



OFFERINGS

By Reverend Myokyo Shigemitsu-Coy

Offerings are presentations of your sincere offering from your heart to the Buddha and the creation of magnificence with beautiful decorations. In *Shingon* Buddhism, the foundation of offerings is the “Six Offerings” and also the offering of vegetarian food and also an offering to ancestral spirits.



SIX OFFERINGS (ROKUSHUKUYOU)

1. **TEA WATER (CHATOU)**

This was formerly called “AKA” – means water that sustains our lives and even for Buddhas. Offering tea water has the virtue of fulfilling the perfection for making a “Donation” (*Fuse Gyou*).

2. **RUBBING INCENSE (Zukou)**

This is not very popular. Rubbing incense powder to both hands to purify ourselves. This is the spirit of experiencing for oneself the “Virtue of the Perfection” of holding to the precepts (*Jikai*)

3. **FLOWERS (Kerman)**

Offering flowers, beautiful thing in the world to Buddhas. As flowers, we are also not harmed by the impurities of the world; but keep purities without stains. Offering flowers contains the spirit of “Forbearance” (*Ninniku*). We do not offer flowers that have needles.

4. **BURNING INCENSE (Shokou)**

Buddhas maintain their eternal lives through incense. We must always offer incense (ground incense, stick incense, etc.). During the service we usually offer incense one or three times.

5. **FOOD (Onjiki)**

Offering rice to the Buddhas for the perfection of meditation (*Zenjou*). We can replace with the virtue of quiet thinking for preserving the middle way.

6. **LANTERNS (Tomyo)**

Lanterns manifest the light of wisdom of the Buddhas. The light of Buddha’s wisdom shines into the darkness of the world; and also dispels the impurities within our own mind then illuminates the path to enlightenment.



The SIX OFFERINGS are not only an offering to the Buddhas but also an **offering of our own spirit of gratitude** to the Buddhas.

This is or practice for the Buddhist Path for Six Actions:

- Donations
- Holding precepts
- Forbearing (Patience)
- Diligence
- Meditation
- Achieving Buddha's wisdom

SANGHA SPOTLIGHT – THE UCHIDA FAMILY

Dear Koyasan Friends,

Thank you so much for welcoming us into such a warm and caring community. We moved from Tokyo, Japan to Sacramento in April 2024, and became members of Koyasan in 2025.

Let me introduce ourselves a little. I worked as a dermatologist in Japan for about 10 years, while also conducting research on psoriasis and atopic dermatitis. Currently, I am continuing my research under Dr. Sam Hwang in the Department of Dermatology at UC Davis Medical Center in Sacramento. My father is also a physician, and when I was a child, I accompanied him when he studied abroad, spending part of my childhood overseas. From that experience, I developed a desire to someday work abroad myself.

When I was a university student, I spent two weeks each in San Francisco, Los Angeles, and New York during spring break. During those visits, I was captivated by California and began to dream of living here someday. Fortunately, I was able to find a host institution, and last year we moved to Sacramento.

In recent years, fewer people in Japan are devoutly religious, but my grandmother, who raised me, was very devout, and I memorized the Heart Sutra when I was in elementary school. Here in Sacramento, I am truly moved to see such devoted people like all of you passing on the teachings of Buddhism and continuing to protect the temple.





Northern California Koyasan Temple

1400 U Street, Sacramento, CA 95818-1417

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**JUNE 2025
NEWSLETTER**

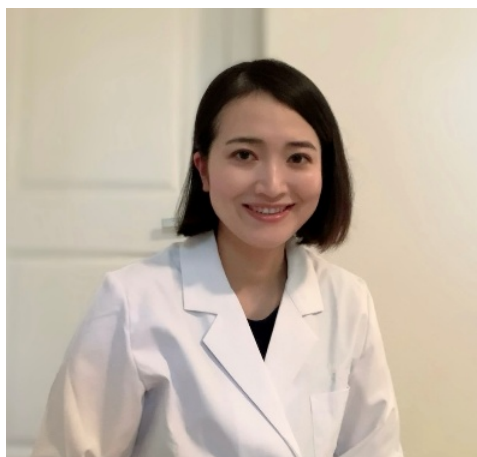
My wife also worked as a pharmacist in Japan for about 10 years, and she too has a background in pharmaceutical research from her university days. In October 2024, we welcomed our first son, Kai. His name, written as “開” in kanji, means “to open.” We chose this name because we hope he will grow up to be open-minded, like the people of California. Thank you so much for holding a Baby Party for Kai when he was six months old. We are deeply grateful for the warmth and generosity you have shown us.

We find great joy in helping others. If there is anything we can do to help, please don't hesitate to let us know. Also, please feel free to talk to us anytime—we love communicating with others. We look forward to getting to know you all better and to continuing our journey together!

