Memory of Mrs. Mitzi Tanizawa

Konishi, Richard/Barbara Tanizawa, Richard/Carol

In Honor of Father's 100th Birthday

Yamamoto, Laura/Stan

Ohigan Service Donations Add'l

Kawamura Hideo/Jane

Ho-onko Donation Add'l

Kawamura, Hideo/Jane

Osaisen Donations

Sisk, Mary	Tono, Deborah
Various	

AKNOWLEDGMENTS (Continued from page 16)**Gotan-e Service Donations**

Fujita, Joyce	Fukino, Helen
Hide, Terry/Cherry	Hirata, Yukiko
Hori, Susan	Inafuku, Nancy
Ishibashi, Alan/Linda	Iwakoshi, Misako
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Osako, Michiko	Osako, Tilden/Lisa
Ota, Atsuko/Gene	Ruiz, Patricia
Sakahara, Bill/Janet	Sakamoto, Jeff/Carol
Sawada, Masako	Shigenaga, Winston/ Ruth
Sunada, John/Mary	Tanaka, Fred/Yuriko
Tomiyama, Alan/Akiko	Tomooka, Robert/Sandra
Tsujimoto, Shoko	Viloria, Louise
Wakumoto, Wayne	Yamamoto, Laura/Stan
Yamamoto, Susan	

Due to the Korin deadline date, some donations received may not be acknowledged in the Korin until the following month.

For this month, PayPal donations made after May 5th will be acknowledged in the next issue of the Korin. We thank you for your understanding.

**OCBC Building Fund Donations**

OCBC greatly appreciates and acknowledges the following donation to the Building Fund. This contribution will be applied to several major projects planned for 2023 and 2024.

DONATIONS IN APRIL AND MAY

Richard and Lily Hara
Wesley Koga

In Gassho,
Doug Iwanaga
Building Fund Treasurer





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July 15, Saturday

2:00 PM - 8:30 PM

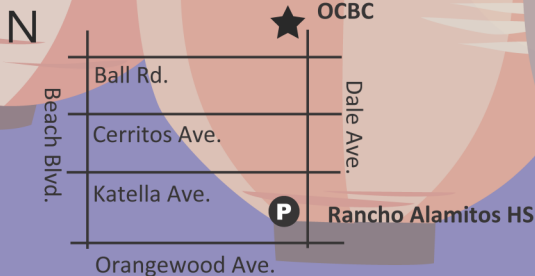
July 16, Sunday

2:00 PM - 8:00 PM

Taiko @ 4:00 PM & 6:00 PM

Bon Odori Dancing

@ 6:30 PM



Free parking w/ shuttle service

@ Rancho Alamitos High School

11351 Dale St., Garden Grove

1:30 PM - 9:00 PM

Orange County Buddhist Church 909 S. Dale Ave., Anaheim, CA 92804

Tel. 714-827-9590 • www.orangecountybuddhist.org

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OCBC Ministerial Scholarship Fund



February 1, 2023

Dear Sangha Members and Friends:

Thank you for your generous donations to the Orange County Buddhist Church Ministerial Scholarship Fund for the campaign year 2021-2022. As you know, your support has helped to educate many of our OCBC ministers, ministerial candidates, and minister's assistants as well as ministers and ministerial candidates outside of OCBC. Your continued support will help encourage and ensure the spread of the Dharma.

Our BCA Bishop Rev. Harada recently expressed concern over BCA's dwindling number of available ministers. Within the past year, we had several ministers retire, pass away, or take a leave of absence, assists in the cost of training future BCA Ministers. The Ministerial Scholarship provides aid in tuition, books and training materials that assist in spreading the Dharma. These include supporting Ministerial Candidates from OCBC, Vista, and other temples. We are happy that our scholarship supported Ellen Crane for her graduation thesis for the Masters of Buddhist Studies Degree at the Institute of Buddhist Studies. She received her Kyoshi certification in Japan and is now serving OCBC as a volunteer minister. We also awarded a scholarship to Sterling Davenport, a Vista candidate enrolled in IBS for Kyoshi certification. Additionally, we donated to the IBS Scholarship Fund to help current IBS students. And we are fortunate to have three active Minister's Assistants, Ann Nakahira, Janet Arima, and Teresa Shimogawa that will need training and we look forward to supporting them.

The committee, under Rick Oishi, still has much work to do. Let's continue to encourage and support ministerial candidates. We may find it necessary to provide support to qualified ministerial candidates and ministerial assistant candidates outside of OCBC. Together, we will work to ease the ministerial shortage not only for our temple but for temples throughout the BCA.

Please consider a contribution made payable to the "OCBC Ministerial Scholarship Fund." The fund is managed separately from all other OCBC funds, and donations can be made at any time throughout the year. Again, thank you for supporting the training of new ministers to continue spreading the teaching of Jodo Shinshu Buddhism.

Gassho,

Rev. Dr. Mutsumi Wondra
Minister

Rev. Jon Turner
Minister

Rick Oishi
Ministerial Scholarship Chair

WANTED: RUNNING OR NOT



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Your donation may be tax deductible. Please consult your tax advisor. Proceeds from your donation will help support community services and activities of Orange County Buddhist Church (OCBC).

