

# Light of Dharma

仏法の光

Published by the Buddhist Church of San Francisco

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## Hanamatsuri- Buddha's Birthday April 2, 2023



# Message from Rev. Henry Toryo Adams

Supervising Minister for BCSF



## Parents and Children

In the month of May we observe our Gōtan-e Service celebrating the birth of Shinran Shonin, the founder of our Jodo Shinshu school of Buddhism. During the Gōtan-e Service, we place a statue of Shinran Shonin as a young boy in the temple hall and recall the story of his childhood. May is also the month in which we celebrate Mother’s Day and express the gratitude and appreciation we feel for the mothers in our lives. As we observe these two holidays of Gōtan-e and Mother’s Day, the month of May provides us with precious occasions to reflect upon the karmic bond between parents and children. The parental figures in our lives are not limited to our biological parents. Grandparents, teachers, coaches, and mentors are other examples of those who can provide the care and guidance of a parent in our lives.

According to tradition, Shinran Shonin was separated from his mother at a young age and left home to receive ordination as a Buddhist monk at the age of nine. While the time that Shinran spent living with his mother and father was brief, he had a profound sense of receiving parental love and care in his life. We find an example of this feeling in the following verse from his *Hymns of the Pure Land Masters*:

Sakyamuni and Amida are our father and our mother,  
Full of love and compassion for us;  
Guiding us through various skillful means,  
They bring us to awaken the supreme shinjin.

The various skillful means employed by parents work to guide us on the true path of our lives, even if we are not aware of it at the time. The guidance we receive from parental figures continues throughout our lives, even when we cannot see them with our eyes. The love and care that they provide us has a lasting influence in our lives, and even when we are separated, our deep connection with them continues to shape our lives.

During the times we are together with parental figures, they help us to recognize errors in our thinking, challenge our narrow self-interest, and prevent us from becoming lazy and complacent. In this way, they share the wisdom of their experience with us and guide us on the correct path in our lives. If we cherish the lessons they share with us, we can continue to benefit from their guidance even when we are not together with them.

In times of difficulty, when we feel discouraged or let down, the parental figures in our life acknowledge what we are feeling and find ways to alleviate our suffering and give us comfort. In this way, they show us the compassion that gives us strength to endure the challenges that life inevitably brings. We carry the strength we receive from their compassion with us throughout our lives, and can summon it at any time and in any circumstance by recalling the love and care they have shown us.

In the verse above, Shinran tells us that Sakyamuni Buddha and Amida Buddha show the love and care of parents for all beings. The Buddhas illuminate with their wisdom the blind passions at the root of the delusion, selfishness, and indolence that cause problems in the lives of all people, and teach the Dharma that guides us on the path to awakening.

Amida Buddha established the compassionate vow to remove the suffering of all beings and guide them to realize lasting peace of mind. Sakyamuni Buddha taught the Three Pure Land Sutras, which have carried the truth of Amida’s kind heart of parental love and care across vast distance and time to reach our lives and bring us peace of mind. When we recall the truth that Amida Buddha made the compassionate vow for our benefit, we awaken to profound peace of mind at any time and in any circumstance. This is truly to awaken the supreme shinjin that Shinran Shonin describes.

Namo Amida Butsu

## Sympathy

The Buddhist Church of San Francisco offers condolences to the family and friends of the late

**Rev. LaVerne Sasaki, March 31, 2023**

Rev. Sasaki was Resident Minister at BCSF from 1990 until 2000 when he retired.

His funeral service was held on Sunday, April 30th at the Mountain View Buddhist Temple

*Namo Amida Butsu Namō Amida Butsu Namō Amida Butsu*

## Message from Rev. Henry Toryo Adams

Supervising Minister for BCSF

### 親子のご縁

5月に宗祖親鸞聖人のご誕生を祝う降誕会(ごたんえ)を行います。降誕会では、親鸞聖人の子供の頃を描いた銅像を本堂に置いて、親鸞聖人が子供であった頃を思い浮べたいと思います。5月は母の日もありますので、母親へのご恩にも感謝する時です。降誕会と母の日が同じ5月というわけで、ここに親子のご縁を考えさせられます。ただここに言う親という存在は生物学的な父母に限っているわけではありません。祖父母、学校の先生、スポーツのコーチ、仕事の上司等さまざまなご縁に親子関係が見えてきます。

