

SACRAMENTO NICHIREN NEWS

Sacramento Nichiren Buddhist Church

November 2025

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

CALENDAR OF EVENTS

NOVEMBER 2025

2	11:30am	Sunday Service
9	—	No Service
16	11:30am	Oeshiki Service
23	11:30am	Kaji Kito
30	11:30am	Komatsubara Persecution Service
		Church Meeting

DECEMBER 2025

7	—	No Service
14	11:30am	Jodo-e Service
20	7:00am	Mochi Tsuki
21	11:30am	Kaji Kito
		Church Meeting
28		End-of-the-Year Clean Up
31	11:00pm	End-of-the-Year Service

JANUARY 2026

1	12:00am	New Year's Service
4	11:30am	Sunday Service
11	11:30am	Kaji Kito
		Church Meeting
18	—	No Service
25	11:00am*	Tsuito-e Service
	12:00pm	New Year's Party

*Please note the special time for this service

CHURCH MEETING HIGHLIGHTS

SEPTEMBER 28, 2025

- Fall food sale – mainly the cooking schedule, chicken preparation schedule, and items to purchase

OCTOBER 12, 2025

- See "Mochi Tsuki" for details
- See "New Year's Party" for details

MOCHI TSUKI

DECEMBER 20TH, 2025 (SATURDAY)

Please mark your calendars for the upcoming Mochi Tsuki (pre-order/pick up). Church members, family, and friends are asked to help prepare and package the mochi starting at 7:00am on **December 20th**.

Orders can be placed online or using the attached order form. The deadline to place orders is **December 12th**.

NEW YEAR'S PARTY

JANUARY 25TH, 2026 (SUNDAY)

The New Year's Party will take place after the church service (Tsuito-e), which will be held at **11:00am**. Please note the special time for this service.

The cost to attend the luncheon will be **\$25 per person**. Please contact the church if you would like to attend. The deadline is **January 15th**.

2026 CHURCH MEMBERSHIP DUES

Please use the enclosed envelope to mail in your annual Church membership dues for 2026. The dues are **\$240** per year.

2026 FUJINKAI MEMBERSHIP DUES

Membership dues for the Fujinkai are **\$10** per year. Please mail in your dues to the Church.

FALL FOOD SALE

Thank you very much to everyone that helped with this year's fall food sale! The net profit was **\$11,134.73** (total profit = \$13,557; expenses = \$2,422.27).

ACKNOWLEDGMENTS

We gratefully acknowledge our generous donations.

SPECIAL DONATIONS

Fusako Okamoto/flowers for the church altar; Renee Dennis/\$20; Mary Hughes/chocolate; John Hughes/\$100 (pest control); Merry, Jane, and Lily Hitomi/cookies; Lily Hitomi/battery-powered leaf blower, new battery-powered weeder.

OHIGAN

Takashi Mizuno/\$75; Akiyama family/\$300; Yurimi Nagasawa/\$50; Liz Kono/\$100; Elizabeth Nettle/\$100; Peter Kato/\$50; Ruby Gotow/\$40; Helen Lucas/\$150; Keiko Tsuda/\$50; Laurie Akiyama/\$20; Chiharu Yamada/\$20; Fusako Okamoto/\$50; Kathy Mine/\$40; Yoshiko Hitomi/\$50; Brian Tsuda/\$40; Gail and Dave Tanaka/\$50; Lily Hitomi/\$50; John Hughes/\$150; Mary Hughes/\$150; Joe Hitomi/\$20.

FALL FOOD SALE DONATIONS

(Please note that the monetary value and quantity are not provided for all donations listed below.)

Fusako Okamoto/ strawberry, pear, and blueberry jams (30 jars), pomegranate jam (8 small and 2 large jars), takuan (12 jars), nasube/karashizuke (12 jars), fukujinzuke (13 jars), pickles (8 half-pint and 2 one-pint jars), kasuzuke; Yoshiko Hitomi/\$191 (donuts (4 dozen), kabocha (13 containers), umeboshi (12 jars)); Lily Hitomi/\$275.67 (food supplies), storage rack; Merry Hitomi/ kamaboko, coffee cake, storage rack; Kiyoko Kuwabara/\$187.16 (Oto's, Ranch99), storage rack; Joe Hitomi/\$235 (charcoal); Jane Nakagawa/fig jams.

