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オレンジ郡仏教会
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Buddhist Psychology of Self-Transformation (1) - Search for My Mind -

Hi everyone, I hope you had a wonderful summer break. OCBC Obon was a big success, and all foods were sold out. Many came and enjoyed dancing the Bon-odori. Everybody did a Buddhist dana practice to donate time, labor, and skills. Thank you so much!!

Now we open the new OCBC calendar 2023-2024. In the zoom Summer Dharma on July 23, 2023, I talked about "Buddhism – How Our Mind Works." I was not able to cover everything because of the limited 20 minutes. If you missed to join, you can still watch my talk

https://www.youtube.com/watch?v=JbhDsDT1Q4c&t=12s

I plan to write a couple of articles including this issue, talking about the Buddhist psychology, referring Koits Yokoyama Sensei's book, "An Intelligent Life" (2015), translated by Varghese Puthuparampil. I had met Yokoyama Sensei (1940-2023) several years ago at the BCA Ministers' Fuken (propagation research study session). He was a speaker, and I had a privilege to be his interpreter. Yokoyama Sensei was a Buddhist scholar particularly in the field of the study of Representation Only or Consciousness Only Buddhist philosophy. (I will explain the Representation Only or Consciousness Only in my article.) He earned his doctorate in Indian Philosophy at the graduate school of Tokyo University, and taught as Honorary Professor at Rikkyo University for a long time. He was enthusiastic in teaching and caring listeners.



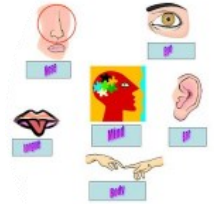
I was interested in how the human brain works since I was a child. Simply, how do we perceive things, how do we store all memories, and how do all memories revive when seeing, hearing, and touching something.

I am not a psychologist, but as a Buddhist scholar I would like to talk about "Searching for My Mind" in this article. First, let me explain the human six senses and their objects, how they perceive the objects and perceive all influences from outside.

The Six Senses and Their Objects:

Buddhism thinks that we humans have the six sensual organs, those are eyes, ears, nose, tongue, body, and mind. Each organ captures the visible objects (it looks good or bad), sounds (it sounds good or bad), scents (smells good or bad), tastes (tastes good or bad), touching objects (feels good or bad), and many thoughts.

- 1.Eyes and Visible Objects
2.Ears and Sounds
3.Nose and Scents
4.Tongue and Tastes
5.Body and Tactile (touching) Objects
6.Mind and Thoughts (most important)



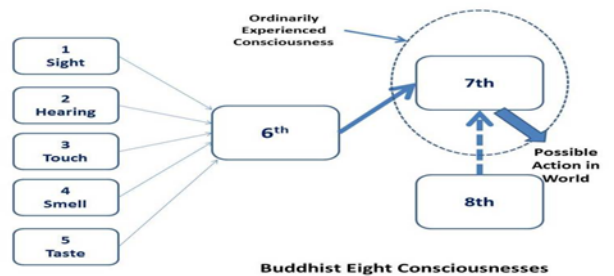
Anything to see, hear, smell, taste, and touch signals to the sixth sensual function of mind and thoughts, and they become memories, which will be stored in our memory storage like USB.

Are there any more levels after the sixth sense?

Asanga (ca. 300-370 C.E.) and his younger brother Vasubandhu (ca. 316-396 C.E.), who were the Indian Buddhist masters, thought that there were two more levels within humans. Those are called "manas" (the 7th level, the sensory or processing mind, which coordinates sensory impressions before they are presented to the consciousness), and "Alaya-vijnana" (the 8th level, storehouse consciousness - memory). The 7th level presents the deluded awareness, ego, or self-attachment. You can refer to the diagram. In this concept, Asanga and Vasubandhu founded the first Buddhist psychologist Yogacara school, called Consciousness Only or Representation Only.

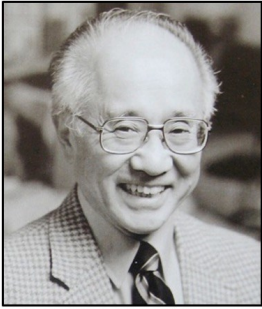
Searching for My Mind – Who am I?

Small children always ask their mothers with full of curiosity, "What is that?" Since children are pure at heart, they never



stop asking "what?" However, adults, with decades of discriminatory thinking behind them, assume that they understand things obviously; they forget to keep asking, "what?" Instead, we worry about how to live, how to do that is best, and so on. Usually, we lead a life in accordance with our own desire and craving – a way of life that engenders suffering and worry both to ourselves and to others – but we fail to ever ask: "What am I?"

A Tale of Two Unnos: In Search of a Teacher



1. Dr. Taitetsu Unno



2. Rev. Tetsuo Unno

There are many writers and teachers with different styles, each one having something to offer us.

In high school, I took an English class that focused on modern American writers, those who developed the short story as a new art form. We studied Hemingway, JD Salinger and Kurt Vonnegut among many. But the story that stood out most was *The Bear* by William Faulkner. It was published in 1942 and consisted of 25 pages. I remember it because it had a rambling, run-on sentence that covered several pages. I didn't realize this until our teacher pointed it out. He said it was a literary device to make the reader feel uncomfortable and disoriented. It worked. It was very hard to follow and stay focused. It was a thousand words strung together with commas, semicolons and hyphens with a single period. I didn't like it but it had the desired effect.

Recently, I discovered that this wasn't even his longest sentence. In 1983, William Faulkner was awarded the title of "Longest Sentence in Literature" by Guinness World Records for his 1,288-word sentence in *Absalom, Absalom!*.

Faulkner seems to have been somewhat of a contradiction in this pursuit. He once said,

"I am trying to say it all in one sentence, between one cap and one period. I'm still trying to put it all, if possible, on one pinhead. I don't know how to do it. All I know to do is to keep on trying in a new way."

You might be able to say it all in 1,288 words but it certainly would not fit on one pinhead.

This contradiction reminds me of two of my favorite Buddhist teachers among many: Taitetsu Unno and Tetsuo Unno. Or Tai and Tets for short. Once at a Buddhist conference, I introduced Taitetsu Unno as the guest speaker but was nervous and pronounced his name as Taitetsuo Unno. I had merged their two names together into one. He was very understanding. As he took the podium he just smiled at me.

I have noticed the same issue on the internet, the biographies and timelines for these two men are all mixed up making it even more difficult keeping them straight. For example, it is Taitetsu Unno who passed away in 2014 not Tetsuo Unno, who is now 90 years old.

If you knew them as people, you couldn't possibly mix them up. Taitetsu Unno was warm and gentle. He spoke very poetically while Tetsuo is more direct and to the point. Some

have observed that Taitetsu is more Shin in his approach while Tetsuo Unno is more Zen in his.

Taitetsu Unno is a scholar, having written two books: *River of Fire, River of Water* and *Shin Buddhism: Bits of Rubble Turn into Gold*. The former is the first book on Shin Buddhism that I had ever read. I read the book literally which was not how it was intended. I had trouble differentiating the metaphors from fact.

I remember the first encounter I had with Taitetsu Unno when he came to OCBC in 1999 to discuss his first book. Out of the blue, he turned and looked me in the eye and asked where is Amida Buddha? I really didn't know but I was on the spot. I was going to point to the Amida statue in the Kodo but then without thinking I pointed to my heart. He smiled knowingly and moved on with his discussion.

Tetsuo Unno came at me from another direction, around that same time period. During a BEC lecture, also in the Kodo, he too looked right at me and said that it takes at least ten years to begin to appreciate Shin Buddhism. He meant me. He wanted me to exhale, relax and just listen – for ten years. Rather than feeling discouraged, I found this to be very encouraging. It takes time, there is no rush or pressure.

Interesting to have two such different styles from two brothers no less.

I recently watched Rev. Tetsuo Unno's retirement Dharma talk on [Vimeo from December 1, 2019](#). In typical fashion, he closed with this quotation from William Faulkner.

"The past is never dead. It's not even past."

Very short and sweet and to the point. But I have a feeling that Taitetsu Unno would have used the full quotation.

"The past is never dead. It's not even past. All of us labor in webs spun long before we were born, webs of heredity and environment, of desire and consequence, of history and eternity. Haunted by wrong turns and roads not taken, we pursue images perceived as new but whose providence dates to the dim dramas of childhood, which are themselves but ripples of consequence echoing down the generations. The [everyday] demands of life distract from this resonance of images and events, but some of us feel it always."

Both versions work well and fit on a pinhead. But it represents the two styles of both Faulkner and the two Unnos. Not only do writers and teachers have to find their style but as students we also have to find our own style. Our teachers are out there but we have to find them. They are the ones who resonate with us in ways that are uniquely their own and our own.

I have come to the conclusion, that for me, both Unnos are number one. I needed both the indirect and direct approach to make progress along the path. I am very grateful that I was able to learn from these two great teachers.

Namoamidabutsu,
Rev Jon Turner

Arigato in a 7-Eleven

This summer, I took my kids to Japan for vacation. We had a great time, loving everything from temples to DisneySea curry popcorn, the Ghibli Museum, cat cafes, claw machines, catching a baseball game in Fukuoka, and many visits to Shinto shrines to buy good luck charms. Yet perhaps the most memorable parts of my trip didn't require reservations nor did they come with a price tag. One aspect about Japanese culture that impressed me (again) on my second visit to the country was the way they say thank you. It is unlike anything you experience in the United States, where public manners often seem like a pleasant surprise when interacting with strangers. But in Japan, I found myself drawn to the intentionality and tradition of how they thank one another.

Arigato gozaimasu.

