Light of Dharma

仏法の光 Published by the Buddhist Church of San Francisco

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Buddhist Church of San Francisco 2023 Obon Festival Honorees



With deep gratitude, we honor the Past and Present Members of the BCSF Fujinkai and BWA who selflessly donated their time and talent, and who are represented by Mrs. Tamiko Yasuhara.

For many years, Mrs. Yasuhara personally supported the BCSF, Fujinkai (Women's Association) and Buddhist Women's Association (BWA) in so many ways. She is especially known for helping to create the unique tastes and recipes of BCSF food for Ginza Bazaar.

Mrs. Yasuhara sends her thanks to the BCSF for the beautiful flower bouquet and the Truefish gift basket containing her favorite fish. "I will think of BCSF as I enjoy the sashimi, saba, and unagi."

























Light of Dharma

Message from Rev. Melissa Jo Shin Opel BCSF Resident Minister

Don't forget to say "Thank you" & "I'm Sorry"

After the restrictions began getting lifted in Spokane and it was okay to eat out again, Becca and I were surprised at how the staff and servers were being treated when we went to restaurants-it was almost as if the lockdown had erased politeness from many people's skill sets. One day, Becca, myself and two other temple friends had finished eating and we were hanging out and having another drink. After we paid our check, the server came back, nearly in tears and said, "Thank you for being so nice to me- you don't know what it means." She went on to say how badly she was being treated by customers and our simple please, thank you and patience stood out in a way that showed her we cared about her as a human being. It made me sad to think she wasn't being treated kindly by most people. Becca and I both did not get to eat out often as kids so it is something we really enjoy doing and we tend to say thank you a lot when we do. I think we're both grateful for the experience and to be waited on. Additionally, we both worked some type of service industry job in our younger years and could still recall being treated as "less than" because somehow the work we were doing was not valued.

When I was sixteen, I worked at McDonald's and in one of just many situations I encountered, was a mother who was sitting at a table with her small child. The child was ripping up their cardboard happy meal box and throwing it on the floor. When the woman saw me in my uniform with a broom, she told them to stop what they were doing. The kid looked at her, then at me and said, "Why? She gets paid to clean it up." The mother didn't say a word. Perhaps she was stunned or embarrassed but in that moment



"I'm sorry" would've helped me be less angry over the way I was being treated.

Buddhism allows us to cultivate a deep awareness about ourselves and how we fit into this world. When we are grateful, we can say "thank you" and when we realize we hurt others, it is kind to say "I'm sorry." But we may not have that awareness in the moment and may feel too embarrassed to go back and thank someone for something they did or to apologize when we come to understand our role in hurting another. Families will go years without talking and hold onto grudges because no one wants to be the first to make amends. What time do we lose out on in this precious life when we continue on in this way? Amida Buddha embraces us just as we are, whether we say "thank you" or "I'm sorry" but as we come to understand the gift of this embrace, we can hope to feel it so deeply, we become more aware of how we treat others and try to be less hurtful so that they too can feel cared for. If we do this, we can all smile a little more and live our life in peace and community. Namo Amida Butsu.

Translation by Rev. Keisuke Lee-Miyaki BCSF Minister's Assistant 「ありがとう」と「ごめんなさい」を忘れないこと

コロナ感染拡大に関する行動規制が解除され、スポカー ンでふたたび外食ができるようになってから、レストラン に行きました。ベッカと私、そしてお寺の友人2人で食事 を終え、お支払いを済ませ、食後の1杯を楽しんでいた時 のことです。サーバーの方が涙ぐみながらテーブルに戻 ってきたのです。「気遣ってくれてありがとう。私にとって はめったにないことだったのよ」続けて、普段客からどん なにひどい扱いを受けているかについて語り始めました。 「お願いします」「ありがとう」と言われること、そして単に 「少し待ってもらうこと」で、自らを一人の人間として対応 してくれていると感じる、そのかけがえのなさをつらつら と述べたのです。この店員さんがほとんどの客から冷淡 にあしらわれていると思うと、悲しくなりました。レストラ ンスタッフとサーバーに対する客の横柄な態度にも驚き ました。ロックダウンによって、あたかも礼節というものが 消し去られたようでした。ベッカも私も、子どものころは外 食するチャンスがあまりなかったし、外食はとびきり楽し いイベントなので、よく「ありがとう」と感謝の気持ちを伝 えるようにしています。この外食するという経験そのもの や、サービスを享受させてもらうことに感謝しているのだ と思います。若い頃は2人ともサービス業に就いていた ので、自分の業務が評価されず「劣った者」として扱われ た辛さを、今でも思い返すことができます。