Sincerely,
The Uchidas



Peter (Hideaki)
From: Nagoya,
Aichi, Japan
Hobbies: Karate,
Scuba Diving



Ruby (Akane)
From: Urayasu,
Chiba, Japan
Hobbies:
Basketball,
Sushi



Kai Michael
From:
Sacramento, CA
Hobbies:
Sleeping, Crying



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KOYASAN TEMPLE UPDATE – VISITING WITH REVEREND MIMATSU

David and Kaori Sakauye recently returned from a trip to Japan and had the opportunity to visit Reverend Mimatsu. They said that Reverend Mimatsu missed us and sends his regards to us all. According to the Sakauye's, Reverend Mimatsu's Temple is beautiful. Here are a few photos taken during their visit.





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FUJINKAI'S "AJI CORNER"

Contributed by Janice Matsumoto

PRETZEL SALAD

Ingredients

2 ²/₃ c. chopped pretzels
1 ¹/₂ cubes of butter (melted)
12 oz. cream cheese (softened)
1 ¹/₂ c. sugar
1 – 8 oz. container cool whip
2 c. pineapple juice
1 large pkg. strawberry Jell-O
1 large pkg. frozen strawberries



Directions

In an 11" x 13" casserole, pour melted butter over pretzels. Bake 10 minutes at 400 degrees F. Let dish cool for about 30 minutes.

Beat cream cheese and sugar until creamy, spread mixture over the pretzels. Spread cool whip over cream cheese mixture. Chill 2 hours.

Heat pineapple juice; add strawberry Jell-O mix until dissolved. When Jell-O is dissolved add frozen strawberries. Pour over cool whip mixture **very slowly**.

Chill overnight or for several hours.

Hint: If you can also omit the pineapple juice and substitute it with water.

This recipe was contributed by Janice Matsumoto (wife of the Koyasan Karate Group Instructor, Gary Matsumoto). Janice and her family have contributed many hours of their time and expertise in helping out with our many Koyasan fund raisers and activities. Janice and her daughters are well known at the Temple as they are sensational cooks.

Enjoy this very tasty dessert. I know it will be on your list of favorites to make and share with your family and friends!



BUDDHA'S WORDS

*We are shaped by our thoughts;
We become what we think.
When the mind is pure,
Joy follows like a shadow
That never leaves.*

*An untroubled mind,
No longer seeking to consider
What is right and what is wrong.
A mind beyond judgements,
Watches and understands.*

*Do not dwell in the past,
Do not dream of the future,
Concentrate the mind on the
Present moment.*





ANNOUNCEMENTS

- A Temple Family Picnic Day is on the horizon. Plan on enjoying a picnic lunch at the Ann Rudin Peace Pond located at 3800 W. Land Park in William Land Park. Save the date and mark your calendar for **June 22nd at 11:00 a.m.**

The Temple will serve hamburgers, hot dogs and drinks. We welcome any side dishes you wish to share (it's strictly voluntary) and your ideas for fun and games that we can enjoy and participate in. Perhaps some of you have croquette, badminton sets, balls, etc. for all to enjoy. See you there for good eats and fun. Bring your family and friends for good eats and fun and don't forget to bring you chairs or blankets!

- The Temple is looking for volunteers to help and organize field trip activities. There are a number of places locally that offer lots of family fun. Examples include:
 - Sacramento Zoo/Fairy Tale Town
 - Science Museum
 - NorCal Aquarium and Wildlife in Folsom
 - Movies
 - Local plays
 - Baseball, basketball and other games, etc.

Please help us out and volunteer your time for a day of fun for your friends and family.

- There are a number of activities planned for the coming months. Ikebana, cooking classes, CPR and fire safety classes to name a few so please stay tuned for future announcements.



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

June 8 – *Aoba Matsuri* Service (1:30 p.m.) – in honor of Kobo Daishi's Birthday – cake will be served

July 19 – Obon Service at the Cemetery in San Jose (10:00 a.m.)

July 20 – Obon Memorial & *Segaki* Service (1:30 p.m.)

July 27 – Memorial Day Service at East Lawn Cemetery (9:00 a.m.) and Sacramento Memorial Cemetery (10:30 a.m.)

August 24 – Special Blessing Service “*Kannon Bosatsu*” (1:30 p.m.)

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

Mark Your Calendars!



June 1 7:30–11:00am – **Pancake Breakfast**

June 7 1:00pm – **Introduction to Sutra Tracing** Session 3

June 28 2:00 p.m. – **Meditation Class**

July 5 1:00 p.m. – ***Toronagashi* Lantern Workshop**

July 26 2:00 p.m. – **Meditation Class**

August 9 1:00 p.m. – Temple Workshop (details to follow)

August 16 – 11:00 a.m. **Picnic** & 5:00 p.m. ***Toronagashi* Ritual**

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