The expression of gratitude accompanies a bow that is not too fast, not too slow— something that feels deliberate, kind, respectful, and steeped in history. From the slouchy country where I come from, watching the straightness in their backs, the degree of the bow, and the consistency of their enthusiasm displayed from even a 7-Eleven worker, impressed me beyond all expectations. I left each interaction feeling like the person was genuinely happy about the moment we just shared, even if it was me paying them for a pack of Pokemon cards in a convenience store as my kids roamed the aisles begging for more candy like the loud Americans that they are.

Reverend Taitetsu Unno explained in his book, *Bits of Rubble Turn into Gold*, that “arigato” is based “on the Buddhist worldview that any happening is the product of countless causes and conditions...beyond our comprehension or imagination.” He goes on to talk about the humility that we experience when we don't fully understand the scope of the blessings we experience. He quotes Shinran:

“Such persons are like those who, imbued with incense,
Bear its fragrance on their bodies.
They may be called
Those adorned with the fragrance of light.”

Perhaps that is what I sensed in Japanese culture: the fragrance of gratitude emanating from their beings. It is something I recognized in my Japanese father-in-law when he was still alive; a settled peacefulness within him and a thankfulness for his simple existence, something that was so natural to him that he didn't even try to show it, he merely lived it. It stands out to me as a person raised in American culture, where gratitude has never been the focus. I've grown up in this place where they tell you if you work hard, you'll succeed, and that it's because of your efforts of pulling yourself up by your bootstraps. The United States is an individualistic society with almost no recognition of interconnectedness. But I know that I'm not here solely because of my own merits. There have been innumerable experiences with other people and places and conditions that have made me who I am, for which I am deeply grateful.

For someone like me who didn't grow up as a Buddhist, gratitude has been something I've had to work at. My mind would often go straight to the reasons why gratitude was silly, like how can I be grateful that I'm sick? Or how can I be grateful that my husband died? Why would I be grateful that the air conditioner just broke? Reverend Kenji Akahoshi spoke about the benefits of a Shin Buddhist life in his March 2023 BCA talk, and he said “Shin Buddhism is about appreciating what I have to balance the desire for what I don't have.” This was a powerful way of explaining gratitude to me. Gratitude is strategic thinking. If I sit here wallowing in my agony of loss, I may have good reasons to be sad, but the act of wallowing won't accomplish anything. It won't restore life to factory settings. It won't contribute to any progress. But gratitude will, and it's not just Buddhists who believe so.

Science has backed up the benefits of gratitude for quite some time. Gratitude has physical and mental benefits, such as decreasing depression and anxiety, increasing happiness and life satisfaction, strengthening relationships, sleeping better, and lowering blood pressure. The *New York Times* recently published an article written by Christina Caron entitled “Gratitude Really is Good for You Here's What the Science Shows.” In it, Caron writes that gratitude arises from acknowledging “you have goodness in your life and that other people— or higher powers, if you believe in them— have helped you achieve that goodness.”

Here, I thought about Namu Amida Butsu. Unno describes it as being aware of our self-centered ego and “being touched by the light of the boundless compassion that is Amida Buddha. This light not only illuminates our darkness, it transforms it, so that we try to be compassionate with a sense of humility and gratitude, mindful of our karmic limitations.” Thus, when we recite the Nembutsu, we are grounding ourselves in a practice of gratitude, a life of humility, and ultimately opening the doors of possibility for ourselves and those who we share this world with. It is a way that we can make a difference from within every single day.

In gassho,
Teresa Shimogawa



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Buddhist Psychology of Self-Transformation (1)**- Search for My Mind -**

(continued from page 1)

The very first object of the question “what?” should be our self. It will naturally expand to other objects: “What is the other?” “What is nature?” “What is the universe?” This is because oneself exists by the grace of others, oneself lives in nature, and oneself is an individual existence in the universe.

Everything I experience exists in my own mind, actually coming from the storage of past memories. For example, I never buy green grapes, because I had strong memory in my childhood when I had a piece of green grapes, and it was so sour! That memory comes back vividly even now.

Why can we not escape from the captivity of ourselves? The answer is very simple: it is because our experiences are characterized by what we may call an “ego consciousness (manas).” As long as we are possessed by this ego consciousness, which we ordinarily refer to as “I,” “myself,” or “me,” we will be incapable of evading our own mind. So, all of our activities end up always centered on the self, on “egoism.” A charitable act done for others, in the final analysis, sometimes remains an act done for oneself. This is what Yokoyama Sensei explains in his book.

Then, does this “self,” “I,” or “me” actually exist? We conceive that we ourselves do exist, and our thoughts and actions are concentrated on that existing “me.” But, does such a self in fact exist? I would say “No.” The self is only an echo of the world “self.” Am I confusing you?

So, when it comes to the mind, is there really a mind that I can say is “my mind?” Mind has no color or form. Mind is instantaneous, passing from moments to moments like the flame of a candle or the flowing water of rivers. Can we really assert that they are our minds and bodies? Can we capture the flux of mind as if it were static? “This is my body and my mind” doesn’t really exist. When we come to understand this real truth, our perception of the world and vision of life would be greatly transformed. You would question why my body and my mind doesn’t really exist? What is the rationale? I will explain it in the next article and consider human mind from the perspective of Buddhist philosophy.

Namo Amida Butsu
Rev. Dr. Mutsumi Wondra

President’s Message

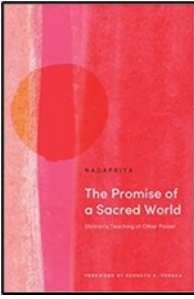
In my home, September means returning to a new Dharma School year, a new season, reuniting with Sangha friends after a short summer break, and the beginning of Fantasy Football. It used to involve the start of the elementary school year for me, but since my retirement, this will be the first school year when I won’t be in a school office. It’s funny how old habits are hard to break. I used to return to the school office right after Obon to prepare for the new year, so it was quite different for me this summer. I kept feeling like I was supposed to be somewhere else. However, I am grateful that some “old habits” aren’t forgotten or dismissed - such as the support we received from the Sangha at our Obon festival in July. Although it had been four years since we had an Obon open to the public, we could tell that the Sangha returned to their “old habits” of working extra longer, extra harder, and with more enthusiasm to provide for a successful Obon. On behalf of the Board of Directors, I would like to extend my gratitude to the Festival Committee, the organizations, the Sangha, and everyone that came out to support our Obon Festival.

As I mentioned, September is also the beginning of Fantasy Football for my extended family. I don’t participate in choosing a team, but I enjoy the draft party, food, side games, and watching how much effort, research, and time the others in my family spend on this ritual. It’s amazing how someone who might not remember birthdates or anniversary dates, may have the keen ability to recall the most trivial stats about each NFL player. I understand the purpose is to choose an ideal high-performing team that will outscore your opponents. I assume high-performing means a team whose skills are recognized by its teammates, displays great teamwork by supporting one another, and works together for a common purpose larger than one’s ego or recognition. When I think of the purpose of Fantasy Football, I can’t help but think we have our own fantasy team right here at OCBC. I’m not trying to create a competition among temples, but I can’t help but be proud of our incredible team of Sangha members led by Reverend Turner and Reverend Wondra, our balance of interests and organizations for all ages, our spirit of teamwork at our festivals and all events, our legacies of friendships, and our openness to always receive new members. However, the accomplishments of OCBC aren’t a fantasy. They are the everyday results of the efforts of many Sangha members, past and present, who also spent much time and research into finding the best route for the growth of OCBC and continuing to welcome new and diverse members.

The first day of our Sunday Family Services is September 10th, so I encourage you all to start the new “season” by attending service. You won’t score any extra points for attending service, but you will begin your week being mindful, grateful, and refreshed. I think that will place you at the top of any pool!

In Gassho,
Jo Ann Tanioka
OCBC President

The Promise of a Sacred World



This month, the Shin Reader reviews the book *The Promise of a Sacred World: Shinran's Teaching of Other Power* (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 approaches when reading the *Collected Works of Shinran*. For example, these are some of the issues that Shinran and his fellow Mahayana Buddhists were struggling with during his lifetime:

1. Amida Buddha
2. Buddha Lands
3. Other-Power
- 4. Merit Transference**
5. Bodhicitta
6. Buddha-Nature

We also often analyze his quotations and word choices, wondering why does Shinran sometimes use one kanji versus another? For example, Shinran uses the term Shinjin (信心) which is often translated as “faith”. The kanji character Shin (信) refers to confidence and Jin (心) means one’s heart and mind. Together they signify a heart and mind that are truly settled in the teachings.

Shinran also frequently uses the term Shingyo (信樂). The first character Shin (信) is the same but Gyo (樂) has the meaning of joy. Shingyo is also translated as faith but it emphasizes the joy of being settled. Some suggest that these are merely synonyms for Shinran but perhaps it is more than that. Sometimes Shinran emphasizes the confident heart and at other times a joyful confidence.

Rev Dr Kenneth Tanaka wrote the Foreward to this book stating that:

Nagapriya discusses at length the various ramifications of what shinjin meant for Shinran, and what it can mean for us in the contemporary world. He also pointed out, as noted earlier, that no one word can fully capture its meaning. (page xvii)

While the translations ‘true entrusting’, ‘entrusting heart’, or ‘surety’ offer some indications [as to shinjin’s orientation], no single word or phrase can capture shinjin’s many shades of meaning ... Translated more freely, shinjin might even be rendered as ‘letting go’ or ‘letting through’. (page xviii)

I might even suggest that we can also think of shinjin as “letting in”.

Following the third approach, this book is somewhat unique in that it explores the emotional content of Shinran’s writings both for Shinran and the reader. Shinran’s sacred world comes to life for us, one that is asking us to join him. Nagapriya focuses on the spritual experience that Shinran is trying to communicate to us through his writings. In some sense, Shinran’s writings can be seen as a very personal spiritual confession.

