

Light of Dharma

仏法の光

Published by the Buddhist Church of San Francisco

April 7 Hanamatsuri-Birth of the Buddha



Hanamatsuri or the "flower festival," is a celebration and religious observation that falls on April 8th honoring the birth of the baby Buddha. This observance occurs in Japan and East Asian Buddhist countries. Other Buddhist groups place this celebration alongside the Buddha's enlightenment and death, known as Vesak.

Leading up to the service, celebrated on Sunday, April 7th at BCSF this year, a structure is placed in the temple's hondo, called a hanamido, and decorated with flowers and greenery. In the center of the hanamido, a statue of the baby Buddha is placed in a deep bowl and is surrounded by sweet tea. If you look closely at the statue,

you will see the baby Buddha pointing to the sky and to the earth. These are all symbols found in the Hanamatsuri story which will be shared as part of the service and later in this newsletter.

During service, we celebrate by offering special chanting, a choir performance, and a Hanamatsuri play performed by our Dharma School, as well as our usual dharma talk and recitations. All attendees are then able to offer gratitude by pouring sweet tea over the baby Buddha. We hope you will join us for this special service and/or for the decorating of the hanamido on April 6th.

INFANT & TODDLER PRESENTATION CEREMONY

Hatsumairi literally means "first Buddhist service" and it is often translated as "Infant and Toddler Presentation. Please join us on Sunday, May 5 at 10a.m. (in conjunction with the Gotan-e Service). Friends and family are most welcome to join in this very special occasion. To register your infant or toddler, please contact the office at 415-776-3158 or bcsfoffice@gmail.com before April 5, 2024.

BCSF General Membership Meeting
 Tuesday, April 16, 2024 at 7 p.m.
 In Person or via Zoom

Agenda

Please attend to hear the financial reports and vote to accept:

- * 2023 BCSF Income & Expense report
- * 2024 BCSF Proposed Budget



Message from Rev. Melissa Joshin Opel BCSF Resident Minister
An Appreciation of Hanamatsuri

Hanamatsuri is a time we gather to honor the birth of the Buddha. The story begins with Queen Maya, the Buddha's mother, dreaming of a white

elephant with six tusks, entering her side. Shortly after, she learns she is pregnant. As the story progresses, one that many of us are quite familiar with, the Queen is said to have given birth in Lumbini garden, a place she stopped to rest on the way to her parent's home. As she reached out to touch a blossom, the Buddha emerged from her right side, took seven steps, and as sweet tea and flowers showered down, he pointed his right hand to the sky, his left to the earth and stated, "Above and below the heavens, I alone, am the world honored one."

This story is quite beautiful but it also leaves us scratching our heads. Are we, as Buddhist practitioners, supposed to believe that this truly happened, or is it all symbolism? Recently, I had a conversation with a Buddhist from another tradition and they described what they enjoyed most about their sect was its relationship to science. Buddhism and science for them went hand-in-hand. When I first stumbled into Buddhism, I needed that to be true for me too. I had come from a religious tradition where miracles and the metaphysical were understood to have all happened, just as they were written, and having space to question it didn't feel allowed. Instead, when the miracle stories came up, the pastor usually re-enforced the interpretation as factual and that was that.

In Jodo Shinshu Buddhism, we also have this metaphysical story of how Dharmakara, in his bodhisattva practice, becomes Amida Buddha, the Buddha of Infinite Light and Life. Just as I struggled with the Hanamatsuri story, I struggled with the Amida story. My need for my religious life to be scientifically based, had me considering exiting Buddhism. I held the same belief that this person I encountered did. But as we can see from Hanamatsuri, Amida Buddha, and many of our sutras and tales, there is a metaphysical storytelling nature to all of Buddhism. In the West, we tend to throw the supernatural or unknown into a box of the unbelievable, despite the strong ties to Christian metaphysics. Of course, when I say the West, it is also the way the West has dismissed Indigenous stories of creation and our relationship with nature. But there is much to learn from the things we are unsure of or don't feel comfortable with. In Hanamatsuri, when we study

the symbolism of the story, we glean a lot about how we are to understand not just the historical Buddha but all Buddhas. For example, one reason Queen Maya does not experience a typical birthing process is that the Buddha is not a typical person- he is the World Honored One who reveals the teachings. We are to understand he does not cause pain to his mother and in turn, causes no pain to sentient beings.

