



## NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER

---

### **A Lie**

*By Reverend Mimatsu*

For Buddha, a lie is a tool to save people. But, if we lie to others for our own selfish interests, people will see through it and the “lie” will never become a tool for saving people.

The following is a story about how a lie was used to save two people. One day three men went climbing and trekking up a mountain. One man had a lot of mountain climbing experience and was the leader of the group. The other two were amateurs with little experience. Along the way, they encountered a storm. When they were in the middle of climbing down the mountain, they got lost and had to stay at a “makeshift” shelter. When the storm hit them, the two amateur climbers panicked and began screaming in fear. Then the leader of the group who was familiar with the mountain said to them, “This climb is much better than the other ones I have had.” When the two amateur climbers heard this, they settled down and gained control of their emotions and were able to continue their trek down the mountain. After the storm passed, he said, “That was the worst storm I have ever had.” The two men were surprised when they heard this and, at that moment, realized that he had told them a “lie” in order to calm them down.



When we look at this from a Buddhist perspective, the purpose for the “lie” was meant to save the two amateur climbers from their panic and fear of the storm. For the climbers, it was the truth until he mentioned to them that it was the worst storm he had ever experienced. They realized that he was trying to save them and not because of any selfish interest. He did not want something in return and was not thinking of only saving himself. It means his action was based on his compassion and it also means that he already had Bodhicitta, which is to have faith in Buddha and to act based on Buddha’s teachings.

### **2021 CSUS Virtual Japan Day**

*By Kaori Kubota-Sakauye*

The N.C. Temple Koyasan Taiko Group participated in the 2021 CSUS (California State University Sacramento) Virtual Japan Day. The event, sponsored by CSUS, was part of a weeklong Festival of the Arts celebration hosted by CSUS. Japan Day was part of CSUS’ “Full Circle Project” and focused on Asian American Culture in the Central Valley. Students, alumni, families and the local community were invited to learn about cultural arts and to celebrate the Asian arts.



# NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER



Koyasan Taiko students pre-recorded two songs in small groups at the Temple; and it was aired online on April 4, 2021, for Japan Day. Taiko students were very happy to see each other and play together after a year of distance learning. It was the first public performance for some of the beginner students aged 6 - 9 and they look forward to performing more this summer.

## In the Spotlight – Northern California Koyasan Temple –

### Facility Support Team



Maintenance Behind the Scene  
Rebuild, Restore, Replace, Renovate, Replenish  
With Engaging Dedication

Donald Tateishi, Gary Matsumoto, Stuart Noda, Gary Oshita,  
Larry Sunahara, Michael Sunahara, Calvin Matsumoto,  
Kevin Nakashima, David Baldrige, Steve Miura, Joe Cheung,  
Eric Hirata, Dave and Shota Sakauye

Upkeep, repairs  
Drain due to rain  
Corrosion underneath  
Fencing down  
Warped tiles  
Technology  
Security  
~ Kudos ~

fnn

~ 2 ~



## NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER

---

### Mindful Thoughts

#### *"Affirmation of Observation"*

Never truly assessed the word, "Re-opening"  
Now, the connotation is different  
Lives altered  
Significant lives lost, torment and wrenching suffrage  
Discomfort and uneasiness of using "Re-opening"  
Notable celebration absent  
Jubilation and fanfare gone  
Sense of exhaustion  
A pledge and commemoration  
Acknowledgement of gratitude  
With spiritual festivity of Obon and Toro Nagashi  
Domo Arigato!

*fnu*

### From the Words of the Buddha

*Submitted by Carol Ito*



The secret of health for both mind and body is not to mourn for the past, worry about the future or anticipate troubles, but to live in the present moment wisely and earnestly.

When you stop trying to change others and work on changing yourself, your world changes for the better.

Silence the angry man with love, silence the ill-natured man with kindness, silence the miser with generosity, and silence the liar with truth.

Happiness is not having a lot. Happiness is giving a lot.

The root of suffering is attachment.



## NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER

### Fujinkai “Aji Corner”

#### *Seven Layer Dip*

By Midori Sunahara

#### Ingredients:

1. 1 can Enchilada bean dip with dash of hot sauce
2. 3 avocados (mashed with lemon juice, spread over beans)
3. 4 oz. sour cream, combined with ½ pkg. Lawry’s taco seasoning mix
4. 3 tomatoes, diced (squeeze out liquid before dicing)
5. 1 to 2 cups shredded cheddar cheese
6. 2 small cans chopped olives (drained & squeezed to remove liquid)
7. Green onions or chives, sliced (for garnish)



Serve with king size package of Fritos corn chips

#### *About this Recipe*

By Carol Kawano

This dish is a family favorite and most requested. Midori made it for every holiday get-together. The grandkids would start munching on it before, during and after dinner. Midori would sprinkle jalapenos on top to give it more heat. After a while, she started putting the jalapenos in all the layers. It would light you on fire!

### Optimize Your Nutrition

By Leslie Kaneko, Registered Dietitian



Healthy eating is a foundation for our bodies. This is essential to fight and protect against seasonal illnesses or health obstacles we may face. A healthy immune system is one way to give your body extra protection, especially now during the COVID-19 pandemic. Focusing on nutrient-dense food choices and healthy lifestyle behaviors can help you and your family be stronger and healthier.

The following **Immune-Supporting Nutrients** play a role in the immune system and can be found in a variety of foods:











## NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER

---

-  **Zinc:** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts, *tofu* (soybean cake), and small amounts in *soba* and *renkon* (lotus root).
  