16歳の頃、マクドナルドで働いていたので、いろいろな 場面に遭遇したものです。ある時、幼い子どもを連れテー ブルについていた母親がいました。その子はハッピーミ ールの包装紙を破いて床に投げつけていました。私がユ ニフォーム姿でほうきを持っているのを見て、母親は「も うやめなさい」とたしなめました。子どもは母親と私を交 互に見て「どうして?この人は掃除するためにお金もらっ てるんでしょ」と言いました。この発言に対し、母親は何も言わなかったのです。おそらく彼女はあっけにとられていたか、穴があったら入りたい気持ちだったのかもしれません。が、その時「ごめんなさい」と言ってくれさえいれば、私はこの仕打



ちに対し多少なりとも怒りを抑えることができただろうと は思います。

仏教では、自分自身について、そして自分がこの世界と どのように共存しているかについて、深い視野を培うこ とができます。感謝したときは「ありがとう」と伝え、他人 を傷つけてしまったと気づいたときは「ごめんなさい」と 言うのが、思いやりというものでしょう。しかし、その時す ぐには気づくことができないので、誰かが自分のために してくれたことに対し、わざわざ戻って来て感謝の気持 ちを伝えたり、他人を傷つけてしまったという自分の立場 を理解したとき、謝罪の気持ちを述べたりすることが、恥 ずかしくてできないかもしれません。ともすればある家族 が何年も口をきかず、恨みを持ち続けるのは、誰もが一 番最初に自らの態度・言動を省みたくないからなのでし ょう。このようなことを続けていると、この貴重な人生でど んな時間を失うことになるのでしょうか。阿弥陀仏は、私 たちが「ありがとう」と言おうが「ごめんなさい」と言おう が、ありのままの私たちを包み込んでくださいます。この 慈悲を理解するようになると、それを一層深く感じられる ようになります。さらには、他者への接し方を意識するよ うになり、相手も大切にされていると感じられるよう、傷つ けないよう努めるようになることでしょう。そうすれば、私 たちは皆、より笑顔の絶えない平和なコミュニティの中で 日々の暮らしを送ることができるのです。南無阿弥陀仏。



BECCA OPEL

JASON YASUMOTO

Acknowledgments for donations processed between June 15 and August 15, 2023. Thank you for your generous support of the BCSF. continued on page 5

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SEPTEMBER SHOTSUKI HOYO

Tsuruko Nakamura IMO: Giichi Nakamura (50th yr) Don Allen M Yamate IMO: Virginia "Ginny" Poon Yamate Yoko Yoshii IMO Iwao Yoshii (13th yr)







Sympathy The Buddhist Church of San Francisco offers condolences to the family and friends of the late Lorraine (Lori) Suzuki, June 6, 2023 Marjorie Fletcher, July 2, 2023 Her memorial service will be held on Sunday, October 8 at 1 pm at the Japanese Community Center of Northern California Robert Masuda, July 16, 2023 Namo Amida Butsu Namo Amida Butsu Namo Amida Butsu

September 2023 page 6

Light of Dharma

Vol. 5, No. 9

Thank you to the volunteers who helped during the busy month of July!

ALOHA BENTO

Misaye Abiko **Chris Diani** Francisco Estrada Keming (Alex) Gao Steve Hendricks Irene Hirota Kayla Ikuma Arlene Kimata Gary Kitahata Kenneth Kitahata Donna Kotake Leena Lamm Alison Lee Gloria Lee Grace Lim Wilfred Lim **Timothy Liu Elaine Low** Kalisa L. Janet Low Jonathan Low Talia L. **Diane Matsumura** Kelli Matsumura Sara Matsumura

YAO - HOT DOGS, & WATER

Alice Akiyama Amanda Dong Alyssa Ikuma Kayla Ikuma

BON ODORI

TEACHERS 2023 Mrs. Yoshiko Fujimoto Grace Fujimoto Grace Lim Melanie Look Aaron Lum Kalisa L. Talia L. Ruby Okamura Chiemi Silver Hitomi Silver Nobumi Silver

OCTAVIA STREET

Keith Uyeda-Yagura Co Chair Doug Dorn- Yagura-Co Chair Miles Hamada-Street Supervisor **Richard Okiuye-**Audio Chair Eric Akiyama Hayden Chun **ENSOHZA** Francisco Estrada **EVERYTHING AUDIO** VISUAL Betty Fujimoto (first aid) JITEN DAIKO Lei Kim-Lau

