

GEDATSU COMPANION

GEDATSU CHURCH USA
www.gedatsu-usa.org

JUNE 2019

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Gedatsu Kongo's Thought for the Month

"God's love may be likened to parents' love for their children."

Parents' love for their children is unconditional. No matter how disobedient your children may be, you never give up on them, although you may strictly admonish them. Even if the entire world condemns your children, you support them to the last. This is parental love.

When children receive such unconditional parental love, they grow soundly. Similarly, God's love for us is unconditional and boundless.

Even as a criminal on death row is allowed to live with God's love, we, too, are allowed to live by receiving God's unconditional love.

When we become deeply aware of this love from God, we will also love others with compassion and understanding.

NORTHERN CALIFORNIA

Sun	2	10:00 am	"Never Forgotten" Memorial Service
Sun	9	9:30 am	Appreciation Service Mother Kiyota Memorial Service Father's Day Service / Regional Board Meeting
Sun	16	1:00 pm	San Jose Branch <i>Kanshakai</i> Service
Sun	23	9:30 am	Clean-up / set-up for <i>Rokujizo</i> Bazaar
Fri	28	9:00 am	Preparation for <i>Rokujizo</i> Bazaar
Sat	29	11:00 am	<i>Rokujizo</i> Bazaar
Sun	30	11:00 am	<i>Rokujizo</i> Bazaar

SOUTHERN CALIFORNIA

Sun	2	10:00 am	Japanese <i>Kanshakai</i> Service
Sun	9	10:00 am	"Never Forgotten" Memorial Service
Sun	16	10:00 am	Appreciation Service (Japanese & English) Mother Kiyota Memorial Service Father's Day Service
Sun	23	10:00 am	English Appreciation Service L.A. Regional Board Meeting
Sat-Sun	29-30		<i>Rokujizo</i> Bazaar in Sacramento

JULY 2019

NORTHERN CALIFORNIA

Thu	4		Church Closed (Independence Day)
Sun	7	10:00 am	"Never Forgotten" Memorial Service
Sun	14	9:30 am	Appreciation Service / Graduates Honored <i>Obon</i> Service / Regional Board Meeting
Sun	21	1:00 pm	San Jose Branch <i>Kanshakai</i> Service
Sun	23	9:30 am	Clean-up / set-up for <i>Rokujizo</i> Bazaar
Thu – Sun	25-28		Summer Youth Camp

SOUTHERN CALIFORNIA

Thu	4		Church Closed (Independence Day)
Sun	7	10:00 am	Japanese <i>Kanshakai</i> Service
Sun	14	10:00 am	"Never Forgotten" Memorial Service
Sun	21	10:00 am	Appreciation Service (Japanese & English) <i>Obon</i> Service / Graduates Honored
Thu – Sun	25-28		Summer Youth Camp in Sacramento
Sun	28	10:00 am	English Appreciation Service L.A. Regional Board Meeting



June “Never Forgotten” Memorial Services

“Never Forgotten” Memorial Services are held monthly at the Gedatsu Church to honor the memory of those who have passed away during that particular month.

The Sacramento Spiritual Center will hold its “Never Forgotten” Memorial Service on **Sunday, June 2, at 10 a.m.**, honoring the souls of **Kinuyo Nakatani, Mihoko Tanaka, Aida C. Tiqui, Mine Kino, Suyeko Hada Takemura, Motokichi Ide, Isamu Yamada, Masaru Yamamura and Bettie Yamamura.**

The Los Angeles Church will hold its “Never Forgotten” Memorial Service on **Sunday, June 9, at 10 a.m.**, honoring the souls of **Harry Hidejin Arakawa, Kimiko Hirano, Kiyo Iwaki, Mitsuko Kaku, Masa Kikuta, Tsuchinojo Kimura, Nancy Hitoye Kono, Kazumi Matsunami, Kameyoshi Michiuye, Manabu Mukai, Mutsuno Nagura, Yazo Nagura, Phillip Nakamura, Robert Nakamura, Mary Anne Nolan, Ken Numata, Ai Okada, Hideyo Okada, Masakichi Okada, Kay Miyoko Okazaki, Michael O'Leary, Lawrence Sasano, Hidekichi Shiroishi, Hidekichi Shiroishi, Tsuna Shiroishi, Hironobu George Terakawa, Ben Seiroku Toguchi, Yoshitow Tomari, Geraldine Waldman, Carolyn Wong and June Tsuyoko Yamamisaka.**



