

## Hinamatsuri! Honoring Girls Day

On Feb 10, Girl Scout Troops 62198 (12th graders) and 61522 (1st and 4th graders) worked together to set up the doll display in the BCSF lobby in preparation for Hinamatsuri. The older girls explained to the younger girls the history and traditions associated with Hinamatsuri and the doll display.

Hinamatsuri, also called Doll's Day or Girls' Day, is celebrated in Japan nationwide every March 3rd. The hina-dan (3-7 steps the dolls are placed on) is traditionally set up through the first day of spring.

Hinamatsuri symbolizes the celebration and appreciation of the health, prosperity and happiness of young girls.



### Girl Scout cookie season is until March 17!

Girl Scout Troop 61522 hosted a cookie booth after the Scout Sunday service on Feb 11. Missed it? They will host another cookie booth after service on Mar 17. Thank you for supporting the Girl Scouts!

Email [troop61522@gmail.com](mailto:troop61522@gmail.com) or call Audrey Malong at 415-225-8383.

All cookies are \$6.

You can pay by cash or check (made payable to "Girl Scout Troop 61522").



## Message from Rev. Melissa Joshin Opel BCSF Resident Minister The Balance of Ohigan

This month we are observing the Spring O-higan. Often we discuss the balance we encounter during this time of year, where day and night are equal and the weather has

improved, making it easier for us to focus on our Buddhist life. One focus of Ohigan can also be the observance of the six paramitas: Giving, Right Behavior, Patience, Effort, Meditation, and Wisdom.

For those who have tried arduously to practice and perfect the paramitas, it would not surprise me if there was a great frustration found along the way as they are difficult, especially when we consider our busy lives and ego. When we entrust ourselves to the Nembutsu path, we also recognize the virtues of Amida Buddha and the perfection of the path that has been completed on our behalf so spending time with the paramitas is not done to build merit, wipe out negative karma or reach enlightenment in this life. Instead, I like to think of it as trying to bring ourselves more in harmony and balance with the world in which we live, to lessen the suffering we experience, and to recognize our part in the suffering we cause others.

This reflection time is not about us perfecting ourselves but is a biannual check-up, just as we would do when going to the doctor. The Buddha is considered the first Great Physician and he has diagnosed our condition of greed, anger and ignorance. The Buddha did not want us to suffer, and because of this, Amida Buddha did the hard lifting of perfecting the six paramitas and offering us

all a way out of samsara. When we look to Amida Buddha and the Pure Land path, we are able to see our limitations and human frailties and we can in turn feel gratitude for the Nembutsu— that there is still a path for me despite my foolish self.

Taking this time to pause and self-reflect allows us to see the changes in ourself from our last Ohigan, how the three treasures has penetrated our hearts and how our path has grown or not grown. We all experience different seasons in our life that can pull our focus away from thinking on the Buddha and Ohigan can be a time to draw our focus back.

As we consider the six paramitas: Giving, Right Behavior, Patience, Effort, Meditation, and Wisdom and how they function in our life, I'm sure most of us can find room for improvement—for myself, I can't imagine a time in my life where I won't find room for improvement—instead we can use this as a starting point for our self-assessment of where we're at since the last Ohigan. Am I giving more or less? How has my behavior been—how are my relationships with those at home, the church, work, with myself? How is my patience, my effort, meditation and wisdom?

We do not do this to beat ourselves up and feel bad or to celebrate and feel good or to judge others by but simply to ask ourselves how am I doing and more importantly, am I putting myself in a space where I recognize the gift of liberation through the embrace of Amida Buddha.

Namo Amida Butsu



Thank you from Susan Sakuma to Chris Diani, Betty Fujimoto, Leena Lamm, Steve McCallion, and Marcie Sada for your help with the 2023 Annual members meeting luncheon.



