

# NICHIREN NEWS

September, 2023

Sacramento Nichiren Buddhist Church - 5191 24<sup>th</sup> Street, Sacramento, CA 95822 (917) 456-8371

## CALENDAR OF EVENTS

### September, 2023

3	11:30am	Tatsunokuchi service
10	---	no service
16	Saturday 9am-2pm	Rummage Sale
17	---	no service
23		Bocho doshi-kai memorial service
24	11:30am	Ohigan service
24	noon	Church meeting

### October, 2023

1	11:30am	Kaji Kito
1	noon	Church meeting
8	---	no service
12	8:00am	Cooking
12	8:00am	clean chicken shed
13	8:00am	Cooking
13	10:00am	clean chicken
14	4:00am	Cooking
14	Saturday noon-2pm	Food Sale
15	11:30am	Sunday service
15	noon	Church meeting
22	11:30am	Oeshiki service
29	---	no service

### OHIGAN SERVICE

Ohigan service will be held on Sunday, September 24, 2023. This service takes place twice a year (during the Spring and Fall equinoxes).

Please write the names of your deceased family members on the enclosed form, and return the form to Church before the 11:30am service.

### RUMMAGE SALE Saturday, 9/16/2023 9:00am to 2:00pm

It's not too late to donate clean/usable items for the rummage sale. Please drop off items by September 11, 2023. Members and friends are asked to help with the sale.

### FALL FOOD SALE October 14, 2023 Noon to 2:00pm (take out/pre-order-no indoor dining)

*Members & friends are asked to help at the Fall Food Sale*

Preparations will take place on:

**Thursday, October 12, 2023  
Friday, October 13, 2023 and  
Saturday, October 14, 2023.**

Pre-sale forms may be picked up at Church. Completed forms must be returned to the Church with payment by Wednesday, September 25, 2023. You can also order on the Church website at: "sacramentonichirenchurch.org".

Agesushi - \$10.00  
Barasushi - \$10.00  
Teriyaki Beef Sandwich - \$10.00  
Teriyaki Chicken - \$10.00

### ACKNOWLEDGEMENTS

We gratefully acknowledge the generous donations from the following:

**Bazaar Fund:** Tsukemono donated by Fusako Okamoto/\$40

**Church Membership (\$240):**  
Richard Hughes/Alexis Wilson;  
Kathy Mine

**Memorial:**  
Rodney Tateishi (in memory of Steven Tateishi/\$500); Karen Potnes (in memory of Toshie Fujimoto/\$5,000)

### Acknowledgements continued:

#### Obon:

Ruby & Gary Gotwo/\$50; Joe Hitomi/\$20; Lily Hitomi/\$50; Yoshiko Hitomi/\$50; John Hughes/\$150; Mary Hughes/\$100; Richard Hughes & Alexis Wilson/\$40; Peter Kato/\$50; Liz Kono/\$100; Kiyoko Kuwabara/\$40; Keiko Lucas/\$150; Kathy Mine/\$30; Takashi Mizuno/\$75; Dearthra Murray/\$40; Elizabeth Nettle/\$200; Fusako Okamoto/\$50; Yurimi Sawamura/\$50; Steve Saxton/\$50; Gail & David Tanaka/\$50; Linda Tomita/\$100; Brian Tsuda/\$40; Keiko Tsuda/\$20; Hideko Tsuetaki/\$50; Chiharu Yamada/\$20

**Building Fund:** Ruby & Gary Gotwo/\$100; Fusako Okamoto/\$360

#### Special donations:

Fusako Okamoto/flowers & tsukemono; Sharon Okamoto/flowers; Lily Hitomi/4 toner cartridges for copier; John Hughes/\$100 (pest control); Brian Tsuda/2 toilets & installation

### NEW MEMBERS

We welcome Richard Hughes and Alexis Wilson as new members.



