

SACRAMENTO NICHIREN NEWS

Sacramento Nichiren Buddhist Church

September 2025

5191 24th Street, Sacramento, CA, 95822 | (916) 456-8371 | www.sacramentonichirenchurch.org

CALENDAR OF EVENTS

SEPTEMBER 2025

7	11:30am	Tatsunokuchi Persecution Service
14	11:30	Kaji Kito
21	—	No Service
28	11:30am	Higan Service
		Church Meeting

OCTOBER 2025

5	11:30am	Sunday Service
8	8:00am	Wednesday Food Sale Cooking
9	8:00am	Thursday Food Sale Cooking
10	8:00am	Friday Food Sale Cooking
	10:00am	Prepare the chicken
11	5:00am	Food Sale Cooking
	12:00pm -2:00pm	Food Sale Order Pick Up
12	11:30am	Kaji Kito
		Church Meeting
19	—	No Service
26	—	No Service

RUMMAGE SALE

Thank you very much to the organizers and everyone who helped with the rummage sale in July. We are happy to share that it raised a profit of \$2,448.75.

FALL FOOD SALE

OCTOBER 11, 2025
(SATURDAY)

All Church members, family and friends are asked to help at the upcoming fall food sale (**pre-order/pick up**). Please see the "Calendar of Events" for details.

Orders can be placed online or using the attached form. The deadline to place orders is **September 27th**.

HIGAN

SEPTEMBER 28, 2025
(SUNDAY AT 11:30AM)

Buddhists observe Higan during the spring and fall equinox. During Higan, we set aside time not only for self-reflection, but also to focus on our Buddhist studies.

The fall service will be held in September. Please write the names of your deceased family members on the enclosed form and return it to the Church **before the service**.

CHURCH MEETING HIGHLIGHTS

AUGUST 24, 2025

- Discussed the Fall Food Sale (please see the "Fall Food Sale", "Calendar of Events", and the attached order form for details)
- Rev. Igarashi will be going on a pilgrimage to Japan in late October

ACKNOWLEDGMENTS

We gratefully acknowledge our generous donations.

MEMBERSHIP DUES (\$240)
Chiharu Yamada.

SPECIAL DONATIONS
Fusako Okamoto/flowers;
Sharon Okamoto/flowers;
Hiroshi Yamamoto/\$50; Peter Kato/\$45; John Hughes/\$100, pest control; Kiyoko Kuwabara/cookies and chocolate; Mary Hughes/manju; Lily Hitomi/brand new mini chainsaw, electric weeder, and batteries for the weeder.

MEMORIAL
In memory of Toshiko Akiyama/\$300, Akiyama Family.

OBON
Takashi Mizuno/\$100; Liz Kono/\$100; Peter Kato/\$50; Yurimi Sawamura/\$100; Patti McCreery/\$100; Steve Saxton/\$50; Dave and Gail Tanaka/\$50; Liz Nettle/\$100; Takami Lau/\$30; Helen Lucas/\$150; Keiko Tsuda/\$50; Kathy Mine/\$40; Kiyoko Kuwabara/\$20; Yoshiko Hitomi/\$50; Brian Tsuda/\$40; Lily Hitomi/\$50; Fusako Okamoto/\$50; Akiyama Family/\$300; John Hughes/\$150; Deandra Murray/\$40; Joe Hitomi/\$20.

The Significance of Prayer During Higan

Kenjo Igarashi

As summer ends, we start the official transition into the fall season with Higan. It is a time to primarily self-reflect and focus on your Buddhist studies. However, as I have mentioned before, throughout our practice, we also find ways to help others in all realms of existence, especially our ancestors. I realize that the multiple underlying purposes behind Higan can remain very confusing for many, especially because many seem to overlap with those of other Buddhist observances. I was recently reminded of a conversation I had several years ago with a member. They said, "There are many special Buddhist services and traditions that happen throughout the year: Higan, Obon, memorial services for the deceased, etc. But many of them seem very similar – they all emphasize the importance of praying for your ancestors. I have a hard time understanding the differences between them." The concept of ancestor veneration is prevalent in Asian cultures. For example, in Japan it is common for people to spend time with their families, as well as visit and clean their ancestors' graves during these important Buddhist observances. However, this concept is not as common in Western cultures. For that reason, I would like to take this time to further explain why we honor our ancestors during Higan.