Our relationship to science and the unknown is changing all the time. I'm always intrigued when scientific discovery falls in line with our teachings and reveals that what the Buddha taught was ahead of its time and is true and real. It is easy to get hung up on what we might now consider outlandish stories, but whether we want to interpret them as symbols or factual, we can learn a lot and grow in our faith and practice by investigating them further. But we can also learn a lot and grow by simply enjoying them as they are. Where are troubles come is when we say Buddhism must be this or Buddhism must be that- we are forcing the teachings to bend to us and when we do this, it creates pain and suffering. We are always changing and the me who almost left Buddhism because it wasn't scientific enough, feels silly for putting such strict boundaries on the teachings but it was also a process I needed to go through.

As we honor and celebrate the birth of the Buddha this month, I hope the questions you have and the appreciation you have, spur you on to consider why you have them. To investigate the emotions that arise and to understand their root. When I consider my own early need for the scientific, it was out of fear I had traded one unhealthy spirituality for another, and my need to struggle and ask questions wouldn't be honored. Instead, what I have found is a comfort with both sides of science and storytelling because both reveal the teachings and how they help me in this life.

Sangha Shotsuki Hoyo Q&A
Questions about our BCSF Shotsuki Hoyo procedures? Please join Rev. Opel on Sunday, May 12 (following service) for a Sangha Q&A.
Everyone is welcome.



Message from Rev. Elaine Donlin BCSF Minister's Assistant
Bridging Shin Faith and Science to Combat the Overdose Crisis

"If you don't think addiction is a part of your family tree, you haven't shaken the tree enough."

In September of 2023, I was invited to participate in a 10 month program facilitated by the Clinton Foundation that chose 15 Bay Area faith leaders (representing different faith traditions) to listen, learn, study, and train. The goal of their "Empowering Faith Leaders" program was to equip us with the knowledge, skills and resources needed to organize and educate community members, reduce the stigma of addiction and to fight substance use disorders within our own communities.

The U.S. overdose crisis is among the most pressing and indiscriminate health challenge of our time. And temples, churches, synagogues, etc. are not at all impervious. In fact, they are poignant reminders that addiction is no respecter of persons based on religion, income, race, age, ethnicity, or sexual orientation. In the US alone, there were

111,355 overdose deaths in the 12-month period ending April 2023 (that's 305 deaths a day, 12+ deaths every hour, a death every 5 minutes). And the numbers are climbing. But overdose deaths are preventable. That is the good news: overdose deaths are preventable and solutions to the crisis lie within our own communities.

During our April 28, 2024 Sunday service, I'll share with the Sangha a Dharma Talk bridging our Shin Buddhist faith and science to combat the overdose crisis. And following service, I'll offer Narcan training (10 minutes) and free Narcan nasal spray for anyone who'd like to have it. (Please note: the place where you'll most likely use it, if ever, may very well be with someone you know very well and care deeply for: a co-worker, a neighbor, a friend, a family member -- including children or grandchildren, or a fellow member of our temple community.) I look forward to sharing this vital and hopeful information with you. Please feel free to reach out to me with any questions or comments.

Buddhist Church of San Francisco
OUR POLICY:
Masks ARE OPTIONAL
in the Hondo/Main hall
for services
Masks will still be available outside the Hondo for those who want to use them.
Please stay home if you are ill.
thank you
MARCH 2024

April 28, 2024
Immediately following service
Rev. Elaine Donlin will be offering a short Narcan training in the Hondo following service. Narcan is a life-saving medicine that can counteract an overdose and save a life.
After this short training, participants will receive a one-time use dose of narcan nasal spray courtesy of the Naloxone Distribution Project.
All are encouraged to attend.