## Message from Rev. Keisuke Lee-Miyaki BCSF Minister's Assistant 今、道筋としての仏道を for English translation, see page 4.

暑さも寒さも彼岸まで。春のお彼岸が近づいています。お彼岸といえば、何を思い浮かべるでしょうか。今でこそ、多くの家庭が彼岸中に旅行したりショッピングしたりと余暇を忙しく過ごしていますが、お彼岸とは、もともとは春分の日と秋分の日の前後3日間、計7日間を祝う日本の仏教行事です。ちょうど昼夜の長さが同じになり、春彼岸は日が長くなり始める日、秋彼岸は夜が長くなり始める日なので、季節の変わり目でもあります。そのような過ごしやすい時期に、仏教徒が日々の生活の中で、仏の教えと自身の生活を振り返るのは至極自然であったかと思います。

自分の生活を振り返るといっても、どのようにおこなえばいいのでしょうか？その指針となるのは、六波羅蜜という菩薩の行道です。利他行としての布施と持戒、自利行としての忍辱と精進、そして解脱行としての禅定と智慧の6つを勤めるのが通仏教的な教えであるとされています。布施は分け与えること、持戒は仏教徒に課せられた戒を守ること、忍辱は耐え忍び、精進は努力を怠らないこと、そして禅定は心を安定させて1つ1つの物事に集中すること、智慧は物事の道理を見極める深い知識を得ることです。が、これらをすべて貫徹するのは、なかなか難しいことです。

六波羅蜜は、あくまで菩薩の行道であり仏教徒の指針となるものであって、仏教徒の良し悪しを定める基準でもありません。初めから完璧を目指すものでもありません。半分しか達成できなかったからとい

って、仏教徒失格なのではなく、むしろ半分もがんばれた自分を褒めてあげたほうがいいのか、と思います。ここで、問題となるのが10%しかがんばれなかった他者に対する態度です。10%より50%も勤め上げた仏教徒のほうが優れているのでしょうか。おそらく、仏の慈悲はそのがんばれなかった者にことさら届くのではないかと思います。

何をもちて仏教徒とするか。現在アメリカに住む私たちにとっても非常に重要な問いであり、13世紀に浄土教諸派が日本で弾圧の憂き目に遭っていたときも、同じように「菩提心をもって仏道修行ができない者は、仏になれるのか」が問われました。仏教で悪とみなされた行いを生業としていた者、例えば武士や漁師・猟師は、遊女や稚児はどのように仏となるのか。浄土教側の応えとしては、今生の間に悟りを得て仏にはなれないかもしれないけれど、仏となる身に定まることはできる、というものです。さらに、菩提心は仏教徒自ら築き上げるものではなく、阿弥陀仏がすでに菩提心をもって行道として修めたのであるから、仏教徒自らが斟酌するものでも、良し悪しの基準を定めるものでもないという立ち位置です。

定められた仏道修行が修めきれなかったとしても、それを道標として、いずれ仏となる身のまま歩み始めること。ときには立ち止まり、ときには回り道をしても、進み続けること。その道程における初めの一歩が肝要なのであり、達成できたかできなかったかは、私達にとってはあまり重要ではないという点をお伝えしつつ、3月のメッセージとさせていただきます。



On Sunday, February 11, Sangha members joined Rev. Keisuke Lee-Miyaki and Midori Sensei after the Japanese Language Service for a confectionery class on how to make strawberry mochi with anko (red bean paste).

## Message from Rev. Keisuke Lee-Miyaki BCSF Minister's Assistant

### Now, Buddhism as a path English translation from page 3.

Hot and cold last until the equinox. The spring equinox is approaching. What comes to mind when you think of the season? For me, with a strong appetite, O-hagi (red-beans-pasted or sweet soy beans powdered rice balls) are the first thing that comes to mind. "Chikara," a restaurant chain store, in Hiroshima has delicious o-hagi. My grandmother used to complain that "o-hagi without anko (sweet red bean paste) inside it is not called o-hagi," but I debated in my mind, "I like o-hagi without anko because I can eat more mochi rice." I was also very excited for the season when I was a child because the spring vacation of the Japanese school year fell just around the time of the Spring equinox, so I was very happy to have a break from school.