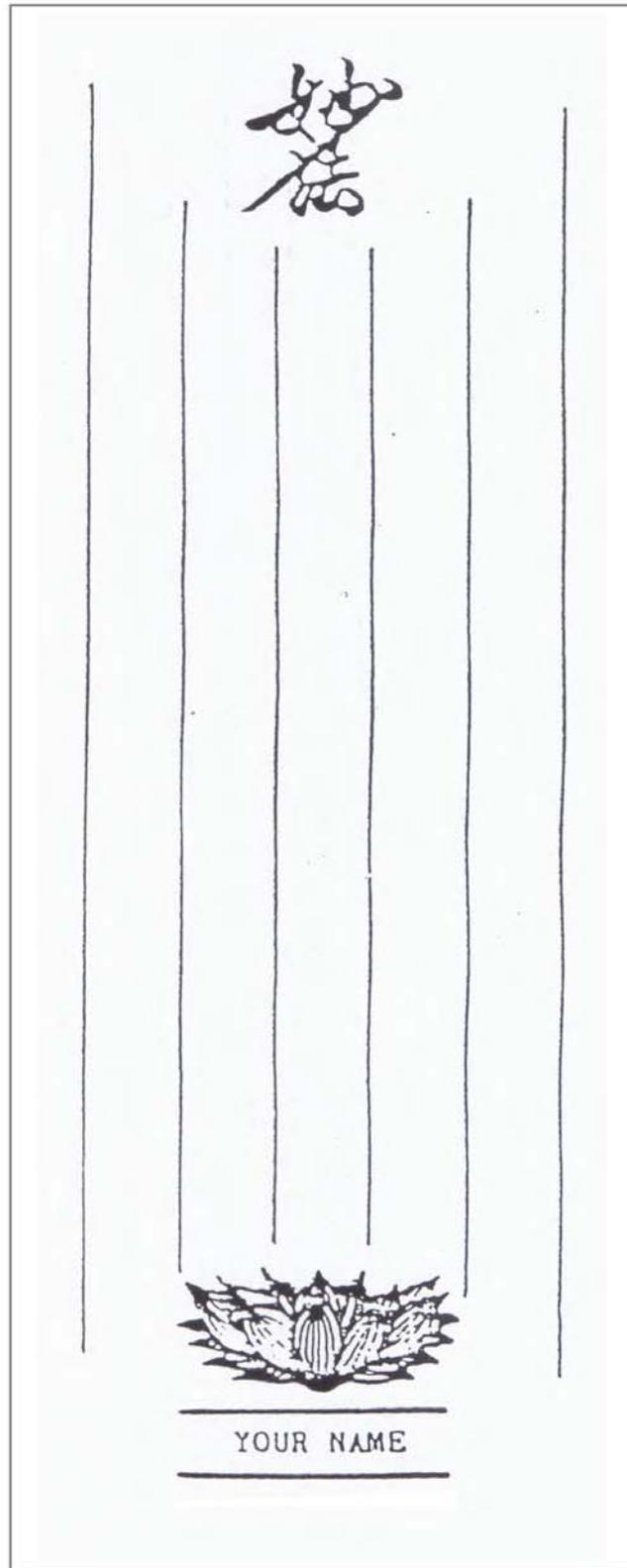
We observe Higan twice a year for approximately a week around the time of the spring and fall equinox. The reason for this timing stems from the agricultural history of Japan. Rice farmers would be busy from March when they would sow the seeds until September when they would harvest their crop. Higan is observed before and right after the end of this rice cultivation season, outside of which they were expected to have more time away from the field to focus on their Buddhist studies.

Aside from this timing, one of the major differences between Higan and other Buddhist observances is the emphasis on studying the Six Paramitas, which I've explained previously. Briefly, they include the following: (1) generosity, (2) observance of Buddhist precepts, (3) patience, (4) energy and diligence, (5) meditation, and (6) wisdom cultivated by studying Buddhism.

As I mentioned earlier, I have previously spoken about how we strive to help others during this time of Higan. One of the ways we do this is by practicing these Six Paramitas with our ancestors. What differentiates us from the deceased is our physical body and the five senses we use in our practice. Through these senses, we can garner good karma and virtues, but also unknowingly accumulate bad karma through actions we partake in or even witness. Without these senses, our ancestors cannot accumulate virtues in the same way that we do in this human realm. Any deceased, especially in the suffering world, therefore have a difficult time moving to a higher realm. Higan is a time when our ancestors can practice "with us", meaning at the same time. This is different from Obon when the deceased are allowed to visit the living and practice with us at the same time and in the same location. In a way, during Higan, our ancestors are not only practicing themselves, but also through us. The good karma we accumulate during Higan benefits not only ourselves but can also be shared with our ancestors. Using the virtues we accumulate during Higan, the deceased can gradually try to progress to a higher realm. This is also a reminder that as humans, we ourselves still have work to do in order to move to a higher realm. Our senses make us unique and provide an advantage for us to accumulate virtues in this current realm that we live in.

Therefore, our practice and prayer during Higan holds a special meaning. I hope that many of you will use Higan as an opportunity to focus on your Buddhist studies, keeping in mind that our ancestors are practicing with us during this time.

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.



The form is a vertical rectangle with a light blue background. At the top center, there is a decorative flourish consisting of stylized, overlapping leaf-like shapes. Below this flourish, there are four vertical lines that create a central column for writing. At the bottom of the form, there is a decorative flourish similar to the one at the top. Below this flourish, the text "YOUR NAME" is printed in a simple, sans-serif font, centered between two horizontal lines.

Fall Japanese Food Sale

(Pre-sale / Pick up)

October 11, 2025 (Saturday)

12:00 - 2:00pm

Sacramento Nichiren Buddhist Church

5191 24th Street

Sacramento, CA 95822

(916) 456-8371

Please place orders by either:

- (1) Visiting our website (www.sacramentonichirenchurch.org) or
- (2) Mailing the completed form (below) and your check made payable to "Sacramento Nichiren Buddhist Church" to the address above.

The deadline for all orders is **September 27, 2025**.

<u>Item</u>	<u>Price</u>	X	<u>Quantity</u>	=	<u>Total</u>
Agesushi	\$10	X	_____	=	_____
Teriyaki Beef Sandwich	\$12	X	_____	=	_____
Teriyaki Chicken	\$12	X	_____	=	_____
Udon	\$10	X	_____	=	_____
TOTAL					_____

Our summer food sale will be held again in June 2026!
More information will be provided in April 2026.

Please keep this top portion for your records.



Name: _____

Address: _____

Phone: _____

Email: _____

<u>Item</u>	<u>Price</u>	X	<u>Quantity</u>	=	<u>Total</u>
Agesushi	\$10	X	_____	=	_____
Teriyaki Beef Sandwich	\$12	X	_____	=	_____
Teriyaki Chicken	\$12	X	_____	=	_____
Udon	\$10	X	_____	=	_____
TOTAL					_____