



ADJUSTING OUR WAY OF SEEING THINGS

By Reverend Mimatsu

Hello everyone. I hope you are all doing well.

We are about to witness the end of summer and the beginning of fall. Lately, I have been wondering why all of us, including all living things, enjoy and need the different seasons of the year. To take a look at what we can learn from this, I would like to approach this thought from a Buddhist perspective rather than from a scientific viewpoint. The Buddha teaches us that life is impermanent and everything constantly changes. The four seasons remind us of the significance of change.



When we hit a wall, people around us might say “think outside the box.” But what does it mean to “think outside the box?” This phrase can mean to think creatively and innovatively by approaching a problem from a different angle or looking at an idea in a new or different way. By stepping out of the box, it can lead a person towards discovering something extraordinary that could change the world. For example, when Sir Isaac Newton saw an apple falling from a tree, he stepped outside the boundaries of his box and had a sudden illuminating thought that led him to formulate the law of motion and universal gravitation.

From a Buddhist perspective, the “box” is like the human mind which contains one’s beliefs, perceptions, thoughts, assumptions, desires, expectations, emotions, experiences, and memories. These elements of the mind shape and influence our perception of the world, the way we think and the way we behave.

Because everyone’s box is uniquely different, there are times when conflicting thoughts, beliefs, and perceptions can create misunderstandings and disagreements that can lead to negative consequences and damage relationships. It’s at these times when we need to step outside our box to clear our minds and expand our thoughts to see the world differently from different perspectives.

We cannot change other people. The only thing we can change is ourselves. As we change, the things around us will also start to change just like the seasons.

Thank you, and please take care of yourselves.



Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417
(916) 444-0111 info@nckoyasan.org

**SEPTEMBER 2023
NEWSLETTER**

MEET TRENT SUNAHARA Our New Vice President



Trent Sunahara, the grandson of Rio and Midori Sunahara, and son of Larry Sunahara, has recently joined the Cabinet of the Northern California Koyasan Temple. Trent joins the Cabinet to help support our Temple's outreach and member engagement efforts.

Trent currently works as the senior vice president of a national software company and leads the company's sales, marketing and customer service departments.

Prior to his work in software, Trent

was a field aid to Congresswoman Doris Matsui and Assemblyman Ken Cooley. Trent holds a master's degree in public affairs from the University of Southern California and is a veteran of the United States Army.

Trent is pictured above with his wife, Judith and children, Cecilia and Isabelle.

The Koyasan Temple is very fortunate to have him join the cabinet!



Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417
(916) 444-0111 info@nckoyasan.org

SEPTEMBER 2023
NEWSLETTER

“Koyasan Taiko Performances”

By Janene DelMundo & Gregory Wada

On Saturday, July 15, 2023, Koyasan Spirit of Children Taiko performed at the Marysville Buddhist Church's Obon Festival, the first one in three years. The group performed four songs during intermission and played along during the Obon odori. Although it was hot, there was shade and cooling towels and snow cones for the group to enjoy.

Many thanks to the Marysville Buddhist Church for their hospitality and for a very enjoyable time!





Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417

(916) 444-0111 info@nckoyasan.org

**SEPTEMBER 2023
NEWSLETTER**

On Saturday June 3rd, the group experienced the "joy of soy" at the Soy and Tofu Festival in San Francisco Japan Town.

The festival brought the community together with this celebration of food and culture!





Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417

(916) 444-0111 info@nckoyasan.org

SEPTEMBER 2023
NEWSLETTER



On June 11th, the Taiko Group had the honor of performing at the Bridging Opportunities and Student Success (BOSS) leadership award ceremony for the Asian Pacific Islander Desi American Holistic Achievement with Knowledge and Service (APIDA HAWKS) at Cosumnes River College!!

We offer our **Congratulations** to all the awardees for their achievement(s)!

ARIGATO TO YOU ALL

I would like to take this opportunity to extend my gratitude to all the volunteers who helped to make our Toronagashi Picnic and Service such a huge success! The old expression “It takes a village” is so appropriate here to acknowledge all your contribution(s) to the Temple and its members. Many hands were needed to do the following tasks:

- Planning and organizing the service – Koyasan Temple Cabinet Members
- Set Up and delivery of tables, chairs, altar, etc. - Reverend Mimatsu, Reverend Coy, Gary Matsumoto & Calvin Matsumoto
- Preparation & delivery of the bento boxes – Aji Bistro (Russell Okubo, owner)
- Donation of water & soft drinks – Marilyn Yokoyama
- Organizing distribution of bento boxes – Koyasan Fujinkai Members (Seiko Okimura, Caren Yamamoto, Carol Kawano, Alice Tateishi, Margie Sunahara) with the assistance of Carol Ito & Janis Kubochi



Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417

(916) 444-0111 info@nckoyasan.org

**SEPTEMBER 2023
NEWSLETTER**

- Baking and donation of cookies & cupcakes – Carol Kawano, Caren Yamamoto, Alice Tateishi & Seiko Okimura. Rice Krispie treats were donated by Dustine Lee.
- Preparation of the altar vegetables used during the service – Alice Tateishi, Carol Kawano & Caren Yamamoto
- Koyasan Taiko Drummers (who gave an outstanding performance) – Kaori & Dave Sakauye and Greg Wada (instructors) together with our Koyasan Taiko drummers
- The Sakura Minyo Doso Kai led by Claire Yee for participating in our *Obon Odori* and leading and teaching us our traditional *Odori* dances.
- Lantern set up and flotation – Larry Sunahara, Michael Sunahara, & Marty Tateishi with his two sons, Knox and Cannon.
- Reverend Mimatsu and Reverend Coy for officiating at our Obon/Toronashi service.