April Shotsuki Hoyo Memorial Service - Sunday, April 14, 2024 at 10am.

Join us in person or call the BCSF office for the Zoom Link.

BCSF has made changes to the way we generate our Shotsuki Hoyo list.

If your loved one's name is missing, please contact the office.

Harukichi Abe
Eitaro Antoku
Ayako Arishita
Grace Mutsuko Asaoka
Hidetoshi Asaoka
Marie Michiko Asaoka
Tsune Dairiki
Masaki Dowke
Kimiyo Evans
Joji Fujimoto
Nobuo Fujimoto
Mitsuko Fukushima
Gary T. Hamada
H.J. Belton Hamilton
Jitsuhiko Hara
Hatsuno Haruyama
Tokuji Hedani
Jitsuo Higashi
Shizu Higashi
Jane Akiko Hiramatsu
Herbert Masakatsu Hiroshige
Sachiko Ikeda
Kimiko Ikeno
Isae Inoue
Takeshi Inouye
George Saburo Iseri
Kenzaburo Ishihara
Motomu Ishii

Shigetoshi Iwasaki
Yuriko Tsuji Jordan
Takiko Kabumoto
Harumi Kachiu
Yoshiaki Kami
Yuri Kapaona
Hisao Kawabata
Katsuyuki Kawakami
Kay Keiko Koike
Kiyoko Futatsuki Kuroda
Nao Kurotori
Nancy Hatsuye Dairiki Kurui
Akira Matsumoto
Chiyoko Matsuno
Yaroku Matsuno
Toshiaki Minamoto
Yahachiro Miyahara
Sumiko Miyamoto
Takeo Miyamoto
Yukio Mizota
Hanpachi Mizuiri
Jerry Ichiro Mizuiri
Masami Mizuiri
Takehichi Mizuiri
Misano Nakagawa
Chiyoko Nakai
Kaname Frederick Nakamura
Kohei Nakamura

Lawrence Tomomi Nakamura
Sanichi Nakao
Tsuru Nakashima
Komazo Narahara
Tatsue Narahara
Baron Chiharu Nishihara
Kaoru Carol Noda
Nobuaki Noguchi
Saisuke Noguchi
Eddie Masayoshi Nonaka
John Isao Nonaka
Mary Hatsune Nosaka
Masano Nozawa
Hatsuko Okamoto
Sueichi Okamura
David Allen Orr
Eiji Oshita
Kay Setsuko Oshita
Sam Sakao Oshita
Stan Ichiro Ozaki
Yoshio Ozaki
Momoyo Sakita
Yurimi Sakumoto
Fumiye Sato
Kanezo Sato
Tow Sato
Yasu Shibuta

Matao Matt Shigio
Katsusaburo Shikuma
Katsumi Shimoda
Ritsuko Shimosaka
Yuriko Shiono
Maiko Shoda
Roy Mamoru Sugaya
Yoshinori Taguchi
Mabel Shizuko Takahashi
Hiroshi Takeda
Tomoyuki Tom Tanaka
Toshiyuki Peter Tanaka
Grace Saye Tekawa
Herbert Hisashi Terada
Taeko Tomonaga
Katsue Tsujimoto
Tsuneko Tsumura
Chika Urashi
Yoshihiko Ushijima
Takeo Utsumi
Teruo Uyemoto
Satoshi Yamakawa
Ko Yamamoto
Joe Jyoichi Yamauchi
Shizuye Yokoro

Save the Dates

Obon and Hatsubon Service

(First Obon Service since entering the Pure Land)

Sunday, July 21 at 10 a.m.

Bon Odori on Octavia Street

Sunday, July 28

More Obon events TBD




Acknowledgments for donations processed between February 17, 2024 and March 18, 2024.