Nowadays, many families are busy spending their leisure time traveling and shopping during the equinoxes, but the Ohigan is a Japanese Buddhist event that was originally celebrated for three days before and after the spring and autumnal equinoxes, for a total of seven days. It is believed to have originated with Emperor Shomu in the 8th century. The length of the day and night are exactly the same, and the spring equinox is the day when the days begin to get longer, while the autumn equinox is the day when the nights begin to get longer, thus marking the change of seasons. During such a pleasant and comfortable time of year, it is quite natural for Buddhists to reflect on the teachings of the Buddha and their own lives in their daily routines. In San Francisco, the temperature does not change much during a year, so there is no sense of season, but it may be a good time to think of it as the end of the rainy season.

How can we reflect on our own lives? Should we be disciplined during the equinoxes and lead a life of asceticism? The guiding principle is the Bodhisattva practice of Roku-Haramitsu, Six Paramitas. It is said that the six practices of the Bodhisattva are to perform: for others, sharing with others (Dana/Fu-Se) and practicing precepts (Sila/Ji-Kai); for oneself, enduring in difficulties (Ksanti/Nin-Niku) and striving for progresses (Virya/Sho-Jin); for liberation, keeping focus with mindfulness (Dhyana/Zen-Jo) and gain the deeper Wisdom (Prajna/Chi-E). However, it is quite difficult to achieve all of the above. If we are too busy with our daily lives that we are unable to walk the path of the Dharma, it seems that we are missing the whole point.

Six Paramitas are a kind of guideline for Buddhists, and it is not a criterion to determine whether a Buddhist is successful or failed, nor is it something to aim for complete perfection from the beginning. It is not that one is disqualified from being a Buddhist because the person only achieved half of the goal, but rather they should praise themselves for trying their best even for half of the goal. The problem here is how to see others who did only 10% of the practice when you achieved 50%. Perhaps the Buddha's compassion reaches those who could not practice as hard.

What makes a Buddhist practitioner a Buddhist? This is a very important question for those of us living in the U.S. today. When the Pure Land Schools were being condemned and suppressed in Japan in the 13th century, the same question was asked: "Can one become a Buddha if they cannot practice Buddhism through their Bodhi-Mind (Bodhi-Citta)? How could those who made their living doing deeds considered "evil" in Buddhism, such as warriors, fishermen, and hunters, or sex workers, become enlightened? The response on the part of Pure Land Buddhists is that they may not attain enlightenment and become Buddhas in this life, but they can attain to be a provisional Buddha. Furthermore, the schools claimed that Bodhichitta was not something that Buddhists themselves build up, but something that Amitabha Buddha had already cultivated as a path with Bodhichitta, so it was not something for Buddhists to consider or set standards for what is good or bad. This was a controversial position that overturned the very foundations of the Buddhist world at the time. Even today, this is a point that is easily misunderstood when viewed from the perspective of other traditions.

Even if one is not able to complete the preset Buddhist practice, one may use it as a guidepost and continue to walk on as if they will eventually become a Buddha. Sometimes we must pause, sometimes we must detour, but we must keep going. The first step along the way is the most important one, and whether or not we have achieved some practice is not so important much, than the big step.