Steve McCallion Lori Murakami Grace Nishikawa Becca Opel Rev. Melissa Opel Ayesha Rashid Nancy Roth Marcie Sada Susan Sakuma Taiyo Scanlon-Kimura Sathya Seigel Linda Sekino **Raeden Serafino Chiemi Silver** Nanayo Silver **BJ** Soriano Yuka Sugino Erika Tamura **Tiffany Tamura Randall Terry Estella Weiss Michael Weiss** Suzanne Yamada Sandy Yamakishi Amy Zou

Callie Kotake Yunice Kotake Angie Lau Lisa Moi Erika Tamura

Kylie T. At the practices: Announcer Judy Akiyama Music -Keith Kojimoto Snacks-Linda Sawamoto, Kevin Yoza, Judy Akiyama, Glynis Nakahara, Nanayo Silver & Chelsea Arita

Lorraine Lowe Michelle Luke Scott Marlow Jeff Matsuoka lan Ngo Teresa Ono Megan Otani Mike Otani William Otani David Pating (first aid) Stephen Tam **Mikey Tong** Kristina Hamada Wong **Elaine Yamamoto** Jason Yasumoto Kevin Yoza































Vol. 5, No. 9

Thank you to the volunteers who helped during the busy month of July!

DHARMA SCHOOL- UME MUSUBIS, SKEWERS & GAME Amanda Hing Hernandez Camille H. Maseo H. Erin Inouye Alan Shimoide













MISO BUTTER CORN

Chris Diani Yumi Hatta Al Lee Karen Lee Nicole Lee Trang Li Steve McCallion Rev. Melissa Opel Becca Opel Rev. David Pating Anna Pating

SOKO GAKUEN BAKED GOODS THANK YOU TO DONORS OF BAKED GOODS

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GYM SET UP Lindsi Kimizuka- Leon Susan Sakuma Elaine Yamamoto Jason Yasumoto Kevin Yoza

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Trang Li

Grace Lim

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Light of Dharma

Thank you to the volunteers who helped during the busy month of July!

Jr YBA -SPAM MUSUBI Elle A. **Misaye** Abiko John Bansavitch Emi H. Yume H. Kyan I. Mika I. Stephanie Ichinose

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Ayako Nishimoto Kathy Nomura Yukiko Oka Linda Ono Susan Sakuma Nanayo Silver Nobumi Silver Yasuko Wooster Suzanne Yamada Sandy Yamakishi Yoshi Yao











GIRL SCOUTS FURIKAKE POPCORN Janet Low

Kalisa L. Talia L. Jenny Tam Kylie T. Daisy Troop











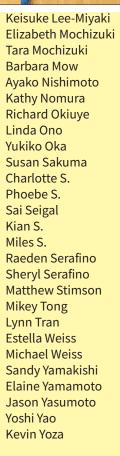








BWA BOUTIQUE, **KIMONO SALE, FAMILY** SPECIAL THANK YOU TO **DONORS OF ITEMS** Misaye Abiko **Chelsea** Arita John Bansavitch Kevin Chen Alice Chau **Elaine Donlin** Doug Dorn Jean Fukunaga Yumi Hatta Satsuki Ina Mary Ishisaki Harumi Kishida Kathleen Kelly Keith Kojimoto Priscilla Kojimoto Leena Lamm Angie Lau Trang Li Grace Lim Junko Low Jeff Matsuoka



TREASURES

BCSF News

Jiten Daiko was especially excited for our taiko students to perform a piece at the 2023 Obon Festival in July. We again enjoyed collaborating with Ensohza for the Obon dance songs Fukushima Ondo and Ei Ja Nai Ka. Many thanks to BCSF for organizing this event!

In August, Jiten Daiko hosted an experimental concert "Fizzy Fragments" in the BCSF gym. The program



consisted entirely of pieces written & performed by Jiten Daiko members and was warmly received by many friends. We ended our season by performing at the CANE anniversary.

In gassho, Taiyo Scanlon-Kimura and Kevin Chen, Jiten Daiko Liaisons to BCSF







BCSF Road Trip to Placer Buddhist Church was a fun, beautiful night of lively dancing in 97-degrees at 7pm. Brandon Unruhe (smiling in photo) says hello to all!