Thank you for your generous support of the BCSF.

Donations

Misaye Abiko Japanese Service Wagashi Workshop
Anonymous Osaisen/Offertory
Mary Gold
Yumi Hatta & Francis Wong Jamanis & Wong Concert
Toshiko Kamishita Light of Dharma
Mark Okashima
Sobrato Family Foundation Matching grant - Sai Seigel
Rev Koken Torimi & family (Japan)

Membership

Chelsea Arita
Allan Fukumoto
Amanda Hing Hernandez
Janet & Daniel Kunihara
Robert & Diane Matsumura
Jeff & Akemi T Matsuoka
Jean M Nosaka NEW MEMBER
Dean R Toki

Special Services - Spring Ohigan

Minoru & Suzanne Yamada

Memorials

Rev Ronald Kobata IMO Dean Hedani
Wayne S Miyaji IMO Roy Miyaji
Merle Thrasher & Glenn Hamamoto IMO Sandra M Sakurai
Minoru and Suzanne Yamada IMO Setsuko Tanaka
Nanayo Silver IMO Setsuko J. Tanaka

Special Services - Pet Memorial

Kimizuka-Leon family IMO Taiyou Kimizuka-Leon

Shotsuki Hoyo - January

Dean R Toki IMO Mary Setsuko Goishi Toki
Michiko Masuda IMO Sumie Yamagishi



Thank you to Scout leaders Michael Otani and Will Che for moving platform risers from the Hotel Kabuki to our garage. Thank you to the Japantown Community Benefit District and Hotel Kabuki for the donation.

Shotsuki Hoyo - February

Mutsuko Adachi IMO Jeffrey G Adachi
Mickie Ochi IMO Alice Ochi
Leina Yamamoto & Liane Yamamoto IMO Grace Takako Yamamoto
Fusae Yoshioka IMO Teruko Yoshioka

Shotsuki Hoyo - March

Philip Ashizawa IMO Masao Ashizawa and Naka Ashizawa
Yoshiko Ashizawa IMO Ryohei Roy Ashizawa
Kaori Ikeda Chun & Cameron Chun IMO George Ikeda
Karen M Graham IMO Howard Ito
Mitsuko Hirota IMO Kazuko Yasutomu
Kenneth K Ina IMO Shizuko Ina
Satsuki Ina IMO Shizuko Ina
Alex Kami IMO Taeko Kami
Amy E Kimura IMO Saka Tomura
Rev Ronald Kobata IMO Hiroshi Kobata
Janet & Daniel Kunihara IMO James Takio Yokoyama
Junko N. & Arnold K. Low IMO Toyo Nerio
Robert & Diane Matsumura IMO Elsie Tayeko Matsumura
Hope Fumi McIrvin IMO Noboru Hanyu
Karen Nagareda IMO Emiko Kuruma and Alan Kuruma
Edward G Nagayama IMO Ruth Satoko Nagayama
Edward M & Ayako Y Nishimoto IMO Yutaka Yao
Katherine K Nomura IMO Misao Shimoda
Linda M Sekino Omori IMO Sayoko Sekino
Toshio Ono IMO Mume Ono
Linda Oshita IMO Yuriko Oshita
Gary Sada IMO Margaret Masako Sada
Sheryl Serafino IMO Masaji Matsui and Noby Matsui
Hisako Suzuki IMO Hideko Nonaka and Masaiki Nonaka
Diana J Takeuchi IMO Hisaji Takeuchi
Yoko Washio IMO Thomas Yoichi Washio
Minoru & Suzanne Yamada IMO Zenichi Yamada
Takiko Yamamoto IMO Kazue Yamamoto
Shinji & Yoshi Yao IMO Yutaka Yao

Shotsuki Hoyo - April

Russell & Harumi Kishida IMO Sanichi Nakao



BCSF News-

Highlights of Feb. 23-25, 2024 BCA National Council Mtg. (NCM), at Sacramento Betsuin

BCSF voting delegates Arlene Kimata, Kevin Yoza, Nanayo Silver/nonvoting. BCSF Resident Minister Rev. Opel. Jeff Matsuoka attended as BCA Treasurer

1. Ratified a second term for Bishop Marvin Harada.
2. BCA Treasurer's Report - Jeff Matsuoka.

2025 BCA TEMPLE DUES ASSESSMENT

BCSF will pay BCA \$183.27 per member or \$374.54 for a two-person membership.

