



ONENESS

Buddhist Church of Florin



November 2021

Volume 11

It's November and that means that near the end of the month, just about everyone will be participating in some sort of tradition that revolves around what we call "Thanksgiving." More often than not, this includes consuming, in some shape or form, some turkey – the bird most heavily associated with the holiday. There is plenty to talk about when it comes to turkey; how you cook it, what you put in it, what part of it do you like, etc. And occasionally the topic will come up that eating turkey will make you sleepy, which is why most people end up taking a nap following the Thanksgiving meal.

This is because turkey contains the amino acid called L-tryptophan. Amino acids are the "building blocks" for proteins and so they make up our own muscles as well as other vital parts of the body. When we eat turkey meat, it is the muscle of the bird and so it is also made up of amino acids. Why L-tryptophan has taken the blame for people being sleepy is that when this particular amino acid gets absorbed in the digestive system and makes its way to the brain, it turns into a different chemical called serotonin which aids in calming us down and helping us sleep.

However! Scientists now know that L-tryptophan can only make a person tired immediately if it is taken by itself – without any other amino acids. Turkey, of course, is made up of other amino acids and so it could not possibly be the cause for why people fall asleep after their meals. What most scientists now believe is the reason for the sleepiness following the Thanksgiving feast is that people eat so much that the stomach needs more blood flow to handle the extra load. This means less blood in other places, like the brain, which causes us to get drowsy.

The way we have scapegoated L-tryptophan as the reason for our drowsiness when the true culprit is our own eating habits is just like how we search for an external source to blame for our troubles in life when truly, it is us that is causing our own suffering. It is human nature for us to absolve ourselves of any responsibility, but the Buddha is like these scientists trying to teach us that it is our own habits that cause us unhappiness. When we take a hard look at our behaviors and how we think, we can recognize that we cling to any form of thinking that will protect our image of ourselves. It can be quite frightening to shatter that false mirror, though if we can, with the encouragement of the Buddha, we can see how to let go of that perception and realize our true selves. Taking control of our lives, we can begin creating the habits that keep ourselves accountable and thus, while not always giving us the most hoped for scenario, always giving us the most satisfaction. Even if it is accepting the fact that the reason we will be sprawled out snoring on the couch at 3 o'clock in the afternoon began with our very own decision to eat the extra plate when we were already full.

Gassho,
Rev. Matthew Hamasaki

November Monthly Memorial (Shotsuki Hoyo) Service

The monthly memorial service for those who passed away during the month of November will be held on **Sunday, November 7, 2021 beginning at 10:30 am, via Zoom.** The persons who are noted in the Buddhist Church of Florin's (BCF) memorial records as having passed away in the month of November are listed below.

If the year 2021 is a special service year (see table) for a dearly departed relative, please contact Reverend Matt Hamasaki, Buddhist Church of Sacramento at 916-926-2221 to make special memorial arrangements. Please inform Lois Kashiwase of any corrections or additions to the list.