The main focus of this book is the concept of merit-transference. Commonly, this is understood as the merit we generate through our own practice. Merit not as merely good karma but as a kind of supercharged spiritual virtue. Shinran radically reverses the arrow of this transference from Amida to ourselves. We are receiving the benefits of Amida’s practice not our own. Nagapriya explains it in this way.

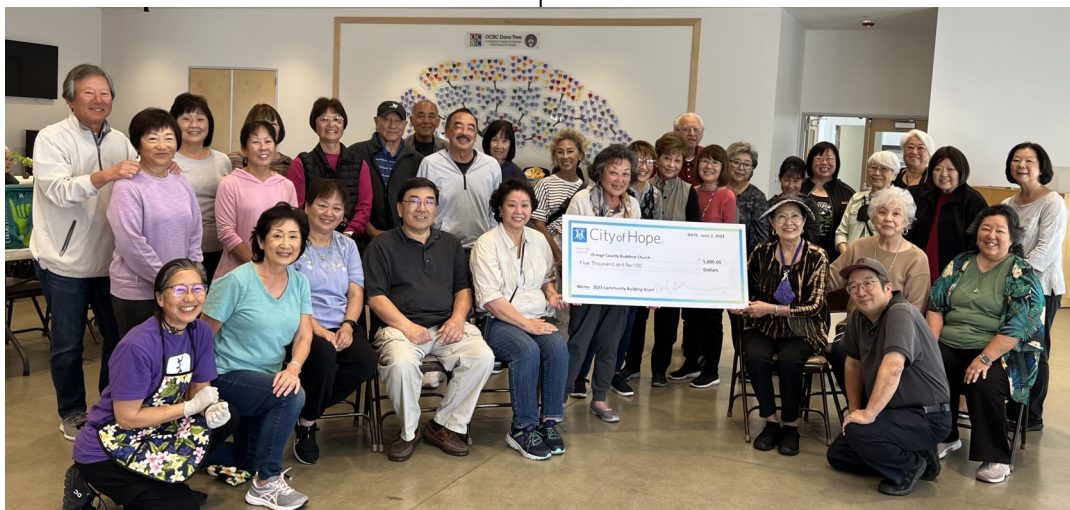
Amida may be understood as something that is [external] to us, reaching towards us from the outside as it were. At the same time, Amida may symbolize something that is within us, inherent, which is obscured or buried by the clouds of our delusive tendencies. On this reading, then, Amida is not alien to us but is, rather, our deepest nature. The apparent contradiction between Amida on the one hand being outside us and, on the other, being inside points to the paradoxical nature of awakening and the fact that we are in the realm of myth, metaphor, and poetic truth. Amida is not literally ‘out there’. But neither is it adequate to reduce Amida simply to a symbol for our enlightened potential since this would be to co-opt Amida into little more than an [object] of our ego-world. (page 58)

Being aware of the merit we receive leads to a life of gratitude.

Gratitude, by contrast, consists in awakening the imagination, an expansion beyond inward-looking awareness, and a recognition of our interdependence. Its nature is to decenter the self and so see it as more like a node in a web of abundant connections. Gratitude dissolves away self-pity and lack, and helps us to see how we are constant receivers. (page 160)

For now, this is my favorite book. It opened up Shinran’s heart to me so that I can appreciate his teachings emotionally. The meaning is now in front of me and not trapped within the text. It is now within my heart and mind. This book has helped me understand the difference between the confidence of Shinjin and the joy of Shingyo. So no longer synonyms after all.

Namoamidabutsu,
Rev Jon Turner

BWA News

Although our Obon Festival is now behind us, the images of everyone working, eating, and dancing together is still fresh in our minds. It takes many volunteer hours from our Sangha members and service organizations to make the magic happen for all to enjoy. The shaved ice and cold drinks kept us hydrated, the delicious food kept us nourished, and the dancing, games and raffle prizes kept us entertained until closing! OCBWA would like to thank our hard-working members, Toban chairs for Friday's worker lunch, sushi, wonton, and somen, and last but not least, the many outstanding volunteers who help us prepare all of our signature dishes in a timely manner. A special recognition goes to the Tomo No Kai club of UCI for sending a large contingent to help fold wontons on both days. Arigatou Gozaimasu!

-How do we recognize our fathers and grandfathers on Father's Day? With a Fiesta! A big thank you to chairperson BJ, our Father's Day Luncheon Toban, members, and friends of BWA for the festive atmosphere complete with colorful food stations and decorations. The unique menu and the wide variety of desserts kept everyone coming back for seconds!

-On July 10th, we celebrated birthdays for Karen Nakagiri, Toshiko Katsumoto, Jodi Hisamoto, and Paul Fujimoto. Thank you to Amy Iwamasa, Karen Nakagiri, and Toshiko Katsumoto for your monetary donations. 37 attendees enjoyed a delicious bento featuring Korean bbq beef, tempura, kabocha and cucumber salad, spinach ohitashi, and a fruit cup. Please join us at our next Senior Luncheon on September 11th as we honor our birthday celebrants with another tasty meal and dessert in the Social Hall.

-Thank you to everyone who continues to support our Pop-up Store throughout the year. Our next Pop-up event will be held on September 10th, when Dharma School resumes in the fall. Please stop by and say hello.

-Our next BWA meeting will be held on September 17th, at 12:30 pm in the Kodo after the Fall Ohigan service and luncheon. The 2023 SD Buddhist Conference will be held on October 14th at the Pasadena Buddhist Temple. For additional information, please attend this meeting.

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

OCBC temple members have always been recognized for their generosity and giving spirit, and for our Obon wish list, they once again stepped up and donated to the wish list requests. From bags of sugar to cans of Spam to rolls of paper towels, their generosity shined through. Thank you to the following:

- Kay & Mary Jane Fujimura
- David & Toshiko Fusato
- Merry & Richard Hiroshima
- Alan & Linda Ishibashi
- Aaron & Karen Nagayama
- Linda & David Okino
- Fran & Roy Onishi
- Craig Shibata
- Rev. Jon & Linda Turner
- Frank & Joyce Yada
- Susan Yamamoto

Their donations made a difference. Thank you!

October Korin Article Due Date

September 17, 2023*

Email articles to:
OCBCKorin@GMAIL.com

*Youth Groups: Daion Taiko, Dharma Wheel Club, Sangha Teens and Jr. YBA can submit articles

Korin Issue	Article Due Date	Youth Groups or Scouts Can Submit Articles
2023		
November	10/15/2023	Scouts
December	11/12/2023	Youth Groups
2024		
January	12/10/2023	Scouts
February	1/14/2024	Youth Groups
March	2/11/2024	Scouts
April	3/17/2024	Youth Groups
May	4/21/2024	Scouts
June	5/12/2024	Youth Groups
July	6/16/2024	Scouts
August	NO ISSUE	
September	8/11/2024	All

2023 OCBC College Scholarships and Awards

Rev. and Mrs. TS Hirata Memorial Undergraduate Scholarship Award

We are honored to present the first recipient of the newly offered Rev. and Mrs. TS Hirata Memorial College Scholarship Award of \$2,000 to:

Rachel Wong

Congratulations! Through the Hirata Foundation, a Rev. and Mrs. TS Hirata Memorial Undergraduate Scholarship Award has been established to recognize and support a deserving undergraduate through college. Rev. Hirata was the first minister assigned to Orange County and diligently put his efforts in establishing the OCBC under BCA. Rev. and Mrs. TS Hirata realized the hardships and difficulties of obtaining a college degree and always encouraged and supported college students.

OCBC College Scholarships

OCBC is fortunate and grateful to offer an OCBC College Scholarship to two awardees:

**Taryn Noda
Natalie Osako**

Congratulations! We extend our wishes for continued success in their college endeavors.

Ray Tomooka Memorial Outstanding Best Effort Award

The Ray Tomooka Memorial Outstanding Best Effort Award is to honor an individual(s) or organization(s) that have contributed to the improvement of the Sangha community. We gratefully acknowledge the Best Effort on many activities and projects for OCBC from:

**Alyssa Ige
Kathryn Nakahira
Courtney Yada**

Congratulations!

In gassho,
Rick Oishi



Dharma School

We hope you have all experienced a summer full of fun and relaxation and are ready to start another year of Dharma School.

We enjoyed a very successful 2022-23 Dharma School with increased enrollment and anticipate another Dharma School year with a continued increase in the number of students. We express much gratitude and appreciation to the parents and students who have been there to support our Dharma School program and would like to ask for your continued support!

Dharma School

The following is the schedule for Dharma School classes for September. We look forward to seeing you in class!

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

September 10 and 24.

September 17 — Fall Ohigan Service. No Dharma School. Required attendance for perfect attendance.

Obon Festival

It was such a joyous, colorful sight to see the many dancers at our Obon festival on July 15 and 16. Gail Kusano, our odori teacher, so generously held sessions before the festival to teach the dances to the teachers and the sangha. She would like to acknowledge the many people who helped during the Obon festival to make it so enjoyable and successful.

DS teachers: Rev. Dr. Wondra, Rev. Ellen Crane, Teri Futaba, Merry Hiroshima, Joanne Ishii, Sharon Kawakami, Dorothy Matsuoka, Marion Nishimura, Nancy Suzuki, Stacey Suzuki, Teri Whited, Kellie Yada, and Irene Yamanishi.

Taiko drummers: Aaron Nagayama, Joyce Ochiai, Kallie Ochiai, Chris Terada, and Kyle Futaba.

Dressers of dancers wearing yukatas: Nancy Suzuki and Stacey Suzuki

Sound Technicians: Alan Maruyama and David Okino

MC: David Yamamoto

The following information was shared by Merry Hiroshima, co-superintendent. Thank you, Merry.

1. Thank you to Gail Kusano for being our odori instructor, to Janet Sakahara for chairing the baked goods booth, to Chris Hirata, Linda Nakauchi and Cheryl Higashi for chairing the condiment and teriburger booths, and to Joanne Ishi and Chris Hirata for organizing our Sunday workers' lunch. Thank you also to Girl Scouts and Dharma School staff and families for providing desserts as well as to staff in running the baked goods booth.