These amounts are deducted from your annual BCSF membership dues for FY 2025 (April 1, 2024 – March 31, 2025). The remainder is for BCSF's local operations, salaries and programs. Thank you for your generous and ongoing support.

Temple dues in the BCA FY 2025 budget is \$1,940,090 based on a membership count of 10,586 members. Beginning in 2024, BCA will collect the annual membership counts in September instead of January 2025.

2025 BCA budget includes: a 3.5% cost-of-living allowance for BCA employees; projected revenue from renting a portion of BCA Headquarters on Octavia St.; assessment for the Capital Building Maintenance fund; funds for the BCA 125 th Anniversary celebration.

3. BCA Bylaws Changes:

Approved expansion of the pool of eligible candidates for national BCA offices to include Committee Chairs and former National Officers. Was previously open only to Directors-at-Large and District Council Reps.

4. Election of Directors-at-large: Peggy Okabayashi, Florin and Arlene Miya, Gardena.

5. Seattle Betsuin fire, Dec. 31, 2023: Extensive damage from two outbreaks and complete loss of some historical records. Received \$300,000 in donations. Onaijin will be restored. The arsonist, who did not have a prior relationship to the temple or BCA, was apprehended and is in custody.

6. BCA Dharma Forward campaign is at 63% of the \$15 million goal. Fund will support minister training, temple leadership, system-wide education, outreach to current members and newcomers, IBS endowments for professorial chairs. Fundraising concludes in Dec. 2025.

7. BCA 125 Anniversary Events in 2024-SAVE THE DATES

a. 125 Anniversary service, Sept. 1, 10 a.m.

Livestream from BCSF. Also commemorates 800 Anniversary of Jodo Shinshu and 850 Anniversary of Shinran Shonin's birth. Telethon Celebration follows the service. Features BCA temple videos incl. from BCSF!

b. Obon season June – August. "Lantern Song" is a new dance created by Bombu Stories to commemorate BCA's 125. BCSF will include it at our Bon Odori on July 28.

c. Bon Odori Gathering, Sept. 8, Yerba Buena Gardens, San Francisco. Collaboration by BCA and American Bon Consortium.

d. History of American Bon Odori exhibit, July 1-Sept. 30, National Japanese American Historical Society Japantown Peace Gallery, San Francisco. Curated by Wynn Kiyama, PhD.

8. Future NCM meetings: Feb. 28-Mar. 2, 2025 virtual meeting hosted by BCSF & other Bay District temples. Feb. 13-15, 2026 in person in Seattle.

March 12 Program Group meeting highlights

1. Feb 18 annual report meeting. All 10 program groups sent a report and 7 groups gave an oral report.
2. New for April 9 meeting: each group submits a written update of activities.
3. Building Security: see pg. 7 in this issue.

Next Program Group meeting is April 9, 2024 at 7:00 pm

BCSF News:

Door Unlock/Lock Change Eff. March 28

All BCSF key Fob readers are being replaced. Current Fobs will no longer work after Thursday, March 28th.

What do I need to do?

Option 1: Download the Openpath app on your phone to get a key card on your phone to open the door. You do NOT need to come into the office if you choose this option. This is the preferred option.