BCSF Sangha joined 200+ enthusiastic guests at "Celebrating Activism & Community!", the 50th Anniversary of the Committee Against Nihonmachi <u>Evictions</u> (CANE) on Saturday, August 19 at the JCCCNC. The organizing committee included BCSF members Donna Kotake and program MC Joyce Nakamura. BCSF's Jiten Daiko opened the program that recognized the achievements of the movement that opposed the SF Redevelopment Agency evictions and demolitions in Japantown in the 1970s.



Hawaii Kyodan News

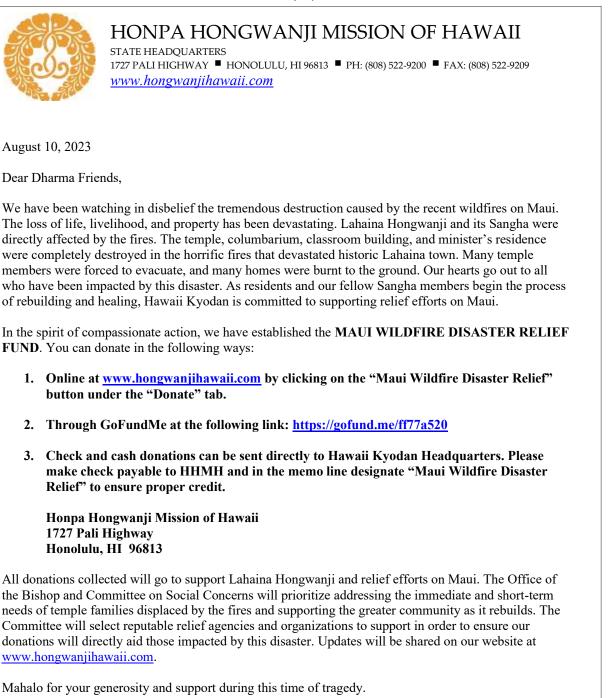
We are all watching in great sadness and horror, the loss of life and destruction of homes and communities in Maui, Hawaii, due to the devastating wildfires. Our thoughts go to all there who have lost loved ones, homes, businesses,

temples and churches, and their community. What a tremendous loss for everyone.

I recall a story from the Jataka Tales in our Buddhist tradition. Once there was a huge forest fire and all of the animals in the forest were running away from the fire for safety. One little bird was flying into a lake, dipping its wings in water, then flying over the forest fire dropping little drops of water to fight the fire. Back and forth the little bird flew. The other animals shouted to the little bird, "What are you doing? You cannot put out the fire that way?!" The little bird shouted back, "I may not be able to stop the fire, but this is all that I can do. I must try."

In the face of such devastation, we will all do what we can do, whether it is to contribute to the disaster relief, to share our encouragement, or for those in Maui, to begin to rebuild, one step at a time, doing what they can do.

Gassho, Rev. Marvin Harada Bishop Buddhist Churches of America donation links https://bca.kindful.com/ https://hongwanjihawaii.com/blog/2023/08/09/fireupdates/



In Gassho,

1 the

Rev. Toshiyuki Umitani Bishop

Rev. Blayne Higa, Chair Committee on Social Concerns

Dr. Warren Tamamoto President

Honpa Hongwanji Mission of Hawaii is recognized as a 501(c)(3) nonprofit organization under the rules and regulations of the Internal Revenue Service. Tax ID #99-0073500

Calling all BCSF Leaders:

BWA, Choir, Dharma School, Girl Scouts, Jiten Daiko, Jr. YBA, Pack 29, Troop 29, Soko Gakuen, YAO, Ministerial team, BCSF Board

Your attendance at monthly **Program Group** Meetings is crucial to building a stronger BCSF that benefits us all. **Please mark your calendars for second Tuesdays at 7 p.m.** -- **Sept. 12, October 10, November 14, December 12.**

New Program Board Strengthens BCSF Connections

Since May, BCSF program groups have gathered every month to collaborate on activities that benefit the larger BCSF community.

In July, program groups showed up to support the hectic but fun Obon Festival. For a second year, groups hosted "Small Bites" tables in the gym on Bon Odori day to offer yummy treats. Many program group members also volunteered individually for Aloha Chicken Bento fundraiser, yagura dance platform set up on Octavia St., and Family Treasures Marketplace.

Beginning in September, youth program groups will focus on back-to-school recruitment activities. Throughout the year, the meetings will help adult and youth groups, ministers and the board to strengthen our connections and build a better BCSF.

Youth Rising- Girl Scout Ambassador 12 by Kylie T.

When I was a Girl Scout Brownie, I went to the Buddhist Church to learn about Obon, its origins, & dances so I could earn the BCA Bon Odori partch. Since then, I've attended many Obon festivals & practices, first as a participant & now as a dance teacher. In July, I was

happy to teach dances to the younger Girl Scouts when Rev. Opel came for an Obon lesson.