## March Shotsuki Hoyo Memorial Service - Sunday, March 10, 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.**

Tei Aoki	Taeko Kami	Teruo Ted Nagura	Misuyo Suenaga
Masao Ashizawa	Naka Kato	Yoshiko Nakabe	Bill Harumi Tajiri
Naka Ashizawa	Yukiko Kawana	Jayne Hisaye Nakamoto	Kazuichi Takaha
Ryohei Roy Ashizawa	Chikara Kazama	Henry Susumu Nakao	Zenichi Takaha
Taeko Cho	Yutaka Kitagawa	Toyo Nerio	Hajime Takeuchi
Aileen Dairiki	Hiroshi Kobata	Mitsue Nishimura	Hisaji Takeuchi
Harry Harukichi Daitoku	Shigejiro Kobayashi	George Hajime Noda	George Joji Tanaka
Kiyomi Judy Fukawa	Mary Misao Koike	Hideko Nonaka	Keitaro Tashiro
Yoshitaka Fukawa	Kisaburo Koizumi	Masaiki Nonaka	Joseph Thompson
Masayuki Hamada	Robert Yoneo Kojimoto	Tomoko Ohno	Alan Masaharu Tokugawa
Noboru Hanyu	Alan Toshio Kuruma	Mume Ono	John Sakae Tokugawa
Kazuo Hirai	Emiko Kuruma	Yu-u Oshima	Saka Tomura
Bobbie Shizuko Hirota	Kelley Emi Masuda	Matsumi Tom Oshita	Masataro Tsujimoto
George Ikeda	Masaji Matsui	Yuriko Oshita	Tsukio Udo
Shizuko Ina	Noboru Matsui	Shizuo William Otoshi	Thomas Yoichi Washio
Kimi Ishii	Elsie Tayeko Matsumura	Toriko Pecson	Zenichi Yamada
Yoshiko Ishimaru	Curtis Jason Matsuo	Margaret Masako Sada	Rev. Ken Chisho Yamaguchi
Matsuye Isoye	Asaye Mizota	Shohei Sakuda	Kazue Yamamoto
Taro Isoye	Tomoichi Mizuiri	Hideo Sato	Yutaka Yao
Howard Minoru Ito	June Moriguchi	Sayoko Sekino	Kenneth Takeshi Yasuhara
Toshiko Ito	Yae Moriguchi	Misao Shimoda	Hatsuye Yasukochi
Yoshiko Kachu	Chiyeko Morimoto	Kimi Shimoyoshi	Kazuko Yasutomo
Setsuko Kagehiro	Asajiro Murakami	Seigoro Shiozaki	James Takio Yokoyama
Etsuko Kai	Kazuaki Guillermo Naganuma	Asako Suekawa	Natsuko Yoshioka
Takeo Kajiyama	Ruth Satoko Nagayama	Kiyo Suenaga	Yosaku Yoshioka

**February LoD Corrections:** We are sorry that the following names were not printed for the February Shotsuki Hoyo:

Fumiko Julie Tsurumoto  
Jesse Yukiko Tsurumoto  
Hajime Wada

Masako Yamagishi  
Grace Takako Yamamoto  
Tsui Yamasaki

Yoshio Yao  
Chieno Yoshii  
Teruko Yoshioka

## Sympathy

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

Roy Takumi Miyaji Dec. 2, 2023

Sandra Michiko Sakurai Jan. 20, 2024

Setsuko J. Tanaka Feb. 2024

*Namo Amida Butsu Namu Amida Butsu Namu Amida Butsu*

## Acknowledgments for donations processed between January 22, 2024 and February 16, 2024.

Thank you for your generous support of the BCSF.

### Donations & Bequests

Anonymous Osaisen/Offertory  
 Jiten Daiko Affiliate Organization Donation  
 Yumi Hatta Dana donation  
 Jean A Hiura Light of Dharma newsletter  
 Kimiko Kashani Japanese Service  
 Nick Macri  
 Yoko Maeda Japanese service  
 Ensei H Nekoda Trust Bequest  
 Fusako Reed Japanese service

### Ho-Onko

Yumi Hatta & Francis Wong including 125th Anniversary  
 Becca Opel  
 Setsuko J Tanaka

### Eitaikyo Registry

Victor M Nonaka IMO: Sumako Nonaka  
 Victor M Nonaka IMO: Eddie Masayoshi Nonaka