2019 Graduates to Be Honored

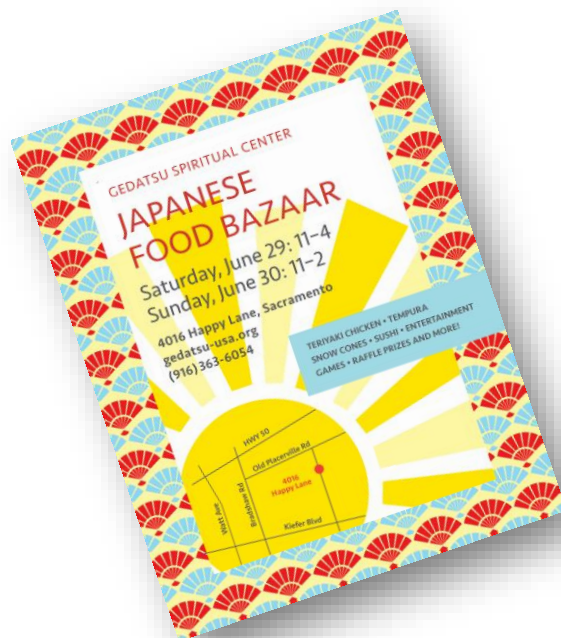
Do you have a student in the family who will be receiving a diploma this year from elementary school, middle school, high school, college or graduate school? Under the sponsorships of the Los Angeles and Sacramento Sunday Schools, all graduates and their parents will be honored in July:

- Sacramento Spiritual Center: Sunday, July 14
- Los Angeles Church: Sunday, July 21

Please complete the application form, which is available at your branch office and return it by July 1.

2019 Memorial Tower Enshrinement

Applications for enshrinement in the Gedatsu Memorial Tower at this year's Fall Grand Festival in Sacramento will be accepted until June 17. Fee is \$300 per application. Application forms are available at your church office.



Poster design by **Delphine Sebe**

Rokujizo Festival and Japanese Food Bazaar

One of Gedatsu Church's biggest fundraisers of the year – the annual *Rokujizo* Food Bazaar – takes place Saturday and Sunday, June 29 and 30, at the Gedatsu Spiritual Center in Sacramento. The event features:

- Japanese food bazaar with a menu of delicious Asian dishes and other treats
- Entertainment and martial arts demonstrations
- Guided tours of the sanctuary and grounds, a rummage sale and games for children
- Raffle drawing for cash prizes. Buy tickets (\$10 for a book of 12 tickets) at your church office.

70th Anniversary Overnight Reno Trip: August 3-4

As part of their celebration of the church's 70th Anniversary, Sacramento members have planned a weekend bus trip to Reno – destination, Eldorado Hotel and Casino – for members, friends and Bazaar volunteer-helpers. The bus will leave the Sacramento church on Saturday morning, August 3, and return Sunday afternoon. Bus fare is free. Cost of hotel room is \$50 for retirees; \$135 (plus tax/fees) for all others.

It's a weekend of fun for the whole family: gambling, dining, and midway games for the kids. Sign-up sheet at the church (916) 363-6054. For details, contact **Dave Ide** at Dave.Ide@calhr.ca.gov



Gedatsu Church USA 70th Anniversary

Celebration Banquet: Saturday, August 31

Crowne Plaza Hotel in Northeast Sacramento
Reception at 5 pm. Banquet at 6 pm

Grand Fall Festival: Sunday, September 1

Goreichi, Sacramento Spiritual Center, 9:30 am

Because of the busy Labor Day weekend, make your hotel reservations early. Special room rates are available at the Crowne Plaza Hotel (\$95, plus tax, for a queen/king room and complimentary breakfast). Call the hotel at (877)504-0054 or email reservations@cpsac.com and ask for the "Gedatsu Church rate." Through the generosity of **Sr. Deacon Jackson Ito**, there will be no charge for the banquet and Festival luncheon.

