

Nichiren News

September, 2024

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

Calendar of Events
September, 2024

1	11:30am	Sunday service
8	---	no service
15	11:30am	Kaji Kito
21	11:30am	Rummage Sale
22	---	no service
19	11:30am	Ohigan service
28	noon	Church meeting

October, 2024

6	11:30am	Sunday service
10	8:00am	Cooking
11	8:00am	Cooking
11	10:00am	clean chicken
12	5:00am	Cooking
12	noon to 2:00pm	Food Sale
13	11:30am	Kaji Kito
20	---	no service
27	11:30am	Oeshiki service
27	noon	Church meeting

Ohigan Service

Obon services will be held on Sunday, September 29, 2024 at 11:30am. 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 completed form to the Church before the 11:30am service.

September Rummage Sale

Saturday, September 21, 2024 from 8:00am to 2:00pm. New and gently used items will be available for sale at great prices. Please come to help with the sale or to find hidden treasures to purchase.

October Food Sale

Our next food sale will be on **Saturday, October 12, 2024.** If you are available, we need help in the kitchen, bagging the food, cleaning the chicken, in the chicken shed, and a variety of other tasks.

Items for sale	
Agesushi	\$10.00
Teriyaki Beef Sandwich	\$10.00
Teriyaki Sandwich	\$12.00
Udon	\$10.00

Please place your orders by **Wednesday, September 25, 2024.** You can either complete the provided form or go online to place your order.

You can also order online at:
www.sacramentonichirechurch.org

Acknowledgment

We gratefully acknowledge the generous donations from those listed below:

Membership: Renee
Dennis/\$20/\$100

Special donation: Fusako
Okamoto/Flowers/Tsukemono (\$257); John Hughes/\$100 for pest control; Deandra Murray/\$100 (June food sale donation)

Acknowledgement continued:

Obon: Liz Kono/\$100; Takashi Mizuno/\$75; Liz Nettle/\$100; Yurimi Sawamura/\$50; Linda Tomita/\$200; Takami Lau/\$30; Peter Kato/\$50; Hideko Tsuetaki/\$50; Kathy Mine/\$20; Yoshiko Hitomi/\$50; Fusako Okamoto/\$50; Kiyoko Kuwabara/\$50; Susumu Fujiwara/\$40; Ruby & Gary Gotow/\$50; Lily Hitomi/\$50; Keiko Lucas/\$200; John Hughes/\$170; Mary Hughes/\$30; Brian Tsuda/\$40; Dave & Gail Tanaka/\$50; Joe Hitomi/\$20; Deandra Murray/\$40

Condolences

We offer our sincere sympathy to the family of Toshiko Akiyama. Mrs. Akiyama passed away on Friday, August 23, 2024 at the age of 98.

Ohigan: A Time for Both Self-Reflection and Helping Others

As summer ends, we prepare for Ohigan, the Buddhist holiday that occurs during the week of the equinox. While there are multiple ways to spend this holiday, in general, it is a time for self-reflection and to re-evaluate one's Buddhist practice. For some, it is also a time to not only pay respect to their ancestors or the deceased, but in a way, join them in practicing Buddhism. This concept may be foreign to many people. For example, someone told me the other day that Buddhism is a religion that exists for times when people need to hold funeral and memorial services. I believe that the reason for this misunderstanding is because the concept of memorial services in Buddhism is difficult to grasp here in the United States.