| | | | |
|---------------------------|------------|---------------------------|------------|
| Baishiki, Ray Tetsuo | 11-20-2003 | Nishi, Shizuo | 11-09-1963 |
| Fujii, Kiyoshi | 11-02-1924 | Ohara, Natomi | 11-13-1992 |
| Fujii, May Umeko | 11-01-2010 | Ohara, Yoshitaro | 11-11-1963 |
| Fukushima, Tsuru | 11-28-1930 | Okimura, Makiyo | 11-03-1987 |
| Goishi, Kiichi | 11-13-1963 | Okimura, Ronald Shigenobu | 11-05-2019 |
| Hamakawa, Bessie Miyoko | 11-11-1999 | Sakaoka, Hawayo | 11-11-1972 |
| Hashizume, Wai | 11-20-1924 | Sako, Fujio | 11-30-1908 |
| Hayashi, Hanayo | 11-10-1920 | Sato, Lillian Fumiko | 11-21-2007 |
| Hirakawa, Misae | 11-17-1935 | Sawada, Akiko | 11-11-1936 |
| Hirano, Tomiko | 11-26-1932 | Sawada, Shizue | 11-25-1938 |
| Hirano, Yoshimichi | 11-26-1932 | Sekiguchi, Haruko | 11-02-1991 |
| Ikeda, Shunichi | 11-22-1917 | Shimizu, Minoru | 11-16-1936 |
| Inouye, Hanayo | 11-21-1976 | Sugimoto, Yoshie | 11-13-1959 |
| Inouye, Isaburo | 11-24-1980 | Sugimoto, Yoshimori | 11-20-1987 |
| Ishikawa, Toshitaro | 11-30-1959 | Sumida, Heishiro | 11-28-1950 |
| Ishiura, Rev. Newton | 11-06-2008 | Sumida, Matsue | 11-12-1940 |
| Itonaga, Kumaemon | 11-01-1948 | Sunahara, Kumaji | 11-15-1960 |
| Iwamoto, Glenn | 11-23-2010 | Tahara, Toshiyuki | 11-05-1944 |
| Kadokawa, Dorothy Chisato | 11-15-2005 | Takahashi, Shinichi | 11-28-1938 |
| Kadoya, Tomo | 11-27-1941 | Takahashi, Tadazo | 11-24-1930 |
| Kakutani, Sumiye | 11-27-2000 | Tanabe, Tatsuji | 11-23-1932 |
| Kanenaga, Mary | 11-19-1934 | Tanaka, Hatsumi | 11-06-1922 |
| Kawanishi, Terry | 11-16-1988 | Tanaka, Martha Kimiko | 11-04-1998 |
| Kurima, Haruko | 11-25-1940 | Tanihara, Minnie Mineko | 11-13-1996 |
| Kurima, Stillborn | 11-25-1940 | Tanihara, Ray | 11-10-2015 |
| Kuroda, Shigemi | 11-01-2004 | Tara, Heizo | 11-05-1918 |
| Menda, Shizuka | 11-06-2008 | Tominaga, Nobuo | 11-24-1927 |
| Mitsuyoshi, Hikasaburo | 11-03-1965 | Watanabe, Chito | 11-24-1999 |
| Miyao, Toyokichi | 11-08-1947 | Watanabe, Genichi | 11-18-1967 |
| Mizusaka, Fusae | 11-05-1926 | Yabumoto, Kojiro | 11-09-1940 |
| Nakao, Katsunosuke | 11-14-1962 | Yoshinaga, Asakichi | 11-14-1955 |
| Nakashima, Hideo | 11-28-1929 | Yubuta, Tsunekichi | 11-23-1919 |
| Nakashima, Kimiko Lois | 11-13-2012 | Yubuta, Yone | 11-23-1938 |
| Nishi, Ellis | 11-28-2007 | Yubuta, Yoshino | 11-20-1945 |

2021 Memorial Service Schedule

Please schedule a service if your loved ones passed away in the following years:

| <u>Year</u> | <u>Service</u> | <u>Year</u> | <u>Service</u> |
|-------------|-----------------------|-------------|------------------------|
| 2020 | 1 st Year | 1997 | 25 th Year |
| 2019 | 3 rd Year | 1989 | 33 rd Year |
| 2015 | 7 th Year | 1972 | 50 th Year |
| 2009 | 13 th Year | 1922 | 100 th Year |
| 2005 | 17 th Year | | |

CONDOLENCES

The Florin Buddhist Church extends its deepest sympathies and condolences to the family members of the loved one that left our midst to be with Amida Buddha.

NAMO AMIDA BUTSU

ROGER NAKAO

January 1, 1951 to September 29, 2021

VIRTUAL SHOTSUKI & PET MEMORIAL SERVICE

Please share the zoom link with any relatives or friends who may be interested in watching. Hope to see everyone Sunday, November 7th. **If you have a picture of your deceased pet and want it included in the slide show, please email your picture to Rev. Patti by (poshita@comcast.net) no later than November 1, 2021.**

Topic: Buddhist Church of Florin Virtual Zoom November Shotsuki & Pet Memorial Service

Time: November 7, 2021 10:30 AM Pacific Time (US and Canada)

Buddhist Church of Florin is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/83339406274>

Meeting ID: 833 3940 6274

One tap mobile

+14086380968,,83339406274# US (San Jose)

+16699006833,,83339406274# US (San Jose)

Dial by your location

+1 408 638 0968 US (San Jose)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 646 876 9923 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 833 3940 6274

Find your local number: <https://us02web.zoom.us/u/kblqb0Gzww>



Buddhist Church of Florin
Eitaikyo Service
November 21, 2021 @ 10:30 AM

Eitaikyo means perpetual sutra chanting or perpetual memorial service for all those listed in the Eitaikyo Book located on the altar. This special memorial service is for the deceased even when there is no one left in the family to observe a Buddhist service. Our Eitaikyo Service will be held on November 21st at 10:30 a.m. via Zoom. The Zoom link will be distributed to all members the week prior to the service.