The L.A.-to-Sacramento bus will leave the L.A. Church on Saturday morning, August 31, arriving at the Crown Plaza Hotel in time for the banquet. Bus riders ride free of charge.

Watch for your formal invitation to the celebration events. RSVP your response by June 15.

Gedatsu Summer Youth Camp July 25-28, Sacramento Spiritual Center

Sign up now for the Gedatsu Summer Youth Camp. Our four-day camp provides teens (ages 12 and up) and young adults with a variety of experiences – like rafting down the American River and other outdoor adventures, group activities, games and discussions with **Rev. Naoya Okano** and youth counselors.

The camp is free for participants. The church will provide all meals, transportation to outings, and sleeping / shower accommodations. Youths provide their own sleeping bags.

Questions can be directed to **Janet Hirayama** at jhirayama@roadrunner.com or (626) 330-8768.



New Features of Spring Grand Festival

At the Spring Grand Festival, held at the Sacramento Spiritual Center on Sunday, April 14, attendees witnessed several new features to the Festival programs.

Top photo. Following the opening prayer service, the recorded recitation of the "Five Principles" by Master Gedatsu Kongo was accompanied by a digital presentation showing the Founder's image and an updated English audio translation of his "holy voice."

Middle photo. During the *Saito Goma* fire ceremony, Rev. Naoya Okano sat alongside officiant Sr. Rev. Akira Sebe. Rev. Okano assisted in the performance of the ceremony, while being trained in the ancient ritual.

Bottom photo. Bishop Teruo Okano volunteered to strike the *taiko* drum during the chanting of the prayers.

AROUND OUR CHURCH

Patrick Shiroishi

Dedication to Music, Respect for Heritage



L.A. member, **Patrick Shiroishi**, 32, is a saxophonist and acclaimed musician, composer and recording artist in the experimental/zeuhl style of progressive rock. A board-certified music therapist, he works as a music instructor at the San Marino Music Center.

While the L.A. congregation enjoys Patrick's musical accompaniment on keyboard and guitar at many of the church's Sunday programs, few members are familiar with the depth and range of his musical artistry.

Patrick performs with amazing versatility on multiple instruments: guitar, piano, saxophone, tuba, trumpet, clarinet, bugle, drums, banjo and ukulele. He collaborates with several L.A.-based bands and performs regularly in music festivals and venues throughout the United States, Canada, Mexico, Europe and Taiwan, with plans to perform in Japan next year. Over the past six years, Patrick has released more than a dozen solo and group albums on record labels in the U.S., London, Ireland, Denmark and France.

A Gedatsu member since birth, Patrick is the older son of L.A. members **Allen and Uzuko Shiroishi**, and the grandson of the late **Pat and Sayoko Shiroishi**. For his music, Patrick draws heavily and respectfully on his Japanese-American heritage, infusing his compositions with cultural and social references to his ancestry. For example, his solo sax album, "Tulean Dispatch," is titled after the newspaper of the Tule Lake Concentration Camp, where his grandparents were relocated during the war. In other recordings, Patrick incorporates the sounds of Buddhist chants and rituals. To learn more about Patrick's work and listen to his compositions, go to <https://patrickshiroishi.bandcamp.com>

DEAR REVEREND

Q

How can I stop my constant worrying about my future, my health, money?"

A

Worry, or "nervous temperament," is often formed from childhood or derived from a genetic temperament from parents.

In any case, rather than focusing on worrying, it is important for you to gain the self-awareness of your tendency to over-worry and then train yourself to achieve a more balanced state of mind. Your success in overcoming anxieties greatly depends on your attitude and perspective on life.