Rev. Opel explained the story of Obon. One of Buddha's disciples, Mogallana, used his powers to look upon his deceased mother to see if she was well & was upset to see that she had fallen into the Realm of the Hungry Ghosts. He asked the Buddha for help to get his mother out & was instructed to feed the monks in his town.

Mogallana did this & in turn, his mother was released from the Realm. He was so happy that he danced for joy. This is how Obon originated, with people dancing to celebrate their ancestors who have passed on.

Next, Bon Odori teachers Talia, Kalisa, Nobumi and I explained the implements used while dancing, like the sensu (folding fan), kachi kachi (wooden castanets), tenugui (towel), and uchiwa (round fan). The girls enjoyed experimenting with how to use each one. Then we started teaching Tanko Bushi, a hand dance that emulates coal miners. We practiced in a circle & I was impressed that they all picked up the moves very quickly & enjoyed dancing together. Next was Fukushima Ondo, which is also a hand dance but is a bit harder than Tanko Bushi. We practiced the moves, had dinner together, then we all went to the gym for the church odori practice with everyone else.

It was so nice to see some of the girls out there on Octavia Street on Bon Odori day!



BCSF News

10 Minute Rule to keep BCSF secure

If your group unlocks the Austin St. or Kitchen Doors to let your group enter the building, RE-LOCK THE DOOR 10 MIN. after your start time. Please do not leave the doors unlocked and unmonitored for your entire meeting.

Please consider: "Would I leave this door unlocked if it was the front door at my house?"

Please report incidents to the BCSF office so we can know whether to increase security procedures.

BCSF Voices - We welcome letters from "Light of Dharma" readers to express viewpoints & share information about issues that affect our BCSF Sangha.

Editor's note: Here is the full text of Emily Murase's letter, an excerpt of which appeared in

SFChronicle.com, August 21. The issue of low-wage work is not new to many Sangha members whose family members were domestic workers or laborers with few benefits or job security.

"Don't forget to tip the housekeepers"

Soleil Ho's opinion piece on tipping at coffee houses (Opinion, Aug. 12, "Tipping \$0 for Coffee?") exposes the economic challenges baristas face due to non-tipping customers. She points out that this could be because "the work might seem easy." What about low-wage earners whose work is not visible at all? When was the last time you tipped housekeeping staff?

Hotel housekeeping staff are typically immigrant women who also work as primary caregivers to dependent children and/or elderly relatives.

According to the Bureau of Labor Statistics, the hospitality industry In the San Francisco Bay Area employs 10,970 people who earn an average of \$47,680 annually or \$22.92 an hour.

Yet, the Self-Sufficiency Standard published by the California Department of Health Care Services for a single parent of two young children in San Francisco

BCSF Board Highlights from July 16, 2023

Rev. Opel is busy conducting memorial services, visiting Kokoro, attending JARF meetings with Jeff Matsuoka & Rev. Donlin (not to mention showing an amazing memory for people's names and faces!).

Financial Report - Jeff said June and July are interim periods. The August & September reports will be crucial to get a better read on where we are with the annual budget. So far, we are in good shape.

Followed by a closed session to discuss legal and personnel issues.

Is there any interest in riding a bus from BCSF to Graton Resort and Casino in **Rohnert Park?**

We would leave BCSF at 10 am and return by 3 pm. The cost of the bus ride would be shared by all who ride. There is a pool and spa for those who don't want to gamble.

If you are interested, please: email BCSFBento@gmail.com or leave a message with the BCSF office.

is \$147,388, far beyond the median income of hotel housekeeping staff.

Only about 30% of hotel guests leave a gratuity for housekeeping staff according to 2017 research on tipping by Professor Shane Blum of Texas Tech University. No doubt this percentage has declined precipitously as we as a society have moved away from carrying any cash at all. Plus, how many of us carry \$5 and \$10 bills? Before an out-of-town trip, I have to visit a bank to secure a stash of bills in denominations smaller than \$20 for tipping.

To remedy what I suspect is a severe drop in tipping income for hotel housekeepers, I urge the hospitality industry to create QR codes and other means to tip housekeepers and other deserving hotel staff for guests who prefer modern, non-cash ways to pay for things, namely using their credit/debit cards. And next time you are on the road, don't forget to tip the invisible but nevertheless hard-working housekeeping staff. They deserve it.