A special Eitaikyo Fund was established through donations made in memory of deceased members of the family, relative, and friends. The interest earned from the funds can only be used specifically for religious articles, altar enhancements and altar repairs. By donating to the Eitaikyo Fund, your loved ones are remembered each year at the Eitaikyo Service. Donations can be made through the Buddhist Church of Florin webpage www.florinbuddhist.org and designated to Eitaikyo Fund or send a check to the Buddhist Church of Florin, Attn: Eitaikyo, PO Box 292006, Sacramento, CA 95829.

We hope you will be able to attend the service.

Buddhist Church Of Florin is inviting you to a scheduled Zoom meeting.

Topic: Buddhist Church Of Florin's Eitaikyo Service

Time: Nov 21, 2021 10:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82185028086>

Meeting ID: 821 8502 8086

One tap mobile

+14086380968,,82185028086# US (San Jose)

+16699006833,,82185028086# US (San Jose)

Dial by your location

+1 408 638 0968 US (San Jose)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 876 9923 US (New York)

Meeting ID: 821 8502 8086

Find your local number: <https://us02web.zoom.us/j/kcCD53qrD>



ONLINE PAYPAL DONATIONS

You can now make online donations/payments to the church by visiting our website at florinbuddhist.org and clicking on the "Donate" button near the bottom of the home page. This is convenient for you to make online donations/payments for such things as, osaisen, shotsuki, special services, membership and other services/events.

Contact Kathy Menda at (916) 392-1896 or (916) 761-9469 if you have questions.

Welcome New Members

Please join us in welcoming our new church members, the Taura family. Clint, Nikki and their two children, Reece and Sam. Nikki was a former BCF member with her family, Gerald, Diane, Brandon & Brooke Muranaka. Welcome to BCF!



New members to BCF!!!

Buddhist Church of Florin

Annual Mochitsuki Fundraiser-CANCELLED



BCF has cancelled its annual Mochitsuki fundraiser scheduled for December 11, 2021 due to COVID safety precautions.

Buddhism in Everyday Life

Utsushiyo
(This Passing World)

In this life of endless kalpas
We are travelers on the road.
As travelers let us remember
To walk, not in haste, nor rest.

Walking in haste, may cause to stumble,
Dallying on the road, the sun will soon set,
Groping in the darkness of ignorance,
Will cause a life of lamenting.

When harkening to the Dharma,
The mirror of mind will reflect
The Unhindered Light of Amida,
And bring Light to the dark path.

Namu Amida Butsu

(Gatha-Shin Buddhist Service Book)

Buddhist Church of Florin
Governing Board Meeting Highlights
Meeting Date: October 14, 2021

All affiliates were reminded to comply with BCF Affiliated Organizations Guidelines. Third quarter financial reports will be due by October 31, 2021 (July-September 2021).

Second Vice President Walter Menda: BCF Mochitsuki fundraiser that was scheduled for December 11, 2021 has been cancelled due to COVID safety precautions.

Next fundraiser is the Super Bowl Food Bazaar Drive-Thru on February 2022, Sunday.

Fall Food Fundraiser on Sunday, September 12, 2021 was very successful. Received a lot of positive compliments on the chicken being very moist and tasty! Thank you to everyone that came out and made this a successful event.

The Prime Rib Dinner Drive Thru on Sunday, October 3, 2021, was another successful fundraiser chaired by Eric Fujii and his crew. Lots of great compliments on the delicious smoked prime rib cooked to perfection. Thank you to everyone that came out to help and support this fundraiser. Next year the event will be on the first Saturday of October.

Garrett Kishaba, Eagle Scout Project: He has started his project by power washing the exterior east gym wall and plans to start painting on October 21st.

BWA, Peggy Okabayashi: Food Drive for Sacramento State ASI Food Pantry were the recipients of September Dana Projects. The ladies enjoyed a Shibori Tie Dye Workshop given by Peggy Okabayashi, in September. On October 9th the BWA participated in the parking lot rummage sale at the Elks Lodge.

Dharma School, Judy Yuki: Halloween Scavenger Hunt on Sunday October 31, 2021. Classes will start in November on the 3rd and 4th Sundays at 10:30 am via Zoom.