"Your success in overcoming anxieties greatly depends on your attitude and perspective."

Just as all things have both their positive and negative aspects, "worry" itself has its pluses and minuses and can exert a positive force in our lives. For example, when we worry, we prepare ourselves for potential risks to our security, health, success, etc. It is often a motivator to overcome challenges and a catalyst to pursue opportunities for growth.

So, switch the energy you expend on worrying to its positive aspects with the attitude that you are simply being prudent and preparing for future contingencies. By doing so, you will lighten your emotional burden and the toll of stress on your body and psyche.

Spiritually speaking, worry is a mental vibration that, when emitted into the universe, attracts a corresponding vibration. So, when your worries are negative in nature, you attract new worries. The more you succumb to your negative thoughts, the further you spiral downward.

Gedatsu offers many practical tools to lift us out of that gloomy spiral. Meditation allows you to lessen your negative mental vibrations, and *Amacha* blessing cleanses underlying spiritual influences. Your daily prayers – recognizing the blessings and support you constantly receive from the Universal Life Force and your guardian angels – create a positive foundation for your thoughts and actions every day.

In short, the greatest remedy for constant worrying is to recognize and believe in the unconditional love and support you receive from the natural universe. Once you do so, you can begin to channel your thoughts away from worry to those of appreciation.

Rev. Kazuo Yamada

*The late **Archbishop Eizan Kishida** wrote extensively on the Gedatsu teaching, desiring to preserve in writing the many lessons he learned over the 17 years he spent with Master Gedatsu Kongo.*

We are fortunate that many of his writings – like the two articles that follow – have been translated into English for our study.

Editors

Writings of Archbishop Eizan Kishida

Sincere Requit of Blessings

To know and to practice the true meaning of one's sense of requital is a noble endeavor. It expresses one's intellect and spiritual beauty.

Gedatsu Kongo professed the meaning of one's sense of requital by dividing it into five categories:

1. Parents – We are here because of our parents.
2. Country – Security for ourselves and family exists because we have a country.
3. Society – Society enables co-existence with each other.
4. Teachers – We are indebted to our elders and teachers for the knowledge we possess today.
5. All creation in the universe – Human existence is dependent upon all things.

It is only natural for us to realize the debt of gratitude we owe to all things and to sincerely endeavor to return the obligation. Doing so, in return, is the source of our happiness.

Many people today, however, feel it is only natural to receive and not necessary to fulfill the obligation to repay. In fact, they neglect their obligations by justifying that they are already overly burdened by responsibilities. They neglect to practice requital and demand only their so-called rights. Such an attitude can only result in conflict and turmoil. Uncontrollable selfishness will result in the destruction of humankind.

Such calamities in life will not befall those who possess and practice a deep sense of requital. Their happiness is assured, because, through their compassion and unselfishness, they gain the trust and respect of others. Let us strive to practice the sense of requital by sincerely applying Gedatsu Kongo's teaching in our lives.

Quantity and Quality

How is a person judged in our society? Is it by quantity (material) or by quality (character)?

We have been taught that the quality of one's character is very important, but it is difficult to separate a person's character from the number of accomplishments he or she provides to society.

Generally speaking, a person is deemed worthy by society based primarily on his or her achievements. Too often, it does not matter whether a person is of good or bad character as long as he or she contributes. In fact, persons of good character are often rejected or denigrated if they fall short of accomplishing goals or fail to contribute as expected.

Master Gedatsu Kongo said that to give willingly without expectation of compensation is the highest form of morality.

Some people give to be recognized, some give reluctantly, and some are just too greedy to part with their possessions. This applies not only to money matters, but also to matters of physical service.

If a person offers to serve or help others, he or she expects to be recognized for his or her efforts. While this is the accepted norm in today's society, to expect credit for one's effort is not worthy of the true Gedatsu person!

If you give, just give. When you render service, just do it because you want to.