The Art of "Cleaning" Our Spirit

Kenjo Igarashi

I am sure I am not the only one surprised at how quickly 2025 has flown by. With the end of the year approaching, it is also the time to start thinking about all the tasks we need to complete before beginning the new year. As many of you know, in Japan, one of the year-end traditions is the comprehensive and intensive cleaning before the New Year. While this usually refers to our homes, it can also include public spaces such as parks and community centers. Of course, we will also hold our annual end-of-the-year cleaning of the Church in late December.

However, regardless of the end-of-the-year cleaning, I make it a point to maintain all aspects of the property regularly throughout the year. As many of you may know, I have made it my weekly commitment to care for the property grounds, including mowing the grass, pruning the trees, raking the leaves, and general cleaning. Only recently did I realize that there are over forty trees, shrubs, and bushes on the Church property! It is a responsibility that I have carried out consistently since becoming the head minister of the Sacramento Nichiren Buddhist Church. One of my reasons for doing this is to make sure that the Church remains a place where everyone who visits can feel at peace and devote themselves fully to their practice.

As I reflect on this weekly commitment of mine, I realize now that in the beginning, I focused primarily on appearance. For example, I made sure that all the dead leaves and debris were collected, the lawn was mowed to a uniform length, and all branches that disrupted the shape of the shrubs and trees were trimmed. However, soon after, I noticed that I would find myself continuously raking up large piles of dead leaves and debris that kept accumulating under each shrub and bush week after week. I decided to take a closer look inside the shrubs and discovered dense inner branches that hindered growth and collected debris. It became clear to me that proper maintenance required pruning not just the surface, but also removing what was hidden within, allowing the plants to breathe, grow, and remain healthy. Much of the debris that accumulates within these shrubs is beyond our control — the result of natural forces like wind and rain. Yet it is still possible to minimize this buildup by removing the inner branches and water sprouts. Since then, I have made it a habit to carefully prune these inner branches, even when it means cutting what appears to be a healthy branch. This selective pruning is essential for the plant's overall health and continued growth.

This idea can also be applied to our Buddhist practice. As I mentioned earlier, every time we practice and accumulate benefits, we are also "cleaning" our spirit. Imagine our spirit as the shrub I described earlier: each time we practice, we trim the outer branches, shaping the shrub and refining its form. However, to truly purify our spirit, we must also look within — pruning from the inside by examining ourselves more deeply and releasing what blocks our progress. This can be difficult, because just as pruning sometimes requires cutting even healthy branches so that a tree may flourish, true spiritual maintenance demands more than surface care. Our regular practice alone is sometimes not enough. In the same way that debris beyond our control can build up inside a shrub, no matter how diligently we practice or how pure we may feel, simply living in this world causes us to unknowingly accumulate impurities and karma through our six senses.

In the same way that we can carefully prune the inner branches and remove debris from within a shrub, there are also ways to purify the deeper, more hidden regions of our spirit. In Buddhism, we speak of the need to purify our six senses (*rokkon shōjō*). Although there are many ways to do this, one important method is through purification services (*kitō*), which help us remove the inner "branches" within our spirit that block growth and clarity. When we think of *kitō*, many people associate it primarily with wishes or requests — for example, recovery from illness, personal happiness, or success in life. While these intentions are natural, they represent only one layer of its meaning. Every person carries some form of suffering, and it is natural to wish for relief. Yet, when we focus only on escaping suffering, it can become difficult to fully concentrate on our practice. The true purpose of *kitō* is not simply to grant wishes, but to help us uncover and address the root causes of our suffering — the inner obstacles that we cannot easily remove on our own. In this way, *kitō* serves as a form of deep spiritual pruning, helping us cleanse what lies within and restore clarity to the heart.

As we prepare to close this year, I hope each of us can take a moment to look within — to clear away what has accumulated and to begin the new year refreshed. I hope that through continued practice and the power of purification, we can continue to nurture clarity within ourselves and in the world around us.

Mochi Sale

(Pre-sale / Pick up)

December 20, 2025 (Saturday)

11:00am - 1:00pm

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 December 12, 2025.

<u>Item</u>	<u>Price</u>	X	<u>Quantity</u>	=	<u>Total</u>
Mochi (8 pieces)	\$10	X	_____	=	_____
An Mochi (6 pieces)	\$12	X	_____	=	_____
Kasane	\$10	X	_____	=	_____
TOTAL					_____

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>
Mochi (8 pieces)	\$10	X	_____	=	_____
An Mochi (6 pieces)	\$12	X	_____	=	_____
Kasane	\$10	X	_____	=	_____
TOTAL					_____