



# GEDATSU COMPANION

GEDATSU CHURCH USA

www.gedatsu-usa.org

## NOVEMBER 2018

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### Gedatsu Kongo's

### Thought for the Month

*"Gedatsu is not the path to cure diseases but to reform one's thinking."*

While it is important for everyone to maintain good health, for many people, illness has given them the opportunity to study Gedatsu. This is wonderful.

However, if you think you study Gedatsu in order to cure diseases and keep your good health, you overlook the forest for the trees.

Gedatsu is the path to be deeply aware that we are allowed to exist in accord with the Universal Law by receiving immeasurable blessings from everything in the universe.

When you truly become aware of this, your self-centered way of life will be transformed into a life filled with appreciation. Accordingly, you will become healthier.

### NORTHERN CALIFORNIA

Sat	3	8:00 am	Trip to Apple Hill
Sun	4	10:00 am	"Never Forgotten" Memorial Service
Sun	11	9:30 am	Appreciation Service Gedatsu Kongo 70 <sup>th</sup> Memorial Service
Sun	28	1:00 pm	San Jose Branch <i>Kanshakai</i> Service
Thu-Fri	22-23		Church Closed (Thanksgiving Holiday)
Sun	25	9:00 am 9:30 am	7-5-3 Children's Celebration Appreciation Service / Gedatsu Kongo Birthday Sacramento Regional Board Meeting

### SOUTHERN CALIFORNIA

Sat	4	10:00 am	Gedatsu Kongo 70 <sup>th</sup> Memorial Service (Japanese & English)
Sun	11	10:00 am	"Never Forgotten" Memorial Service
Sun	18	9:30 am 10:00 am	7-5-3 Children's Celebration Appreciation Service (Japanese & English) Gedatsu Kongo Birthday Service
Thu-Fri	22-23		Church Closed (Thanksgiving Holiday)
Sun	25	10:00 am	English Appreciation Service / <i>Ajikan</i> Meditation "Life in Your 20s" / L.A. Regional Board Mtg

## DECEMBER 2018

### NORTHERN CALIFORNIA

Sun	2	10:00 am	"Never Forgotten" Memorial Service
Sun	9	9:30 am	Last Appreciation Service of the Year Archbishop Kishida Memorial Service
Sun	16	1:00 pm	San Jose Branch <i>Kanshakai</i> Service
Sun-Mon	23-31		Church Closed for Holidays

### SOUTHERN CALIFORNIA

Sat	2	10:00 am	Japanese & English <i>Kanshakai</i> Service Archbishop Kishida Memorial Service
Sat	8	8:00 am	Casino Bus Tour (TBD)
Sun	9	10:00 am	Church Clean-up
Sun	16	10:00 am	Appreciation Service (Japanese & English) Christmas Program
Sun-Mon	23-31		Church Closed for Holidays
Sat	30		Church Open (until noon)

### Autumn Moon Festival Raffle Winners

The L.A. Church's Autumn Moon Festival fundraiser was held on October 6 and 7. Thank you to all volunteers. And congratulations to the following raffle winners:

1 <sup>st</sup>	<b>Victor Mizokami</b>	\$500 Disney Gift Card
2 <sup>nd</sup>	<b>Gedatsu Kendo Dojo</b>	Apple iPad
3 <sup>rd</sup>	<b>Sarah Shaklan</b>	Universal Studios Tickets
4 <sup>th</sup>	<b>Jeremy Alcoran</b>	Ring Video Doorbell Pro
5 <sup>th</sup>	<b>Wally Takata</b>	\$50 Cash
6 <sup>th</sup>	<b>Evan Ouye</b>	\$50 Cash
7 <sup>th</sup>	<b>Jackson Mac</b>	\$50 Cash
8 <sup>th</sup>	<b>Leilani Coreto</b>	\$50 Cash
9 <sup>th</sup>	<b>Wendy Toguchi</b>	Amazon Echo Dot

We thank these firms/organizations for prize donations: *Aijo Nippon Kenpo Foundation, Monterey Park Mustangs Basketball Organization, Gedatsu USA Kendo Dojo, J. Morey Company, Inc.*



### November "Never Forgotten" Memorial Services

The Sacramento Spiritual Center will hold its "Never Forgotten" Memorial Service on **Sunday, November 4, at 10 a.m.**, honoring the souls of **Harold Horner, Toshiko Kusuhara, George Akiyoshi, Yasuno Niiguma Tsuboi, Hirohide Obu, Kaoru Ide Kotabe, Maio Kino, Tracy T. Takahashi and Sho Akira Wakabayashi.**