Gedatsu Kongo taught us to "practice ignorance." When he said this, he did not actually mean that we should be "ignorant." Rather, he instructed us in this way: "Gedatsu is a practice of common sense, sincerely applied with compassion and an empty mind." By this, our Master meant that our minds should be "empty" of thoughts of reimbursement or credit.

Living our daily lives in such a manner complies with Gedatsu Kongo's definition of the Universal Law of integrity, filial piety, compassion, fidelity and gratitude. These are beautiful virtues that should guide each of our lives.

Let us not live with envy, jealousy, arrogance, conflict, selfishness or false pride. Life is appreciation and gratitude. Enjoy it.

Namu Gedatsu Kongo

A Brief History of Gedatsu Church USA – Conclusion

A Gedatsu for All People

Gedatsu in Hawaii

In the mid-1950s, as the propagation of Gedatsu was expanding in California, a seed of Gedatsu was also being planted in another American state 2,500 miles further west, Hawaii.

The history of the Gedatsu Church in Hawaii begins with **Alice Takamoto**, who was born and raised in Honolulu. While attending college in Sacramento, California, Alice stayed at a Gedatsu member's home, where she began studying Gedatsu. When she finished college and made plans to return to Hawaii, **Archbishop Kishida** encouraged her to conduct Gedatsu meetings at her home in Honolulu, stating that he would stop in Hawaii to attend her home meetings on his trips from the U.S. to Japan. Thus, the home meetings in Alice Takamoto's home marked the beginning of Gedatsu propagation in Hawaii.



Hawaiian members, Alice Takamoto (left) and Norma Takeshita (rear), greet Archbishop and Mrs. Kishida on their visit to the islands.

Over the ensuing years, other members in Hawaii opened their homes to Gedatsu meetings, most notably **Mrs. Tengan** of Honolulu, **Mrs. Ellen Sayegusa** in Kaimuki and **Professor Kenneth Yasuda** of University of Hawaii, who started a popular and well-attended study group at his home, introducing Gedatsu to many of his students and local Hawaiians. Archbishop Kishida participated in these meetings to teach Gedatsu each time he flew to Japan.

In the late 1960s, Archbishop Kishida asked Gedatsu-kai Japan member **Michiyo Asami** to go to Honolulu as resident-minister to teach members at Mrs. Sayegusa's home. Thanks to Archbishop Kishida's and Rev. Asami's efforts to teach Hawaiian members, the Gedatsu teaching gradually expanded in Hawaii.



Top and middle photos: The Gedatsu Church of Hawaii in Honolulu and its main altar. Bottom photo: Pottery class led by Rev. Kamiya, a ceramist, after Sunday Services.

(Continued on page 7)

(History – Continued from page 6)

Until then, those meeting homes were regarded as branch churches of Gedatsu Church of America in California, not yet authorized by the State of Hawaii. In 1979, *Gedatsu-kai* headquarters in Japan sent **Ms. Tokiko Hosoya** to Hawaii to prepare for the establishment of Gedatsu Church in Hawaii.

Succession of Teachers

Thereafter, **Chairman Takenori Okano** and a succession of teachers – **Revs. Aoyama, Yamadera, Yamada, Tonogi, Kondo** and others – came to teach members in Hawaii. Meetings were held in a rented house, then in a house in Kuliouou that was purchased to become the new Gedatsu Church in Hawaii, officially authorized by the State of Hawaii in 1981.

With the death of Archbishop Kishida in 1981, Hawaiian members of the Kaimuki meeting, which had been a branch of Gedatsu Church of America, joined the Gedatsu Church of Hawaii. Thus, two Gedatsu groups in Hawaii – one connected to the U.S. Gedatsu Church and one connected to Japan – merged in 1983. **Revs. Miki, Sakamoto, Otsuka** and other teachers from Japan came to Hawaii to teach in the various home meetings started by members.

