



ONENESS

Buddhist Church of Florin



October 2021

Volume 10

It's October, which means that the pumpkin-themed things are coming out, it's starting to cool down, and at the end of the month is Halloween! And with Halloween comes, of course...candy! While trick-or-treating may be a bit difficult again because of the COVID-19, there are still plenty of opportunities to buy and enjoy candy, as advertised by your local store. In thinking about what kind of candies to buy, I wouldn't consider myself a candy aficionado by any means (I don't eat a ton of it), but I am interested in the kind of candies that people like. So, I decided to look up the most popular Halloween candy!

Candystore.com regularly releases an annual map of the United States with the top three candies for each state. They did this by using their own private sales data from the past twelve years and worked with industry distribution partners to come up with their lists. And in order to rank the most popular candies of the nation, they took those top three from each state and calculated a weighted average to determine the top-selling candies in America during Halloween. As it turns out, the top selling candy for Halloween is...drumroll please...Skittles! Did you see that coming? Do you love Skittles?

I personally don't particularly enjoy Skittles (although the sour version ones are pretty good) and looked further at different lists. By happenstance, I stumbled upon an article by the very same Candystore.com which claimed it was the "Definitive Ranking of Worst and Best Halloween Candies" and had different rankings. The methodology was taking the data from twelve lists of best and worst candies that were published on reputable websites. They added this to their own customer survey data and combined, created their final list. I won't delve into the "Worst" candies, lest I upset someone who really enjoys those, but for the best candy, the "Definitive" Number 1 is...one more drumroll...Reese's Peanut Butter Cups! Apparently, it wasn't even close. And it made sense to me because that is MY favorite candy!

But this is not to say that everyone has to like what I like, or that I have to like what everyone else likes. Rather, the point I wanted to make was quite the opposite. How could Skittles be the top selling but Reese's be the best candy? I'm sure there are many factors that contribute to this result (maybe people who love Skittles love them so much that they buy them more than any other person buys their favorite candy), however I think the distinction is important for not just the choices we make when we buy candy, but for any decision we make in our lives. Are we choosing an option because it's popular and other people choose it? If everyone is buying something, does that mean that we need it, too? If everyone is doing something, does that make it right? Or are we choosing something because it's the best for us?

Buddhism tries to teach us to have this discerning mind, to recognize our own tendencies to get caught up in what other people are doing rather than focusing on ourselves. We won't come to the right conclusion if we're basing how we live our lives on other people's actions. Only when we take responsibility for the things that we have control over, for the decisions we make for our lives, can we truly be making the "best" decisions. So, this month I hope we're all mindful of our accountability to help us live the best we can, which also ends up being the tastiest!

Gassho,
Rev. Matthew Hamasaki

October Monthly Memorial (Shotsuki Hoyo) Service

The monthly memorial service for those who passed away during the month of October will be held on **Sunday, October 3, 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 October 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.

Eto, Kaoru	10-07-1940	Nishi, Tamiko	10-14-1934
Furukawa, Shizu	10-20-1914	Nomura, Ichinosuke	10-29-1918
Hayashida, Yukio	10-05-1926	Oda, Tokutaro	10-07-1903
Hirakawa, Junichi	10-05-1933	Ohmae, Shigeko	10-07-1918
Ishimaru, Gosaku	10-08-1921	Ohta, Tsuneo	10-16-1990
Ishimoto, Tokutaro	10-31-1921	Oku,	10-03-1911
Kishimoto, Toraichi	10-11-1958	Oku, Toshi	10-06-1973
Kojima, Shigeru	10-29-1920	Oku, Yoichi	10-03-1971
Kono, Jane Michiko	10-08-2001	Ouchida, Soyo	10-31-1928
Koyama, Chiyo	10-21-1917	Sakai, Yoshinori	10-17-1944
Masuda, Kikujiro	10-14-1957	Sako, Tokichi	10-25-1956
Matsui, Tsuru	10-31-1979	Sato, Tsura	10-24-1943
Minamide, Yataro	10-04-1939	Sawada, Mitoko	10-27-1931
Miyaki,	10-26-1913	Sawai, Fujiko	10-31-1930
Miyata, Irene Tamayo	10-27-1992	Shimosaka, Robert Tadashi	10-17-1984
Mizusaka, William Yutaka	10-03-2016	Takeoka, Kumakichi	10-22-1960
Mori, Kojiro	10-07-1940	Tanaka, Fusaye	10-31-1999
Mukai, Frank T.	10-24-1996	Tanaka, Sekiyo	10-09-1987
Mukai, Tom	10-08-1989	Tanaka, Shizuichi	10-08-1976
Mukai, Tomie	10-13-1923	Tanigawa, Kogiku	10-27-1980
Munekawa, Makoto Jim	10-13-2017	Tanigawa, Shizuo	10-16-1921
Nakagawa, Chotaro	10-23-1953	Tanigawa, Tamazo	10-16-1954
Nakashima,	10- -1915	Yamanaka, Hachiro	10-26-1950
Nakashima, Kiyoshi	10-10-1950	Yasukawa, Leo Isamu	10-11-2013
Nishi, Charles Keishi	10-07-1970	Yoshinaga, Rin	10-15-1961

