



ONENESS

Buddhist Church of Florin



August 2026

Volume 8

The Art of Letting Go



Have you ever found expired food sitting in the back of your refrigerator?

Perhaps you also have expired ketchup and soy sauce packets tucked away in a kitchen drawer, more plastic containers than you need, or paper bags you have been saving for someday. Little by little, these things begin to pile up.

Sometimes we keep more than we truly need. The feeling of “What a waste” or “This may be useful someday” is not necessarily bad. However, that “someday” may never come.

In Buddhism, this difficulty in letting go is called attachment. Attachment does not simply mean owning things. It means becoming controlled by the feeling that we cannot let them go.

The Buddha once taught the Parable of the Raft. A person builds a raft in order to cross a river. After reaching the other side, the raft has completed its purpose. No one would carry it on their back for the rest of the journey simply because they worked hard to build it.

The same may be true of the things in our lives. Some objects have supported us and served us well. When their purpose has ended, we can thank them and let them go.

Letting go does not only create more space in our homes. It may also create a little more space in our hearts.

This month, perhaps we can begin with just one thing. It may be old food in the refrigerator, a container we have not used for years, or a pile of paper bags. We can simply say, “Thank you for serving your purpose,” and let it go.

We may discover that the space we create is not only on a shelf or inside a cabinet. A fresh breeze may also begin to enter our hearts.

Namo Amida Butsu

Last Month's Quiz Answer

According to the article, what is one lesson from the story of Mokuren?

- A. We should focus only on helping our own family.
- B. We should value our connections with the Sangha and realize we are not alone.
- C. Happiness comes from avoiding difficult situations.
- D. We should never feel sadness when someone dies.

Answer: B

We should value our connections with the Sangha and realize we are not alone.

 This Month's Quiz

The Japanese word Danshari (断捨離) is made up of three characters.

DAN 断 = Refuse

SHA 捨 = Throw away

RI 離 = Separate yourself

What does the word "Danshari" mean?

- A. Buy only expensive things.
- B. Refuse unnecessary things, let go of what you do not need, and free yourself from attachment.
- C. Organize your home once a year.
- D. Never throw anything away.

(Answer will be revealed next month!)

In Gassho,

Rev. Noritaka Imada

If you need to contact Rev. Imada, you can email him at: imadabca@gmail.com (916) 383-1831



BUDDHIST CHURCH OF FLORIN

P.O. Box 292006, Sacramento, California 95829-2006

July 22, 2026

Dear Sangha:

The Buddhist Church of Florin (BCF) joyfully celebrated **Obon Odori** on Saturday, July 18th, as members, families, and friends gathered for an evening of remembrance, gratitude, and community. If you were unable to attend—or would simply like to relive the celebration—videos of the festivities are available on the BCF website: buddhistchurchofflorin.org

Obon is a cherished Japanese Buddhist tradition that honors our ancestors. During this special time, we remember those who came before us with gratitude by visiting graves, making offerings, lighting lanterns, and sharing in the joyful Bon Odori dances. These traditions remind us that the love and guidance of our ancestors continue to shape our lives.

One of the most beautiful aspects of Obon is the way it brings people home to the BCF. Families reunite, old friends reconnect, and our Sangha gathers to celebrate, remember, and create new memories together. It is a time when we reflect on those who paved the way for us while strengthening the bonds that unite our community today.

The origins of Obon come from the Buddhist story of Maha Maudgalyayana, a disciple of the Buddha who, through acts of generosity and compassion, was able to relieve his mother's suffering. His joyful expression of gratitude became the inspiration for the Bon Odori dance. For more than 500 years, Obon has been a time to honor those who came before us while celebrating the enduring connections between generations.

Thank you to everyone who helped make this year's Obon such a joyful and meaningful celebration. We look forward to gathering again next year.

In Gassho,

Eric Fujii, President
Buddhist Church of Florin

August Monthly Memorial (Shotsuki Hoyo) Service

The monthly memorial service for those who passed away during the month of August will be held on **Sunday, August 9, 2026, beginning at 10:00 am.** The persons who are noted in the Buddhist Church of Florin (BCF) memorial records as having passed away in the month of August are listed below. If you have a homyo (Buddhist name) on a card please bring it with you for placement on the onaijin (altar) before the service. If the year 2026 is a special service year (see table) for a dearly departed loved one, please contact Reverend Noritaka Imada, Buddhist Church of Florin 916-383-1831 or email imadabca@gmail.com to make special memorial arrangements. Please inform Lois Kashiwase of any corrections or additions to the list.