2. Thank you again to Joyce Yada and Tessho Aoyama for organizing the graduation and perfect attendance service. Thank you to Len Futaba for creating the high school graduates video.

3. OCBC Dharma School will be hosting SDDSTL conference on Oct 8, 2023. Jodo Shinshu, This is the Way. Bishop Marvin Harada will be our guest speaker.

4. Our new DS cabinet will be:
 Co-Superintendents: Teri Futaba and Merry Hiroshima
 Asst. Co-Superintendents: Tessho Aoyama and Joyce Yada
 Co-Treasurers: Teri Futaba and Merry Hiroshima
 (Interim Treasurers)
 Corresponding Secretary: Dorothy Matsuoka
 Recording Secretary: Marion Nishimura
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Other DS staff:
 Gift Card Sales Coordinators: Lynn Morita and Michael Li
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Dharma School Gift Card Sales

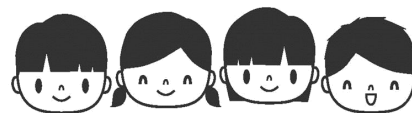
Our Dharma School Gift Card Sales help to provide the Dharma School teachers with materials, conference fees, etc. We want to extend appreciative thanks to the people who support our Gift Card Sales to help supplement our expenses. If you are new to ordering gift cards or have any questions, please email dharma.school@orangecountybuddhist.org or ask at our hospitality table at the entrance of the hondo.

Welcoming New Students

If you, or someone in your family, is new to OCBC and would like to attend Dharma School, please contact us at dharma.school@orangecountybuddhist.org. We welcome new students any time during the school year. In addition, if you know of any Preschool–high school students who might be interested, please share the email address with them. Thank you.

We look forward to seeing you!

In gassho,
 Gail Harada



Dharma School Scrip Program

**Support the Dharma School
 Scrip Program!!**

ABA News

I hope you have all enjoyed your summer! I was able to enjoy the Tacoma and Palo Alto Obons this year, as well as our own. So much fun! When I was in Palo Alto, I felt like a daughter again. My in-laws worried about me when I drove somewhere, she cooked for me, he lectured me, they told me stories, and I loved every bit of it. I felt like a rebellious teenager and I'm 63 years old! I haven't been treated like a daughter, in a very long time. It's something you miss, only when it's gone.

After our very busy Obon responsibilities of Workers Lunch, Chicken Teri, etc, I hope our ABA members found time to relax and recharge, as our schedules will be getting busy again. We will be hosting the Ohigan Luncheon on September 17. Food assignments will be shared soon. Our "Friends, Food, and Wine" event will be held on October 14 from 4:00 – 7:00 p.m. Thank you to those of you who have signed up, either as a volunteer, or as an attendee. Please also put November 4 on your calendars for our annual Church Clean Up.

Traditionally, this is also membership drive time. Join us for the fun and share with us in the work.... Either way, we manage to laugh and smile throughout it all! We are always looking for new members to join us! If you think that ABA is "too old" for you, think again. Afterall, I'm in ABA, and I'm feeling like a teenager!

With Gassho,
Jeanne Kumagai

Join Us Today!
 **WE love**
OUR MEMBERS!

Project Kokoro News**Kazoku No Hi – Family Day Event **Oct 8****

We hope you can join us for a day learning more about the Japanese American culture through arts, crafts, games, food, and music by Miko Shudo and Michael Murata. This is a day for all the generations so plan to come with the friends and family of all ages! Through the generous donation from the Mitsuo Kawaguchi family we can provide bento, crafts, and admission at a lower cost:

Free for Seniors (70 years and older)

\$10 adults (11-69 years old)

\$5 per child (3-10 years old)

Free for kids 2 years and under (no bento)

Please register by 9/17/23 by using the QR code or link on the event flyer in this edition of the Korin. For more information you can contact Hazel or Chris:

Hazel Ando: hhando@ucsb.edu or

Chris Hirata: cthirata@gmail.com

Team Scattergories Game **Aug 21**

Come join in the fun of a game played on Zoom that stimulates the mind. Game time is 10am to 11am, with request to log on 10 minutes prior. If you would like to play, or want to know the date for the next game, please contact: Marion Nishimura: mieko4nish@gmail.com

PK Craft Club & Obon Boutique **July 15/16**

After being dark in August the PK Crafts Club will be resuming on Wednesday, September 13, at 9am. A big thank you to Steve Ishii and Kyoko Suzuki and all the craft leaders who helped with the Obon Festival and boutique sales. Arigato to all the seniors who donated the wonderful items sold at the booth. We look forward to our next boutique sale planned for November 2023.

If you would like to join the Wednesday workshops from 9am to 12pm in the Social Hall please 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 "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

Appreciation

We would like to express our appreciation for the generous donation received from Russell and Diana Ono which supports our programs.

PK Membership and Involvement

If you would like to become a PK Member or would like more membership information, please contact PK President Liana Ogata: lianaogata3094@gmail.com

In gassho,
Neddie Bokosky

Jr. YBA

Hi everyone! We hope everyone is in good health and having a great summer! Since May, our Jr. YBA has participated in many events and activities that we are happy to share, from OCBC's annual OBON to our End of the Year Disneyland trip and more!

In June, members of Jr YBA volunteered at Tanaka Farms Walk the Farm Event by passing out cherry tomatoes to participants. Alongside the Walk the Farms event was our very own Co-President, Alyssa Ige's 2022 Gold Award Project. Many walkers had the pleasure of learning new nutritional facts! Needless to say, Walk the Farms was a success and we send a big thank you to those who volunteered! We are looking forward to participating next year as well. During this month we also had our End of Year Breakfast in which we recognized our former cabinet, graduating seniors, and advisors and introduced our new 2023-2024 incoming cabinet. We wish our outgoing seniors success as they venture on to this next stage of their life. We would also like to send a big thank you to Mrs. Yada, Mrs. Aoyama, Mrs. Hamabe, Mrs. Takagi, and Mrs. Osako for all their hard work and dedication this year. In addition, our historians, Megan Hamabe and Carina Furumoto, put together a wonderful slideshow that was presented at the event. We would like to thank everyone for their hard work this past year and are looking forward to the next term. To end off the month, we also had our monthly Korin folding and general meeting.

In July OCBC had its annual OBON in which Jr. YBA parents and members worked the corn, dishwashing, and boba booth. Thanks to those who worked a shift as OBON had a huge turnout and was very fun.

Additionally, we just had our End of the Year Event at Disneyland. Many members went and it was certainly a treat for all the hard work and dedication that went into this year. Currently, we are looking forward to our Korin folding and family beach party on August 20th as well as the 73rd Annual Southern District Conference hosted by Gardena in September. We are also excited to have our welcome back event in September to welcome in the new members and freshman of Jr. YBA. We hope everyone is happy and in good health!

In Gassho,
Brooke Tomooka
OCBC Jr. YBA Publicity

GIRL SCOUT Brownies

Girl Scout Brownie Troop 916 had a great year full of fun. After the Girl Scout end of the year ceremony in the MPB we had a party where all of the girls were able to decorate their own mermaid cakes. All of the cakes turned out so great! Many of the girls also attended a special meeting to learn about Obon by reading the Story of Moggallana, dressing in yukata and practice dancing before attending the festival. Thank you to Joyce Yada and her Senior/Ambassador girls for hosting this special meeting.

This new Girl Scout year we welcome in our 10 newest Brownies to the troop who bridged up from the Daisy troop. We'll learn some new skills, earn lots of badges and the troop will vote on a leadership journey where they will work together to find a cause they care about and take action to make the world a better place.

In Gassho,
Katie Suinn



Girl Scout Troop 855



Junior Troop 855 celebrated the departure and bridging of our 6th graders to Cadettes. Thank you, Kathy Ocampo, for facilitating the girls through a successful year with the Bronze award for the older girls, Bridging at

Disneyland, a fruitful cookies sale season in which the girls went to learn about the sea creatures and spend the night in Seaworld and participating in Junior Jam to only win 1st place for Skills (which included first aid, whipping and lashing, knots, compass reading & trail signs, tent building, camping know how, fire-building, and flag care).

We are appreciative to the involved parents and girls that have contributed their time, effort and support with events and obligations that are the means and sustainability of Girl Scout Troop 855.

The girls were excited to reunite and work together during Obon since the break for summer. Some of the girls will be joining the older Girl Scouts next week to take a tour of SoFi Stadium to earn the "House that She Built Patch" about women in construction. Parent Leader, Laura Santo, has reached out to her employer to host the event. Laura was an instrumental member to build this massive multipurpose structure.

We will have our first official meeting for an all-troop meeting on September 8th.

In Gassho,
Mary Jane Morimoto



Juniors Bridging to Cadettes



Junior Troop 855 end of year photo

Girl Scout Troop 881

Over the summer, Girl Scout Troop 881 participated in many activities such as volunteering at OCBC's annual Obon festival, teaching younger scouts about Obon traditions, and beginning planning for the upcoming scouting year. For Obon, scouts dedicated their time to help prepare many of the delicious foods sold during the weekend-long festival. They folded wontons, prepared somen, packed sushi bentos, and donated baked goods to OCBC's dessert booth. Another way the Troop participated in Obon was by helping the younger scouts earn their Obon patch. Scouts learned how to properly wear a yukata and were taught an odori dance so they could participate in the festivities.

With the new scouting year approaching, the Troop held two planning meetings to discuss events for the upcoming year. Groups were assigned and ideas were presented, which has scouts feeling ready for the new year. Outside of planning and volunteering, the Troop went to an escape room at Mission Escape Games for their end of the year activity, where they had fun working together to find clues and solve puzzles. To end the summer, the Troop got together for Boba at The Source where they got to know their fellow scouts a little bit better.