親鸞聖人は幼い時にお母さんと離れ離れになったと伝えられており、その後、九歳の時に得度をして出家されました。親鸞聖人がお父さんとお母さんと共に暮らした時間は短いものでしたが、自分の心の中に「親様」としての存在は大きかったようで、『高僧和讃』には次のお言葉があります。

釈(しゃ)迦(か)・弥陀(みだ)は慈悲(じひ)の父母(ぶも)  
種々(しゅじゅ)に善(ぜん)巧(ぎょう)方便(ほうべん)し  
われらが無(む)上(じょう)の信心(しんじん)を  
発(ほつ)起(き)せしめたまひけり

釈尊と阿弥陀仏は慈悲深い父母である。  
巧みな手だてをさまざまに施し、  
わたしたちにこの上ない真実の信心を  
おこさせてくださった。

親様の方便という巧みの手だては、子供が気づいていないうちに正しい方向へと導いてくれる働きです。親の働きとは目では見えなくても、常に子供に伴っているものです。親として子供の傍に現れた方にいただく愛情と関心はそれからの子供の人生に永い影響を与えます。ただ、親と離れて近くに見えなくともそのご縁は続き、生涯、子供の人生に働きかけるのです。



"Who is the Nembutsu for?"  
by Rev. Keisuke Lee-Miyaki

いつどこでどのように念仏を称えたらいいのでしょうか? 静まり返った本堂で、一人だけ悪目立ちするのが嫌だから、小さくポソポソと念仏するだけにしようかな…そんな気分になったことはありませんか? 阿弥陀仏のはたらきは、念仏としていつでもどこでも届いているはずなのですが、どうも「今は念仏しないでおこう」と私たちが勝手に判断しているようです。一体全体、誰のための念仏なのか。一緒に考え、味わってみましょう。



親は子供と一緒にいる間に、子供に間違ったところを教えあげたり、興味の視野を広げてあげたり、わがままや怠ける心に気づかせたりと正しい生き方を教えようとします。これが“智慧の働き”です。その時に親に教えていただいたことは深く子供の印象に残り、子供は親と一緒にいない時でも、その導きを思い出し親の存在を感じるのです。

そして、困った時、落ち込んだ時、失敗した時に親が子の感情を認め受け止め、苦しみを取り除いてあげたり、安心を与えたりする、これが“慈悲の働き”です。人はこのように慈悲をいただく時に、次に直面する困難を乗り越え、生き抜く力が身に付いてくるのです。その力が一旦身につけば、それは無くなることはありません。つまり、親の存在を思い出すことが出来れば、いつでもどこでも心強く力強くなれるのです。

上記の和讃で親鸞聖人は釈迦牟尼如来と阿弥陀如来は全ての人々の親様であると述べておられます。仏様の智慧は、私たちに人間の根本的な間違い、わがまま、怠りの原因である“煩惱”に気づかせ、正しい生き方を示す仏法の教えを説いてくださいます。

阿弥陀如来が大慈悲をもってすべての人々の苦しみを取り除き、穏やかな心を与えることをお誓いになった願いが“本願”です。阿弥陀様の優しい親心は釈迦様がお説きになった浄土三部経を通して、遠い距離と長い時間を超えて、今も私たちの心に届いています。阿弥陀様の本願は私たちのために建てられた願いであることを思い出すことが出来れば、いつどこにいても深い安らぎをいただくことが出来ます。これが親様にいただく「この上ない真実の信心」なのです。

南無阿弥陀仏

When, where, and how should I recite the Nembutsu? Have you ever felt that you don't want to attract attention in the quiet hondo (practice hall), so you might just whisper the Nembutsu? Amida Buddha's work is supposed to reach us anywhere and anytime as the echoing of Nembutsu, but, we seem to have decided, on our own, that we don't want to recite Nembutsu. Today we ask: "Who is the Nembutsu for?" Let us think about this together and taste the dharma reflection.