The Los Angeles Church will hold its "Never Forgotten" Memorial Service on **Sunday, November 11, at 10:00 a.m.**, honoring the souls of who passed in November and December: **Tomiko Amabe, Kakujiro Arakawa, Moto Arakawa, Consuelo T. Castillo, George Imuta, Ikuko Inoue, Seiji Inoue, Eiko Ishida, Fumio Ishida, Hitoshi Ishida, Junnosuke Ishida, Seitaro Kawamura, Natsu Grace Kikuchi, Fude Kikuta, Masaji George Kikuta, Ken Kimura, Chizu Kitagawa, Tomio Kubo, Emiko Kumagai, Helen Akiko Matsumoto, Patsy M. Matsumoto, Tatsumi Matsuura, Robert Miyamoto, George Joroshi Miyasako, Harukichi Miyazaki, Masao Roy Mizokami, Shizuyo Mizutani, Kiyoko Mochida, Yukimi Mochida, Yataro Nagura, Johny Kazuhiko Numata, Mitsuko Numata, Emiko Okimura, Manabu Okimura, Donald Roy Omiya, Kou Helen Sakuma, Nami Sakuma, Dale Smith, Thomas Yasukiyo Sueyoshi, Tracy Tooru Takahashi, Chisayo Taniguchi, Goro Gary Tanji, John Nobuyuki Tanji, Ruby Toshiko Tanji, Shiro Paul Tanji, Tomota Tateishi, Dorothy Kiyoko Tomita, Toru Toyama and Henry Urada.**



### Children Ages 7, 5 and 3 to Be Celebrated

In November, L.A. and Sacramento Church members will observe *Shichi-Go-San*, the traditional Japanese celebration for the health and well-being of children.

Los Angeles – Sunday, Nov. 18, 10:00 a.m.

Sacramento – Sunday, Nov. 25, 9:00 a.m.

Please complete the "7-5-3" application form available at your local church office.

### Renew Your Church Membership for 2019

Gedatsu Church USA is supported through pledges, donations and membership dues. Please renew your annual membership dues now:

Individual Fee:

Annual: \$45      Lifetime: \$450

Family Fee:

Annual: \$70      Lifetime: \$600

Additional Annual Women's Club Fee \$6

### Become a Gedatsu Kongo Appreciation Fund Donor

The Gedatsu Kongo Appreciation Fund, or *Hosankai*, was established to allow members to demonstrate a higher level of commitment to the church. Participation in the Fund requires an annual pledge of \$600 a year, which is in addition to the general membership dues. This \$600 may be paid in a single lump sum; two biannual payments of \$300; or 12 monthly installments of \$50. Donations to the Fund are tax deductible.

If you would like to support the Gedatsu Kongo Appreciation Fund, complete and submit the application form that is available at your local church office. A list of donors to the Gedatsu Kongo Appreciation Fund is published annually in the *Gedatsu Companion*.

### Year-End Membership Roster – Any Changes?

The annual "Seasons Greetings" membership roster is currently being updated. Please advise **Rev. Naoya Okano** at the L.A. Church by December 1 if you have any changes to your mailing address, phone number and/or email address. Rev. Okano's email address is:

[naoya\\_okano@gedatsu-usa.org](mailto:naoya_okano@gedatsu-usa.org).

1949 – 2019  
Gedatsu Church USA

**70** Years  
*of Growing Together*

## Gedatsu USA to Celebrate 70 Years in 2019

Next year – 2019 – Gedatsu members will celebrate the 70<sup>th</sup> anniversary of Gedatsu Church USA.

Mark your 2019 calendar NOW with these dates:

★ Labor Day weekend:  
**Saturday, August 31 – Celebration Banquet**  
**Sunday, September 1 – Grand Fall Festival**

The banquet will be held at the Marriott Hotel in Rancho Cordova, just a few miles from the Sacramento Spiritual Center. We will be joined by a large group of guest members from *Gedatsu-kai* Japan, who are coming to celebrate with us. There will be no charge for the banquet dinner, through the generosity of **Sr. Deacon Jackson Ito**.

Also, at our Grand Fall Festival, we will continue our anniversary celebration with special activities and a catered luncheon for everyone.

To provide affordable lodging for out-of-towners on Saturday, August 31, special Gedatsu room rates will be available at the Marriott Hotel (\$109), as well as at the La Quita Inn (\$95), across the street.

Also, other fun activities to celebrate the 70<sup>th</sup> – including church picnics in both the L.A. and Sacramento areas – are being planned.

Watch for details on these activities in the coming months!

## DEAR REVEREND

Q

I admire the Gedatsu philosophy of self-reflection and self-improvement, but I can't accept that spirits exist and affect our lives.

A

The notion that this world consists of visible and invisible things is not hard to accept. You can easily see physical and material things, but you know they are not the only real things in this world. For example, can you see your mind? How about your thoughts and feelings? Thoughts and feelings in your mind can't be seen, but you certainly don't deny their existence, do you?

Were you born into this world from nothing? Of course not. You were born from your parents. Your parents were born from their parents; they were born from their parents; and so on. Thus, you have a huge background of the past within you. You must understand that you have received immeasurable blessings from generations of ancestors, from many people and from everything in the past. Every one of them was necessary for you to exist here now. You can't see your ancestors, but they actually live in you now.

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***"If you can't accept the notion that spirits exists . . . the most important thing is to be aware that you are the continuation of your ancestors."***

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Every day, you consume many things: food, water, air, sunlight, etc. Without these things, even a single moment of your existence is impossible. Knowingly or unknowingly, you receive immeasurable blessings from everything in the universe.

If you can't accept the notion that spirits exist, that is okay. The most important thing is to be aware that you are the continuation of your ancestors from ancient times, and that you are the fruit of everything in the universe. You will then become aware of ancestors' love and compassion for you and feel grateful for the immeasurable blessings you receive from ancestors, countless people and everything since the beginning of the world.