-  **Beta Carotene rich foods:** found in plant foods, such as *bok choy* (type of Chinese cabbage), broccoli, *kabocha* (type of Japanese pumpkin), spinach, carrots, mango, tomatoes, and sweet potatoes.
  
-  **Vitamin C-rich foods:** citrus fruits, berries, melons, tomatoes, bell peppers, *nori* (seaweed), *bok choy*, *renkon*, and broccoli.
  
-  **Vitamin D:** found in fatty fish and eggs. Milk and 100% juices are fortified with Vitamin D. (Note: the sun is a great source of Vitamin D in small 10-30 minute daily doses).
  
-  **Prebiotics:** are plant fibers that act as a food for good bacteria, aka probiotics. Burdock root, seaweed, asparagus, garlic, onions, oats, barley, flaxseed are among a few.
  
-  **Probiotics:** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as *tsukemono* (Japanese pickles), *miso* (fermented soybean paste), *umeboshi* (salted plum), *shoyu* (soy sauce), *kimchi* (Korean pickled/fermented vegetables), and *natto* (fermented soybeans).
  
-  **Protein:** comes from both animal and plant-based sources, such as milk, eggs, yogurt, beef, chicken, seafood, nuts, seeds, *tofu*, *edamame* (green soy bean pods), beans, *soba* (Japanese buckwheat noodles) and lentils.
  
-  **Other nutrients,** including vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

Remember to help keep your immune system healthy all year long. Focus on a balanced eating plan, adequate sleep and stress management. Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health. Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Keep a sterilized kitchen with clean glasses, forks, *hashi* (chopsticks) and other utensils to reduce the spread of bacterial growth. Find healthy and appropriate ways to cope with stress, such as physical activity, meditation, listening to music, talking to someone or journaling. Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Latest recommendations from sleep experts are getting seven to nine hours is recommended each day for adults, and eight to



## NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER

---

fourteen hours for children, depending on their age. Stay safe, keep up your healthy daily routines, and continue to build your immunity for optimal health.

### ANNOUNCEMENTS

- Delicious fresh baked Apple Pies and Apple-Blueberry Pies will be sold by the Temple on Sunday, June 6<sup>th</sup>. The pie sale is the Temple's first fund raiser in over a year. The scrumptious pies are being sold on a preorder/prepaid basis. Details of the pie sale and pick up arrangements were emailed or mailed to the Temple's members. We gratefully acknowledge the membership's support and to the Fujinkai and volunteers for their time and efforts, in this our first fundraiser in 2021.
- Details regarding the Annual Toro Nagashi Service will be forthcoming. In the interim should you wish to decorate a lantern to commemorate the loss of a loved one for Toro Nagashi, please contact Reverend Mimatsu at the Temple at (916) 444-0111.
- Another friendly reminder that the Temple has a new email address: [info@nckoyasan.org](mailto:info@nckoyasan.org) Please update your records to reflect this change and **remove** the Temple's prior email address, [nckoyasan@sbcglobal.net](mailto:nckoyasan@sbcglobal.net), from your contact information.

### Upcoming Services

**June 20, 2021 – Aoba Matsuri Service:** The Temple will observe its *Aoba Matsuri* Service at 1:30 p.m. via Zoom.

**July 18, 2021 – Obon Service:** The Temple will observe its annual *Obon* Service at 1:30 p.m. via Zoom.

**August 15, 2021 – Toro Nagashi Service:** The Temple will observe its *Toro Nagashi* Service at 1:30 p.m. via Zoom.



## NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER

For more information about the Northern California Koyasan Temple, please visit our website at [www.nckoyasan.org](http://www.nckoyasan.org)

### Newsletter Staff

**Editor:** Liz Yokoyama

### Editorial Contributors:

Rev. Kanpo Mimatsu,  
Carol Kawano, Margie Sunahara  
Carol Ito, Frances Nakashoji, Midori Sunahara,  
Kaori Kubota-Sakauye, Lorraine Sonoda

**Photos:** Carol Kawano



**Make a Free Donation to the Church?  
As Easy as 1, 2, 3, 4, 5**

Did you know that if you shop on Amazon, your purchases can earn \$\$\$ for the N.C. Koyasan Temple. The Temple has joined a neat new program, **AmazonSmile**, an easy way to support the Temple every time you shop, at no extra to you. When you shop at [smile.amazon.com](http://smile.amazon.com), you find the same low prices, selection and easy shopping, while Amazon donates 1/2% of the purchase to the N.C. Koyasan Temple.

### HERE'S HOW IN 5 EASY STEPS:

1. Go to [smile.amazon.com](http://smile.amazon.com) on an internet computer.
2. Sign in (email address or mobile phone) in the field.
3. Enter your Amazon Password in the field.
4. Select N.C. Koyasan Temple – type in “Koyasan” to find it.
5. Start shopping.

If you're not an Amazon member yet, first click on “Create an Account,” follow the instructions, and select N.C. Koyasan Temple.



## NORTHERN CALIFORNIA KOYASAN TEMPLE

1400 U Street, Sacramento CA 95818  
(916) 444-01111 [info@koyasan.org](mailto:info@koyasan.org)

JUNE 2021  
NEWSLETTER

---

### AMAZON SMILE PROGRAM INFORMATION:

- **How do I shop at AmazonSmile?**  
To shop at AmazonSmile simply go to **smile.amazon.com** from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to shop at AmazonSmile.
- **Which products on AmazonSmile are eligible for charitable donations?**  
Millions of products on AmazonSmile are eligible. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.
- **Can I use my existing Amazon.com account on AmazonSmile?**  
Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding, and other account settings are also the same.