The next BCSF Japanese language services will be held on Sunday May 14 and June 11 at 1 pm



# Mindful Reflections

by Leo Joslin, BCSF Minister's Assistant & Facilitator of Mindful Meditation, held via Zoom every Wednesday at 6:30 p.m.



It's been about five years now since I retired from the work force, leaving a job that was very meaningful to me. I had been working in the mental health field, and while part of me

wanted to continue for as long as I could, certain realities began setting in. I had a heart condition that was getting in the way, and it became important for me to take care of my personal health. It was time to face the realities taught by the Buddha, including the truth of impermanence. And this is happening once again, as I find myself stepping away from a position that I value, and doing so for reasons of personal health. This time, I am retiring from my role as a Minister's Assistant, a position I've held for over seven years.

My official retirement date is May 1st. I am grateful for the gift of being allowed to serve our Sangha and community in this capacity. I am also thankful for your trust and support, especially during times when I may have stumbled and fallen short. At this time, I am also signing off as writer of this column. I enjoyed writing it over the past seven years, and I appreciated the feedback

and encouragement I received from many of you. I hope that my service, and maybe some of the articles, were helpful in some way.

For the time being, I plan to continue leading Mindfulness Meditation on Wednesdays, and attending services on Sunday. And while I won't be serving as a Minister's Assistant, I hope to contribute in other capacities, volunteering as a general member in ways that support the sangha and the mission of our temple.

Thank you all for being here on this amazing journey! We have emerged from a pandemic, and are now entering a very exciting time in the history of BCSF. We have a new resident minister coming on board, and I'm looking forward to being of help while she transitions into her role. I think that the new energy will carry us steadily into the future. Let's remember that the Nembutsu has the power to change the world. By living the Nembutsu, we are part of that change. Namo Amida Butsu!

*Leo invites Sangha members to contribute to the newsletter. Send articles and photos to the BCSF office.*

## more from Hanamatsuri April 2, 2023



## Acknowledgments for donations processed between March 15 and April 15, 2023.

Thank you for your generous support of the BCSF.

### DONATIONS

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Jack Dairiki  
Jay Setsuzo Kimura  
Kathleen Lilienstein  
George Nguyen

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Misaye Abiko- Dharma School  
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Sakaye Kaye Higashi  
Kiyoshi & Tazuko Naito  
Kumi Okamoto  
Linda Saruwatari Ono  
Setsuko J Tanaka  
I-Ming & Ina Kikugawa Tao  
Minoru & Suzanne Yamada

### MEMBERSHIP

Sally Kobayashi Osborn & Sam Osborn  
BJ Soriano

### JANUARY SHOTSUKI HOYO

Michiko Masuda IMO: Sumie Yamagishi (7th year)

### LIGHT OF DHARMA NEWSLETTER DONATION

Sylvia Corrigan  
Dennis & Susie Sato

### APRIL SHOTSUKI HOYO

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Randall Shigio IMO: Matao Matt Shigio  
Tomiko Takeda IMO: Hiroshi Takeda (3yr Memorial)

### MAY SHOTSUKI HOYO

Tokuko Haskell IMO: Hatsuko Hall (25th Year Memorial)

## Troop & Pack 29 Annual Crab & Pasta Feast

Saturday, February 4 at the BCSF gym



by Jonas L.

Troop 29 successfully hosted our first crab feast fundraiser in two years after a hiatus due to the pandemic. The event provided over 300 attendees with a delicious meal of Dungeness crab, pasta, garlic bread, & salad.

Our scouts worked in unison under our Senior Patrol Leader and Assistant Senior Patrol Leader's guidance to set up the gym, including covering the floor with tarps, setting up tables, chairs, and utensils. We were thrilled to have Jiten Daiko perform.

The fundraiser aims to support Troop 29's upcoming camping trips, service projects, leadership activities, and equipment. Additionally, a significant portion of the funds raised will go towards Troop 29's quadrennial Japan trip, allowing scouts to experience Japan's culture and traditions.

