



HANNA SHINGYO (Heart Sutra of Perfect Wisdom)

By Reverend Myoko Shigemitsu-Coy

At our various services, we always chant the *Hanna Shingyo* ("Heart Sutra"). The Heart Sutra is very simple but has a very deep meaning in it. We always start the chant with "*Busetsu Maka Hannya Haramita Shingyo*." Broken down into five parts, it means:

1. *Butsetsu* – Buddha explained; Buddha said, as explained by Buddha
2. *Maka* – Big or great in Sanskrit (the ancient language of India).
3. *Hannya* – in Sanskrit "*Prajna*" Buddha's Wisdom
4. *Haramita* – in Sanskrit "*Paramita*" reaches to Nirvana; reach to other shore; and reach to awakening world or state of enlightenment.
5. *Shingyo* – in Sanskrit "*Hrdaya Sutram*" Heart Sutra; Essential Sutra; and important Sutra.



This is essential, great and the highest Sutra by Buddha's perfect wisdom. We can reach to perfect awakening and reach to ultimate Nirvana. Therefore, it is beneficial to recite the Heart Sutra for yourself and others, by yourself or together with others.

As per Kobodaishi, if you recite this Sutra, Shakamuni Buddha, Avalokitesvara (*Kannon Bosatsu*); Samantabhadra (*Fugen Bosatsu*); Manjusri (*Monju Bosatsu*); Maitreya (*Miroku Bosatsu*); Prajna (*Hanna Bosatsu*); and Mahavairohana (*Dainichi Nyorai*) these seven Buddhas appear and save us from suffering.

If we recite this sutra we can find a path to awakening. Like a lamp it will lighten the darkness. It is the raft that carries all sentient beings safely across the sea of birth and death.

Gassho,

Reverend Myokyo Shigemitsu-Coy



KOYASAN TAIKO – A FOND FAREWELL

By Katie Chung

Dear Koyasan Friends,

Thank you all so much for welcoming me into your vibrant, supportive community these past two years! As my educational journey continues in Arizona, where I will be starting PA (Physician Assistant/Associate) school next month, I must say goodbye. I've absolutely loved getting to know you all, whether it was through playing taiko, talking after performances and exploring venues together, or conversing over meals. Everyone brings such a special light to this temple that never fails to bring a smile to my face!

One particular aspect of Koyasan Children of Spirit Taiko that I've admired so, so much is the safe environment it provides for everyone to express themselves, along with the encouragement to perform initially intimidating songs that, with practice and courage, everyone conquers (you all are crushing it!). I'm confident that everyone is becoming braver and more self-confident throughout their taiko experience here, and it has been a beautiful thing to witness. Furthermore, the special camaraderie this community fosters gives everyone an invaluable second home. I find these aspects so special because, as someone who was a timid child who felt like she never belonged, I know that I would've benefited so much from a community like this one. It makes me so happy to see the positive impact this group has had not only on its younger students but on all of its students—me included!



I wanted to give an additional thank you to the members of Kongo Gumi, the people I've played with the most directly over these past couple of years. Madi, Morgan, Jon, Lisa, Suzuka, Izzy, Nathan, and Sensei Greg—thank you for being such a fun bunch to play with! I've learned so much from all of you. You all inspire me not only as a player but also as a person in your own different, unique ways. Thank you for being part of something that I looked forward to at least twice a week!

Lastly, I wanted to express my deepest gratitude to our Senseis. I am so grateful to have met you, Sensei Kaori, and to have gotten to know you better, Sensei Greg. Thank you both so much for your instruction, guidance, and leadership, but also, equally important, your patience, kindness, and generosity. I would not be the taiko player I am today without you two, and for that, I am eternally grateful.

Thank you all again so much! I will miss you all, but I hope to see you again very soon :)

Warm regards,

Katie Chun



THE CAT'S BOWL – A Story Inspired from a Sermon by Reverend Seicho Asahi

~ Submitted by a Koyasan member

In a small village in India, there lived a poor rice farmer and his cat. One day, the wealthy landlord who owned the farmer's land came for a visit and gave the farmer a beautiful ceramic bowl. The landlord returned the following week and looked for the bowl which he expected to see displayed on a shelf for everyone to view, but he did not see it anywhere. So, he asked the farmer where he put the bowl, and the farmer replied, "I gave it to my cat because the cat's food bowl was old and cracked." Upon hearing this, the landlord was filled with anger and stormed out of the farmer's house.