Instructions for User Set up (mobile app)

<https://docs.google.com/document/d/1g2n5LztBCLkKcGhI24bkzr0ptajqs54Hc-mXU0rHpLw/edit?usp=sharing>

Option 2: Exchange your old Fob for a new Fob. Contact Office Manager Sheryl Serafino to pick up the Fob M-W; 3-5p.

If you cannot get to the office for the Fob exchange by March 28, we can make arrangements to open the door on a one-time basis. You must make arrangements with the office to get a Fob for your following entries.

What if I need help with either the Openpath app or with my new Fob?

Contact the office during normal business hours for assistance. We will announce notify an emergency contact number shortly.

Will my current badge still work after March 28th?

No, your current badge will NOT work after March 28th. If you do not need a replacement card because you plan to use the Openpath app on your cell phone, please return the old Fob by dropping it in the Pine Street mail slot. Please note there is a \$30 fee if you do not return the old Fob.

What if I no longer need access? Return the old Fob. Please inform the office that you no longer need access and return the Fob in the Pine St. mail slot to avoid being charged a \$30 lost card fee.

What if I want to add someone else for access? Send an email with their full name and reason(s) they need access to the Office Manager at BCSFOffice@gmail.com.

If you have any additional questions, email BCSFOffice@gmail.com or call (415) 776-3158 during normal business hours M-W (9-5p) and Fri (9-3p) Thank you for your cooperation as we make this change.

BCSF Building Security - Who to notify of building security issues

* **Lost FOB => report immediately to Sheryl Serafino at the BCSF office 415-776-3158** so FOB can be shut off.

* **Non-emergencies => bcsfoffice@gmail.com** regarding repairs or maintenance needed, such as a door handle jiggling and about to fall off; report a leak, slow drain, malfunctioning toilet; burnt out light bulbs; cleaning supplies. Help keep the building in good condition.

* **Incident report or assistance needed => Rev. Opel, 415-439-0516.** Report evidence of attempted entry; Building is not secure (broken door or window); Assistance needed when locked out or need help.

* **Need Immediate Assistance:** call 911 first, then notify Rev. Opel 415-439-0516. Unauthorized person is in the building; door/gate was open when you arrived and you are unsure that building is safe to enter.

Gym and Classroom users: be mindful of who is coming into the building. Ask an unfamiliar person what group they are with.

Gym users: close gym doors after players arrive. **Classroom users:** Austin doors are always locked from outside so have a monitor at the door to let people in. Do not prop doors open. Use a detachable doorbell so late-comers can buzz for entry.

2024 Cherry Blossom Festival Parade on Sunday, April 21



The Buddhist Church of San Francisco (BCSF) is inviting all affiliate organizations, groups, sangha members, friends and other temple members to march together under the BCSF umbrella. It will be a beautiful show of unity to commemorate the diversity of our sangha to the City and County of San Francisco and the Japantown District residents.

Two points to join the parade:
1) Civic Center/SF City Hall - Gather by 12:30 PM
2) Sequoia Senior Center (Post between Gough and Laguna) - Gather by 2 PM
More information to come.
If you have any questions, please feel free to contact Richard Okuiye at 415.637.2276 or Richard@leftwickevents.com.

2024 N. Calif. Cherry Blossom Festival - April 13, 14, 20
Visit the BCSF Jr. YBA Game Booths in the Children's Area

INSTITUTE OF BUDDHIST STUDIES

JOIN US FOR THE
Retirement Celebration
of **REV. DR. DAVID MATSUMOTO**



Tribute Service
followed by bento lunch & dessert

Saturday, June 15 at 11:00 AM
Mountain View Buddhist Temple
575 N. Shoreline Blvd.
Mountain View, CA 94043

Register Here: <https://bit.ly/3lnhhPp>
For more information, email Judy Kono | jkono@bcahq.org
or call 510-541-8119

DHARMA SCHOOL
HYGIENE KIT COLLECTION
Drop in this box by April 14, 2024

Unused toiletries
Wipes and Tissue
Toothpaste and Toothbrushes
Packaged food
& other items of use for unhoused people

Neighborhood Clean Up
Saturday, April 13 at Noon
Our neighbor Trinity-St. Peters Church at 1620 Gough Street (with the red doors) does a monthly clean up that includes BCSF's Austin Street area.