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		

VIRTUAL SHOTSUKI SERVICE

Please share the zoom link with any relatives or friends who may be interested in watching. Hope to see everyone Sunday, October 3rd.

Topic: **Shotsuki Service**

Date: October 3, 2021 at 10:30 am

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

Topic: Buddhist Church of Florin Virtual Zoom October Shotsuki Service

Time: October 3, 2021 10:30 AM Pacific Time (US and Canada)

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/j/83339406274>



Ladies of Jodo Shinshu Memorial Service



At the Buddhist Church of Florin, women play a major role in all church activities, and the reason is rooted in the Jodo Shinshu Buddhist teachings and history. Today in the Buddhist Churches of America, women serve in leadership positions such as president, executive board members, and Dharma School superintendents and teachers. The Buddhist Women's Association has supported the temples for over 120 years through their efforts, activities, and fundraising.

The contributions of women are not surprising considering their importance in Jodo Shinshu history and development. Lady Eshinni made it possible for Shinran Shonin to commit his life to spreading and writing the Nembutsu Dharma. After Shinran's passing, Lady Kakushinni wanted to keep his teachings alive. She built a small temple in Higashiyama, Kyoto to enshrine his ashes and portrait. As a result, the Nembutsu teachings began to reach more people. 50 years later the temple was named the "Hongwanji". Because of Lady Eshinni's and Lady Kakushinni's vision and devotion in supporting Shinran and his teachings, the Hongwanji has transmitted the Nembutsu teachings worldwide for many generations.

After World War II, Lady Yoshiko Ohtani, the spouse of the 23rd Monshu, Kosho Ohtani, visited many temples in Japan and around the world and worked to revive the Buddhist Women's Association (BWA). Therefore, annually the BWA chapters observe an annual service in her memory to commemorate her dedication to Buddhism.

Please join the Florin BWA in honoring Lady Eshinni, Lady Kakushinni and Lady Yoshiko Ohtani at the Ladies of Jodo Shinshu memorial service on October 17, 2021, at 10:30 a.m. via Zoom.

Please join the Zoom service by opening the Zoom app and entering the following URL:
<https://us02web.zoom.us/j/83155969158>

Donations in the memory of Eshinni, Kakushinni and Lady Ohtani may be made via PayPal by logging into the Buddhist Church of Florin website at florinbuddhist.org and clicking on the "Donation" button or by mailing a check to the Buddhist Church of Florin-Buddhist Women's Association at P.O. Box 292006, Sacramento, CA 95829-2006.

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.



Buddhism in Everyday Life

**Seiya
(Peaceful Night)**

**How beautiful the starry sky!
Who could know the mystery of the heavens?
When these countless eyes shine brilliantly,
my heart is filled with joy!**

**More numerous than the sands of the Ganges
are the Buddhas.
When I hear that they watch over us night and day,
my heart is filled with peace.**

Namu Amida Butsu

**(Gatha-Shin Buddhist Service Book)
Composed by Lady Takeko Kujo**

Buddhist Church of Florin
Governing Board Meeting Highlights
Meeting Date: September 9, 2021

First Vice President, Margie Sunahara: Picks up mail weekly from the US Post Office box. BCF 2022 Master Calendar is ready to be published in the November newsletter.

Treasurer, Kathy Menda: All affiliates were reminded that the third quarter reports will be due by October 31, 2021 (July-September 2021). Reminded all affiliates to comply with the BCF Affiliated Organizations Guidelines.

Second Vice President Walter Menda: Next fundraiser “Prime Rib Dinner Drive Thru” on Sunday, October 3, 2021, Eric Fujii, Chairperson. BCF Mochitsuki fundraiser that was scheduled for December 11, 2021 has been cancelled due to COVID safety precautions.

Garrett Kishaba, Eagle Scout Project: He gave a very nice presentation on his proposed Eagle Scout Project for the BCF. The Board approved his project and a budget. Tentative start date will be mid October 2021.