Abe, Hiroshi	08-25-1917	Nakashima, Yasuke	08-10-1918
Asano, Yoshiro	08-10-1910	Nishiguchi, Toshiyuki	08-19-1923
Baishiki, Tsune	08-07-1943	Nobuso, Seishiro	08-09-1975
Fujii, Keiji	08-27-1939	Okamoto, Fusano	08-22-1970
Fujimoto, Satono	08-21-1918	Okazaki, Baby	08- -1939
Fukagawa, Chester Kiyoshi	08-01-2001	Okimura, Alice	08-10-2009
Fuwa, Rikizo	08-26-1936	Ono, Miyokichi	08-27-1911
Fuwa, Warren Hitoshi	08-28-1996	Otani, Robert Alan	08-06-2011
Hamataka, Sue Yoshiko	08-12-2002	Saigo, Toshiaki	08-05-1976
Haramoto, Manzo	08-16-1939	Sako, Morito	08-24-1956
Ishigaki, Hisako	08-02-1917	Sasaki, Fumiko	08-05-2016
Ishikawa, Infant	08-23-1912	Sekiguchi, Mitsue	08-09-1984
Kadoya, Kay Haruye	08-29-2023	Shijo, Susumu	08-03-2006
Kato, Kiyomi	08-13-2014	Sugimoto, Yei	08-04-1997
Kawanishi, Natsue	08-11-1930	Sumida, Katsumi	08-03-1918
Kimura, Fumiko	08-17-1920	Sumida, Roy Kazuo	08-08-2023
Kodama, Ritsu	08-09-1948	Tahara, Tome	08-17-1913
Kumamoto, Allen	08-07-1990	Takeoka, Kanao	08-31-2010
Maruki, Shozaburo	08-04-1930	Takeoka, Mikio	08-30-1999
Maruki, Tsuyuko	08-09-1930	Tanaka, Kay Yoshinori	08-08-2009
Mito, Isuyo	08-27-1918	Terada, Kansuke	08-21-1934
Mitsuyoshi, Misako	08-21-1926	Tsukamoto, James	08-19-2006
Mitsuyoshi, Toshiko	08-21-1926	Unno, Toshiuemon	08-04-1904
Miyata, Yoshinori	08-20-1912	Uno, Yoneko	08-07-1918
Mukai, Sannosuke	08-21-1951	Yabumoto, Miyeko	08-24-2008
Nakaguchi, Sana	08-18-1917	Yamamoto, Akio	08-15-1921
Nakahira, Kazutaro	08-04-1976	Yamamoto, Jayne Michiko	08-18-2023
Nakamura, Hisako Katherine	08-18-2008	Yamamoto, Minoru	08-16-1911
Nakashima, Aiko	08-04-1920	Yoshida, Heikichi	08-18-1934

2026 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>
2025	1 st Year	2002	25 th Year
2024	3 rd Year	1994	33 rd Year
2020	7 th Year	1977	50 th Year
2014	13 th Year	1927	100 th Year
2010	17 th Year		

CONDOLENCES

The Buddhist Church of Florin 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

DENNIS NISHIKAWA
February 17, 1945 to June 30, 2026



Service Information



Join us for August Service

August Shotsuki Hoyo and Family Service
Sunday, August 9, 2026 at 10:00 a.m.

Officiant: Rev. Noritaka Imada

****The front gates may be locked 15 minutes after the start of scheduled services and/or activities.**

In the event of a change, we will post the updates on our website at buddhistchurchofflorin.org; Facebook page and send out a message to our email list.



Membership Dues



2026 Membership Dues

Thank you to the following members for their 2026 membership dues received in June/July:

Cindy DeGuzman

Dennis Nishikawa

Kathy Oda

Kenny & Louise Teranishi (semi-annual)

Burt & Carol Yoshioka (monthly)

Judy & Larry Yuki

Tadashi Yuki & Charly Cha

Please direct membership questions to Susan Takeda at (916) 837-5699 or s.takeda@comcast.net.

The Membership form is available on the website@buddhistchurchofflorin.org/membership/



Directory changes:

Cindy Deguzman email change: cindeguz@yahoo.com





Dharma School



Buddhist Church of Florin Dharma School
News & Events- August 2026
"B.R.A.I.D." – Building Respectful Awareness

Fireworks Day

Crashing tides, rolling
fire, fizzle and fade like
phases of the moon

- Skylar Lam

Upcoming Dharma Lesson/Activities

August 10 &11, 2026

Dharma School Eat Out Fundraiser
L&L 1030 Florin Rd. Sacramento
(Lake Crest Village)



August 23, 2026

Fun Day 11:00am in the BCF Gym

2026

Basketball and Golf Clinics TBA

Aug. '26 BWA Dana Project



Collecting supplies
for young adults
aging out of SCH

July '26 BWA Dana Project



SACRAMENTO
LOAVES & FISHES

**SCHOOL
SUPPLIES**



Mustard Seed School

Summer Camp

Aug. 12 (Wed)



Rummage Sale

Nov. 14 (Sat)



Save your sellable
rummage items.
No clothing.
Dropoff in Nov.



News

LOTUS FAM

Learning Oriental
Trimming Using Scissors [Facilities & Maintenance]

Aug. '26, 2026

[July '26]



4th of July Feast

Thanks to JoAnn & Lloyd who prepared lunch & to Sharon for dessert.





