



Kan-no

By Reverend Mimatsu

Hello everyone,

I am going to discuss *Kan-no*, which means the experience a person has in reaction to something such as an event, vision, or a sound and the response that ensues. What is remarkable about this experience is the communication of feelings from one person to another without any spoken words. This is a powerful mental, emotional, and spiritual human capacity. It is indeed a gift.



I believe that we have all had such experiences. Perhaps, there were times when you wanted someone to do something but found that it had already been accomplished without having told anyone your wishes or desires. This signifies that we are interconnected by Buddha's power to guide and protect those he cares about, and those he loves and wishes to save. At that special moment, Buddha joins one person to another or to others.

It is not necessarily only good things that come to us. When we reflect upon our actions and responses carefully, we sometimes realize our mistakes or how we have hurt someone. Sometimes though, in reconsideration, there could be a better outcome than what we had originally thought.

How does *Kan-no* figure into our everyday situations? This happens when we give up our assumptions and expectations that someone will automatically sense what we desire and do as we wish. We must learn instead to put ourselves in someone else's shoes or walk a mile in them to more fully understand and relate to them. If we could achieve an open mind and this way of thinking, we would be able to respect others naturally and could develop mutually respectful relationships.

If I had known these things when I was a kid, I could have gotten the presents that I wished for the most. Oh well, live and learn.

Thank you and please stay safe.

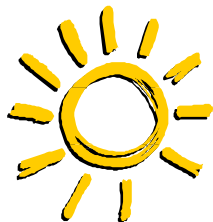


Congratulations and Good Luck!!

By Kaori Kubota-Sakauye

The Koyasan Taiko group had four high school seniors graduate from the group this spring. Caren, Max, Ryan and Yuuto started learning Taiko when they were eight years old in the beginner's class. They attended classes almost every Friday for the last ten years and participated in many performances. They also enjoyed volunteering at the Pancake Breakfast and Udon sale at the Temple. They are all going to attend colleges out of town but hopefully they will come visit us when they are in town.





In the Spotlight – Accolades to the Fujinkai –

Fujinkai

Indomitable spirit with tenacity and fortitude

*Behind the scene
Impresario entrepreneurs*

*Deeply rooted
Inspiring servitude*

*Undeviating presence and effervescence
With enduring embedded support
Indomitable foregathering and sociality engagement*

*Enraptured with vitality and invigorating
Mobilize to ensure our fructify
Bellowing their apple and lemon pies*

*Acknowledging their prominent, corroborative support
More than auxiliary
An appreciated dedicated vital accompaniment.*

DOMO ARIGATO

Frances H. Nakashoji



N.C. Koyasan Karate Group News Feature

Members of the Nakanishi family (father Leo & his three children) are currently enrolled in the N.C. Koyasan Temple's Karate Group. Gary Matsumoto, who heads the Karate Group, was pleased to inform us that the Nakanishi Family was featured in a news segment on KCRA covering Asian American lifestyles in California. The news segment entitled "Project Community - Asian in California" aired on May 20, 2021.

All four members have been training in the Karate Group for the past year and a half. Mr. Nakanishi graciously submitted his family's story for placement in this month's issue of the N.C. Koyasan Newsletter.

The Nakanishi Family Story

By Leo Nakanishi

My wife, Emily and I, are second generation Asian immigrants. Emily's family is from China and mine is from Japan. Although there were differences in our childhood growing up, our culture and heritage were always front and center. That was a major influence in our parenting and an important priority as we raise our three children, Malea, Dean, and Benjamin.



Growing up during the 80's and 90's, Asian representation in our society was almost non-existent. If there was any, it typically portrayed negative stereotypes. For me, growing up in a predominantly white neighborhood, I had to try really hard to be an American. Assimilation and conformity were expected of us and that is what I did. I pushed away my heritage when I was with my American friends while I lived a very traditional Japanese life with my family; eating daily Japanese food, watching Japanese variety and drama TV shows, even going to Japanese school that participated in traditional Japanese school and cultural activities like *undo-kai* and *mochi-tsuki*. My wife grew up with many family gatherings involving mahjong and celebrating many Chinese traditions which influenced her cultural values and her wish to pass it down.

Now that we are parents, we have a chance to embrace our heritage and culture and speak up in ways that our parents could not because they were just trying to get by. We are also



seeing how our society is starting to recognize Asians as part of the American society and represented in a more positive light. Recently we had the opportunity to interview with KCRA for AAPI heritage month as they were looking for families who are reading children's books with Asian representation. It is important for us to have an inclusive bookshelf that features diverse characters so the kids can see themselves in the stories and also recognize how diverse our community is. We want them to celebrate the strength of our differences and be proud of who they are.

For us, it has been important to teach our kids about both my wife's Chinese culture as well as my Japanese side. Because we are not immersed in our own culture like we were in our parents' households, we do tend go out of our way to find different ways to expose them to our culture. We find various Chinese New Year and Japanese festivals that we can attend so our children can feel like they are part of a community. Being part of the Koyasan Taiko and karate group has been an immensely positive influence for the entire family. We've had the experience to learn about the culture and also feel like we are part of a community. Our hope is that what we are doing makes our kids be proud of our heritage and embrace our differences so they can keep pushing to preserve our Asian culture.