The following day, the landlord sought out the village wise man to complain about the bowl he had given to the farmer. The wise man said to the landlord, "The Buddha's teachings tell us that desires and attachments are the causes of human suffering. You are suffering from disappointment and anger because of your attachment to a bowl that you gave away as a gift. The bowl no longer belongs to you and how the farmer chooses to use it is now his concern. But you are still attached to it because of your desire to have the farmer show-off the bowl to remind people of your wealth. Desires and attachments bind us to a life of suffering. Listen with all your heart to the Buddha's teachings and you will find a path towards enlightenment and liberation."

FUJINKAI WORKSHOPS

Contributed by Liz Yokoyama

If you haven't had the opportunity to take part in the Temple's Fujinkai workshops, you've been missing out! The Fujinkai has sponsored a variety of workshops:

- Flower arrangement demonstrations
- Cooking classes featuring a delicious cake and tsukemono making
- Fire and first aid safety including hands on CPR training
- Self-defense and safety workshops
- Other workshops include most recently ...

Kimono Workshop Sponsored by the Koyasan Fujinkai

On August 3rd the Koyasan Fujinkai hosted a Kimono Workshop at the Temple. Kanae Nakazawa, Kimono Stylist from Kimono Harvest, demonstrated the proper way to wear



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Japanese yukatas. Attendees brought their own yukatas and learned the proper way to put them on. Unlike western wear where we throw on or slip into clothes, traditional Japanese is a bit more complicated to wear. Yukata attire pays special attention to specific folding and alignment techniques and special garments worn under and around the body.



The belt or obi, for example, isn't just a piece of fabric that you tie around the waist with a knot. The obi is carefully wrapped around the waist utilizing specific folds to create the bow. I found that it wasn't as easy as it looked!



The workshop was not only informative but fun! After watching the demonstration, we were able to properly wear the yukatas as you can see!



Fujinkai workshops are free to all Koyasan members and their guests. Hope to see you at our next workshop



FUJINKAI “AJI CORNER”

SOBA SALAD

Contributed by Shirley Kodani

Ingredients:

3 bunches of soba break in half before boiling
6-8 oz ocean salad (can find at Costco in a large container but freezes well)
1/2 sweet onion cut thin, rinsed and drained well
6-8 oz imitation crab, shredded
small package of spinach, water cress or spring mix
1 tomato sliced or 6-10 cherry tomatoes cut in half

Cook soba al dente (3-4 min) and drain well.
Place spinach or whatever greens on large shallow platter
Top with drained soba, crab, onions, ocean salad, and tomatoes

Chill salad ingredients in a large bowl and refrigerate.

Dressing:

1/3 cup sugar
1/2 tsp. black pepper
2 tsp salt
1/3 cup rice vinegar
1/4 cup salad oil
1 Tbsp sesame oil
dash of soy sauce
3 tsp lemon juice
Rind of 1 lemon grated.

Mix well until sugar is dissolved. Pour over salad just before serving.



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

September 15, 2024 –Autumn Higan Service

October 13, 2024 – Special Blessing Service with Goma Ritual “Fudo-myo-o”

October 20, 2024 – Eitaikyo Memorial Service

November 17, 2024 – Monthly Daishiku Service

November 24, 2024 – Shichi-Go-San/Children's Blessing Prayer Service (in-person only)

December 31, 2024 -- Joya Service

ANNOUNCEMENTS (Mark your calendar)



September 8, 2024 – Pancake Breakfast (7:30 a.m.). Breakfast will be served between 7:30 a.m. to 11:00 a.m. Your pancake breakfast may be purchased in advance or can be purchased at the door for a donation of \$10. A real bargain! Bring your friends and family and enjoy! Available, too, will be our renowned apple and apple/blueberry crumb pies for purchase.

September 21, 2024 – Hands on Healing (1:00 p.m.)

September 21, 2024 — Meditation Class (2:00 p.m.)

October 5, 2024 - Fujinkai Workshop (1:00 p.m.). Rev. Coy will be demonstrating how to make chirashizushi.

October 12, 2024 - Rummage Sale with Snack Shack and 50/50 drawing starting at 8:00 am at the Temple.

October 24, 2024 - Panda Express Fundraiser (all day). Helps support the temple by ordering online at any Panda Express and enter the code 925771 at checkout. 28% of the sales will go to the Koyasan Temple.

October 26, 2024 – Hands on Healing (1:00 p.m.)

October 26, 2024 — Meditation Class (2:00 p.m.)



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November 3, 2024 – Udon/Curry Sale (10:30 a.m.). The Koyasan website will post the specifics of the Udon/Curry sale in October.

November 23, 2024 – Meditation Class (2:00 p.m.)

December 1, 2024 – Temple Mass Clean-up (9:00 a.m.). Volunteers needed for our annual mass clean-up of the Temple and grounds.

December 21, 2024 – Mochitsuki Sale

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

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