Kaitlyn Nakagawa
Girl Scout Troop 881



Boy Scout Troop 578

Throughout the summer, Troop 578 was very busy with a variety of activities, camps, and service projects. At Rock Creek, our first camp of the summer and the initial scouting experience for many new scouts, the troop participated in a fishing derby on Crowley Lake, enjoying both breathtaking views and successful catches. Afterwards, scouts weighed, cleaned, and gutted their fish for later cooking. After storing the day's catch in coolers, scouts spent an hour cleaning the beach of trash as a service to the community that had allowed them to fish there. A hearty hot dog lunch was served, and the boys savored the food during a well-deserved break. Back at camp, the scouts rehearsed and performed a variety of skits, with the winners of the fishing derby walking away with rods, tackle boxes, and reels as prizes. The following morning, the boys took the Hot Creek Hatchery Tour, learning about different methods and processes for breeding fish to be released into the lakes of the Sierra Nevada. Afterward, scouts visited hot springs and had a group photo taken. Finally, the boys prepared dinner and took part in the 3rd annual Rock Creek cooking competition, which was a great success and enjoyed by all. Afterward, scouts discussed their experiences at the closing campfire.

Another major trip, Summer Camp at Camp Cherry Valley, spanned a week filled with numerous merit badge activities, enjoyable sports, and moments of quiet reflection. Each day, scouts participated in shooting sports, water activities such as paddleboarding, kayaking, and swimming, and worked to earn both fun and educational merit badges. Additionally, a generous amount of free time was available, enabling scouts to buy souvenirs and food at the trading post, engage in activities they were interested in, and even advance in rank. Many new scouts achieved the rank of Scout over the week, and numerous older boys underwent Board and Peer Reviews at the camp. Toward the end of the event, scouts took part in the Honor Trail, a silent experience where counselors shared their scouting experiences and allowed the boys time to contemplate their actions, fostering a commitment to virtuous lives. Overall, Summer Camp proved to be a fantastic experience for all involved, and many scouts, both young and old, are eagerly anticipating next year's event.

Troop 578 actively participated in the annual Obon festival, fulfilling roles like delivering food for takeout orders. Despite the overwhelming turnout of visitors, scouts efficiently delivered food to customers and significantly contributed to the Obon experience for volunteers and attendees alike. Afterward, scouts continued to support the church by sorting recyclables from the festival and donating the earnings, in addition to assisting in maintaining the cleanliness of both OCBC and the environment. The boys successfully raised over \$200 for the church.

Yours in Scouting,
Grant Lock

In Memoriam

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

William Takashi Sakahara
Arthur Atsufumi Shoji
Noboru Tashima
Irene Kimie Nakata-Yamane

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

Namo Amida Butsu

Services Conducted**June**

- 24 Kelly Michi Iriye, 1-year Memorial Service
- 24 William Oune, 1-year Memorial Service
- 24 Yukiko Matsunami, 3-year Memorial Service
- 29 Arthur Atsufumi Shoji, Funeral

July

- 01 Emma Nakaoki, 3-year Memorial Service
- 01 William Takashi Sakahara, Funeral
- 03 William Takashi Sakahara, 49-day Service
- 08 Howard Okamoto, 7-year Memorial Service
- 08 Masanori Sawa 7-year Memorial Service
- 17 Noboru Tashima, Funeral & Burial
- 24 Arthur Osako, 13-year Memorial Service
- 29 Irene Kimie Nakata-Yamane, Funeral

August

- 05 Jean Yamaguchi, 1-year Memorial Service
- 12 George Kurata, 1-year Memorial Service



ACKNOWLEDGMENTS

The Orange County Buddhist Church gratefully acknowledges the following for their very generous donations, received and recorded from June 18, 2023 through August 10, 2023.

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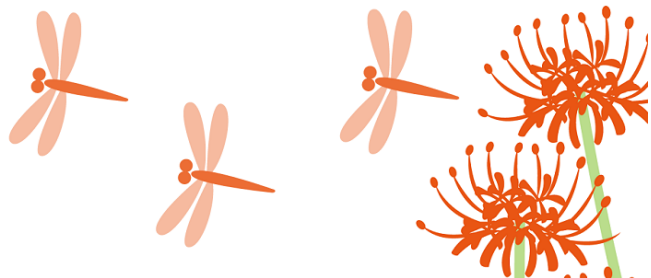
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Sadakane, Joyce	Sakahara, Janet
Sarashina, Junji (2)	Sawada, Howard/Mika (2)
Shigenaga, Winston/ Ruth	Shimazu, Maile/Leila
Shimizu, Bruce/Nagatomi Kiyoo (2)	
Shimizu, Gregory/Linda	Shimono, George
Shinsato, Faith/Tommy	Sorida, Tak/Setsuko
Sugimura, Stacy	Sunada, John/Mary
Sunahara, Suzy F.	Taber, Alice/Ron
Takata, Toshiki	Tanaka, Tracy
Thompson, David	Tomita, Charles
Ukegawa, Joni	Wada, May T.
Wondra, Mutsumi	Yamaga, Lucky
Yamamoto, Kathy	Yamane, Hiro
Yamashita, Yoko	Yanagisawa, Kathleen/Keith



OCBC Building Fund Donations

Maintaining OCBC facilities in proper condition is a never-ending necessity.

The Building Fund acknowledges with gratitude the following individuals who responded to a recent request of support for facility improvements planned for the near future.

Anonymous	Fushio & Yoshiko Nakawaki
Robert Bolander	Ken & Kathleen Nishida
Karen & Stephen Cizmar	Kathy Nishimoto
Koko Doami	Carolyn Nishimura
Vicky Feeko	Gloria Okasoko-Oshiro
Mary Jane & Kay Fujimura	Gregg & Iris Okura
Joyce Fujita	Roy & Fran Onishi
Brian Fukuma	Tilden & Lisa Osako
Wayne & Colleen Furumoto	Richard & Marilyn Oshiro
Harry & Joyce Furuya	James Pollard & Janis Hirohama
Bronson & Jocelyn Hamada	Patricia Ruiz
Donald Hamasaki	Nancy Sagawa
Susan Hori	Masa & Helen Sakamoto
Sakuye Iwata	Winston & Ruth Shigenaga
Douglas & June Kato	John & Mary Sunada
Don & Mary Kato	Helen & John Sunada
Fred & Jill Katsuda	Kent & Nancy Suzuki
Howard Kawamoto	Ron & Kyoko Suzuki
Jayne & Carl Klunder	Kikue Takagi
Irene & Wayne Koga	Ernest & Aileen Takamoto
Barbara Konishi	Akira & Amy Takata
Noel & Judy Kurai	Jo Ann Tanioka
Richard & Charlene Kuramoto	Frank Tanji
Gail Kusano	Seiju Terada
Elliott & Kaycee Martin	Sueko Togashi
Alan & Rene Maruyama	Akiko Tomiyama
Roy & Masako Matsuo	Roy & Masako Tomooka
Dick & Yoshie Matsushita	Joyce Tonooka & Glen Tanaka

Mutsuko Miyakawa
Margaret Miyoda
Marcia Miyoshi
Dawn Mori
Sirima Morris
Karen & Davis Muramoto
Fred Nagahori
Willie & Betty Ann Nagami

Leo Uyeda
Karen & Davis Uyeda
Louise Vilorio
Robert Wada
Wayne Wakumoto
Louie & Irene Yamanishi
Sue Yokomi
In Memory of Mrs. Kiyoko
Sarashina:
Kathy Nishimoto

Jon & Sandra Nakagawa
Dave & Chris Nakamura

The following donated to the Building Fund in memory of Bill Sakahara, past treasurer of the Building Fund as well as Eitaikyō Fund treasurer and member of the OCBC Board of Directors.

OCBWA	Earl King & Irene Takeuchi
Michael & Lynn Black	Art & Margie Mio
Namy Folick	Aaron & Karen Nagayama
Lila & Rick Grant	Howard & Karen Nakagiri
Robert Hansen & Michael Li	Rumi & Ray Nakatani
Toshiki & Nancy Hara	Jeanie Shimozone
Nancy & Paul Inafuku	Stacy St. James
Glenn & Michiko Inanaga	Jo Ann Tanioka
Douglas Iwanaga	Judy Uyema
Joyce & Ed Kato	Rich & Janet Uyeno

Thank you to all who contributed to the Building Fund.