All equipment is provided.
BBQ afterward, weather permitting

HORIBE AWARD NOMINATIONS Due May 5, 2024

Has a young member of our Sangha impressed you with their interest in Buddhism or their spirit of Dana? Consider nominating them for the Horibe Religious Award which was established through the generosity of Mrs. Suye Horibe in memory of Sutekichi and Tasuke Horibe. The award is presented annually to one young member of BCSF who lives life in accordance with the Dharma while supporting and strengthening the Sangha. The recipient will receive \$100 and a framed Certificate of Recognition to be presented at a future date.

Any child of a dues-paying member of BCSF between 16 and 22 years of age may be nominated. Nominations must be received from two BCSF members, so please confer with a like minded friend to join you in your nomination. The award Committee will confirm the qualifications of the nominees before making the selection.

Send nominations to the BCSF office by May 5, 2024. If you have questions, please contact Tara Mochizuki, Horibe Award Coordinator, at bcsoffice@gmail.com or (415) 776-3158

HORIBE RELIGIOUS AWARD 2024 NOMINATION FORM - Due May 5, 2024

Name of Nominee: _____
 Their Church Activities: _____
 Why do you believe this nominee is deserving of the Horibe Award? Please give details of activities that demonstrate how they "live their life in accordance with the Dharma." _____

 Name of First Nominator: _____
 Phone number and Email: _____
 Name of Second Nominator: _____
 Phone number and Email: _____

Youth Rising - Henry Coe Backpacking Trip - Hayden C., T29 Historian

On 3/18-3/10, Eagle Patrol member Lucas M planned a backpacking trip to Henry Coe State Park. Met with pleasant weather and the reuniting of Troop 29 scout Nolan C., the trip with the troop was a fond experience for the scouts and scouters. Backpacking 11.2 miles to the campsite and back along with fording a shin-high deep stream, was good preparation for the scouts attending Philmont in the summer and for future backpacking trips.



BCSF/BWA News

Eco Sangha Green Idea #5

Going Green and Healthy Eating

Food additives may seem to be a bit of a departure from Going Green, but agriculture and manufacturing play big roles in our environment. Fortunately, we have government and consumer advocates who monitor this journey for health and safety. The following information is from the Nutrition Action published by Center for Science in the Public Interest.

In October [2023], California banned the use of four food additives. Companies have until 2027 to reformulate – or stop selling products that contain them. Until then, here’s what to know about the four.

RED 3

Red 3 is in thousands of foods – but it needn’t be. Red 3 could be replaced with natural colors from beets, red cabbage, or black currants, or simply left out. In 1990 Red 3 was banned for use in cosmetics because it was found to cause thyroid tumors in rats. In 2022, the CSPI and 20 other organizations petitioned the FDA to extend the ban to foods, supplements and drugs.

PROPYLPARABEN

This preservative keeps mold and bacteria from growing. Studies suggest it may also act as a hormone disruptor. It isn’t widely used in foods, but does show up in corn tortillas, muffins, and other baked goods. It’s used more often in makeup, moisturizers, and cleanser.

POTASSIUM BROMATE

In 1999, the International Agency for Research on Cancer declared potassium bromate a possible human carcinogen after animal studies found that it increased the risk of kidney and thyroid tumors. The additive is a “flour improver” used in breads, buns, crackers and other baked goods, noodles, and frozen dumplings.

BROMINATED VEGETABLE OIL

BVO acts as a flavor stabilizer in drinks, preventing citrus flavorings from floating to the top. Major companies like Pepsi and Coca-Cola have removed BVO from their beverages, but it is still used in some smaller store brands. In November, the FDA proposed banning BVO after studies found the additive led to thyroid toxicity and bromine-bound fat accumulation in heart, liver, and fat tissue of rats.