BWA, Peggy Okabayashi: Wellspring Women’s Center and the My Sister’s House were the recipients of August Dana Projects. The Parking Lot Rummage Sale scheduled for Saturday, October 9, 2021 has been cancelled due to concerns about the uptick in COVID/Delta variant cases in Sacramento, County.

Jr. YBA, Ginny Syphax: Donated \$1,200.00 to the BCF from the JYBA Awake-a-Thon that was 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 Wednesday 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.

Lease the Residence: To date no one has expressed interest in leasing the residence.

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

Next Meeting: Thursday, October 14, 2021, 7:30 pm, via zoom.



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.



LET'S RECONNECT

Randall Ishida

After a horrific tumultuous pandemic, let us open up and reconnect with the many activities, people and communities that we once knew that are still part of our lives. Yet it could be a delicate state of affairs. The word “still” is a gingerly word. You just don’t know. The quarantine era is not quite over but it is a small step forward. Progress is in its making. If you had a chance to do it over, could you, or will you feel guilty? *When there’s an open opportunity you just have to take a risk.*

As we grow older some may nevertheless not have that option. When a friend asks to go for lunch, attend a festival, there’s a family get together, a class reunion, an offer to just get coffee and many more an excuse is not an option not to participate. Yes, they are “still” part of our world, yet it may not happen. Things are not permanent and “still” doesn’t last forever. There will be times the offer or venue will no longer be an offer. It might expire in a moment of time.

2021 Membership Dues

The Buddhist Church of Florin thanks the following members who have paid their 2021 membership dues.

Nakata, Norma (Jul-Dec)

Tomono, Masako

2021 membership dues were due by January 31, 2021.

The 2021 membership form can be found on our website at www.florinbuddhist.org, at the temple or from Tim Tsukamoto at (916) 606-0455 or email timtsukamoto@gmail.com Please direct membership questions to Tim Tsukamoto.

2021 MEMBERSHIP FORM

New Member **Name Change** **Address Change** **Other** _____

Last Name First Name Middle Initial Birthdate
Spouse

Last Name First Name Middle Initial Birthdate
Address

Street City State Zip Code
Telephone #

Home Cell **Email**

Children at home under age 25: (List last name if different than above)

Last Name	First Name	Middle Initial	Birthdate		
_____	_____	_____	_____	<input type="checkbox"/> Son	<input type="checkbox"/> Daughter
_____	_____	_____	_____	<input type="checkbox"/> Son	<input type="checkbox"/> Daughter
_____	_____	_____	_____	<input type="checkbox"/> Son	<input type="checkbox"/> Daughter
_____	_____	_____	_____	<input type="checkbox"/> Son	<input type="checkbox"/> Daughter

Membership Dues:

New Member (1st year)	\$150 per adult /\$300 couple/family
New Member Ages 80 - 84 (1st year)	\$100 per adult
New Member Ages 85 and over (1st year)	\$ 50 per adult
Ages 25 - 30	\$100 per person per year
Ages 31 - 79	\$280 per person per year/\$560 couple/family
Ages 80 - 84	\$190 per person per year
Ages 85 or older	\$100 per person per year

Check Payment Preference: __ Annual __ Semi-Annual __ Quarterly __ Monthly (10 payments)

Comments: _____

MEMBER'S SIGNATURE: _____

Membership dues are payable/due in January 2021. If joining mid year, yearly dues are pro-rated for 2021.

For office use: Date: _____ Amt Pd _____ Ck No. _____ Cash _____ Rec'd by: _____ Entered _____



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

As we return to some normalcy by attending in-person school, Ella has entered her middle school years as a 7th grader. On the 1st day of school, I was filled with a mixture of pride, excitement, and a bit of sadness. The positive feelings were driven by the fact that Ella was entering into a new chapter of her life, while the sadness was fueled by the awareness of Ella growing up out of her childhood years. In that moment of reflection, I remembered a past lesson on the essence of truth. From this lesson, these words repeated in my mind: “I cannot change the outside world, but I can change myself and the way I experience the world.” This echo of a lesson once taught in the long past gave me comfort and peace.

We hope that in your everyday life that you also experience moments where Buddha’s lessons touch your life. We wish everyone health and happiness as we enter into a new chapter of life.

Henry, Nadine and Ella

Dharma Zoom

Dharma Zoom Dates

October 24, 2021 10:30 AM Theme for Sangha Member TBA

October 31, 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/83460705891>

Dial by your location

+1 669 900 6833 US (San Jose)

+1 408 638 0968 US (San Jose)

+1 346 248 7799 US (Houston)



Aug Sept News
October 2021

BWA News

THANK YOU/ARIGATO

Sharon Arase – Special
Dana Project gift cards:

Norrine Okamoto - Special
Ellen Griggs
Hiroko Saigo

Sharon Okamoto
Lois Tanaka

DANA – Cultivating Generosity

August Dana Projects –

Wellspring Women's Center and Sacramento Childrens Home - Thanks to the many generous donations, BWA donated 15 backbacks and 4 large bags of school supplies.