In Gasho,
Doug Iwanaga,
Building Fund Treasurer



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 @ ocbcpickleball@gmail.com

光輪 九月号

南加仏教徒大会 (10月14日)

皆さま、この夏いかがお過ごしでしょうか？九月とはいえ、南カリフォルニアの夏はこれからが本番となります。夏風邪やコロナも油断がなりませんので、どうぞお大事にお過ごしください。

お寺も学校も九月から新しいカレンダーが始まります。9月17日(日)の「秋のお彼岸法要」には南アラメダ郡仏教会から宮地崇先生をお招きして、日英語のお取次ぎをお願いしております。崇先生は宮地信雄・美子先生のご子息で、私も京都の龍谷大学で一緒に学んだご縁があります。「秋のお彼岸法要」にはどうぞ、お参りくださいませ。

10月14日(土)にはパサディナ仏教会で今年の南加仏教徒大会が開催されます。また、大会後は南加BWAミーティングがありますので、一人でも多くのご参加をお待ちします。今回の南加仏教徒大会のテーマは「感謝のお念仏」と聞いています。日本語法話では私もお話させていただきます。

さて、大会テーマ「感謝のお念仏」について、浄土真宗のお念仏はどのようなとき

に私の口から出てくるのでしょうか？皆さんはいかがですか？毎朝、起きてお仏壇にご挨拶され、お勤めをされて、お念仏を申されていますか？私は毎朝、自宅でお寺に出勤する前に「正信偈」をお唱えして、お念仏を申し上げています。自分から意識して称えるお念仏というより、自然とほとぼしるお念仏と言えましょう。ですので、自分が称えるお念仏ではなく、阿弥陀如来さまがこの私を愛おしく読んでくださるお呼び声を聴(き)いて、言わしめられるお念仏と理解しています。その中身は反省(ないせい・反省する気持ち)と如来さまに抱き取られて捨てられないということへの感謝の思い、この相反する不思議な思いがひとつになっているのが浄土真宗のお念仏ではないでしょうか。

お念仏を称えれば病気が治り、長生きできるとか、心配事がなくなるなど、そのような人間の世俗的な願いが満たされるものではないかもしれません。それよりも、人間として根本的な問題、すなわち私の「後生の一大事」を確かなものにしてくださった阿弥陀如来さまの無条件の救いへの深い感謝のお念仏こそが、親鸞聖人さまが顕かにされたお念仏の内容です。

親鸞聖人から第八代宗主であった蓮如上人は親鸞聖人が説かれた教えを優しい言葉で表した『御文章』を書かれました。そのなかで最も有名な「聖人一流章(しよ

うにんいちりゆうしよう)」があります。次の現代語訳をお読みください。

親鸞聖人によって開かれた浄土真宗でお勧めくださる趣旨は、信心を根本とされています。そのわけは、さまざまに雑行(ぞうぎよう)をやめて、ただ一心に阿弥陀如来におまかせすると、心で思い言葉で尽くせない本願の力によって、仏の方から私たちの往生を定めてくださいます。

そのように往生の決まったことを曇鸞大師は「信の一念に、まちがいはなく往生成仏することに定まる正定聚(しよじようじゆ)の位(くらい)に入る」と釈されています。そしてそのうえで「称名念仏は、如来が私たちの往生を定めてくださった御恩に報謝する念仏と心得ねばなりません。まことに畏(おそ)れ多く尊いことでもあります。

目まぐるしく動く日常生活、コロナ後の劇的な社会変化のなかで、私たちは「恩(おん)」を感じ、恩に報(むく)う生き方を見失っているように思えます。今一度、親鸞聖人がお示しくくださった「報恩感謝のお念仏」を心していただくことが何よりの真の幸せとなることを申し上げて、今月号の法話を終わらせていただきます。

◆ 祥月法要について

祥月法要は対面法要のみとなり、ます。オンライン参加は出来なくなりますので、ご了承ください。法要中のマスク着用はご自分の体調と感染者状況にもとづいてご判断ください。往生された方のお名前を示し、ますので故人や家族の個人情報を守るため、レコーディングはされません。

◆ 九月祥月法要

9月9日(土) 午後4時30分より本堂にてお勤めします。

- ・ 日本語法話・・・ワンドラ先生
- ・ 英語法話・・・ターナー先生

◆ 十月祥月法要

10月7日(土) 午後4時30分より本堂にてお勤めします。

- ・ 日本語法話・・・ワンドラ先生
- ・ 英語法話・・・ターナー先生

◆ 「お盆祭り」のお礼

7月15・16日に開催されました「お盆祭り」には多くの方々のお手伝い、またご参加をいただきまして、誠にありがとうございました。おかげさまで大盛況に終わることができました。皆さまからのご支援に感謝申し上げます。



◆ 「秋・彼岸法要」のご案内

(英語のみ)

今年の講師は、南アラメダ仏教会の宮地崇(みやじ・たかし)先生をお迎えして、小堂で対面セミナーを催します。詳細については今月号『光輪』英語セクション、あるいはお寺のホームページをご覧ください。

- ・ 日時・9月16日(土) 小堂にて
午後1時から3時



◆ 「秋・彼岸法要」のご案内

日時・9月17日(日) 午前10時より本堂で対面法要のあと、宮地先生より小堂にて日本語の法話を聴聞します。

◆ 納骨堂へのお参り

納骨堂へのお参りの予約は必要ありません。お寺は毎週火曜がお休みです。『光輪』に記載されているカレンダーをご参照のうえ、お参りください。なお、お寺に到着されたら、オフィス 714-827-9590 にご連絡ください。

◆ BCA・ダイアルアップ日本語法話

電話番号 800-817-7918、[2] を押すと日本語法話が聞けます。法話は日本語が話せる開教使の先生方によるものです。どうぞ、お聴聞くださいませ。

婦人会だより



お盆も過ぎましたが、みんなで働き、食事をし、踊った姿はまだ記憶に新しいです。サンガのメンバーや奉仕団体がボランティアとして多くの時間を費やしてくれたお陰で、みんなが楽しむことができました。かき氷と冷たい飲み物で水分補給し、おいしい食べ物で栄養を補給し、ダンス、ゲーム、抽選の賞品で閉店まで楽しみました。OCBWAは、献身的なメンバー、金曜日のワーカーズランチ、寿司、ワントン、そうめんを提供してくれた当番委員長、そして、すべての特製料理をタイムリーに準備するのを手伝ってくれた多くの優秀なボランティアに感謝したいと思います。また、特別なお礼としては、「E」友の会よりワントン作りに多くのお手伝いを両日とも派遣して頂きました。ありがとうございました！

*父の日は父親や祖父を思い出す大事な日です。お寺ではフィエスタ、パーティーを皆で楽しみました！色とりどりのフードステーションや飾りつけでお祭りの雰囲気を作ってくれたBJ当番班長、父の日ランチョン当番、メンバー、そしてBWAの友人たちから感謝します。ユニークなメニューと種類豊富なデザートに、誰もが喜び大人気でした！

*7月10日は、中桐カレンさん、勝本敏子さん、久本ジョディさん、藤本ポールさんの誕生日を祝いました。岩政エイミーさん、中桐カレンさん、勝本敏子さんの義援金に感謝いたします。出席者37名は、韓国風バー

ベキュービーフ、天ぷら、かぼちゃにキュウリのサラダ、ほうれん草のおひたし、フルーツカップなどが入ったおいしいお弁当を楽しみました。 次回のシニア昼食会は9月11日です。ソーシャルホールにておいしい食事とデザートで誕生日のお祝いをします。ぜひご参加ください。



*一年間、ポップアップストアをご愛顧いただきました皆様、誠にありがとうございました。 次回のポップアップイベントは、秋にダールマスクールが再開される9月10日に開催されます。ぜひお立ち寄りください。

*次回のBWAミーティングは9月17日午後12時30分、秋のお彼岸法要と昼食後、ミニチャペルで開催されます。 2023年のSD仏教会議は10月14日にパサデナ仏教寺院で開催されます。 詳細はBWAミーティングでお知らせします。

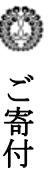
婦人会あるいは婦人会のアクティビティに関するご質問がありましたら、ブラック・リン会長までご連絡ください。

E-mailは BWA@orangecountybuddhist.org です。



合掌

中村クリス



「ご寄付」

(2023年6月18日〜2023年8月10日まで)に御寄付戴きましたご芳名)

「祥月法要」

「祥月」法要にご寄付戴きました方々のお名前は、英語欄のページをご覧くださいませ。

合計 6,735ドル

「降誕会法要」

ご寄付ご芳名です。(敬称略・追加分)

- 伊藤 キャッシー
- 神武 ジャネット やすこ
- マーティン エリオット・ケイシー
- 寺田 セイジュ・クリス

合計 230ドル

「お盆法要」にご寄付戴きました方々のお名前は、英語欄のページをご覧くださいませ。

お名前は、英語欄のページをご覧くださいませ。

合計 4,675ドル

「お盆特別寄付」

大勢の方にご寄付を戴き心より感謝いたします。ご寄付戴きました方々のお名前は、英語欄のページをご覧くださいませ。

合計 8,339ドル

「仏教会に特別寄付」

を戴きました方々のお名前は、英語欄のページをご覧くださいませ。(敬称略)

合計 14,813ドル

「初参り法要」

にご寄付戴きました方のご芳名です。

(敬称略・追加分)

マーティン エリオット・ケイシー

「仏教会にお礼」

ご寄付ご芳名です。(敬称略)

- 有田 ウイリアム
- 土網 康子
- 石橋 アラン・リンダ
- 岡本 きぬ子
- 大迫 みち子
- 大迫 テイルデン・リサ
- オウネ きぬ子
- プウーラス ロレイン
- 坂原 ジャネット(2)
- さわ ゆきこ
- 田島 さち子
- ウイルコックス レスリー
- 山口 リンダ

合計 4,300ドル

「初盆法要」

さる7月9日に営みました「初盆」法要
にご寄付戴きました方々のお名前です。

匿名

チェン つゆ・シエリル

江藤 ジェフリー

ハタケ スコット・キム

ヒールド チャールス・リン

平野 ケリー

伊藤 キヤッシー

いわき ウイリアム

いわもと さちえ

川端 イレイン

川端 カイル

川口 ファミリー

松本 エドウィン

宮田 せつ子

みよだ マーガレット

西 のぶお

大石 リキオ・ドーリー

リヴェラ フリオ・ジュリー

坂原 ジャネット

坂本 ジェフ・キャロル

更科 ジェームス・メリサ

更科 洵爾

田所 ジェイン

山口 リンダ

横田 ケイ カズコ

合計 2,573ドル

「納骨堂」

にご寄付ご芳名です。(敬称略)

匿名 (3)

安藤 リンダ コウチ

土網 康子

花野 デイーン・ミッシェル

稲福 スコット

モリス シリマ(2)

貞金 ジョン・アン(2)

斉藤 俊子

澤田 ハワード・美香

合計 953ドル



「メモリアルデーお参り」

にご寄付戴きました方々のお名前です。

(敬称略)

高橋 アリス

和田 ロバート

「お賽銭」ご寄付です。(敬称略)