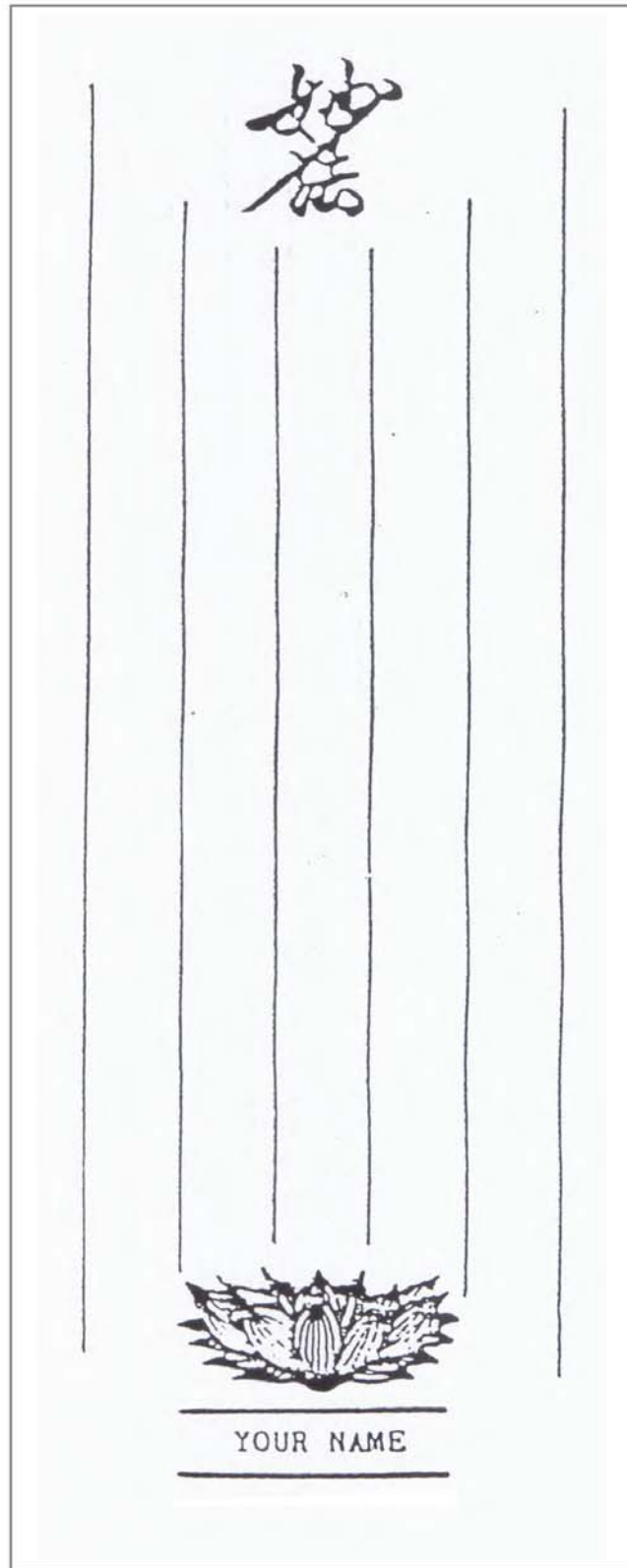
In order to understand the meaning of spiritual prayer during for example, memorial services and Ohigan, we must consider the purpose behind our existence in this world. In Buddhism, we state that a human being is bound to experience the four sufferings: birth, old age, sickness, and death. The amount of "bad" karma we have accumulated in our past lives dictates which suffering realm we are born into. Even within the same realm, individuals will experience different levels of suffering due to the varying amount of this bad karma that we carry with us at birth.

While our task in this suffering world is to rid ourselves of this bad karma, at times this seems near impossible. We may in fact be accumulating bad karma without even realizing it. This includes unknowingly make a comment that hurts another individual. Some also find it very difficult to fully comprehend their reason for being born into a particular suffering realm. Such souls repetitively return to the different realms of the suffering world. They cannot rest in peace.

However, it is possible for others, including us, to help them break this cycle. I equate this, in a way, to certain types of volunteer work some partake in. For example, there are types of volunteer experiences, which involve sharing hardships with people who are going through difficult circumstances. Our prayers and Buddhist practice during Ohigan also incorporates a similar idea. We never fully know the state of deceased individuals or different spirits. In other words, they may be suffering or having concerns about the realm that they are currently living in because they want to escape it. However, due to the situation of the realm that they currently live in, they may not be able to accumulate "good" karma to escape the suffering world. In order to help them, we, as individuals also living in this suffering world, need to try and connect with these spirits by praying and chanting the sutra. Like volunteer work, there is a need to try and understand their pain and concerns to fully help them, though this may be difficult. This act of volunteer work is also very difficult to understand, especially because we cannot physically see how much we have helped these spirits. Unfortunately, people tend to praise and recognize volunteers if we can physically see these actions or the changes in the individual being helped.

However, I hope that during this month of Ohigan, everyone will take the time to not only self-reflect, but also think about these spirits in the suffering world that are in desperate need of help. Through our prayer, we not only strengthen our own Buddhist faith, but also help others in the process.

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.



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YOUR NAME