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Comments _____

How did you hear about the program? _____ Today's Date _____

**Thank you for your consideration in making a donation to the
Orange County Buddhist Church Endowment Fund**

Want faster, easier membership? Visit www.orangecountybuddhist.org/membership



2023 OCBC MEMBERSHIP FORM

Please complete the following form to apply for Membership
Note: OCBC Membership is **January - December**



STEP 1: MEMBERSHIP LEVEL

Single Member/Parent:

- Single Member (Young Adult): 18 to 30 years old \$66
- First-year Single Member: Over 30 years old (and any dependent children, up to 25 yrs. old) \$150
- Sustaining Senior Member: Long time OCBC supporter, 85 years or older \$164
- Sustaining Member: One adult (and any dependent children, up to 25 yrs. old) \$264
- Sustaining Kansha Member: One adult, (and any dependent children, up to 25 yrs. old). \$600
- Special membership opportunity to provide additional financial support to OCBC.

Family:

- First-year Families: Two adults over 30 years old (and any dependent children, up to 25 yrs. old) \$300
- Sustaining Senior: Two adults, Long time OCBC supporters, 85 years or older \$328
- Sustaining Family: Two adults (and any dependent children, up to 25 yrs. old) \$528
- Sustaining Kansha Family: Two adults (and any dependent children, up to 25 yrs. old). \$1200
- Special membership opportunity to provide additional financial support to OCBC.

STEP 2: MEMBER INFORMATION

*Please provide email so that we may email you your receipt

Name _____
 City _____ State _____ Zip _____
 Phone Home: _____ Cell: _____
 Email _____

[] Address changed [] Membership changed

Family Membership Information

Spouse Name _____
 Spouse Home: _____ Cell: _____
 Email _____
 Child Name _____
 Child Name _____
 Child Name _____

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 Date: _____
 Date: _____
 Date: _____
 Date: _____

Emergency Contact

Name: _____ Phone: _____

Regular reminder notices will not be sent to those who pay quarterly

STEP 3: MAIL

Send membership form and check to:
Mark or note on your check:

Quarterly Annually

Orange County Buddhist Church

909 South Dale Avenue
Anaheim, CA 92804

Method of Payment:

[] Check No. _____ (Make check payable to OCBC)
[] Credit card (go to orangecountybuddhist.org)

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June 2023 CALENDAR

2023 年 6 月 カレンダー

Calendar Subject to Change! Please check our website. For all **ONLINE** services please log on to www.orangecountybuddhist.org and follow the links.

日 SUN	月 MON	火 TUE	水 WED	木 THU	金 FRI	土 SAT
May 28 No Mindfulness or Family Services No Adult Discussion MEMORIAL DAY OBSERVANCE	29 9:40 AM - Memorial Day Service Cemetery Visitation Schedule in Korin and OCBC Website Nokotsudo Visitation 9:00 AM to 1:00 PM	30 OFFICE CLOSED	31 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	1 9:00 AM – (in person) Tai chi Class	2	3 4:30 PM – Shotsuki Hoyo Monthly Memorial Service (in person)
4 8:30 AM – 瞑想 Mindfulness Service (in person) 10:00 AM – 家族礼拝 Family Service (hybrid) 11:00 AM –Adult Discussion & Dharma School (in person) 9:00 AM–2:00 PM - Blood Drive	5	6 OFFICE CLOSED	7 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	8 9:00 AM – (in person) Tai chi Class	9	10 7:00 PM - Zoom BEC Japanese Class Rev. Dr. Mutsumi Wondra
11 8:30 AM – 瞑想 Mindfulness Service (in person) 10:00 AM – 家族礼拝 Family Service (hybrid) 11:00 AM –Adult Discussion & Dharma School (in person)	12 11:30 AM - Monday Service 12:00 PM - シニヤ昼食会 Senior Lunch/Work Party 6:00 PM - Zoom BEC English Class Rev. Dr. Mutsumi Wondra	13 OFFICE CLOSED	14 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	15 9:00 AM – (in person) Tai chi Class	16	17
18 No Mindfulness Service 10:00 AM – 家族礼拝 Father's Day, All Music Service and Awards (hybrid) No Dharma School or Adult Discussion	19	20 OFFICE CLOSED	21 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	22 9:00 AM – (in person) Tai chi Class	23	24 7:00 PM - Zoom BEC Japanese Class Rev. Dr. Mutsumi Wondra
25 8:30 AM – 瞑想 Mindfulness Service (in person) 10:00 AM – 家族礼拝 Family Service (hybrid) 11:00 AM –Adult Discussion NO Dharma School until Sep 10	26 6:00 PM - Zoom BEC English Class Rev. Dr. Mutsumi Wondra 7:00 PM – Bon Odori Practice	27 OFFICE CLOSED	28 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	29 9:00 AM – (in person) Tai chi Class 7:00 PM – Bon Odori Practice	30	July 1



Zoom Mindfulness Service sign up
 Use cell phone camera, focus on the QR
 code then tap link that appears.



BEC Book Club Sign up
 Use cell phone camera, focus on the QR
 code then tap link that appears.