匿名

鈴木 ロナルド・きょう子

合計 809ドル



お葬儀

故坂原ウイリアム たかし

2023年5月18日往生

故小路 アーサー篤文

2023年6月1日往生

故田島 昇

2023年7月1日往生

故中田・山根 アイリーン きみえ

2023年7月13日往生

仏教会一同、心よりお悔やみを申し上げます。

南無阿弥陀仏



PLEASE JOIN US FOR A SPECIAL SERVICE

With In-Person Guest Speaker

Sunday, Sept 17, 2023

Fall Ohigan Family Service

10:00 – 11:00 am

Guest Speaker: Rev. Dr. Takashi Miyaji
Southern Alameda County Buddhist Church
Messages in English and Japanese

Luncheon in Social Hall
hosted by Adult Buddhist Association



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



Google Podcasts



Spotify Podcasts



Sound Cloud

WEBSITE: SoundCloud.com/weeklywheel

E-MAIL: WeeklyWheel@OCBuddhist.org

OCBC's Fall Ohigan Seminar

Rev. Dr. Takashi Miyaji

Saturday, 16 Sept 2023, 1:00-3:00 pm

Amida Buddha Is Our Spiritual Foundation

With a click of a button, we can order just about anything we need. We have the conveniences of modern technology that tell us what our heart rate is at any time of the day; we can get plane tickets to Paris, find out about different health tips, and do just about anything we want using our smartphones. But the human intellect that created these technological advances is the same mind that created the atomic bomb and other weapons of mass destruction. What causes and fuels this difference? Why do we continue to suffer despite the advances in human intellect? It is the lack of wisdom—not human wisdom, but Buddha's Wisdom. Our world today desperately needs the guidance of Amida Buddha's working. Without this foundation, humankind will continue in unbridled self-aggrandizement and egocentricity. Let us look at how understanding the working of Amida Buddha can be our anchor in this turbulent world where we live.



Rev. Dr. Miyaji teaches at the Institute of Buddhist Studies in Berkeley and serves as resident minister at Southern Alameda County Buddhist Church in Union City.

**In-person event (no Zoom)
held in OCBC's Kodo (mini-chapel)**

No registration needed. Donations accepted.



Orange County Buddhist Church



909 S. Dale Avenue, Anaheim, CA 92804, (714)827-9590

OCBC ORIENTATION FAIR

Sunday, September 24

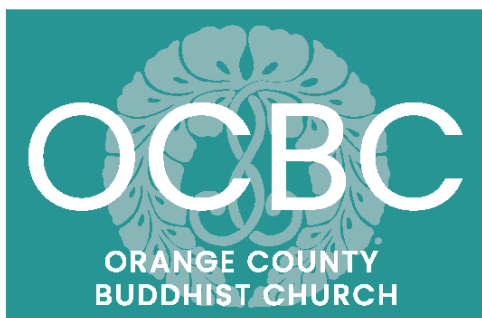
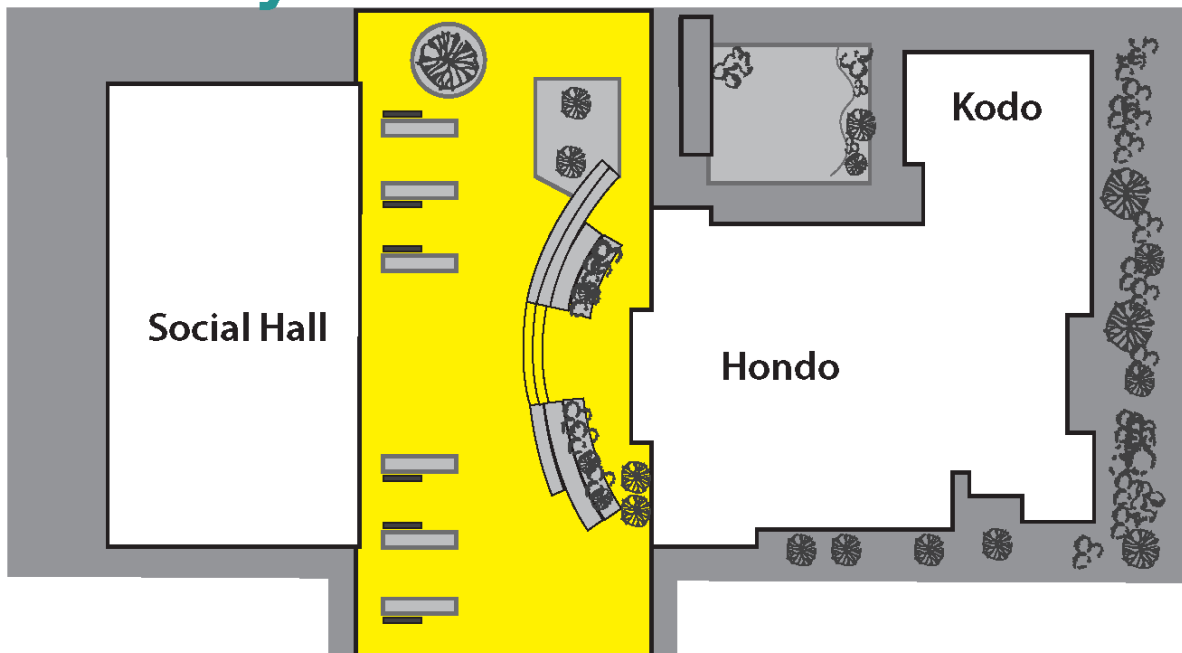
In the Courtyard

9:30 am - 12:30 pm

(Before and After Service)

Come check out all the organizations that OCBC has to offer. Adult and Youth Organizations will be showcasing their organization for the Sangha.

**Come find the Group
you're interested in!**



#SanghaStrong

connection. culture. community.

2023 SDDSTL CONFERENCE



JODO SHINSHU — THIS — IS THE WAY

SAVE THE DATE: OCTOBER 7, 2023
8:30 am - 3:00 pm at Orange County Buddhist Church
More information to come.

Contact: dharma.school@orangecountybuddhist.org



KAZŌKU-NO-HI

FAMILY DAY



In memory and appreciation of
Mitsuo Kawaguchi

A loving father, devoted husband, proud grandfather and strong supporter of Project Kokoro. He was the epitome of family. Today, as we gather to celebrate “Kazoku No Hi” the Japanese American family and culture, we hope you will be touched by the strong appreciation Mr. Kawaguchi had for family, culture, traditions and respect for our elders and the generations that came before us and continue to share with your family the proud heritage of the Japanese American family.

Sunday, October 8, 2023
12:00 noon to 3 pm • OCBC Gym

We encourage all children to bring a grandparent or senior citizen to share this day together to learn about the Japanese American culture through arts, crafts, food, music and games.



Special Entertainment:
 Live music by
Miko Shudo and Michael Murata.

COST: (includes Bento lunch, crafts & admission)

Free for Seniors (70 yrs and older)

\$10 adults (11-69 yrs old)

\$5 per child (3-10 years old)

Free for kids 2 years and under (no bento)

All ages and generations are welcome.

SPONSOR:

This event is made possible through the generous donation of the Mitsuo Kawaguchi family.

FOR MORE INFORMATION:

Email Hazel Ando: hhand@ucsb.edu or
 Chris Hirata: cthirata@gmail.com

RSVP: Must receive RSVP & Payment online or by mail on or before **Sept 17, 2023.** (no walk ins)

PLEASE SIGN UP EARLY TO ENSURE A SEAT!

ONLINE REGISTRATON

1) RSVP Link or QR Code
[FAMILY DAY REGISTRATION](#)



2) Payment Link or QR Code
[FAMILY DAY PAYMENT](#)



“KAZOKU NO HI” October 8, 2023 • RSVP due September 17, 2023

Name _____ Email _____ Phone _____

Childrens name(s) _____

Grandparents/Senior Citizens name(s) _____

No. of Sr Citizen (70+) _____ x Free = \$0.00 Chicken & Salmon Bento (qty) _____ or Vegetarian (qty) _____

No. of Adults (11-69) _____ x \$10.00 = \$ _____ Chicken & Salmon Bento (qty) _____ or Vegetarian (qty) _____

No. of Children (3-10) _____ x \$5.00 = \$ _____ Children’s Bento

No. of Children (0-2) _____ x Free = \$0.00

Check # _____ Total Enclosed \$ _____

Mail to:
 Project Kokoro
 909 So. Dale Ave.
 Anaheim, CA 92804

FRIENDS, FOOD AND WINE

OCBC Wine Tasting Fundraising Event

YOU WILL ENJOY 6 WINE TASTINGS OF OLD AND NEW WORLD WHITE AND RED SELECTIONS, APPETIZERS, AND THE OPPORTUNITY TO BID IN THE SILENT AUCTION.

SOME OF THE EXCELLENT WINES OFFERED ARE DOMAINE SERENE, CHAMBERTIN HERITIERS LATOUR, ISOSCELES RESERVE AND SILVER OAK.

Participation Options:

- Wine Tasting Admission - \$100/Guest
- OCBC Sponsor - \$150/Guest
 - First Wine Tasting
- OCBC Table Sponsor- \$2,000/Table
 - Includes 10 Guests
 - 5 Spin Opportunities with the Wine Wheel
 - First Wine Tasting

OCBC Wine Tasting Fundraising Event

All proceeds go to OCBC's General Fund. Cash donations are welcome.

Register at:

OCBC WINE EVENT



OCTOBER
14
2023

4PM - 7PM

OCBC SOCIAL HALL

909 S. DALE AVE. ANAHEIM, CA 92804



#SanghaStrong

connection. culture. community.

WANTED: RUNNING OR NOT



CARS, VANS, AND TRUCKS

We handle all DMV paperwork! Free pick up! No cost to you!