~ Emily Murase

Emily Murase, Ph.D., is the Executive Director of the Japantown Task Force, Inc. She had the pleasure of leading Girl Scout Troops 3130 and 31259 for 12+ years with her two daughters Junko and Izumi. She is also an Ardenette alum (star benchwarmer) and participated in the BCSF Explorer Scouts in high school. As a BCSF volunteer, she only had to clean the oil vats once and considers her bingo-calling days the zenith.

BCSF Building News

1. Two recent break ins to the main garage and to the mailboxes. Nothing was stolen. Images were captured on the camera mounted in the garage and at Austin Street.

2. An additional layer of roofing was installed on the parapets in August. The rain damaged ceilings in the office and Nokotsudo will be repaired.

3. Future:

Training on how to turn on the pilot light of the downstairs kitchen stove will be scheduled. New door to be installed at the roof to replace the existing door. New metal shelf to

replace damaged shelf in the BWA closet. WiFi wiring for Office, Social Hall, Hondo, and Education building to start soon.

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Welcome!

The Buddhist Church of San Francisco welcomes all those who wish to learn about the boundless wisdom and compassion that is Amida Buddha without regard to race, religion, sex, national origin, age, sexual orientation, or gender identity/ expression.

Photos and Credits:

page 1: Photos by Hitomi Silver, Arlene Kimata & Kevin Yoza. Mrs. Yasuhara by Sheryl Serafino

- page 3: Obon service by Kevin Yoza
- page 4: Obon sights by Hitomi Silver
- page 5: Obon sights by Sheryl Serafino & Hitomi Silver page 6, 7: Photos by Hitomi Silver, Arlene Kimata &
- Kevin Yoza page 8: Photos by Arlene Kimata & Kevin Yoza page 9: Photos by Arlene Kimata, Hitomi Silver,

Kevin Yoza, Jiten Daiko & Mark Shigenaga page 11: Courtesy of Girls Scout Troop # 62198 page 13: BCSF by Kevin Yoza

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2023 BCSF Board of Directors

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Buddhist Church of San Francisco Mission Statement

The purpose of the Buddhist Church of San Francisco (BCSF) is to maintain a temple and to establish a Buddhist community of the Jodo Shinshu faith in San Francisco, CA. Building on our profound legacy as a Jodo Shinshu spiritual center, we strive to awaken within us the compassion and wisdom of the Buddha Dharma. BCSF endeavors to share the teaching of the Buddha with all those who seek the knowledge and the truth of the Buddha Dharma, to promote our Sangha (community); and to provide for the general welfare and services to guide the activities which strengthen our faith in the Buddha and advance our learning in the Dharma.



BCSF Office Manager

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The views expressed in this newsletter reflect the opinions of contributors and not necessarily of the Buddhist Church of San Francisco.

We apologize for any errors or omissions. Please notify us of corrections and send your comments to:

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The next BCSF Japanese language service will be held on Sunday September 10 at 1 pm led by Rev. Keisuke Lee-Miyaki

9月10日祥月法要のお勤め後、 三野宮貞子先生による和菓子練り切り教室を開催いたします。 (日本語のみ)



September & October Dates

All Sunday services are in person and Livestream/Zoom. Check BCSF's YouTube channel for Sunday service postings.

September 3 - NO SERVICE-LABOR DAY
September 10 - 10 a.m. Shotsuki Hoyo Monthly Memorial Service
September 10 - 1 p.m. Japanese Service
September 17 - 10 a.m. Fall Ohigan Service
Saturday September 23 - 5 p.m. Metta service Zoom, with Rev. Donlin
September 24 - 10 a.m. Sangha Service



October 1 -10 a.m. Youth Service October 8 - 10 a.m. Shotsuki Hoyo Monthly Memorial Service October 8 - 1 p.m. Japanese Service October 15 - 10 a.m. BCSF Eitaikyo Service October 22 - 10 a.m. Sangha Service Saturday October 28-5 p.m. Metta Service Zoom, with Rev. Donlin October 29 - 10 a.m. Sangha Service

Program Group monthly meeting for BCSF leaders: BWA, Choir, Dharma School, Girl Scouts, Jiten Daiko, Jr. YBA, Pack 29, Troop 29, Soko Gakuen, YAO, Ministerial team, BCSF Board. **September 12**, 7 p.m., Join In Person in Social Hall or via Zoom

BCSF Board of Directors September 10-1 p.m. regular board meeting

Mindful Meditation meets every Wed., 6:30 p.m. (Zoom) **September: 6, 13, 20, 27**