A SPECIAL THANK YOU

The Temple selected David Sakauye Jr's Eagle Scout Project, which entails the painting of the Temple's Social Hall and bathrooms. The Project also includes patching the cracks on the walls of the Social Hall. The project will commence sometime this summer and is expected to be completed in a couple of weekends.

The Temple will furnish the paint and additional funding needed for the project will come from outside donations.

We would like to extend a special thank you to David and Boy Scout Troop 250 for their hard work; generosity of time and consideration; and their community support. Thanks to them, the Temple will have a new face lift!





Fujinkai “Aji Corner”

Sloppy Joe with Creamed Corn

Recipe contributed by Keith & Ann Igarashi

Ingredients:

1 pound ground beef or chicken

1 package Sloppy Joe mix (I like the McCormick brand)

1 - 8 oz. can of tomato sauce

1 - 15 oz. can of cream style corn

Optional: Add chopped mushrooms, carrots, bell pepper, celery, etc. (veggie of your choice)

Directions:

Brown beef/chicken in a skillet until crumbled. Add Sloppy Joe mix, tomato sauce and cream style corn. Stir until blended. Serve on bun or over rice.

Keith & Ann Igarashi

About this Recipe

This month's recipe was shared by Ann Igarashi. Ann lives with her husband, Keith, in Beaverton, Oregon. They have three children and four grandchildren. Keith and Ann are longtime members of Koyasan Temple. They joined the Temple at the time when Reverend Asahi was Head Minister. Over the years, they have journeyed to Sacramento many times to attend our New Year's and Toro Nagashi services and currently have been attending our monthly Zoom services.



According to Ann, “Whenever the family gathered, it was at Aunty Ellen’s house. Aunty Ellen (mom’s sister) loved to cook and was good at stretching a meal. The recipe is just one that Aunty created. Today, my daughter makes it for her family... of course, eating with rice.”

Thank you, Ann, for sharing your Aunty Ellen’s Sloppy Joe and Creamed Corn recipe



Goeika & Ikebana Classes

The Koyasan Shingon Buddhism in North America will be celebrating its 110th Anniversary in 2022. Part of the commemorative project is to restart the *Goeika* and *Ikebana* Groups of the Koyasan *Kongo Ko* North American Regional Headquarters (Los Angeles).

Goeika is a form of Japanese Buddhist music consisting of short poems of praise sung to the accompaniment of hand bells and small metal gongs. On November 6, 2021, at the Northern California Koyasan Temple, a *Keigenji* Temple *Goeika* instructor will be demonstrating the various techniques in *Goeika* chanting and teaching some songs for beginners. This will be a rare opportunity to learn from a master *Goeika* instructor. If interested in learning and participating in the *Goeika* group, instruments are available from the Temple. No prerequisites for the class. Membership fee is \$5 per year. (Depending on the Covid pandemic, this may be cancelled.)

Ikebana is the art of flower arranging. Since the 9th year of the *Tencho* Era (832), when Kobo Daishi dedicated a ceremony called the *Mando Mange-e*, there have been flowers arranged by the Gassho and Hearts of the people. The flower have been refined along with the rituals of Koyasan. This path is called *Kado Koyasan* Flower Arrangement of Koyasan. In October 2021, we will have the opportunity to see the *Kado Koyasan* Virtual Flower Arrangement Exhibition from Japan via the internet. We would like to resurrect the Ikebana Group at the Northern California Koyasan Temple. Some tools will be available for use at the Temple. No prior experience required. Membership fee is \$5 per year.

Come learn something new and have fun at the same time. Beginners are welcomed. If interested, please contact Rev. Mimatsu at (916) 444-0111 or email: info@nckoyasan.org.

ANNOUNCEMENTS

- The N.C. Koyasan Temple is currently looking for Website Administrator to manage the N.C. Koyasan Temple Website. Interested persons should submit a résumé by mail to the N.C. Koyasan Temple at 1400 U Street, Sacramento, CA 95818.



- Another friendly reminder that the Temple has a new email address. Our new email address is info@nckoyasan.org Please update your records to reflect this change and *remove* the Temple's prior email address (nckoyasan@sbcglobal.net) from your contact information.
- Save the Date - Koyasan will be having an Udon Drive-thru fundraiser on December 5, 2021. Further information and order form will be posted on the Temple website in October.

Upcoming Services

September 19, 2021 – Autumn *Higan* Service: The Temple will observe its Autumn *Higan* Service at 1:30 p.m. via Zoom. The service will be held from Reverend Mimatsu's Family Temple in Japan.

October 17, 2021 – *Eitai*kyo Memorial Service: The Temple will observe its annual *Eitai*kyo Memorial Service at 1:30 p.m. via Zoom.

November 21, 2021 – Monthly *Daishiko* Service: The Temple will observe its monthly Service at 1:30 p.m. via Zoom.

November 28, 2021 - Tentative: *Shichi-Go-San*/Children's Blessing Special Prayer Service at 1:30 p.m.

December 19, 2021 - *Osame Daishiko* Service at 1:30 p.m. via Zoom

Please note that as of this issue of the Temple's Newsletter all monthly services will continue to be held in a Zoom format. There are no immediate plans at this time for in-house services due to the ever changing Covid conditions and restrictions. Should the Temple resume its in-house services, all members will be contacted by email or letter notification and details will also be posted on our Website.

For more information about the Northern California Koyasan Temple, please visit our website at www.nckoyasan.org



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