We extend our sincere thanks to Jiten Daiko and all the attendees and volunteers who made the event possible. We would also like to sincerely thank the Sangha for attending. We can't wait to host next year's crab feast and continue supporting Troop 29's activities.

***BCSF Interim Stupa Guidelines (3/2023- 6/2023)***

An ordained minister (tokudo or kyoshi) should be present when the door to the relics is opened.

Visits to the stupa need to be scheduled in advance, subject to the availability of an ordained minister.

Unannounced visitors (ex. a visitor from overseas who read

about the relics in a tourist guidebook) may be escorted to the rooftop by a lay volunteer to pay homage at the stupa, but the door to the relics should remain locked.

***Visitors to the stupa should be accompanied for the duration of their visit.***



# BCSF News

## Donate Your Unused Pocket Radios



From Rev. Keisuke, Chaplain at Zuckerberg SF General Hospital

SFGH patients, some of whom are homeless, enjoy listening to their favorite music while recuperating

in isolation rooms. We are collecting 10-20 pocket-size radios that use AA batteries (not AAA or A batteries; no plug-ins to electric outlets). Please do not purchase new radios or donate i-pads because they are likely to be stolen.

If you have unused old-fashioned small radios, please bring them to BCSF or call the office to schedule a pickup.

With appreciation,  
Keisuke Lee-Miyaki (宮木 リー 啓輔)

## 56th N. CA Cherry Blossom Festival Parade

The BCSF contingent was the largest one we put together. On April 16, over 130 of us marched under the glorious sunshine with SF wind tunnels, along with 2 darumas and several dogs! Thank you to Richard Okiuye for his leadership in organizing all of the BCSF groups. Much appreciation to Tara (from Berkeley), Kyle, & Yumi for coordinating the Bay District Info Booth for BCSF and the BCSF Jr. YBA for hosting their awesome “Buddha Bowl” game booth!

With gratitude, to the following groups & individuals:

BCSF Banner Holders - Reverend Henry Adams, Kian S. & Miles S. from Jr YBA & Richard Okiuye; Jiten Daiko - Continuously dancing for 1.1 miles!; Buddhist Women's Association/BCSF Choir; LGBTQ+ group; Soko Gakuen; Jr. YBA; YAO; Dharma School; Girl Scouts; Cub Scouts; Boy Scouts; Berkeley Buddhist Temple members; Keith Kojimoto & Kevin Yoza for taking photos.



## BCSF News

Thank you to the people who donated to the 2022 Oseibo. Board Member Nanayo Silver wrote a thank you note with the distributed funds to: Rev. Adams, Rev. Keisuke Lee-Miyaki, Rev. Dr. David Pating, Rev. Elaine Donlin, Leo Balambao Sensei, Jack Dairiki Sensei, Leo Joslin Sensei, Camille Pating Sensei, Sheryl Serafino- Office manager, Francisco Estrada- custodian, and Kevin Yoza- Zoom Technician.

### OSEIBO

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Setsuko J Tanaka  
Ina Kikugawa Tao  
Betty Tsugawa  
Lori & Ed Wakil  
Minoru & Suzanne Yamada  
Joyce Yamasaki

April 13, 2023

Hi all,

*I want to say Thank You for the Oseibo that the sangha has so generously passed on to us. It is truly a gift to serve our community, a wonderful group of followers gathered together in the Light of Amida. And a special thanks to Nanayo for such kind words. I'm*

*glad that I have been able to be helpful in some small way. Although I am stepping away from Minister's Assistant responsibilities, I will continue to serve as a general member as we move forward under the guidance of our new minister. Hope to see you all very soon.*

*Namo Amida Butsu!  
In Gassho,  
Leo J*

April 17, 2023

*I thank you for your generous Oseibo for 2022.*

*I hope to be of any Service to the temple throughout this year of 2023.*

*May I donate (the enclosed) to the Buddhist Church of San Francisco.*

*Thank you again,  
Jack Dairiki,  
Minister's Assistant*

*(excerpt from his handwritten note)*

### BCSF Board Highlights from March 26, 2023

At the February meeting, BCSF member Gary Kitahata, a retired public finance consultant for municipalities, informed the board on options to invest excess checking account funds for 3-6-12 months. Today, the board approved opening an account at Charles Schwab to invest \$250,000 in short-term treasury bills of various maturities. BCSF Treasurer Kevin Yoza and Asst. Treasurer Jeff Matsuoka are authorized to transact the purchases in consultation with Gary.