Darrell obtaining a piece of rock cod; Lloyd selecting 4 different kokos.

Lloyd shared three rock cods and teriyaki chicken which he BBQ'd (with Darrell assisting) along with skewering beef kabobs using vegetables from home and the LOTUS garden. Four different kinds of koko were available that day prepared by Margie, Sharon, and Lloyd. Dessert was a peach cobbler made by Sharon using peaches from the hybrid tree in front of the parsonage.



Rock cod prepared (steamed) by JoAnn

Two pruning styles of maples below. Thanks, Walt, for lending a hand. Preparing for Obon.

APPRECIATION

JoAnn Kusaka

Sharon O, Lloyd O, Margie S.

Lloyd Okimura

Jan T & Kusakas

Tomio Ito

Head food preparer

Koko

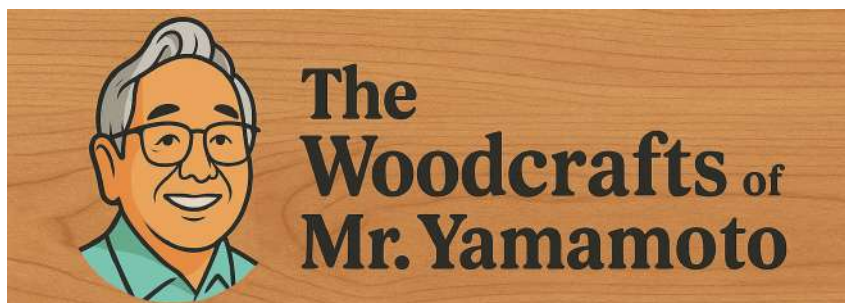
3 rock cod/koko/ teriyaki chicken,

beef kabobs

J. senbei, cookies

Monetary donation (to be used for lunch dining)





IT IS WHAT IT IS



This month, I would like to introduce another artwork by Mr. Mits Yamamoto.

“It is what it is.”

This phrase can be understood as “That’s just how it is,” or the familiar Japanese phrase “Shikata Ga Nai”, accepting that some things simply cannot be changed.

In our lives, we sometimes hold on to regrets about the past or worry about things beyond our control. However, no matter how much we think about them, we cannot change what has already happened.

“It is what it is” does not necessarily mean giving up. It can mean accepting what we cannot change and thinking about what we can do from this point forward.

In this month’s main article, I wrote about Danshari, the Japanese idea of letting go of unnecessary things. But what we carry is not always physical. We may also carry regrets, worries, and attachments in our hearts.

Just as letting go of physical things creates more space around us, letting go in our hearts may create space for something new.

Sometimes, saying “It is what it is” or “Shikata Ga Nai” may be the first step toward letting go and moving forward.

Noritaka Imada



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dharma, making new friends and
having fun. This is open to
everyone of all ages!*

BUDDHIST CHURCH OF STOCKTON

2820 Shimizu Dr. Stockton, CA 95203

2026.10.10
9 AM - 3 PM



SAVE THE DATE!!!

Buddhist Church of Florin
buddhistchurchofflorin.org

Fall Food Fundraiser

Sunday, September 13, 2026 11:00 AM to 1:00 PM

To Order:

- 1. Return your order form **with** payment
- 2. Orders **MUST** be postmarked by **August 21, 2026**
- 3. Please make check payable to: **BUDDHIST CHURCH OF FLORIN**
- 4. Mail check & order form to: **Buddhist Church of Florin**
Fall Food Fundraiser
P. O. Box 292006
Sacramento, CA 95829
- 5. Email or phone orders will **not** be accepted

Pick up your order on September 13th, between 11:00 AM -1:00 PM

7235 Pritchard Road, Sacramento, 95828

Prepaid, contactless drive thru pick-up only

Any order not picked up by 2:30 will be considered a donation

ITEM	QTY	UNIT COST	TOTAL
Chicken Plate (½ teriyaki chicken, pickled vegetables, orange slices, rice)		x \$20.00	
Age Sushi [Inari Zushi] (6 pieces)		x \$10.00	
Chinese Chicken Salad		x \$8.00	
Curry Rice		x \$8.00	
Udon (Fresh udon; cooking instructions will be provided)		x \$7.00	
TOTAL ENCLOSED			

Name (Print)	
Address	
City	Zip
Contact Phone Number (required)	
Email Address	

Rev. 07-12-25

Buddhist Church of Florin
buddhistchurchofflorin.org

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TOTAL ENCLOSED			

Name (Print)	
Address	
City	Zip
Contact Phone Number (required)	
Email Address	

Rev. 07-12-26

August 2026

[illegible]

September 2026

[illegible]

Buddhist Church of Florin
7235 Pritchard Road
Mailing Address: P.O. Box 292006
Sacramento, CA 95829-2006
Phone: 916-383-1831
Website: www.buddhistchurchofflorin.org

Non-Profit Org.
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Permit 332
Sacramento, CA

RETURN SERVICE REQUESTED

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