My Sister's House - BWA donated office supplies and several bags of petite women's wear/office attire.

September Dana Projects –

Sacramento Children's Home – requesting new household items.

Sacramento State ASI Food Pantry – non perishable food items.

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.

Fundraiser – Tues, Oct. 12, 2021, (all day), Panera Bread – 8120 Delta Shores Circ, Sacramento. See flyer for details.

Parking Lot Sale – Saturday, October 9, 2021 – Postponed.

Tsuitou Hoyo Service and Bonenkai (via Zoom), Saturday, December 4, 2021, 11:00 AM, guest speaker Rev Elaine Donlan.

World Buddhist Women's Convention Kyoto, Japan May 10-12, 2023- joint celebration of Shinran Shonin's 850th birthday and the 800th anniversary of the Jodo Shinshu Teaching. NCBWA post-convention tour to Kyushu and Okinawa (May 8 – May 25, 2023).

BWA October 2021 Dana Projects

Run for a Safe Haven Run/Walk 2021

Benefitting My Sister's House



- Oct. 23 Land Park
- Any date Virtual Or
- Oct. 6 Walking Gr
(Capitol Park)

Requesting:
PARTICIPANTS

Or
Donors



Elk Grove Food Bank

PET FOOD DRIVE

Requesting:
NON PERISHABLE PET FOOD

Collection Dates: **October. Thurs [LOTUS days] (9 a.m. - 1 p.m.)**
BCF Gym **Oct. 29 (Last Friday) (10 a.m. - 12 p.m.)**

Call Sandy Okuno to schedule if 10/29 drop off



Spring, (April) 2020

A type of Japanese maple donated in 2020 by **Masako and Tsugio Tomono** and planted by **Ron Shimizu**. On the right, the tree today.



Summer (August), 2021

Florin's Garden



Japanese-type tomato.

Jeanne's treat box also displayed



George Miyao tending to the garden.

LUNCH FIXIN's

JoAnn Kusaka

JoAnn K/Jan T

Sharon Okamoto

Ginny Syphax

Lloyd Okimura

Sharon Y/L&L (Mark)

Food F/R Comm.

Jeanne Nakamura

Weekly AM snacks including shortbread cookies

Mabo tofu/sunomono, tuna sandwiches/potato salad, umami using Florin and Okabayashi garden vegetables

Brownies, popsicles, chocolate whip cream pie

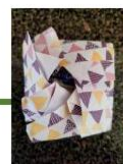
Pineapple cake

Provided again 3 rock cods; JoAnn steamed with black bean sauce...

8 English cucumbers

Udon & curry

Treat & origami treat box for LOTUS members



Kikuyo and Kinjiro Nakatani Public School Teacher Grant Recipients

The Buddhist Church of Florin's Kikuyo and Kinjiro Nakatani Public School Teacher Grants are awarded to three deserving public school teachers. Each recipient receives a grant in the amount of \$1,500. The Kikuyo and Kinjiro Nakatani Public School Teacher Grant recipients are Nadine Nouchi, Stephanie Kuroda, and Kimiko Yamamoto Hayashida.

Nadine Nouchi teaches 1st through 6th grade physical education at Theodore Judah Elementary School in the Sacramento City Unified School District. With the grant award, Nadine plans to purchase physical education equipment to start a new Physical Education program at her school.

Nadine, husband Henry Lam, and daughter, Ella are church members.

Stephanie Kuroda teaches 6th grade at Crocker Riverside Elementary School in the Sacramento City Unified School District. She plans to purchase classroom supplies for individual students in her class because students no longer share supplies due to COVID safety protocols.

Stephanie is a church member and granddaughter of Janet Kuroda.

Kimiko Yamamoto Hayashida teaches 7th, 8th, and 9th grades at Holmes Junior High School in the Davis Joint Unified School District. She plans to purchase classroom supplies for the three different courses she is teaching this year.

Kimiko, husband Mark Hayashida, and twin sons, Kai and Kenji are church members.

Congratulations to our dedicated public school teachers; Nadine, Stephanie, and Kimiko!



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:**

October 20 & November 17

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, October 21, 2021
6:30 pm

**"Promoting Community Wellness
through Taiko"**



Sydney Shiroyama
Occupational Therapist and graduate student at the
Institute of Buddhist Studies

Please sign-up at
BetsuinPrograms@buddhistchurch.org