Jr. YBA, Ginny Syphax: *Thank You JYBA for your generous donation of \$1,200.00 to BCF from your JYBA Awake-a-Thon held on July 9-10, 2021.*

Ginny Syphax, Thank you for taking care of “church office duties” monitoring BCF emails, picking up the mail from US Post Office box, monitoring BCF phone calls, monitoring BCF FB page; hosting Sangha Check-ins on **2nd & 4th Wednesdays** and formatting and preparing the Oneness for publication.

New due date for submitting articles for publication will be the Sunday following the BCF Board meetings.

After addressing some issues that were not in the original discussion in regards to renting the parsonage a motion was passed **not** to rent the parsonage.

Please note the BCF Website contacts to Jeffrey Kimoto will be Ginny Syphax as primary contact and Margie Sunahara as back-up.

New Members: Nikki & Clint Taura, and kids Reese and Sam.

Next Meeting: Thursday, November 11, 2021, 7:30 pm, via zoom

Buddhist Church of Florin Reopening Update

The Buddhist Church of Florin (BCF) will remain closed for in-person services through at least the end of 2021. The BCF Reopening Committee is considering options for partial reopening next year. BCF will continue with the virtual monthly Shotsuki services conducted by ministers from the Buddhist Church of Sacramento.

Reminder: Individuals entering the BCF campus or any of the buildings (i.e., gym, outside kitchen, church office) must follow all County of Sacramento Public Health Directives regarding Covid-19. Sign in each time you enter the facilities and answer Covid-19 questionnaire and vaccination questions. Wear face masks upon entering any of the buildings and when near other individuals. Maintain safe distances in group settings.

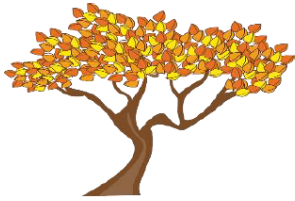
CHANGE: Sangha Check-in Wednesday Zoom Calls

Sangha Check-n Zoom calls were initiated by Sensei Candice shortly after Covid-19 shutdown occurred. The purpose of these calls was just for Sangha to have a place to gather and talk. Simply that. These calls are held on Wednesdays at 4 PM.

Since Sensei Candice's departure, Ginny Yamamoto-Syphax has continued these calls since BCF still in not ready to go back to being in person. **CHANGE: We have changed these calls to be held on the 2nd and 4th Wednesdays of each month.** If you have time, we would love for you to join us!

Join Zoom Meeting

<https://us02web.zoom.us/j/88417642719>



**Buddhist Church of Florin Dharma School News & Events
November 2021
“B.R.A.I.D.” – Building Respectful Awareness
& Inclusion through Dharma**

Changes

Can we all slow down,
A flower falls down slowly.
This is our *real* life.

- Ella Lam

We hope you enjoy this Haiku. Ella was thinking of Autumn. Watching how the leaves and flowers are falling due to the change of season. She was reminded of the “nature of life” and how nothing is permanent, but also the beauty of the season is what really matters.

We hope you all have moments where you may “stop to smell the roses,” as the saying goes, and enjoy nature in all its splendor.

Dharma Zoom

Dharma Zoom Dates

November 28, 2021 10:30 AM Theme for Sangha Member TBA

Join Zoom Meeting

<https://us02web.zoom.us/j/83460705891>

Meeting ID: 834 6070 5891

One tap mobile

+16699006833,,83460705891# US (San Jose)

Meeting ID: 834 6070 5891

+14086380968,,83460705891# US (San Jose)

Find your local number: <https://us02web.zoom.us/j/kON6iCAan>

Dial by your location

+1 669 900 6833 US (San Jose)

+1 408 638 0968 US (San Jose)

+1 346 248 7799 US (Houston)



Sept Oct News
November 2021

BWA News

THANK YOU/ARIGATO

The BWA participated in the Elks Lodge parking lot sale on October 9, 2021. Thanks to donors Miki Askanas, Jennifer Kubo, Shirley and Tomio Ito, Jeanne Nakamura, Ruby and Alan Nakano, Peggy Okabayashi, Donna Shimozaki, Louise Teranishi, and the BWA boutique crafters. Thanks to event chair Sandy Okuno, Judy Shimizu, Carol Nishimoto, Jan Takeuchi, Connie Yee; morning snacks, Donna Kunisaki (delicious scones), Lois Tanaka; and set up/clean up, Margie Sunahara, Lloyd Okimura, Bill Okuno, and Walter Menda.