To expedite your vehicle donation, please fill out and mail this form to OCBC, 909 S. Dale Ave, Anaheim, CA 92804, or e-mail to hello@orangecountybuddhist.org, or call the information into the office at (714) 827-9590. To download the form, go to www.orangecountybuddhist.org. At the top right of the webpage, click on the "Support" tab, scroll down and click the "Vehicle Donation" box. To download the form, click ↓ (download icon) at the top right.

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).

Name _____

Your Address/City/Zip _____

Location of Vehicle (if different) _____

Contact Info: Home Ph _____ Cell Ph _____ Email _____

Type of Vehicle: Year _____ Make _____ Model _____

Vehicle Identification # (VIN) _____

Vehicle License # _____ Odometer Reading _____

Do you have the Title, Pink Slip? Yes No Name on Title: _____

Does the vehicle run? Yes No

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 _____

For Office Use Only:

Received by: _____
 Quick-Book Entry by: _____
 Database Entry by: _____
 BCA Entry by: _____

Emergency Contact

Name: _____ Phone: _____

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

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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OCBC 2023 – 2024 CALENDAR

Sun service times: 8:30 am Mindfulness in Shin Buddhism-Meditation, Chanting, and Active Listening (Kodo)
 10:00 am Family Service (Hondo/Main Sanctuary)
 11:00 am Adult Discussion (Hondo/Main Sanctuary)

Wed On-line service 7:00 pm Mindfulness in Shin Buddhism

Shotsuki Hoyo (Monthly Memorial Service): 4:30 pm (Hondo/Main Sanctuary) on 1st Saturday of the month except September 2023

September 2023– Wednesday- Mindfulness in Shin Buddhism – 6, 13, 20, 27

- 3 No service (Labor Day observance)
- 9 Shotsuki Hoyo (Monthly Memorial Service)
- 10 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 16 **Fall Ohigan Seminar English Only**
- 17 No Mindfulness in Shin Buddhism, **Fall Ohigan Service**
- 24 Mindfulness in Shin Buddhism, Family Service, Dharma School, **Orientation**

October 2023 – Wednesday- Mindfulness in Shin Buddhism – 4, 11, 18, 25

- 1 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 7 Shotsuki Hoyo (Monthly Memorial Service)
- 8 Mindfulness in Shin Buddhism, Family Service, Dharma School, **PK Family Day**
- 15 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 22 **OCBC Appreciation Lunch/Picnic** Family Service at the picnic, **NO** Mindfulness in Shin Buddhism or Dharma School
- 29 Mindfulness in Shin Buddhism, Family Service, Dharma School, **Costume Party**

November 2023 – Wednesday- Mindfulness in Shin Buddhism – 1, 8, 15, 29

- 4 **Church Clean-up**, Shotsuki Hoyo (Monthly Memorial Service)
- 5 Mindfulness in Shin Buddhism, Family Service, **All Life Forms Memorial**, Dharma School
- 12 No Mindfulness in Shin Buddhism, **Eitaikyo Service**
- 19 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 26 No services (Thanksgiving observance)

December 2023 – Wednesday- Mindfulness in Shin Buddhism – 6, 13, 20

- 2 Shotsuki Hoyo (Monthly Memorial Service)
- 3 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 10 Mindfulness in Shin Buddhism, Family Service, **Year End Appreciation**
- 17 Mochitsuki
- 24 No Services (Holiday)
- 31 **New Year's Eve Service - 4:30 pm**

January 2024 – Wednesday- Mindfulness in Shin Buddhism – 3, 10, 17, 24, 31

- 1 **New Year's Day Service – 10:00 am**
- 6 Shotsuki Hoyo (Monthly Memorial Service)
- 7 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 13 **OCBC Shin-nen-kai New Year's Party, General Meeting**
- 14 No Mindfulness in Shin Buddhism, **Ho-onko Service, Installation of OCBC Board Officers**
- 21 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 28 Mindfulness in Shin Buddhism, Family Service, Dharma School

February 2024 – Wednesday- Mindfulness in Shin Buddhism – 7, 14, 21, 28

- 3 Shotsuki Hoyo (Monthly Memorial Service)
- 4 Mindfulness in Shin Buddhism, Family Service, Dharma School, **Boy Scout Sunday, Kyoto Girls' Visit**
- 11 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 18 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 25 No Services at OCBC, **BCA Eitaikyo Hybrid**

OCBC 2023-2024 CALENDAR

March 2024 – Wednesday- Mindfulness in Shin Buddhism – 6, 13, 20, 27

- 2 Shotsuki Hoyo (Monthly Memorial Service)
- 3 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 10 Mindfulness in Shin Buddhism, Family Service, Dharma School, **Girl Scout Sunday**
- 16 Mindfulness in Shin Buddhism, **Spring Ohigan Seminar**
- 17 No Mindfulness in Shin Buddhism, **Spring Ohigan Service**
- 24 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 31 Mindfulness in Shin Buddhism, Family Service, Dharma School

April 2024 – Wednesday- Mindfulness in Shin Buddhism – 3, 10, 17, 24

- 6 Shotsuki Hoyo (Monthly Memorial Service)
- 7 No Mindfulness in Shin Buddhism, **Hanamatsuri Service**
- 14 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 20, 21 **HANAMATSURI FESTIVAL, NO Services (Tentative)**
- 28 Mindfulness in Shin Buddhism, Family Service, Dharma School

May 2024 – Wednesday - Mindfulness in Shin Buddhism – 1, 8, 15, 22, 29

- 4 Shotsuki Hoyo (Monthly Memorial Service)
- 5 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 12 **Pancake Breakfast, Mother's Day Service @ 10:30 am**
- 19 No Mindfulness in Shin Buddhism, **Gotan-e Service, Hatsumairi Rites**
- 26 No services (Memorial Day observance)
- 27 **Memorial Day Service at OCBC @ 9:40 am, Cemetery Visitations (see schedule in Korin and website)**

June 2024 – Wednesday- Mindfulness in Shin Buddhism – 5, 12, 19, 26

- 1 Shotsuki Hoyo (Monthly Memorial Service)
- 2 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 9 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 16 No Mindfulness in Shin Buddhism, **Father's Day Service, All Music Service & Awards**
- 23 Mindfulness in Shin Buddhism, Family Service, **NO Dharma School until September 8**
- 30 No services (Independence Day Observance)

July 2024 – Wednesday- Mindfulness in Shin Buddhism – 3, 10, 17, 24, 31

- 6 Shotsuki Hoyo (Monthly Memorial Service)
- 7 No Mindfulness in Shin Buddhism, **Obon Service, Hatsubon Service**
- 14 Mindfulness in Shin Buddhism, Family Service
- 20, 21 **OBON FESTIVAL, NO services (Tentative)**
- 28 Zoom Summer Dharma

August 2024 – Wednesday- Mindfulness in Shin Buddhism – 7, 14, 21, 28

- 3 Shotsuki Hoyo (Monthly Memorial Service)
- 4 Zoom Summer Dharma
- 11 Zoom Summer Dharma
- 18 Zoom Summer Dharma
- 25 Zoom Summer Dharma

September 2024 – Wednesday- Mindfulness in Shin Buddhism – 4, 11, 18, 25

- 1 No services (Labor Day Observance)
- 7 Shotsuki Hoyo (Monthly Memorial Service)
- 8 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 14 Mindfulness in Shin Buddhism, **Fall Ohigan Seminar**
- 15 **No Mindfulness in Shin Buddhism, Fall Ohigan Service**
- 22 Mindfulness in Shin Buddhism, Family Service, Dharma School
- 29 Mindfulness in Shin Buddhism, Family Service, Dharma School

SEPTEMBER 2023 CALENDAR

2023年9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
27 10:00 AM Summer Dharma Zoom	28	29 OFFICE CLOSED	30 12:30 PM – (in person) Pickleball 7:00 PM – Zoom Mindfulness Service	31	1	2 7:00 PM - Zoom BEC Japanese Class Rev. Dr. Mutsumi Wondra
3 LABOR DAY OBSERVANCE <u>NO SERVICES</u>	4 LABOR DAY OBSERVED OFFICE CLOSED	5 OFFICE CLOSED	6 12:30 PM – (in person) Pickleball 7:00 PM – Zoom Mindfulness Service	7 9:00 AM – (in person) Tai chi Class	8	9 4:30 PM – Shotsuki Hoyo Monthly Memorial Service (in person)
10 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)	11 11:30 AM - Monday Service 12:00 PM - シニヤ昼食会 Senior Lunch/Work Party	12 OFFICE CLOSED 6:00 PM – Zoom BEC Book Club	13 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	14 9:00 AM – (in person) Tai chi Class	15	16 1:00-3:00 PM Fall Ohigan Seminar (in person only) English Rev. Dr. Takashi Miyaji 7:00 PM - Zoom BEC Japanese Class Rev. Dr. Mutsumi Wondra
17 No Mindfulness Service 10:00 AM – 秋のお彼岸法要 Fall Ohigan Service Hybrid -Rev. Dr. Takashi Miyaji, Southern Alameda County Buddhist Church Message in English & Japanese No Dharma School	18 6:00 PM - Zoom BEC English Class Rev. Dr. Mutsumi Wondra	19 OFFICE CLOSED	20 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	21 9:00 AM – (in person) Tai chi Class	22	23
24 8:30 AM – 瞑想 Mindfulness Service (in person) 9:30 AM – Orientation Fair 10:00 AM – 家族礼拝 Family Service (hybrid) 11:00 AM –Adult Discussion & Dharma School (in person)	25 6:00 PM - Zoom BEC English Class Rev. Dr. Mutsumi Wondra	26 OFFICE CLOSED	27 9:00 AM – (in person) Project Kokoro Crafts 12:30 PM – (in person) Dana Games/Pickleball 7:00 PM – Zoom Mindfulness Service	28 9:00 AM – (in person) Tai chi Class	29	30



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.