It’s encouraging that so many efforts are being made in many countries, governments, industries, communities, and homes. Good news: California is developing a plan to create buffers between communities and cropland to reduce agricultural water use by 576 billion gallons per year. That said, there is much to do and it will take all of us to reach our global climate goals, we’re on the right track.

Gassho, L. Ono



BWA CORNER

APRIL 7, 2024

BAKE SALE!

After Hanamatsuri Service

We will have a variety of delicious baked goods and other food treats including some Japanese goodies.

We appreciate your support!



Please share your green experience

Write to BCSF Light of Dharma
Attn: Green In-Box

Published monthly by the Buddhist Church of San Francisco.

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:

Pg. 1 Courtesy of BCSF

Pg. 5 Courtesy of BCSF

Pg. 8 Kevin Yoza

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.

Resident Minister

Rev. Melissa Opel
Minister’s Assistants
Rev. Keisuke Lee-Miyaki (Kyoshi)
Rev. Elaine Donlin (Tokudo)
Jack Dairiki (Honorary)

2024 BCSF Board of Directors

Doug Dorn
Amanda Hing Hernandez
Arlene Kimata
Nanayo Silver
Kevin Yoza

BCSF Office Manager

Sheryl Serafino
bcsfoffice@gmail.com 415-776-3158
New Hours!
In Office on Mon/Tue/Wed(9-5), Fri(9-3)

Light of Dharma Committee

Sheryl Serafino-Newsletter Coordinator
Rev. Melissa Opel, Rev. Elaine Donlin,
Rev. Keisuke Lee-Miyaki, Arlene Kimata,
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:

Email: bcsfoffice@gmail.com Phone: (415) 776-3158
Mail: Light of Dharma,
Buddhist Church of San Francisco,
1881 Pine St. San Francisco CA 94109

Visit us at:

- Website: Buddhistchurchofsanfrancisco.org
- Our URL for YouTube: www.youtube.com/buddhistchurchofsanfrancisco
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- Instagram: [BuddhistChurchofSanFrancisco](https://www.instagram.com/BuddhistChurchofSanFrancisco)
- Twitter: twitter.com/bcsfsangha

Thank You "Light of Dharma" readers who sent subscription donations!

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April and May Dates

All Sunday services are in person and Livestream/Zoom.

Sat Apr. 6: 10am Hanamido Decorating

Sun Apr. 7: 10am Hanamatsuri/Buddha's Birthday

Sun Apr. 14: 10am Shotsuki Hoyo Memorial Service

1pm Japanese Language Service

Sun Apr. 21: 10am Sangha Service

Sun Apr. 28: 10am Sangha Service

Sun May 5: 10am Gotan-e/Shinran Shonin's birthday

Sun May 12: 10am Shotsuki Hoyo Memorial Service

1pm Japanese Language Service

Sun May 19: 10am Sangha Service

Sun May 26: No Service-Memorial Day Weekend

Program Group monthly meeting Tuesday, April 9, 7pm
For BCSF leaders: BWA, Choir, Dharma School, Girl Scouts,
Jiten Daiko, Jr. YBA, Pack 29, Troop 29, Soko Gakuen, YAO,
Ministerial team, BCSF Board. Join In Person in Social Hall or via Zoom.

General Membership Meeting for financial reports, Tues., April 16, 7 p.m.
BCSF Board of Directors: Sun., April 28, 12:30 p.m.

Mindful Meditation meets every Wednesday, 6:30pm (Zoom)

April 3, 10, 17, 24

May 1, 8, 15, 22, 29

4月14日 (日) 5月12日
(日) 午後1時から
法話: 宮木リー啓輔先生

JAPANESE LANGUAGE SERVICE

SUNDAY @ 1PM

APR 14

MAY 12

LED BY

REV. KEISUKE LEE-MIYAKI