Please deepen your sense of appreciation through your everyday life. Feel that you are one with your ancestors, everyone and everything in the universe. This understanding will lead you to a spiritually rich life.

**Rev. Hisakazu Taki**

## AROUND OUR CHURCH



### Everett McSwain Awarded Scouting's Highest Rank

An Eagle Scout Court of Honor ceremony was held at the Gedatsu Spiritual Center on September 14 to bestow the Eagle Scout rank on Sacramento member, Everett McSwain, 18.

The Eagle Scout Award is the highest award in Scouting, and very few Scouts achieve this prestigious rank. Everett earned 29 merit badges. His Eagle Scout Special Project was the recently completed Gedatsu Church Sunday School pergola, which is located opposite the entry to the Social Hall and was featured in the *August Companion*.

In attendance at the ceremony were other Eagle Scouts, Cub Scouts, Boy Scouts, parents and relatives and Scouting officials. Also present were a dozen members of the Gedatsu Spiritual Center, including the McSwain family and Rev. and Mrs. Kazuo Yamada. (At left, Everett performs *amacha* blessing as part of the ceremony.)

Proud parents, Chris and Sally McSwain (in top left photo, with Everett and his sister, Vivian), were active in Scouting and supported Everett's rise from Cub Scouts to the highest rank in the Boy Scouts. Congratulations to Everett, who will be attending UC Santa Cruz, pursuing a major in History.



### Peace, Beauty and Love in Jessica's New Tea Room

Member Jessica Scott, far left, proudly hosted a formal tea ceremony, or *chanoyu*, for friends and family to inaugurate her brand-new tea room, which was recently constructed in her Sacramento home.

Jessica, who has a deep interest in the ancient culture of Japanese tea ceremony, asked her husband, John, if he would convert their garage into an authentic *chashitsu*, or Japanese-style tea room. He complied by constructing for Jessica a lovely architectural space, complete with natural interior elements, from the *tatami*-mat flooring and wooden ceiling to the natural-wood pillar of the *tokonoma* alcove – even the window framing a pretty Japanese maple outside. Jessica completed the space with ceremonial tea equipment and utensils, which she ordered from Japan.

Among the tea-ceremony enthusiasts whom Jessica invited to her first ceremony, was fellow Sacramento member, Ritsuko Nakamura, who instructs Jessica in the art of tea. All the guests appreciated Jessica's performance as she expertly prepared and served delicious cups of tea in the lovely, quiet setting, following the traditional manner of *chanoyu*.

### Brief Biography of Gedatsu Kongo

#### Chapter 11 After the War

On June 23, 1945, the Japanese troops in Okinawa suffered a crushing defeat. When the battle ended, 244,000 Japanese had died. On August 6, an American B-29 bomber dropped an atomic bomb on Hiroshima, killing more than 200,000 people. On August 9, the U.S. dropped another atomic bomb on Nagasaki, taking another 140,000 lives.

On August 15, the Emperor's announcement of Japan's surrender was broadcast by radio.

On that day, the monthly Gedatsu Appreciation Service was held in *Goreichi*. Along with many members, President Okano sat erect, listening attentively to the radio broadcast. When the broadcast was finished, he said only, "This is fine." He had tears in his eyes.

The members were strongly shaken by the Emperor's announcement. Most of them thought, "Why didn't the Emperor tell us to fight to our last breath?"

President Okano then spoke to them in a calm tone, "Taking a wide view, although we lost, we will win in the end. The U.S. Army will arrive in Japan very soon, and we will all be their captives. But if we accept the current situation and make every effort, we will be able to reconstruct our country soon."

#### Preparing to fight "our spiritual battle"

In the beginning of September, President Okano assembled all the instructors and said, "No doubt, many members feel very uneasy. The battle of arms is over. We must fight our spiritual battle from now. Go and tell them to cope with the times calmly."

President Okano then sent the instructors to branches throughout the country. This was just before the Allied Forces were to make an entry into Japan. All sorts of rumors were circulating among the people. Police told women and children to evacuate the cities. The public's feeling of uneasiness reached the limit. The instructors made every effort to convey President Okano's message to members in all parts of the country.

Despite the confusion after the war, the Fall Festival was held on October 10. The *Goreichi* grounds were packed with members from all parts of Japan. President Okano addressed them as follows:

"Gedatsu is not an ideological play. Our ancestors have devoted their valuable lives to establishing the country of Japan. We should never forget their efforts and toils. We must cultivate our souls and earnestly practice Gedatsu. We are always nurtured by the great blessing of Nature. Therefore, we should make every effort to repay the blessing. Without gratitude, there can be no humanity. Learn from the sun, and practice appreciation and gratitude thoroughly."

Since establishing the Gedatsu teaching, President Okano physically overstrained himself, ministering to his members with only three or four hours of sleep a day. After he moved to Kitamotojiku, his body was gradually becoming weaker. He sometimes had difficulty walking, but he never talked about his condition with anyone.

#### Encouraging members to lend aid to others

Seeing the future after his death, President Okano began to teach the church leaders in a strict manner. He put all his efforts into establishing vocational aid centers all over the country.