Panera Bread (Delta Shore), fundraiser October 12, 2021 - Thanks to everyone who purchased food/drink and by using Panera scrip.

DANA – Cultivating Generosity

September Dana Projects – Thanks to the donors and volunteers! The BWA donated new household items to the Sacramento Children’s Home. The BWA also donated trunk loads of food items to Sacramento State ASI Food Pantry.

October Dana Projects –

My Sister’s House – Run for a Safe Haven- Run for Their Dreams, Land Park, October 23, 2021. Participants (pets too) can run, walk, or virtually participate in this annual event.

Elk Grove Food Bank – Pet food drive. Drop off items at the church on Lotus Thursdays (9:00 AM to 1:00 PM).

November Dana Projects –

Sacramento Food Bank and Family Services - Run to Feed the Hungry, November 25, 2021. Participate in person or virtually! Sign up by November 18th to get the \$35 early bird registration and ensure you get your t-shirt size.

Veterans - Socks and slippers. Drop off items at the church on Lotus Thursdays (9:00 AM to 1:00 PM).

BCF Walking Group -Nov. 3, McKinley Park, 9:00 AM. The group will wear their Run for Safe Haven t-shirts.

Welcome New Members - Elaine Behymer, Linda Menda, Donna Shimozaki, Susan Takeda, and Sheryl Tokunaga.

Norwex fundraiser – Sunday, November 7, 2:00 PM via Zoom.

Virtual BWA Tsuitou Hoyo and Bonenkai, Saturday, December 4, 2021, 11:00 AM. Rev Elaine Donlan will be guest speaker.

BWA November 2021 Dana Projects



Requesting:
PARTICIPANTS
Or
Donors

- Nov. 25 Loop Course
- Any date Virtual or
- Dec. 1 w/Walking Group



Requesting:
Socks/Slippers



Collection Dates:
BCF Gym

Nov. Thurs. [LOTUS days]
Nov. 26 (Last Friday)

(9 a.m. - 1 p.m.)
(10 a.m. - 12 p.m.)





Sorting for cash redemption of this summer's recyclables took place in October. Three truckloads of bagged plastic bottles, aluminum cans, and CRV glass were taken to the recycling center. [– Thank you donors!]



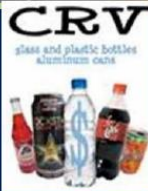
Tomio Ito (w/George Miyao) visiting & checking out the garden—still affectionately called “Tomio’s Garden.” Many lunch meals served during the summer included vegetables from the garden.

Recycling



Garden

[Clean] CRV recycling materials can be brought to the church on LOTUS Thursdays. (Benefits LOTUS)



Walt M.
Tomio I
George M
Sharon O



Mid-Sept.
Lots of cucumbers & uri (not all shown here)
Mid-Oct.
More Japanese tomatoes now, fewer cucumbers, shorter uri



LUNCH FIXIN's

JoAnn Kusaka
JoAnn K/Jan T

Weekly AM snacks, featuring apple Hill cake (apples fr. George) Rigatoni & garlic bread; steak (prime rib) & gravy, chicken noodle soup & kabocha

Sharon Okamoto
Ginny Syphax
Okabayashis
Jeanne Nakamura
Ann Tsukmoto
Prime Rib Comm.

Turkey sandwiches, lemon cake, cherry-raspberry dessert ...
Chocolate Texas cake & pumpkin spice cookies
Watermelon & kabocha from Takemori Farms
Watermelon koko, chocolate
Entree using uri & tomatoes from the garden
Prime rib



Buddhist Church of Florin

Kikuyo and Kinjiro Nakatani Public School Teacher Grant Recipient

Nikki Muranaka Taura is a recipient of the Kikuyo and Kinjiro Nakatani Public School Teacher Grant in the amount of \$1,500. Nikki teaches 3rd grade at the Sheridan Elementary School in the San Francisco Unified School District. With the grant award, Nikki plans to purchase general classroom supplies and materials to teach math, science and reading; including books with diverse characters and decodable reader books for struggling readers.

Nikki, husband Clint, and children, Reese and Sam are members of our church. Congratulations to Nikki!

The Kikuyo and Kinjiro Nakatani Public School Teacher Grants are available to church members who teach in public schools. Grant applications are being accepted for the 2021-22 school term. For more information regarding this grant program, please see the Kikuyo and Kinjiro Nakatani Public School Teacher Grant article included in this newsletter.