### Memorials

Janet & Atlas Arakawa IMO: Robin Arakawa  
 Mary Eijima & Robert Kawano IMO: Dean Hedani  
 Richard Eijima IMO: Dean Hedani  
 Mary and Stan Friedman IMO: Dean Hedani  
 Grace T Hara IMO: Dean Hedani  
 Bruce Hedani IMO: Dean Hedani  
 Jean A Hiura IMO: Akiko Yamagishi  
 Byron Ho IMO: Dean Hedani  
 Nicole Hui IMO: Dean Hedani  
 Ronald Kagehiro IMO: Dean Hedani  
 Ernie A Kawana IMO: Yukiko Kawana  
 Russell & Harumi Kishida IMO: Dean Hedani  
 Kathryn M Kojimoto IMO: Dean Hedani  
 Keith and Priscilla Kojimoto IMO: Dean Hedani  
 Sharonlee Kotabe IMO: Dean Hedani  
 Ella Leong & Stephen Kitagawa IMO: Dean Hedani  
 Robert & Marilyn Masuoka IMO: Dean Hedani  
 Ed & Ayako Nishimoto IMO: Dean Hedani  
 John T Noguchi IMO: Akiko Yamagishi  
 Rafal Ofierski & Wanda Tai Yu IMO: Dean Hedani  
 Cynthia K Okazaki IMO: Dean Hedani  
 Dana Okazaki IMO: Dean Hedani  
 Laura K Otsuki IMO: Dean Hedani  
 Miriam Perlson-Cohn IMO: Dean Hedani  
 Susan T Sakuma IMO: Dean Hedani  
 David and Cindi H. Sasaki IMO: Dean Hedani  
 Randall Shigio & Linda Tatehara Shigio IMO: Akiko Yamagishi  
 William Tamayo & Deborah J. Lee IMO: Dean Hedani  
 Patricia K Wada IMO: Dean Hedani  
 Susan M Woo IMO: Dean Hedani  
 Shinji & Yoshi Yao IMO: Dean Hedani

### Shotsuki Hoyo - January

Liane Yasumoto IMO: Chitose Yasumoto

### Shotsuki Hoyo - February

Jean Fukunaga IMO: Kazuye Fukunaga  
 Michiko & Hideo Hashimoto IMO: Walter Wataru Hashimoto  
 Sumie Hayashi IMO: Yoshiko Mukai - 25 years  
 Gail Hines IMO: Alice Ochi  
 Mary Ishisaki IMO: Kimiye Ishisaki  
 Makoto Kachiu IMO: Kenjiro Kachu  
 Janet Kashiwada IMO: George Joji Nakano  
 Setsuko Katsuyama IMO: Minoru Katsuyama  
 Russell & Harumi Kishida IMO: May Nakao  
 Russell & Harumi Kishida IMO: Satoyo Nakao  
 Paul and Tram Koike IMO: Louise Koike  
 Yukiko Kuno IMO: Takeo Kuno  
 Grace T Masuda IMO: Itoe Masuda  
 Takumi Matsuba IMO: Jiyo Matsuba  
 Donald Michida IMO: Tomoye Kuroda  
 Steven Mihara IMO: Kenji Mihara  
 Hiroko Mizutani IMO: Yoshio Mizutani  
 Florence Murata IMO: Shigeichi Nishimoto  
 Ed & Ayako Nishimoto IMO: Yoshio Yao  
 Nosaka & Sadural Family IMO: Jack Shoji Nosaka  
 & Marilyn Naomi Nosaka  
 Sally Oshita IMO: Tomoye Kuroda  
 Kayoko Sakaguchi IMO: Yoji Sakaguchi  
 Takaye N. Sako IMO: Joe Akira Sako  
 Dennis & Susie Sato IMO: Dora Sato  
 Hiko and Susan Shimamoto IMO: Hikoharu Shimamoto  
 Yone Shintaku IMO: Frank S Shintaku  
 Merline Taira IMO: Aiko Kajiyama  
 Hiroshi Takahashi IMO: Mareo Takahashi & Masao Takahashi  
 Joanne Kiyoko Tohei IMO: Hikoharu Shimamoto & Gail Yukie Murata  
 Paula Tokugawa IMO: Mabel Tokugawa  
 Mary M Tono IMO: Shiteyo Tono  
 Toshiko Uyehara IMO: Satoyo Nakao  
 Toshiko Uyehara IMO: Kazuma Nakao  
 Toshiko Uyehara IMO: May Nakao  
 Raymond R Yamagishi IMO: Masako Yamagishi  
 Shinji & Yoshi Yao IMO: Yoshio Yao

