

SACRAMENTO NICHIREN NEWS

Sacramento Nichiren Buddhist Church

September 2026

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

CALENDAR OF EVENTS

SEPTEMBER 2026

6	11:30am	Sunday Service
13	11:30am	Tatsunokuchi Persecution Service and Kaji Kito
		Church Meeting
20	—	No Service
27	11:30am	Higan Service

OCTOBER 2026

4	11:30am	Sunday Service
7	9:00am	Food Sale Shopping
		Clean the Chicken Shed
8	9:00am	Thursday Food Sale Cooking
9	9:00am	Friday Food Sale Cooking
	10:00am	Prepare the chicken
10	5:00am	Food Sale Cooking
	12:00pm -2:00pm	Food Sale Order Pick Up
11	11:30am	Kaji Kito
		Church Meeting
18	—	No Service
25	11:30am	Oeshiki Service

RUMMAGE SALE

Thank you very much to the organizers (Mary and John Hughes) and everyone who helped with the rummage sale in July. We are happy to share that it raised a profit of \$2,188.

FALL FOOD SALE

OCTOBER 10, 2026 (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 October 3rd (September 27th) for Teriyaki chicken orders).

HIGAN

SEPTEMBER 27, 2026 (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 16, 2026

- The Fall Food Sale schedule, pricing, and key deadlines were discussed (see "Fall Food Sale" for details).
- Several repairs are needed around the church (fence, roof above rice-cooking area, deteriorating walls and exterior of the lawn mower shed, and the broken flush lever in the men's restroom). Brian Tsuda and John Hughes will work on these repairs after the Fall Food Sale.

ACKNOWLEDGMENTS

We gratefully acknowledge our generous donations.

SPECIAL DONATIONS

John Hughes/\$100 for pest control; Sharon Okamoto/flowers; Gail Tanaka/flowers, cookies, Summer Food Sale donations (gloves, water, and soda); Lily Hitomi/manju; Mary Hughes/chocolate; Lily Hitomi and Kiyoko Kuwabara/portable air conditioner; Besti Ann Nagasawa/\$7.10; Kenjo Igarashi/\$50 (Rummage Sale).

MEMORIAL

In memory of Toshiko Akiyama (3rd Year Memorial)/\$500, Akiyama Family; In memory of Motoo Tsuda (33rd Year Memorial)/\$400, Gail and Dave Tanaka; In memory of Joe Hitomi (1st Obon)/\$100, Lily Hitomi.

OBON

Michelle Doherty/\$100; Takashi Mizuno/\$100; Liz Kono/\$100; Yurimi Sawamura/\$50; Peter Kato/\$50; Elizabeth Nettle/\$100; Saxton Family/\$50; Patricia McCreery/\$100; Kathy Mine/\$40; Yoshiko Hitomi/\$50; Ruby and Gary Gotow/\$50; Kiyoko Kuwabara/\$50; Brian Tsuda/\$20; Lily Hitomi/\$50; John Hughes/\$150; Mary Hughes/\$150; Gail and Dave Tanaka/\$100; Keiko Lucas/\$150; Fusako Okamoto/\$50; Deardra Murray/\$40; Renee Dennis/\$20.

Itai Dōshin – Different Bodies, One Mind

Kenjo Igarashi

During the lifetime of Nichiren Shōnin in the 13th century, the people of Japan had far less contact with the wider world than we do today. Although medieval Japan was not completely isolated from other parts of Asia, regular contact with Europe did not begin until centuries later. Most people had little opportunity to encounter the variety of cultures, religions, and customs that we see around us today.

The modern United States is very different in this respect. People have come here from countries throughout the world, bringing their own languages, cultures, customs, and religions. When I first came to the United States, I attended an adult English school for a short time. My classmates came from various countries, and most of us spoke very little English. Perhaps for that reason, our teacher used simple words and many hand gestures to explain the idea of a "melting pot." We learned that the United States was not a melting pot in which every difference simply disappeared. People did not have to give up their religion, customs, or culture and become exactly alike. The freedoms protected by the Constitution, particularly the First Amendment, allowed people to preserve their own traditions while living together under the same laws. Within such a diverse society, we must learn to respect one another and seek the common good.

When I first heard this explanation, it reminded me of the Buddhist teaching of *itai dōshin*, which can be translated as "different bodies, one mind". Nichiren Shōnin explained this principle in a letter written to encourage his followers during a time of great difficulty and persecution. Every person is unique, with different appearances, personalities, abilities, experiences, and circumstances. There is no need to erase these differences or become exactly alike. We can still be united by a shared commitment and purpose. True unity does not mean uniformity. It means respecting each person's individuality while working together to follow the Buddha's teachings and promote the happiness of all beings.

Today, more than eight billion people live in this world. Each person has different causes and conditions that have shaped their life. If we think only of ourselves and insist only upon our own way, it will be difficult to create peace, no matter how much time passes. As long as greed, anger, ignorance, and selfishness govern our actions, conflict and suffering will continue, and we will remain caught in the cycle of transmigration through the six realms.

How, then, can we begin to create peace? Peace begins when we recognize that every person, no matter how different their life may be from ours, possesses Buddha nature. However, this Buddha nature can remain hidden or become clouded by ignorance, attachment, and selfish desires. Through our practice of the *Lotus Sutra*, we gradually polish our own Buddha nature while learning to recognize and respect the Buddha nature in others.

The *Lotus Sutra* and the *Odaimoku* unite us in our shared practice. We do not need to become the same to move together toward a common purpose. World peace may seem like a distant goal, but it begins with the causes and conditions we create each day. We create these causes by polishing our own Buddha nature through our practice and helping others reveal theirs. When we practice with the spirit of *itai dōshin*, our individual differences can become a source of strength rather than division.

Although we are different in body, I hope that we will remain united in spirit and work together for the peace and happiness of all beings.

(Pre-sale / Pick up)

October 10, 2026 (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 October 3, 2026

(September 27, 2026 for teriyaki chicken).

<u>Item</u>	<u>Price</u>	X	<u>Quantity</u>	=	<u>Total</u>
Agesushi	\$10	X	_____	=	_____
Teriyaki Beef Sandwich	\$12	X	_____	=	_____
Teriyaki Chicken	\$15	X	_____	=	_____
Udon	\$10	X	_____	=	_____
TOTAL			_____	=	_____

Our **summer food sale** will be held again in June 2027!

More information will be provided in April 2027.

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	\$15	X	_____	=	_____
Udon	\$10	X	_____	=	_____
TOTAL					

YOUR NAME