Buddhist Church of Florin
Kikuyo and Kinjiro Nakatani Public School Teacher Grant
 \$1,500

Public school education is the foundation for a harmonious and prosperous society. Unfortunately, public school teachers pay for classroom supplies and educational material with their own money because of school budget cuts. The Buddhist Church of Florin supports public school teachers by offering a \$1,500 grant for classroom supplies and education materials; and if necessary, for reopening Personal Protection supplies and equipment.

To be eligible for the Kikuyo and Kinjiro Nakatani Public School Teacher Grant, you must be a full-time public school teacher in Kindergarten through 12th grade; and a member of the Buddhist Church of Florin (church membership dues are paid and current).

How to become a member of the Buddhist Church of Florin? If you are married, please join under the couple/family category or if single, the adult single category. Contact Walter Menda for a 2021 Church Membership Form at (916) 392-1896 or wmenda@pacbell.net.

Please complete the Kikuyo and Kinjiro Nakatani Public School Teacher Grant Application and email to Walter Menda. Applications are being accepted on an ongoing basis.

Kikuyo and Kinjiro Nakatani Public School Teacher Grant Application

Name:

Address:

Telephone Number and E-mail Address:

Member of Buddhist Church of Florin (Yes/No):

Name of School:

School District:

Grade:

Teaching Credential (Yes/No):

School Term (i.e., September 2021 to June 2022):

How I plan to spend the \$1,500 grant:

I certify that I have provided complete and accurate information to the items on this application. I fully understand that any misrepresentation of information may revoke any right to a grant.

Signature of Applicant

Date

If you haven't designated Buddhist Church of Florin as your charitable organization, please do...free money to BCF! Thank you!



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

IF YOU SHOP ON AMAZON, YOUR PURCHASES CAN EARN \$\$\$ FOR THE BUDDHIST CHURCH OF FLORIN!

The **Buddhist Church of Florin (BCF)** has joined a neat new program, **AmazonSmile**, an easy way to support the Church every time you shop, at no extra cost to you. When you shop at smile.amazon.com, you find the same low prices, selection and easy shopping, while Amazon donates ½% of the purchase to the Buddhist Church of Florin.

HERE'S HOW IN 5 EASY STEPS:

1. Go to 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 Buddhist Church of Florin – type in “Florin” to find it
5. Start shopping

If you're not an Amazon member yet, first click on “Create an Account”, follow instructions, and select Buddhist Church of Florin.

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.

GIFT CARD FUNDRAISER

Purchase gift cards for yourself, family or friends and Buddhist Church of Florin (BCF) will receive a percentage of the sale. Don't forget gifts for birthdays, graduations, baby showers, or anniversaries. For a complete list of gift cards offered, go to shopwithscrip.com. You can place your order online (**BCF's enrollment code is 2481168D38LL7**) or you can contact Ann Tsukamoto at 916-683-3401 or email awtsukamoto@comcast.net to place your order and make arrangements to pick up your order at her house in Elk Grove.

NEXT ORDER DUE DATES: (mark your calendars!)

If you want to place an order,

your order must be received by Ann by 12 PM on the following dates:

**LAST TWO orders going in for 2021~
November 14 & December 15**

Your order will arrive at Ann's house for pick up the following week.



You can also call Ann to see what gift cards she has in stock, available now (call her at 916-683-3401).



Thursday Night Medical Series

"Living Each Day Well"

Thursday, November 18, 2021, 6:30 pm

**"Crimes against Seniors
How to Stay Safe During the Holidays"**



Aaron Lee, Criminal Investigator, Sac County DA
Retired Sergeant, Elk Grove Police Department

Please sign-up at
BetsuinPrograms@buddhistchurch.org

Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233



Thursday Night Medical Series

"Living Each Day Well"

Thursday, December 16, 2021
6:30 pm

"Sing in the Holidays with Merv"

Merv Maruyama is back again with some Japanese and American songs for the Holidays! Sing along through Zoom if you know any of them. We will finish with a Holiday sing/strum-along. Ukulele players, have your ukes ready!



Merv Maruyama
Actor/Singer

Please sign-up at
BetsuinPrograms@buddhistchurch.org

Buddhist Church of Sacramento, 2401 Riverside Blvd., Sacramento, CA 95818-2233