"From now on," he said, "many war repatriates will return to Japan. War widows need jobs to make their living. Therefore, we should open vocational aid centers for them."

In these vocational aid centers, they produced various clothing items by using military materials, such as parachute cords and rucksacks. They also sold at low prices army-surplus military uniforms, which could be repurposed for civilian clothing.

President Okano encouraged members in this effort by always saying, "Utilize everything effectively, allow everyone to achieve their fullest potential and uplift their spirits and hearts. True religion should benefit society."

With these words, he encouraged members in all parts of the country to devote themselves to their vocational activities.

(Continued on page 6)

*(Biography – Continued from page 5)*



After the war, people throughout the country suffered from extreme shortages of housing, clothing, and daily necessities, some dying from starvation.

President Okano encouraged members to help others through voluntary activities. One such activity was the creation of a public feeding service using *tokoroten*, a kind of seaweed jelly. President Okano asked a member, who was the head of a fishermen's association, to obtain as much substandard *tokoroten* as possible, paying double the regular price.

Instructors and members in Tokyo prepared to use the substandard product. For the first *tokoroten* feeding service, they worked throughout the night, producing 20 barrels of *tokoroten* by the next morning. When they arrived at the elementary school where the feeding service would be held, they found a long line of people waiting. Members worked hard and were exhausted, but they felt great joy in serving the public.

After this successful start, the *tokoroten* feeding service was held at various places in Tokyo, then extended to Kansai and Nagoya regions.

One instructor said of this activity: "When I was working for the feeding service, I felt very happy. Even though I worked all night, I did my best. Through this activity, President Okano made us experience the joy of serving others. That was a valuable lesson for me."

### Love and consideration for the members

Since that time, President Okano often said to members, "I have a very short time to live. You should ask me everything until you fully understand."

He told members who came from a distance to learn from him. "You paid a lot of money riding a train to come to see me. After you leave, you should not regret, thinking that you should have asked me something more."

He told trainees to economize by reducing his portion of rice so that there were enough meals for the members who came to see him. He lived on a frugal diet, saying, "I am only sitting all day, so two meals a day is enough for me. Let members who come from remote areas eat one of my meals."

This was an example of how President Okano always showed consideration for members.

After the Fall Festival in October, President Okano's manner of teaching members gradually, but steadily, changed. For the industrial activities, he gave members only important instructions, leaving the rest to them.

Although he explained the basic Gedatsu teaching in plain language at the monthly Appreciation Service, he taught leaders in a very strict manner. He was preparing them for leadership after his death.

### Message on February 11, 1947, the eighth anniversary of the erection of the Sun Spirit Monument:



"After I die, you should not build a huge edifice, but instead, remember me each day. The sky is boundless and selfless. The sun always gives birth to and nourishes everything on earth. It never demands anything in return. You are too greedy to be contented with what you have. Your thinking is wrong.

I am grateful and joyful every day. No one knows how long he will live. I have completed all the Three Monuments. I will be happy to die at any time now."

### Message at the Appreciation Service on March 1:

"Appreciation and gratitude are everything you need to practice. Forget the past. Be joyful in the present. Be hopeful in your future life. Now is the time of great trials. No matter what happens to you, stand as firm as a rock. Even if you lost material possessions in the war, your heart was never destroyed. Be second to none. Do not complain. Do not envy others. Do not bear a grudge against others. Do not fight. Do not be arrogant. This is Gedatsu."

*(Continued on back page)*

### Creating a Harmonious and Happy Family

Sermon by **Senior Reverend Akira Sebe**

Several things help to build a harmonious relationship between you and your children.

First, both parents and children must, within themselves, feel loved, respected and appreciated. Most important, parents need to experience love and feel appreciated before they can give unconditional love to their children. I learned this through my own experience in life. This is the KEY to creating a warm relationship between parents and children.

Parents see, experience and absorb their own parents' attitudes and feelings as they were being raised. Unknowingly, their parents may have given them attitudes or feelings as children that made them feel negatively about themselves as they grew to adulthood.

It is natural to copy and pass on attitudes and feelings unknowingly. The Gedatsu study, however, teaches you how to look deeply within yourself and develop a self-awareness so that you will not unknowingly repeat the same negative attitudes and feelings in raising your own children.

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***If you do not feel appreciated and loved as a parent, you tend to look at what is lacking in your children.***

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If you do not feel appreciated and loved as a parent, you tend to look at what is lacking in your children, rather than accept their positive qualities. You will see this reflected in your children, because they are like mirrors of your attitude.

Secondly, even if parents themselves feel loved and appreciated, this does not guarantee that their children will grow up feeling happy and self-confident. Unexpected hardships and suffering in life can put pressures on the parents and the entire family. At such times, parents may not be emotionally able to fully show their love and appreciation among family members.

That is when parents need to focus on others, not themselves. By helping other people, they show to their children their unselfish love, caring and

appreciation for others. This is a valuable lesson for their children. This is not a one-time event. Service to others should become a lifelong attitude and way of life.

Most important, parents may not realize this, but they are never alone in raising their children. They are always helped and guided by the unseen power and unconditional love of God, or the Universal Life Force.

