

# NICHIREN NEWS

MARCH, 2021

Sacramento Nichiren Buddhist Church - 5191 24<sup>th</sup> Street, Sacramento, CA 95822 (916) 456-8371

## CALENDAR OF EVENTS

### March 2021

7	---	no service
14	11:30am	Kaji Kito
21	---	no service
28	11:30am	Ohigan service
28	noon	Church meeting

### April, 2021

4	---	no service
11	11:30am	Hanamatsuri
18	---	no service
25	11:30am	Kaji Kito
25	noon	Church meeting

## OHIGAN

Ohigan services are held twice a year (during the Spring and Fall Equinox) and are memorial services for our ancestors. The Spring service will be held on **Sunday, March 28, 2021 at 11:30am**. Please write the names of your ancestors and your name on the enclosed form; return the completed form to the Church before the 11:30am service.

## HANAMATSURI

Sakyamuni Buddha was born on April 8. Hanamatsuri is the celebration of his birth. The Hanamatsuri service will be held on **Sunday, April 11, 2021 at 11:30am**.

## ACKNOWLEDGMENT

We gratefully acknowledge the generous donations from the following:

**Bazaar:**  
\$110/rummage sale

**Fujinkai Dues - \$10 per year:**  
Keiko Lucas

**Membership - \$240 per year:**  
Laurie Akiyama, Dexter Dong; Ruby & Gary Gotow; Lily Hitomi; John Hughes; Kyomi Igarashi; Keiko Lucas; Kathy Mine; Kinjiro Nakatogawa; Elizabeth Nettle; Steven Saxton; Yozo Yamada; and Betsi Ann Nagasawa/\$20

**Memorial:**  
Diane Hara/\$50 in memory of Stephanie Hara (50 years); Mihoko Igarashi/\$1,000 in memory of Misao Serizawa; Steve Saxton/\$60 in memory of Nate Saxton; Hideko Tsuetaki/\$50 in memory of Michi Kimura

**Special Donation:**  
Dexter Dong/\$260; Joe Hitomi/\$200/\$349.66 (gift card/Coke/Roundup/Paper Towels/Postage); John Hughes/\$100 (pest control); Toshiye Kawamura/\$125; Kiyos/\$40 (showcase); Elizabeth Kono/\$100 (Covid-19 loss revenue); Kathy Mine/\$40 (postage stamps); Fusako Okamoto/\$75 (Narazuke sale)/flowers

**Special Thanks:**  
Mike Okamoto & John Hughes - Built fence (100')

## CONDOLENCES

We offer our sincere sympathy to the family of Kenji Ronald Hitomi. Mr. Hitomi passed away on February 14, 2021 at the age of 92.



## Six Paramitas

The Sakyamuni Buddha often speaks of the “six paramitas” as a way for followers of the Buddha to practice his teachings. “Paramita” is a Sanskrit term, which literally translates to “go to Higan” in English. “Higan”, as we all may know means “the shore of the sanzu river” and is a Buddhist holiday celebrated for seven days during the spring and autumnal equinox where individuals focus solely on practicing Buddhism. In Buddhist literature, “higan” is a common euphemism referring to the attainment of Enlightenment and hence the purpose of practicing the six paramitas during “higan” is to lead individuals to Enlightenment.

The six paramitas are as follows: 1) *fuse* (generosity), 2) *jikai* (observance of Buddhist precepts), 3) *ninniku* (patience), 4) *shojin* (energy and diligence), 5) *zenjou* (meditation), and 6) *chie* (wisdom cultivated by studying the Buddhist teachings). Out of these six, *jikai*, *zenjou*, and *jikai* are also classified as *sangaku* or the “three ways of learning”.