### Shotsuki Hoyo - March

Eiko and Hiroshi Masai IMO: Yuriko Oshita - 3rd year  
 Makoto Kachiu IMO: Yoshiko Kachu  
 Paul and Tram Koike IMO: Mary Koike  
 Toshiko Uyehara IMO: Henry S Nakao

### Memberships

Mary Ishisaki  
 Setsuko Katsuyama  
 Gary Pike & Jamie Ennis  
 Patricia Shiono & Matthew Kamiya  
 Lori and Adil Ed Wakil  
 Dick Yamamoto

## BCSF News- Board Highlights

### Board Meeting Highlights - February 4, 2024 meeting

Rev. Opel reminded the board of Sunday service chairs: 1st Sunday is BWA; 2nd Sun. is MAs; 3rd Sun. is Jr. Y until June; 4th Sun. is open to Sangha members; 5th Sun. is Board, who will also take July 21/Obon and Aug. 18 Bishops' memorial while Jr. Y is on summer break.

COVID Safety Committee: recommendation that masking in the temple, including in the Hondo, is not required. Add caution to "stay home if you're ill." Masks will be available at the Hondo entrance for those who choose to mask. Signs will be updated and posted throughout the building.

Alcohol service in the temple: BCSF's current facilities rental requires \$2M insurance if alcoholic drinks are served. Should this be changed? Richard Okiuye checked with the state Alcohol & Beverage Control and found that ABC does not require an alcohol permit if the event is not open to the public, not selling, or not a venue with an existing alcohol license. Separate issue

is whether it makes a difference that beer/wine is a donation versus purchase, e.g., at Ginza Bazaar. Arlene will ask for guidance from Church & Casualty when she meets with Kaz Amano on Feb 26.

Approved new rental by Beyond the Sport Academy for 2 week basketball clinic during Spring break. Raymond Wong is the contact.

No financial report from Jeff. Susan and Arlene helping with reconciliation to prepare for 2023 financial statement and 2024 budget.

Upcoming events: Discussed Feb. 18 membership meeting for Annual Reports, Bay District and BCA 125 Anniversary on Sept. 1. Thank you to Richard O. for organizing the Cherry Blossom parade contingent.

### February 18 Annual Reports Meeting: recap coming next month



Kevin Yoza, Amanda Hing Hernandez, Chelsea Arita, Jeffery Matsuoka were among the 22 people who attended the BCA Temple Leaders' Workshop at the Jodo Shinshu Center in Berkeley on Feb. 3. At a future BCSF meeting, they will report on challenges, ideas and solutions they discussed.

**Next Program Group meeting is March 12.**

Thank you to all for submitting your reports for the 2023 Annual Report compilation.  
Program Group meeting scheduled for Feb. 7 was canceled.

## 2024 Cherry Blossom Festival Parade on Sunday, April 21



The Buddhist Church of San Francisco is organizing a BCSF contingent to march in the 2024 Cherry Blossom Festival Parade on Sunday, April 21 at 1pm.

Program groups, sangha members and friends are invited 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

If you have any questions, contact Richard Okiuye at 415.637.2276 or Richard@leftwickevents

### 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

Dharma School has embarked on a project to assemble hygiene kits for people experiencing homelessness in San Francisco. This effort will not only yield practical care packages but will also support Dharma School conversations about homelessness and hopefully prompt deeper conversations for children and families at home. At the Obon celebration, we raised money to purchase socks. For other hygiene kit items, we need your help! Please drop your donations in the colorful glittery box in the Social Hall by April 14. Dharma School children will assemble the care kits during our last class in May. Please reach out to Amanda Hing Hernandez at hinghernandez@gmail.com if you have any questions.