At first, you may not be aware of or feel this support and love. Gradually, however, as you become self-aware and focus on serving others, you will gradually experience this love and positive flow of energy and begin to appreciate it.

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***Parents are always helped and guided by the power and unconditional love of the Universal Life Force.***

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As a parent, you never have to feel frustrated or alone when you experience hardships or have difficulties with your children. In your meditation or prayers, recognize the existence of the Universal Life Force and ask for its help in guiding you to raise your children.

In many ways, the concept that we are helped and aided by someone or something outside ourselves conflicts with the American idea of individuality. In the United States, individuality is extremely strong. It is valued in every aspect of society – at work and in school. You cannot get away from it.

The downside of individuality is that you begin to believe that you can do everything by yourself. You forget or are unaware that you are being supported, guided and blessed by others, including God. You forget that your children are gifts from the universe and that you are *allowed* to raise your children. That is when your ego begins to create problems and disharmony among your family members.

So, the American concept of individuality is fine, but if you wish your children to be happy, well-adjusted and successful, a happy family life is essential.

In summary, the key to a harmonious family lies within your own contentment with yourself, your commitment to serve others and your awareness of a higher, guiding power.

Always remember that as a parent, you are allowed and blessed to raise your children.



## PERSONAL REFLECTION



### Lessons from My Father

By Joy Sebe

As children, we sometimes believe our fathers are the greatest men in the world. As an adult, I believe more than ever that my father is the wisest man I know.

My experiences and conversations with him are of immeasurable value to me. Recently, it occurred to me that the insights I have gained may be of value to others, so I decided to write some of them down.

#### Listen.

During the darkest times in my life, it is my father, mother and sister who have provided the most comfort just by listening. My father will close his eyes and just listen. I cannot remember a time when he has given me advice about a particular situation.

I have learned that my children, family and friends also need me to listen and, if possible and appropriate, to empathize by sharing similar experiences. Rarely are they looking for advice. In fact, we lose people's trust when we provide advice prematurely.

#### Judgment is a part of human nature.

We often feel guilty for being judgmental. Sometimes, we catch ourselves judging ourselves or others and we beat ourselves up about it. But judgment is an important part of human nature.

Evolutionarily, our ability to make judgments has been critical for our survival. We needed to determine what was safe to eat, if our environment was safe and free from predators and if we have found a good mate.

Naturally, the ability to discriminate between good and bad carries over to other aspects of our lives. As individuals and as a religious organization, it is important for us to work toward a non-judgmental attitude while understanding that this is a difficult task. We must look to spiritual teachers, like my father, who are able to guide us away from judgment.

Practicing appreciation is supposed to be difficult.

In Gedatsu speeches and texts, we recommend appreciation as though it is a simple task. However, in order to develop appreciation, we must work against human nature. It is human nature to focus on the negative aspects of ourselves, our lives and the people around us.

This idea that we should be better drives our societal incentive to innovate and our individual desire to improve our lives. It also makes it very difficult for us to recognize the good parts of our lives.

By watching and listening to my father, I have come to the conclusion that the only way to develop appreciation is to pray, because this is the only way I can reach beyond the restrictions of human nature. I don't pray enough even though I know it's the one thing I bet my father would recommend if he was the type of person to give me advice.

If my father were to ever give me advice, he would tell me to listen and to pray. He has shown me this only by example. While I spend a lot of time listening, I must admit that I don't spend much time praying.



**Joy Sebe** is the daughter of **Senior Reverend Akira Sebe** and the late **Sumiko Sebe**. She, and her husband, **Jason Detwiler**, live in Seattle, Wash., with their two sons, **Noah** and **Nathan** (shown above with Joy and her father). Joy recently left a long career as a neuroscientist to run an advocacy program for a non-profit, Open Doors for Multicultural Families, that supports families of color (including immigrants and refugees) with children with disabilities. This move was inspired by her parents' struggles with language and cultural barriers in the U.S.

## SEPTEMBER 2018 OFFERINGS

### NORTHERN CALIFORNIA

**\$5–\$49:** M/M V. Mizokami, A. Okimura, J. Hamamoto-Choy, M/M B. Ide, K. Gibson, K. Tsukamoto

**\$50–\$99:** F. Sueyoshi, M./J. Takara, Ka. Kuritani, M/M N. Chodor, M/M S. Shaklan, M/M Ho. Tsujimura, M/M R. Tsujimura, J. Kaku, M/M P. Young, M/M K. Kuritani, M/M C. Tanaka, M/M D. Ide, T. Johnson, M/M T. Harada

**\$100+:** T. Nagao, C. Barthel, T. Ishida, J. Shiroishi, P. Tomita, T./M. Nakamura, M/M K. Chinen, T. Murakami, N. Tagawa, M/M C. Morioka, M. Kimura, M/M M. Hamada, M/M B. Hamamoto, H. Taki, S. Kaku, K. Fujii, De. Shiroishi, T. Kamiya, M/M P. Reid, M/M N. Okano, R./P. Sakamoto, T. Okimura, Y. Oishi, M. Fukushima, S. Tanaka, J. Tanaka, S. Taketa, F. Miyamura, S. Bush, J. Detwiler / J. Sebe