## **'One Hundred Days Traveling Through the Six Realms of Illusion'**

*By Rev. Sensho Komukai*

"Wake up!" It took a few moments to realize what was going on at two-thirty in the morning. "Get up! It's time for the water splashing ritual! Hurry up!" Suddenly, I remembered where I was: in Arago for the 100 days of ascetic practice. Was it the second or third day? I don't remember, even though it is only six months ago that I was there. I had probably been asleep for two and a half hours, but it felt like only five minutes. Though I was dead tired, I mustered up enough energy to get up and fold my bedclothes and get in line to perform the water splashing ritual. The darkness was complete and I do not think I was fully awake until the pail of water was splashed over me. Although it was just the beginning of November, the water was cold enough to shock me awake. This was just the beginning of a very long day. The 100-day Arago practice starts on November 1 and lasts until February 10. During this time, every priest participating performs the water splashing ritual beginning at 3 a.m. through 11 p.m. The water splashing ritual is called Suigyo in Japanese. It takes an hour for all the participating priests to complete the ritual. Between the water splashing rituals, one chants the Lotus Sutra as loudly as possible. Before long, one becomes hoarse. During the chanting of the sutra, the priests sit with their legs folded under themselves (seiza) for over an hour. One soon has terrible pain in one's legs. For meals, the priests are served rice porridge and miso soup twice a day. Everything begins to seem edible, because one is constantly hungry. An empty belly together with the lack of sleep makes one feel heavy hearted all day. What did I get from the Arago practice? I would say that I went through the six realms of illusion, from hell to heaven. There was no freedom, no time to pursue my usual pastimes, no relaxation, which means I was suffering in hell. When I was hungry, the two meals a day never satisfied my appetite. I sought something more to eat with burning eyes, all the time, everywhere. I was in the realm of hungry spirits. I was in the realm of animals when I instinctively did selfish acts: I did not try to be kind to the other priests and I did not feel I could afford to encourage them. When I was angry or irritated due to the stress and strain of the practice, I was in the realm of ashura demons, almost ready to fight over trifles. How did I arrive back into the realm of human beings? It happened as the final day approached. Reflecting back on the 100 days, I very gradually began to appreciate being hungry, because it helped me realize the value of food. Chronic drowsiness made me appreciate how enjoyable it is to lie down to rest and sleep. Although my left foot was sore, the biggest reason I was able to endure the severity of the 100-day practice was because I had not been troubled by a severe illness. I am very thankful to have remained healthy. On the final day, I felt I had arrived in heaven. At six o'clock in the morning on February 10, I was about to pass through the open gate. I heard the loud voices and the drums. I heard the voices of the people who had assembled from all over the country, waiting outside the gate all chanting Namu Myoho Renge Kyo. I was excited, delighted, and crying with joy! How fresh the air is! How beautiful the sight of the outside world! And how wonderful it is to see this huge crowd of believers. Looking over my shoulder to see the gate, I wondered if I would ever come back here again. Well, it depends.

*(Rev. Komukai went through the 100-day practice from Nov. 1, 2006 to Feb. 10, 2007. He was the former resident minister of the Chicago Nichiren Buddhist Church.)*

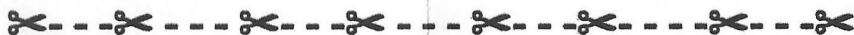
❖ **Japanese Food Sale (pre-sale)** ❖

**Saturday, October 14, 2023**  
**noon to 2:00 p.m.**

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

Keep this top portion for your records.

<u>Item</u>	<u>Price</u>	X	<u>Quantity</u>	=	<u>Total Cost</u>
Agesushi	\$ 10.00		_____		_____
Barasushi	\$ 10.00		_____		_____
Teriyaki Beef Sandwich	\$ 10.00		_____		_____
Teriyaki Chicken	\$ 10.00		_____		_____
<b>TOTAL</b>					_____