Arigato to you all for a job well done!



Koyasan's Secret Closet

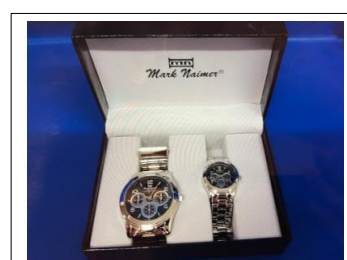
Look at the treasures found in our Secret Closet! If you would like any of these limited items, please see below.



Lucky Cat Decorative Dish
(5") - \$5.00



Lucky Cat Bank (4"x 4") -
\$5.00



New **Mark Naimer** Watch
Set - \$25.00



Otagiri Ginger Jar (6.5" tall)
\$15.00



Light Green Ceramic Rabbit
(10" tall) - \$5.00



Koi Picture Frame (6"x7")
\$5.00



Leaded Crystal Salad
Bowls – Set of 4 (5.5") -
\$10.00



Leaded Crystal Candle
Holder (3.5") - \$5.00



Leaded Crystal Candy Dish
(5.5"x5") - \$5.00



Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417

(916) 444-0111 info@nckoyasan.org

SEPTEMBER 2023
NEWSLETTER



Like New Light Blue Leather
Kate Spade Purse (x) - \$30.00



Like New Black Leather **Brighton** Purse
(7" x 14") - \$30.00



Like New **Coach** Purse (11" x 14")
\$30.00



Like New **Michael Kors** Tote
(13" x 14") - \$30.00



New Japanese Tissue and
Purse Set - \$10.00



Like New Black Leather **Coach**
Wallet (4" x 7.5") - \$15.00



Like New Black Leather **Marc**
Jacobs Purse (9" x 11") - \$30.00



Like New Hot Pink Leather **INC** Backpack Purse
(15" x 15") - \$30.00

If interested in any of the items, please call Margie Sunahara at (916) 416-2202 or email mjsunahara@att.net. Donations are payable through PayPal, Venmo or check sent to the Temple with the notation "Secret Closet." Items must be picked up at the Temple or if mailed, additional cost will be added.



Important Safety Tips

Contributed by Gary Matsumoto

On August 15, Gary Matsumoto, Karate Sensei, with the assistance of Calvin Matsumoto, Stuart Noda and Kevin Nakashima, gave a presentation on safety and self-defense for the Fujinkai and guests. Gary shares the following safety information which may one day save your life or a loved one in an emergency situation.

During day light hours, refresh yourself of these 9 important crucial tips:

- 1) Tip from *Tai Kwon Do*: The elbow is the strongest point on your body. If you are close enough to use it – do it!
- 2) If a robber asks for your wallet and/or purse **DO NOT HAND IT TO HIM!** Toss it away and **RUN IN THE OTHER DIRECTION**. Chances are that he/she is more interested in your wallet and/or purse than you; and he/she will go for them.
- 3) If you are thrown into the trunk of a car, kick out the back tail lightsb and stick your hand out of the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
- 4) Women tend to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook or making a list, etc.). **DON'T DO THIS!!!** The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head and tell you where to go.

If someone is in the car with a gun to your head **DO NOT DRIVE OFF Repeat: DO NOT DRIVE OFF!!!** Instead gun the engine and speed into anything, wrecking the car. Your air bag will save you. If the person is in the back seat, they will get the worst of it. As soon as the car crashes...**BAIL OUT AND RUN!!!**

- 5) A few notes about getting into your car in a parking lot or parking garage.
 - a) **BE AWARE** and look around at your surroundings. Look into the car and check passenger side floor and back seat to ensure that a person is not hiding from view.
 - b) If you are parked next to a big van, enter your car from the passenger door.
Most serial killers attack their victims by pulling them into their van while women



are attempting to get into their cars.

- c) Look at the car parked on the driver's side of your vehicle, and on the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall or workplace and get a guard/policeman to walk you back to your car. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY** (and better paranoid than dead).
- 6) **ALWAYS** take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. (This is especially true at **NIGHT!**)
- 7) If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 to 100 times; **AND EVEN THEN, IT MOST LIKELY WILL NOT** be a vital organ. **RUN** preferably in a zig-zag pattern!
- 8) Women are always trying to be sympathetic: **STOP!!!** It may get you raped or killed. (Ted Bundy, the serial killer was a good-looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane or limp and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next **VICTIM**.)
- 9) **The Crying Baby:**
Someone just told me that her friend heard a baby crying on her porch the night before. Because it was late, she thought it was weird. She called the police. The police told her "Whatever you do, **DO NOT OPEN THE DOOR!**" The lady told them that it sounded like the baby had crawled near a window. She was worried that it could crawl onto the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, do not open the door." He told her that they thought a serial killer was using a recorded baby's cry to coax women out of their houses thinking that someone dropped off a baby. He said they have not verified it, but they had several calls made by women stating that they heard cries outside their doors when they're home alone at night.
- 10) **Water scam!**
If you wake up in the middle of the night and hear all your taps outside running or you think a pipe is burst....**DO NOT GO OUT TO INVESTIGATE!** Someone may have turned on your outside taps full blast so that you will go out to investigate and then attack.