In 1984, **Rev. Arthur Sakamoto** assumed the position of the head of Gedatsu Church of Hawaii and played a leading role in Gedatsu propagation in Hawaii until his retirement in 1987. Other resident ministers followed, including **Revs. Shigetaka Okano, Hisakazu Taki, Jimmy Nakamura and Kazuo Yamada**. **Rev. Tatunori Kamiya** has been resident minister of the Church of Hawaii since 2007.

Gedatsu in America – Assessing an Experiment

The brief history of the Gedatsu Church in America, which has spanned some 75 years – beginning in the war years of the Japanese relocation camps to the present day – can be viewed as an experiment to demonstrate the universality of the Gedatsu teaching.

When our founder Gedatsu Kongo established Gedatsu in 1929, his teaching was aimed at Japanese citizens in a pre-war era and was intended to awaken

their consciousness to their national traditions and heritage. But at the same time, his teaching contained an abundance of universal principles that transcended national, cultural and racial boundaries.

After the founder's death, his disciples – Archbishop Kishida, Mother Kiyota and others – devoted their efforts to spreading the Gedatsu teaching beyond Japan and to demonstrating the universality of Gedatsu.

When Gedatsu was first brought to America, most of the early church members were Japanese *Isseis* and *Niseis*. Released from Japanese relocation camps after the war, they re-started their lives with little in the way of material wealth. The Gedatsu teaching, which was deeply based on Japanese culture and traditions, supported their identity as Japanese and encouraged them to move forward to rebuild their lives with pride. For them, Gedatsu was like a bridge between America and their homeland, Japan.



Members of Gedatsu USA and Hawaii display banners at the 80th Anniversary of *Gedatsu-kai* in Japan in 2008. Tour members gather for group photo.

(Continued on page 8)

(History – Continued from page 7)



In October 2018, 57 Gedatsu USA members assemble on the Goreichi grounds in Japan to participate in the 90th anniversary celebration of *Gedatsu-kai* Japan.

Today, however, Gedatsu members in the U.S. are mostly non-Japanese-speaking Japanese-Americans and other ethnicities. The Japanese cultural aspects of Gedatsu, which gave comfort and strength to their parents and forebears, have far less connection to these younger generations today – and even less to non-Japanese members. The Gedatsu Church in the U.S. is thus critically challenged to demonstrate the universality of Gedatsu for all people.

The Universality of Gedatsu

What, then, is the universality of Gedatsu?

While steeped in Japanese culture and traditions, the essence of Gedatsu is Universal Truth, which applies to everyone:

- (1) reverence to God and ancestors,
- (2) appreciation and gratitude for everyone and everything and
- (3) awareness of the interdependence of everything in the universe.

Importantly, the unbiased, non-denominational teaching of Gedatsu has special significance in the United States and other countries, where a variety of cultures and religious traditions exist together.

Gedatsu has the potential to play a key role in overcoming conflicts among different values and traditions in the modern world and effecting world peace.

Indeed, Gedatsu is not only for Japanese people, but for everyone throughout the world. The teaching encourages all people to value and perpetuate their unique cultural heritage, while respecting other traditions, and to promote the harmonious and peaceful co-existence of mankind.

Facing the Challenges of the Future

Today, in this 70th anniversary year, Gedatsu Church USA faces a harsh reality. Despite the sincere, often heroic, efforts of so many teachers and members over the past seven decades to spread the teaching among Americans, U.S. church membership has been declining for many years. The long-held dreams of church pioneers – as well as Archbishop Kishida's fervent desire to adapt the Gedatsu teaching for Americans – remain largely unfulfilled.

If Gedatsu is to remain rooted, and thrive, in American soil, members today must act decisively to create a Gedatsu Church that is truly theirs. They must demonstrate to all that the universal principles taught by Gedatsu Kongo for mankind's salvation remain essential and immensely relevant to their lives today and to the lives of future generations of Americans.



This concludes the “Brief History of Gedatsu USA.”

Rev. Hisakazu Taki originally wrote this series of articles for Gedatsu-kai members in Japan to explain to them how Gedatsu was propagated in America. The series was published in Gedatsu Magazine in 2008.