## Impermanence is a part of life

Taking big or small steps to help you and your family prepare for the end of life

Sunday, March 17 ~ 12 - 2:00 pm  
Berkeley Buddhist Temple  
2121 Channing Way Berkeley, CA

For more information:  
info@berkeleybuddhisttemple.org

## Neighborhood Clean Up

Sat., March 2, 2024 at Noon

Our neighbor Trinity-St. Peters Church at 1620 Gough Street (with the red doors) does a monthly cleanup that includes BCSF's Austin Street area.

All equipment is provided.  
BBQ afterward, weather permitting.



## BCSF News: Winter Shelter Meal Program Gratitude -- Rev. Elaine Donlin

**"If you knew what I know about the power of giving you would not let a single meal pass without sharing it in some way."**

The Buddha (Itivuttaka Sutra)

On Sunday, Feb. 18, BCSF members and friends gathered in the downstairs kitchen to prepare 14 trays of homemade lasagna to be served to our unhoused neighbors via the San Francisco Interfaith Council Winter Shelter Meal Program. For quite a few years, BCSF has prepared and served hearty, healthy, home-cooked meals during San Francisco's coldest winter months.

Jr. YBA, BWA members, temple members and friends, enthusiastically worked together to prepare an

exceptionally delicious meal. On Monday, Feb. 19 and Tuesday Feb. 27, full meals (which included the lasagna -- beef or vegetarian-- and salad, rolls, dessert and juice) were served by BCSF volunteers. It was a joy to be in community with each other!

A very big thank you to the planners (Leo Balambao), food preparers and food servers! And thank you to the BCSF Sangha for your kind donations to the temple which allows us to share these meals with our homeless brothers and sisters.

Namo Amida Butsu



Jr. YBA teens stirring the ricotta and spinach.



Rev. Elaine, Ideta, and Ren's happy smiles!



Jr. YBA Can Can Dance

## Youth Rising - 2024 Crab Feast and Pasta Night - Hayden C., T29 Historian

On Saturday, February 3, Troop 29 hosted our annual 23rd Annual Crab Feast in the gym of the Buddhist Church. To kick it off, the night started with a thunderous performance by Jiten Taiko. With the help of parent volunteers, scout leaders, and scouts, over 300 people were served a delicious dinner. The menu consisted of our favorite standards: all-you-can-eat fresh crab, pasta, salad, garlic bread, ice cream, and many drinks. As the only fundraiser for Troop 29 during the year, the scouts made sure to put in their best effort into setting up the tables, serving the food, and cleaning up the gym.

To be good waiters, the scouts thoroughly followed the ScoutLaw: trustworthy, loyal, helpful, courteous, kind, obedient, cheerful, thrifty, and reverent.

Guests played bingo during dinner to win a variety of gift baskets and volunteers from Cub Pack 29. Webelos sold raffle tickets throughout the night for a chance to win some great themed gift sets. As the event came to a close a plethora of compliments were given out to the scouts and volunteers for their outstanding work. The money we raise helps pay for scouting events, resources we need throughout the year and most importantly, supports our Japan trip that happens every four years. T29 thanks all parents, volunteers, and the BCSF for sponsoring us and giving us use of the facilities for our home base for scouting.



BCSF/BWA News

**Eco Sangha Green idea #4**

**Our care and use of WATER with information drawn from several websites.**

Published estimates on the average American water usage vary but for the purposes of this article, let's accept the World Health Organization's (WHO) conservative estimate that between 50 and 100 liters of water per person per day are needed to ensure that most basic needs are met and few health concerns arise. Our actual average may be greater than double to 200 liters or 60 gallons per person per day when factoring in water used for agricultural foods and livestock.

Here are some ways to save water from the California Department of Water Resources <https://water.ca.gov/water-basics/conservation-tips> Conserve Water, Rain or Shine

California is experiencing climate shifts that bring more extreme weather, resulting in a massive swing of our driest three years on record moving into some of the wettest weeks in recent history. Despite these storms, we are still in a drought. We must come together to change the way we think about and use water.

Simple actions we can take right now will help save water in a big way.