**\$200+:** R. Nakatani, M/M R. Ito, M/M A. Kishida, M/M S. Sekikawa, D. Shiroishi, A. Sebe, M/M T. Hirami, M/M K. Yamada, S. Nishino

**\$400+:** L. Sanchez, M. Okada

**\$500+:** M/M S. Mukai, D./A. Sekikawa, M/M J. Horner

**\$1,000+:** J. Ito

**\$1,200+:** T./J. Kawamura

#### **Special Acknowledgment**

S. Nishino                      Appreciation for ancestors enshrined in Memorial Tower (\$1,000)

### SOUTHERN CALIFORNIA

**\$5–\$49:** P. Chen, M/M K. Chinen, M/M V. Mizokami, N. Muronaka, M. Nakamura, P. Nakamura, R. Nakamura, N. Takara

**\$50–\$99:** M/M M. Hamada, M/M T. Hirami, J. Kaku, K. Kuritani, M. Mizokami, M/M M. Murakami, T. Nakamura, M. Okada, M/M A. Shiroishi, M/M H. Tsujimura, M/M R. Tsujimura

**\$100+:** M/M T. Fukushima, M/M B. Hamamoto, M/M M. Ishida, M/M T. Matsumoto, M/M S. Mukai, Y. Oishi, T. Okimura, L. Sanchez, K. Sato, H. Taki

**\$200+:** M/M R. Allum, D. Shiroishi

**\$300+:** J. Ito, Gedatsu Kendo Dojo

#### **Special Acknowledgment**

T. Matsumoto              Never Forgotten (\$100)  
J. Ito                              Autumn Moon Festival (\$300)  
M/M V. Mizokami              “                              (\$200)  
H. Taki                              “                              (\$100)  
D. Mukai                              “                              (\$100)  
M/M N. Okano                      “                              (\$100)

## 2019 UPCOMING EVENTS

Jan 1 (Tue)              New Year’s Homage  
Jan 2-3 (Wed-Thu)      Church Closed  
Jan 13 (Sun)              Sacramento First Service of the Year  
Jan 20 (Sun)              L.A. New Year’s Service  
Jan 22 (Tue)              Church Closed  
                                    (in lieu of Martin Luther King, Jr., Day)

Feb 17 (Sun)              L.A. Sun Spirit Service  
Feb 19 (Tue)              Church Closed (in lieu of Presidents Day)

Mar 15 (Fri)              Propagation Meeting 10:00 am  
Mar 16 (Sat)              Board of Directors Meeting 10:00 am  
Mar 17 (Sun)              L.A. *Higan* Service (Japanese & English)  
Mar 23 J(Sat)              L.A. Casino Bus Trip (TBD) 8:00 am  
Mar 24 (Sun)              Sacramento *Higan* Service  
Mar 31 (Sun)              Church Closed

#### **Apr 14 (Sun)              Spring Grand Festival 9:30 am**

May 12 (Sun)              Sacramento Mothers’ Day Service  
May 19 (Sun)              L.A. Mothers’ Day Service  
May 25 (Sat)              L.A. Rummage Sale (TBD) 8:00 am  
May 26 (Sun)              Sacramento plaque burning (*Joen-no-gi*)  
May 27 (Mon)              Sacramento Inter-religious Memorial Day Service  
May 28 (Tue)              Church Closed (in lieu of Memorial Day)

Jun 9 (Sun)              Sacramento Mother Kiyota Memorial Serv.  
Jun 16 (Sun)              L.A. Mother Kiyota Memorial Service  
Jun 29-30 (Sat-Sun)      *Rokujizo* Bazaar Sacramento 11 am

Jul 4 (Thu)              Church Closed (Independence Day)  
Jul 14 (Sun)              Sacramento Graduates Honored  
Jul 21 (Sun)              L.A. *Obon* Service / Graduates Honored  
Jul 28 (Sun)              Sacramento Obon Service  
Jul 25-28 (Thu-Sun)      Youth Camp (TBD)

## SEPTEMBER 2018 OFFERINGS (Cont.)

#### **So. Calif. Special Acknowledgment (Continued)**

T. Matsumoto              Autumn Moon Festival (\$100)  
T. Ishida                              “                              (\$100)  
D. Shiroishi                      “                              (\$100)  
C. Tomari                              “                              (\$100)  
T. Sato                              Appreciation for Mariko Michiuye  
                                    One-year memorial service (\$200)  
T. Murakami              Ohigan service (\$200)  
M/M N. Okano              Safe travel to Japan (\$200)

## 11 月度教会行事予定

### ロサンゼルス教会

- 4 (日) 10:00A 解脱金剛 70 年祭 (日英両語)  
11 (日) 10:00A 祥月追善法要  
18 (日) 9:30A 七五三サービス  
10:00A 日英・感謝会  
解脱金剛ご生誕祭  
22(木)23(金) 教会休み(サンクスギビング)  
25 (日) 10:00A 英語感謝会・阿字観法  
リージョナル委員会

### サクラメント教会

- 3 (日) 8:00A アップル・ヒル・ピクニック  
4 (日) 10:00A 祥月追善法要  
11 (日) 9:30A 解脱金剛 70 年祭  
18(日) 1:00P サンノゼ支部感謝会  
22(木)23(金) 教会休み(サンクスギビング)  
25(日) 9:00A 七五三サービス  
9:30A 感謝会・解脱金剛ご生誕祭  
リージョナル委員会