The Gedatsu Companion is grateful to Rev. Taki for translating the series into English and providing many of the accompanying images.

The series was published in this newsletter in 2014. It has been republished this year to coincide with the 70th anniversary of Gedatsu Church USA.

Editors

APRIL 2019 OFFERINGS

NORTHERN CALIFORNIA

\$5–\$49: R. Nakatani, A. Okimura, K. Kitasoe, S. Tanaka, M/M V. Mizokami
\$50–\$99: M/M S. Shaklan, M/M T. Harada, Y. Oishi, M/M P. Young, M/M Ho. Tsujimura, M/M R. Tsujimura, M. Fukushima, M/M A. Shiroishi, M/M K. Kuritani, A. Cool, S. Taketa, M/M Tsuboi, Y. Ito, M/M B. Ide, V/S/S Matsuura
\$100+: T. Okimura, M. Okada, T/I Hiram, K. Fujii, J. Kaku, T. Murakami, J. Shiroishi, S. Kaku, M/M P. Reid, T. Nagao, M/M C. Morioka, J. Tanaka, M/M B. Hamamoto, M/M D. Ide, M/M S. Sekikawa, H. Taki, M/M Katsuo Chinen, T. Ishida, R/P Sakamoto, M/M N. Okano, T. Nakamura, P. Tomita, J. Sebe/J. Detwiler, S. Bush, R. Bush, K. Schubert, S. Yabut, H. Okano, Y. Sato, M. Sato
\$200+: M/M A. Kishida, D. Shiroishi, M/M C. Tanaka, M/M K. Yamada, S. Nishino, M/M R. Ito
\$500+: S. Okimura, M/M S. Mukai, M/M J. Horner
\$1,000+: T. O’Leary, J. Ito, Anonymous, *Gedatsu-kai*
\$5,000+: K. Sasaki

Special Acknowledgment

H. Graham *Goreichi* Care Fund (\$200)
 J. Ito Appreciation for *kuyo* for victims of *samurai katana* (\$200)

SOUTHERN CALIFORNIA

\$5–\$49: M/M M. Choy, M. Nakamura, Y. Naruko, A. Okimura, S. Reckers, A. Sebe
\$50–\$99: M/M R. Allum, M/M B. Hamamoto, L.Hoeft, M/M S. Mukai, T. Murakami, Y. Oishi, T. Toyama, M/M H. Tsujimura, M/M R. Tsujimura, S. Yamashita
\$100+: N. Chuk, M/M T. Fukushima, T. Ishida, H. Kumashiro, M/M K. Kuritani, T. Nakamura, M/M N. Okano, L. Sanchez, K. Sato, H. Taki
\$200+: M/M F. Barthel, M/M G. Miyasako, T. Okimura, D. Shiroishi
\$300+: Y. Daiko, M/M M. Ishida, M/M V. Mizokami
\$400+: J. Ito, M/M Y. Sato

Special Acknowledgment

Galo/Takako Alcivar Appreciation for country (\$1,000)
 M/M Katsuo Chinen 49th memorial for Fumiko Makishi (\$100)
 Joyce/Paul Reid “Never Forgotten” Tomoyo Ogura (\$100)
 C. Heatherton In memory of Tomiko Mizokami (\$350)
 Jackson Ito In memory of Kazue Ito (\$200)
 Linda Mahoney “Never Forgotten” for T. Mahoney (\$100)
 Jo Ann/Allen/Uzuko Shiroishi In memory of Pat Shiroishi (\$100)
 Gregory/Emily Pressman In memory of Tomiko Mizokami (\$100)
 Arlene/Rudy Tsujimura In memory of Tomiko Mizokami (\$100)

2019 UPCOMING EVENTS

Aug 3-4 (Sat-Sun) Reno Overnight Bus Trip
 Aug 18 (Sun) L.A. *Benzaiten* Service
 Aug 25 (Sun) Sacramento *Benzaiten* Service
Aug 31 (Sat) 70th Anniversary Banquet (Sacramento)