Stay alert, keep safe and look out for your neighbors.



Fujinkai “Aji Corner”

Hikiniku Dofu

(Ground Meat and Tofu)

Contributed by Carol Ito

INGREDIENTS

1 square tofu cut into small cubes
½ lb. ground pork or lean ground beef
1 medium onion cut in half and sliced
1 Tbsp. olive oil
2 Tbsp. Marukome Natural Miso Reduced Sodium
3 tsp. *funyu* (fermented soybean curd)
3 Tbsp. reduced sodium shoyu
¾ cup water
5 green onions cut into 1½ inch lengths



DIRECTIONS

Drain cubed tofu in colander. Mix together well miso and *funyu*, stir in shoyu and add water. Set aside.

Heat olive oil over medium heat in a deep-frying pan or wok. Add ground beef and sauté until browned. Add sliced onion and sauté for 2 minutes. Pour sauce over meat and onion and add tofu. Spoon sauce over tofu and gently mix. Simmer on low heat 4 to 5 minutes. Add green onions and cook 2 more minutes. Lightly thicken with cornstarch and water mixture.

ABOUT THIS RECIPE

As I was growing up, I remember eating different kinds of homemade meals my mother made called *okazu*. An *okazu* is a dish cooked to accompany *gohan* or cooked rice. It's a word embedded in our cultural legacy passed on to us by our parents and grandparents.

The *okazu* in this recipe is *Hikiniku Dofu* and is a slight variation of the traditional *Buta Dofu* (pork and tofu). It uses ground pork or lean ground beef in place of sliced pork meat. I hope you enjoy this recipe.



ANNOUNCEMENTS

- The Koyasan Temple Pancake Breakfasts are back!! Our first Pancake Breakfast for the year will be on Sunday, October 8th (7:00 a.m. to 11:00 a.m.). Enjoy our delicious pancakes served with scrambled eggs, sausage and tea or coffee.
- Meditation classes are offered monthly at 3:00 p.m. on the 4th Saturday of each month. If you wish to attend, please contact Reverend Mimatsu at the Temple.
- Our annual *Udon* Sale will be on Sunday, November 5th at 10:30 a.m. Order forms will be distributed to all members and will also be available on the Koyasan Temple website. Details of the *Udon* Sale will be sent to members at a later date.
- The annual Temple Mass Clean-Up date will take place on Sunday, November 12th at 9:00 a.m.

Upcoming Services (In-house & Zoom at 1:30 p.m. unless posted otherwise)

September 17, 2023 – Autumn *Higan* Service (1:30 p.m.)

September 24, 2023 – Special Blessing Service (11:30 a.m. Zoom)
Special Blessing Service with Goma Ritual (1:30 p.m. in-house)

October 22, 2023 – *Eitaikyo* Memorial Service (1:30 p.m.)

October 29, 2023 – Special Blessing Service (11:30 a.m. Zoom & 1:30 p.m. in-house))

November 19, 2023 – Monthly *Daishiku* Service (1:30 p.m.)

November 26, 2023 – *Shichi-Go-San*/Children's Blessing Special Prayer Service (1:30 p.m. in-house)

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



Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417
(916) 444-0111 info@nckoyasan.org

**SEPTEMBER 2023
NEWSLETTER**

Mark Your Calendars!



September 17, 2023. – Autumn *Higan* Service (In-house & Zoom 1:30 p.m.)

September 24, 2023 - Special Blessing Service (11:30 Zoom)
Special Blessing Service with Goma Ritual (1:30 p.m. in-house)

October 8, 2023 – Pancake Breakfast (7:00 a.m.)

October 21, 2023 – Fujinkai Workshop (1:00 p.m.)

October 22, 2023 – *Eitaikyo* Memorial Service (in-house & Zoom 1:30 p.m.)

October 28, 2023 – Meditation Class (3:00 p.m. Zoom)

October 29, 2023 – Special Blessing Service (11:30 a.m. Zoom / 1:30 p.m. in-house)

November 5, 2023 – *Udon* Sale (10:30 a.m.)

November 12, 2023 – Mass Temple Clean-Up (9:00 a.m.)

November 14, 2023 – Meditation Class (in person)

December 16, 2023 – *Mochi* Sale

Newsletter Staff

Editor:

Liz Yokoyama

Editorial Contributors:

Rev Kanpo Mimatsu, Liz Yokoyama
Janene Del Mundo, Trent Sunahara
Margie Sunahara, Greg Wada, Carol Ito

Photos:

Janene Del Mundo, Trent Sunahara
Liz Yokoyama