## 11 月度みさとし

「この道は病直しの道にあらず、  
心直しの道なり」

人生にとって、身体が健康であることはもちろん重要なことであり、誰もがそれを望んでいるものだ。宗教を学び、神仏を信仰するようになったきっかけが、病気を治し健康になりたいという願いであったという人も、多いだろう。それは、とても素晴らしいことである。しかしながら、病気を治し、健康になるために、宗教を学び、信仰をするのだと考えているのだとしたら、それは本末転倒だといわねばならない。宗教とは、われわれが宇宙大自然の法則のまにまに生かされ、万物万霊のおかげを受けている存在であることを、どこまでも深く認識していく道である。「おかげさま」を深く自覚していくことを通して、それまでの自分本位でわがままな生き方が改まり、感謝の生活へと生まれ変わっていくのであり、それに伴って、おのずから心身の健康が与えられるものなのである。

## 講 話

### 事故から学んだこと

ロサンゼルス教会 岡野 尚也

**私**は、実は車で人にぶつかったことがあります。

ある年の母の日。私は、教会の感謝日を終えたあと、裕子と龍之助と一緒に、バスキンロビンスのアイスクリームを食べるために、モールに入りました。その日は日曜日ということもあり、駐車場はほぼ満車。多くの車が空きがでるのを待っている状態でした。

その時に、右後ろの車が駐車場から出るのを見ました。それを見つけた私は、バックミラーで後続車がないのを確認したあと、直進しかしてはいけないところで、ゆっくりバックをし始めました。

その時、誰かが私の車の後ろをドンドン叩き、大声で「Stop」と叫んでいました。「やばい」。そう思った私は、すぐに車を停めて、車から降りました。そこには、メキシカンの母親と 30 歳前後の娘、それとその子供の 3 人がいました。どうやら、進行方向の左側のお店が並んでいる側から歩いてきたようですが、バックミラーに写らず、私の注意不足もあり、その 30 前後の女性の足に車がぶつかってしまったのです。

私は、怪我がないか尋ね、謝罪しました。幸い怪我はほとんどなかったようでした。その女性も怒っていましたが「もう帰ろう！」と言いました。しかし、怒りの収まらない母親が「ポリスを呼ぶ」と言いました。私は「OK」と言い、道の中央に停めていた車を駐車場に移し、ポリスが来るのを待ちました。

自分自身は冷静で落ち着いていました。警察を待っている間、色々とその方とお話をしながら何度も謝りました。その方に大きな怪我がなかったのは本当に不幸中の幸いでありありがたいことでしたが、内心では正直「これは大変なことになった」と思っていました。

開教師が人を撥ねてしまった。警察を呼ばれる。運転していたのは教会の車。訴えられるのかな？ 慰謝料…？ 日本に帰らなきゃいけないかな…。そういった様々なことが頭をよぎり不安でいっぱいでしたが、とりあえずは警察に自分なりに真摯に話そうと思い、尋ねられた質問に正直に答えました。警察も最後にケースナンバーのようなものが書かれた紙を私にくれて、もう帰っていいよと言いました。

家に帰った後、御神前にお詫びし、ぶつけてしまった女性の免許のコピーをもらっていたので、その方のご先祖様にもお詫びの天茶供養をさせていただきました。裕子の提案もあり、この相手の先祖供養は 2 1 日間続けさせていただきました。

**私**がこの体験を通して学んでことや、自分自身で行ったことがいくつかあります。

1つ目は、当然ですが、交通ルールを守らなくては行けないということ。そもそもが直進しかしてはいけないうところで、自分の都合でバックをした。そういった自己中心的な考え方が自己を引き起こしたのは言うまでもありません。

2つ目は、何でこうなったかということをも自分自身に問いかけたことです。原因と結果の法則というのがありますが、やっぱり何か良い悪いに関わらず結果が出る時は何かそれを引き付ける原因が私にあるわけですから。それで、自分を振り返った時に自分が一番感じたのは、自分自身が「人とぶつかっていたな」ということ。当時の私は、何かにつけてイライラしていたように思います。教会での仕事や父親としての役目、そしてそれがアメリカという海外での生活ということで、ストレスもたまっていたと思いますし、それら色々な原因が重なって人にやつあたりしたり、ぶつかったりしていた。そんな私自身の生活態度を注意するために神様はこういったことを引き起こしたのだと思います。

3つ目は、それでもやっぱり守られているな…と感じたこと。私たちの春秋の大祭で行っている柴燈護摩の儀が一番多く申し込まれているのは「交通安全」です。そこからわかるように、私たちの生活、特にロサンゼルスでの生活では交通事故は身近なことです。もし、この事故がなければ、もっと調子に乗った私は大きな人身事故を引き起こしていたかもしれない。そう考えたときに、神様やご先祖様が軽い事故として私に注意を与えてくれた。今では心からそう思います。おかげで今は本当に駐車場から出るときやバックするときは周囲をよく確認するようになりました。