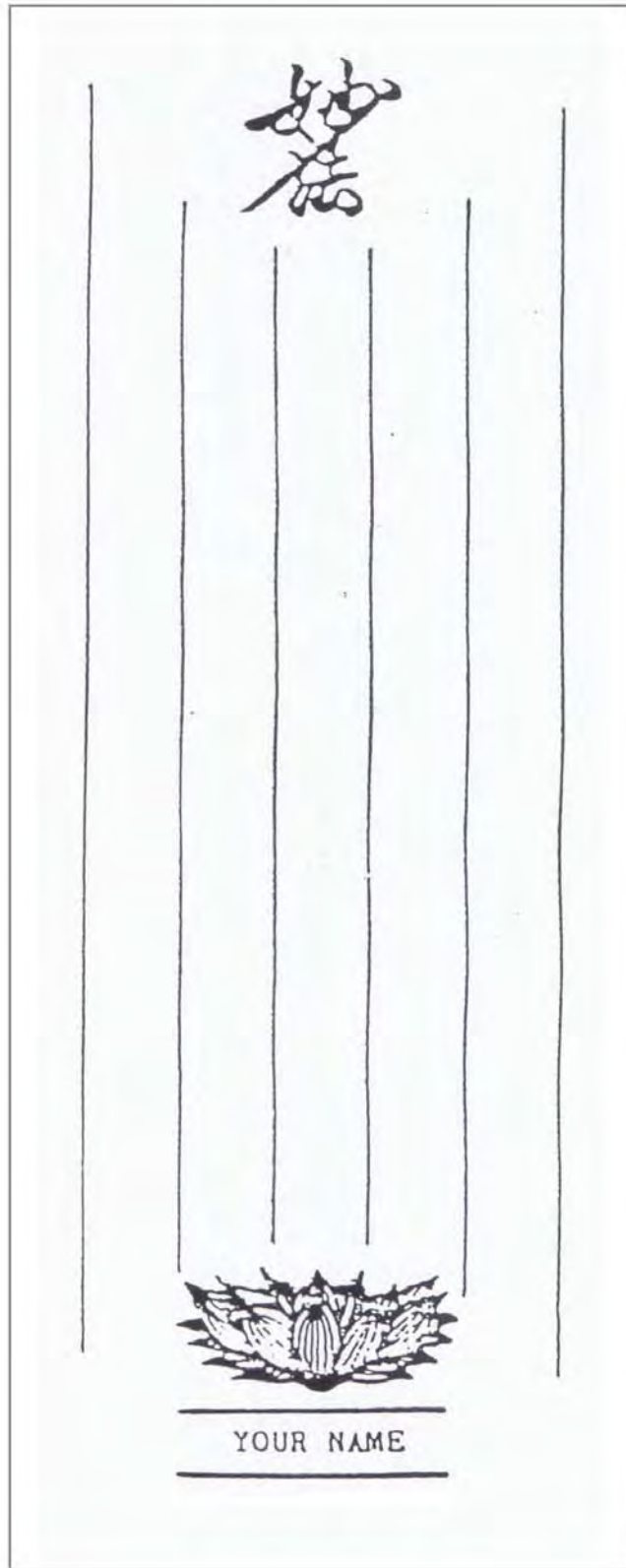
*Fuse* (generosity), the first paramita, can be practiced by providing monetary or psychological support to an individual or providing voluntary service to the community. *Jikai* (observance of Buddhist precepts), the second paramita, requires that an individual be very careful and aware of their five senses so as not to allow any intrusion, which may affect their practice and keep them from upholding the five Buddhist precepts. The third paramita, *ninniku* (patience), means solely to always be calm and maintain a harmonious relationship with all. Though it may seem easy, this may be one of the harder paramitas to practice. This is because it is hard not to be upset when living in this suffering world and in a society where many individuals commit crimes. In such a situation, we are advised to take our time to contemplate on the situation because often times, it is our emotions that keep us from making reasonable decisions. When we calm down, we tend to realize that we were overreacting about something very minor. While this is not always the case, we can say that the majority of our situations are similar to such. *Shojin* (energy and diligence), the fifth paramita, is often used interchangeably with *doryoku*, another Japanese term meaning to persevere and try hard. The fifth paramita, *zenjou* (meditation), means to escape and avoid greediness and anything considered negative in order to maintain a peaceful state of mind. Lastly, *chie* (wisdom), the sixth paramita, emphasizes the need to understand the Four Noble Truths which are as follows: 1) the nature of suffering; 2) the reason behind the suffering; 3) the destruction of suffering; and 4) the path leading to the end of suffering.

As we approach “higan”, we must think about these six paramitas and the ways that they will help us not only approach Enlightenment, but to also think about accumulating good karma and becoming a better individual. I hope that you will take the time to really practice these six paramitas this coming “higan”.



Utagawa KUNIYOSHI 1797–1861  
Nichiren shonin going into exile on Sado island c. 1831  
Allen Memorial Art Museum, Oberlin College  
(image obtained from the National Gallery of Australia)

Write the names of your deceased family members on the form below, cut out the form and return it to the Church before the service.



Calligraphic symbol

YOUR NAME