1. Fix Leaks: Fixing leaks inside and outside the home can save 27 to 90 gallons of water each day.
2. Install Aerators: Installing aerators can save .7 gallons per minute.
3. Fill Bathtub Halfway or Less: Filling up your bathtub halfway or less can save 17-25 gallons of water per person every bath.

4. Turn Off Water When Brushing Teeth, Shaving: By turning off the water when brushing teeth or shaving you can save 8 gallons of water per person per day.
5. Install High-Efficiency Toilets: Installing high-efficiency toilets can save 6-35 gallons per day.
6. Take 5-minute Showers: Keeping showers under 5 minutes can save 12.5 gallons per shower when using a water-efficient showerhead.
7. Wash Full Loads of Clothes and Dishes: Washer: saves 15-45 gallons per load. Dishwasher: saves 5-15 gallons per load.[Turn Off Water When Washing and Rinsing Dishes too][Use hot cooking water to soak pots and pans]
8. Recycle Indoor Water and Irrigate Your Garden: Recycling indoor water to use outdoors can cut water use by 30%.

There are also many useful ideas on saving water and protecting drainage systems at the SF Public Utilities Commission website <https://sfpuc.org/learning/conserved-water/>

Log into the site for a free calendar and ideas such as

- Do not discard cooking grease/oil down the kitchen sink, compost it
- Do not discard medications in toilet, find a pharmacy that will accept them
- Do not discard mop water into the sewer, the septic system is better for this
- Wash your car at a station required to filter the soapy water before release into our waterways

Hopefully these are helpful, relatively easy habits to adopt as we grapple with the challenges we and our children must face.

Gassho, L. Ono



**BWA Corner**



I visited Mrs. Yasuko Fukuda at Kokoro to wish her a Happy New Year. She is doing well. She enjoyed the holiday card from Rev. Opel and Becca and their photo with "the boys." She also enjoyed the BCSF new year bento that was so kindly delivered to her.

Gassho,  
Harumi Kishida

**MAY WE GATHER 2024**



A National Buddhist Pilgrimage for Asian American Ancestors

Saturday, March 16 in Antioch CA ~ 12-5 p.m.

No cost to register or attend.

In-person attendance limited to 350. Livestream will be available.

Why Antioch? See the explanation at [maywegather.org/2024-pilgrimage-details](http://maywegather.org/2024-pilgrimage-details)

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:

p. 1: Courtesy of Girl Scouts and BCSF Board  
 p. 3: Mochi-making by Kevin Yoza  
 p. 7: Workshop courtesy of Kevin Yoza  
 p. 8: Cherry Blossom courtesy of Richard Okiuye  
 p. 9: Sheryl Serafino  
 p. 9: Courtesy of Troop 29  
 p. 10: Harumi Kishida

## 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. David Pating (Kyoshi)  
 Rev. Elaine Donlin (Tokudo)  
 Camille Pating (BCA Certified MA)  
 Jack Dairiki (Honorary)

### 2024 BCSF Board of Directors

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### BCSF Office Manager

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

### Light of Dharma Committee

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

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RETURN SERVICE REQUESTED

**March and April Dates**

All Sunday services are in person and Livestream/Zoom.

- Sun Mar. 3: 10am Pet Memorial and Dharma Teacher's Memorial
- Sun Mar. 10: 10am Shotsuki Hoyo Memorial Service  
1pm Japanese Language Service
- Sun Mar. 17: 10am Spring Equinox/Saha Film
- Sun Mar. 24: 10am Sangha Service
- Sun Mar. 31: 10am Lady Kujo Service
  
- 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

Program Group monthly meeting Tuesday, March 12, 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.

BCSF Board of Directors: Sun. March 17, 1 pm

Mindful Meditation meets every Wednesday, 6:30pm (Zoom)  
 March 6, 13, 20, 27

**日本語の法要**  
**3月10日（日）4月14日**  
**（日）午後1時から**  
**法話：宮木リー啓輔先生**

JAPANESE LANGUAGE SERVICE



**SUNDAY @ 1PM**  
**MAR 10**  
**APR 14**  
**LED BY**  
**REV. KEISUKE LEE-MIYAKI**