ポリス呼んだお母さんと、ポリスの到着を待っている間、話をしました。娘さんの怪我をしきりに心配していた私に、お母さんは、「怪我ももちろんそうだけど、大切なのはそこではない。もし一歩間違えていれば人を殺している」と私に言いました。本当にそうだな…と、つくづく思います。車を運転するということは、一歩間違えれば人を殺してしまうということへの意識が少し薄かったのかな…と反省いたしました。

**金**剛さまは「難有って有難し」と教えてくださっています。日本語では「有難う」というのは、「難が有る」と書きます。人生は良いことばかりではありません。悪いことがあるからこそ、良いことに目が向きますし、悪いことが起きた時こそ、自分自身を見つめ直し、成長するチャンスになります。

ですから、何か良くないことが起きても、「何で自分だけ」と思ったり、不満を持つのではなく、起こったことを真摯に受け止め、将来の自分のために生かすようにしていただけたらと思います。

金剛さまは『真行』の中で、「我れ等は凡て現象を通じて神の本質に触れ実体を直観するのを本道とする。神の本質は…絶対の愛と力である。…。故に宇宙のあらゆる現象を通じて我等はその片鱗をうかがい、本質を仰ぐことができるのである」とおっしゃっています。

つまり、私たちの身の回りに起こることはすべて神の愛であり、力であります。「何で神様はこんな不幸を私に与えるんだ」と嘆くのではなく、神様のくれた愛に報いるために、そのメッセージを正しく受け取り、自分自身に生かすことが大切だと思います。

\*

余談ですが、この出来事を会員さんに話したときに注意されたことがあります。それは、「謝るべきではないこと」「自分のミスではなく、見えなかったと言うべきこと」でした。警察に状況を説明する際も「バカ正直に話したらダメだよ」と言われました。確かに、「Sue Happy (訴えたもの勝ち)」のアメリカ社会において、もっともなのだと思います。しかし、起こしてしまったことをきちんと認め謝罪することも大切なことです。そういったアメリカ社会で生きていくことの難しさもあらためて感じた体験でした。

## 掲 示 板

- **新年度の供養札・諸札の申込みはお早目に！**  
なお古札にはお札を述べ、古供養札は水洗いし乾燥させ教会にお納めください。
- **終身会費(Lifetime Membership Fee)について**  
年会費の代わりに「終身会費」を支払うことができます。これは、毎年、年会費の小切手を書く代わりに、一度で生涯の会費を支払う制度です。  
「Gedatsu Church USA」宛ての小切手を最寄りの教会の支部に郵送またはお届けください。

### 2019年度・会費納入をお願いいたします

- ・個人会員費 \$45 (年)
- ・家族世帯会員費 \$70 (年)
- ・婦人会費 \$6 (年)
- ・「解脱誌」 \$25 (年)

\*各教会にある会費シートをご利用ください。

\*終身会費=個人 450 ドル / ファミリー\$ 600



The *Gedatsu Companion* is published monthly for members like **Carolann Hirayama**, age 25, the oldest of six children of L.A. member, **Janet Hirayama**. Carolann hopes to pursue a career as a high school counselor and enjoys photography, listening to music, reading and watching movies.

“I have learned many things from Gedatsu Kongo,” Carolann writes, “and I’m still learning. Gedatsu lessons and meditation have improved my mental state in dealing with health issues. The main things I’ve taken from this teaching is self-reflection and a deep respect for my ancestors.”

**Rev. Kazuo Yamada**, Editor  
**Joyce Reid**, Editor-in-Chief  
**Carolann Hirayama, Arlene Okimura, Yoko Yamada**,  
Photographers

Editorial contributors to this issue:

**Carolann Hirayama, Janet Hirayama, Chris McSwain,**  
**Rev. Naoya Okano, Sr. Rev. Akira Sebe, Joy Sebe,**  
**Rev. Hisakazu Taki, Calvin Tanaka, Dennis Tsuboi**

***(Biography – Continued from page 6)***

Message on April 1 to those departing for the Pilgrimage to the Three Sacred Sites:

“Man is born into this world with nothing and dies with nothing. Therefore, we should live our lives without selfish desires. Gedatsu is to sincerely pray for world peace and people’s happiness, and to take a moderate course. Do not be biased to the right nor to the left. Put your heart and soul into the practice of humility and poverty. Effort, effort, effort! Now is the time for you to prepare for the future after I die. Please make a spiritual fortune for your descendants. It is the most valuable asset for them.”

Message at the Appreciation Service on November 1:

“I have no selfish desire now. Night and day, I only pray for your happiness. After I die, please go to the Three Monuments in *Goreichi* and go down on

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your knees to pray sincerely before the monuments. After my death, please go forward according to the spirit I leave behind. Don’t chase past dreams. Live in the present. Don’t cry over what has been done. Let go of your lingering attachment to the past. Build a new ship and set sail for the great ocean.”

That sermon expressed how acutely conscious President Okano was of the future after his death. The many industrial activities, especially vocational aid centers, were managed by members themselves, no longer by President Okano.

Members produced mainly clothing and held bazaars at schools and public institutions to sell the clothing they made. They also continued to perform the *tokoroten* feeding service on a larger scale at various places.

This is how members practiced Gedatsu in the difficult times after the war.

*(To be continued next month)*