BCSF's financials are GREEN.

Preparation for Rev. Opel's moving to BCSF has begun. New WiFi capacity is being evaluated for upgrades.

There are many community events that need participation:

**May 7-** Gotan-e service with religious awards and graduating seniors recognition. General Member's meeting to be held after the service/ social hour.

**July-** Obon activities/ festivities

Eco- Sangha practices will be reinstated. Contact Doug Dorn or Melissa Angel to help.

### Building/ Facilities update

BCSF/ BCA Elevator project: Still working towards state inspection approval.  
Furniture from Apt 3: has been either claimed by others or donated. Moderate renovation will occur for Apt. 2 and 3.  
Roof, office ceiling and Nokotsudo ceiling repairs will soon begin.  
Octavia gym entry door and Austin apartments' exit doors were vandalized on April 16th. Both door handles will be repaired.

### 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.



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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: Hanamatsuri by Kevin Yoza
- page 4: Hanamatsuri by Kevin Yoza
- page 5: Scout's Crab Feast by Kevin Yoza
- page 6: BCSF Stupa by Keith Kojimoto
- page 7: Cherry Blossom parade & festival by Kevin Yoza
- page 10: Shinran as a boy by Susan Sakuma

### 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.



#### Supervising Minister

Rev. Henry Adams

#### Minister's Assistants

- Rev. Keisuke Lee-Miyaki (Kyoshi)
- Rev. Dr. David Pating (Kyoshi)
- Rev. Elaine Donlin (Tokudo)
- Jack Dairiki (Honorary)
- Leo Joslin
- Camille Pating

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- Vice President of Programs  
Nanayo Silver
- Treasurer  
Kevin Yoza
- Secretary  
Susan Sakuma
- Melissa Angel
- Doug Dorn
- Kyle Matsumoto Burch

#### BCSF Office Manager

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#### Light of Dharma committee:

Rev. Elaine Donlin, Arlene Kimata,  
Rev. Keisuke Lee-Miyaki,  
Susan Sakuma, BJ Soriano

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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### May & June Dates

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

- May 7** -10 a.m. Gotan-E and Jr. YBA Graduating Seniors' recognition Service
- May 7**- 12 noon- General Membership meeting
- May 14** - 10 a.m. Shotsuki Hoyo Monthly Memorial Service
- May 14**- 1 p.m.- Japanese Service
- May 21**-10 a.m. Sangha Service- Beware of Bay to Breakers traffic delays
- Saturday May 27**- 5 p.m. Metta Service  
Dharma talk by Rev. Elaine Donlin
- May 28**- NO Service- Memorial Day weekend

- June 4** -10 a.m. Sangha Service
- June 9** - 6:30 p.m. BCSF YAO Spring Service/Affiliate Graduation Service
- June 11** - 10 a.m. Shotsuki Hoyo Monthly Memorial Service
- June 11**- 1 p.m.- Japanese Service
- June 18**-10 a.m. Sangha Service
- Saturday June 24**- 5 p.m. Metta Service  
Dharma talk by Rev. Elaine Donlin
- June 25**- 10 a.m. Sangha Service

BCSF Board of Directors  
May 21- 2 p.m. regular board meeting

Mindful Meditation meets every Wed., 6:30 p.m.  
(Zoom) May 3, 10, 17, 24, 31



## Gotan-e Shinran's Birthday

May 7, 2023  
followed by hot dog luncheon  
in the Social Hall

### NEW DATE:

## General Membership Meeting May 7, 12 noon (New Date) in the Social Hall

1. Review 2023-24 building projects. Hear about recent vandalism, roof leaks, alarm and security system issues.
2. Vote to allow the 2023 board to approve transactions of \$5,000+ to enable timely action for regular and emergency matters.
3. Vote to clarify Bylaws: the board "recommend(s) employment or release of the RESIDENT minister of BCSF."