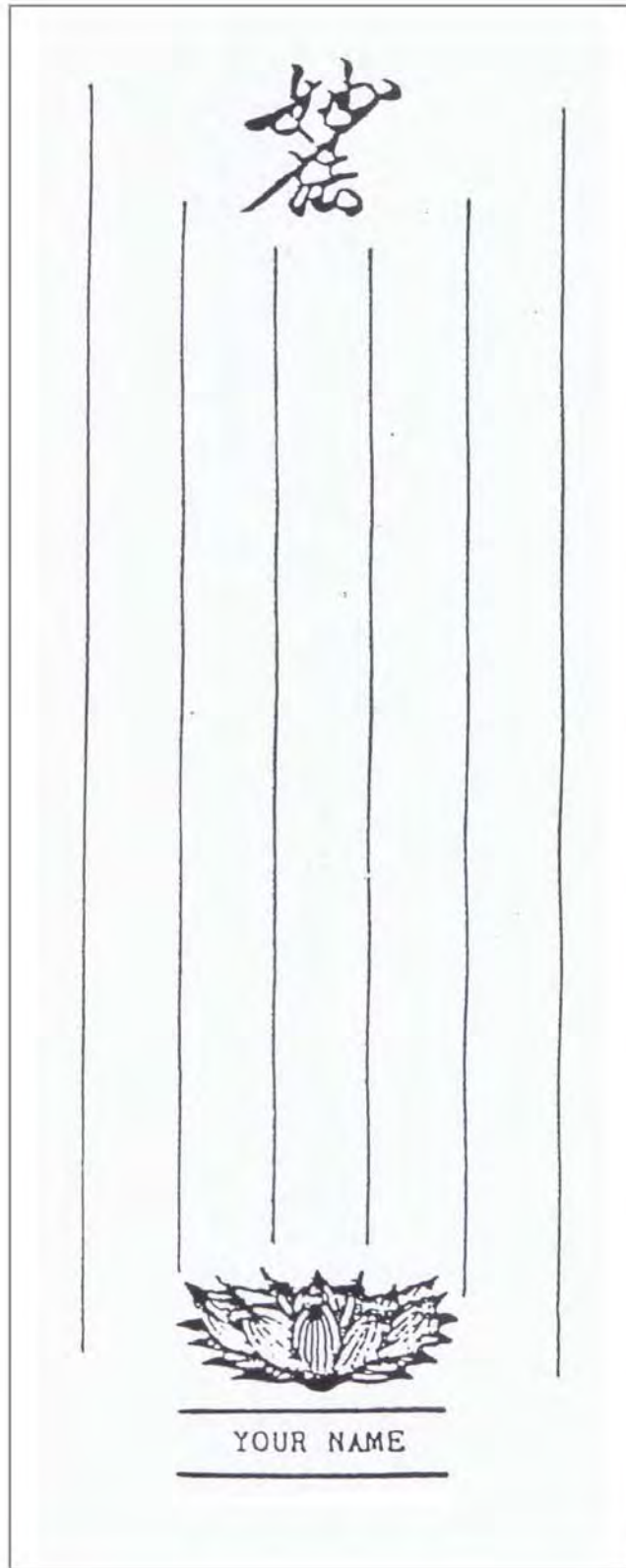


To place an order, please visit our website at [www.sacramentonichirenchurch.org](http://www.sacramentonichirenchurch.org) or complete the form below & mail it along with your check made payable to "**Sacramento Nichiren Buddhist Church**" to the church by **Monday, September 25, 2023.**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 E-Mail \_\_\_\_\_

<u>Item</u>	<u>Price</u>	X	<u>Quantity</u>	=	<u>Total Cost</u>
Agesushi	\$ 10.00		_____		_____
Barasushi	\$ 10.00		_____		_____
Teriyaki Beef Sandwich	\$ 10.00		_____		_____
Teriyaki Chicken	\$ 10.00		_____		_____
<b>TOTAL</b>					_____

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.



At the top center of the form is a decorative flourish consisting of stylized, overlapping leaf-like shapes. Below this flourish is a central column of four vertical lines, intended for writing names. At the bottom of the form is a decorative floral illustration, similar to the one at the top, with a central flower-like element and surrounding leaves. Below the floral illustration is a horizontal line, followed by the text "YOUR NAME" in a simple, sans-serif font, and another horizontal line below it.