Sep 1 (Sun) 70th Anniversary Fall Grand Festival 9:30 am
 Sep 3 (Tue) Church Closed (in lieu of Labor Day)
 Sep 15 (Sun) L.A. *Higan* Service
 Sep 22 (Sun) Sacramento *Higan* Service
 Sep 29 (Sun) Church Closed

Oct 5-6 (Sat-Sun) L.A. Autumn Moon Festival
 Oct 15 (Tue) Church Closed (in lieu of Columbus Day)
 Oct 20 (Sun) L.A. *Ujigami* Service
 Oct 27 (Sun) Sacramento All Souls Service

Nov 3 (Sun) L.A. Gedatsu Kongo’s Service
 Nov 10 (Sun) Sac’to Gedatsu Kongo Memorial Service
 Nov 17 (Sun) L.A. 7-5-3-Year Children’s Celebration
 Nov 24 (Sun) Sac’to 7-5-3-Year Children’s Celebration / Gedatsu Kongo Birthday
 Nov 28-29 Church Closed (Thanksgiving Holiday)

Dec 1 (Sun) L.A. Archbishop Kishida Memorial Service
 Dec 7 (Sat) L.A. Church Clean-up
 Dec 8 (Sun) Sac’to Last Service of Year / Archbishop Kishida Memorial Service
 Dec 15 (Sun) L.A. Last Service / Christmas Program
 Dec 22-31 Church Closed



A Snapshot in Time

Some of you recognized the faces in this photo from the *May Companion*. Standing (left to right) are Sr. Rev. Akira Sebe, Albert Akiyama, Mitsugi Matsuda, Ted Nagao, Sam Sekikawa, John Hatae and Rev. Tonogi. Seated, Bishop Takenori Okano. The date and occasion? Best guess is a Board of Directors meeting in March, early-to-mid 1980s.

6 月 度 教 会 行 事 予 定

ロサンゼルス教会

- 2 日 (日) 10:00A 日本語感謝会
9 日 (日) 10:00A 祥月追善法要
16 日 (日) 10:00A 日英感謝会・清田憲祐先生法要
父の日サービス
23 日 (日) 10:00A 英語感謝会
リージョナル委員会
29(土) - 30(日) 六地藏バザー (サクラメント)

サクラメント教会

- 2 日 (日) 10:00A 祥月追善法要
9 日 (日) 9:30A 感謝会・清田憲祐先生法要
父の日サービス
リージョナル委員会
16 日 (日) 1:00P サンノゼ座談会・感謝日
23 日 (日) 9:30A バザー設置準備・掃除
28 日 (金) 9:30A バザー前日準備
29 日 (土) 11:00A 六地藏バザー・1 日目
30 日 (日) 11:00A 六地藏バザー・2 日目



6 月 度 み さ と し

「真心を以て子供を愛する一念が、
神の心、仏の業となる」

誰でも親になれば経験することだが、子に対する親の愛は無条件である。たとえわが子がどんな悪事をはたらこうと、もちろんそれを厳しく諭しはするが、だからといってわが子を見捨てることは決してない。たとえ世界中がわが子を非難しようとも、最後までわが子を守ろうとするのが親である。そんな親の無条件の愛を一身に受けてこそ、子供はすくすくと育つのである。それと同様、神の愛・仏の慈悲は無限・無条件である。その証拠に、どんな凶悪な犯罪を犯した死刑囚でも、もちろん社会的制裁は受けなければならないが、死刑執行のその日まで、生命が与えられ、変わりなく呼吸をし、温かい血液は身体中を巡っているのである。これが神の愛であり仏の慈悲なのである。そんな神仏の無条件の愛に包まれてわれわれは、この世に生みなされ、日々生かされているのである。この自覚が深まれば深まるほど、われわれは他者に対して思いやりにこもった態度をとることができるようになるのではないだろうか。

解 脱 人 生 相 談

どうすれば心配をやめられますか？

[質 問] 将来や健康やお金についてなど、どうすれば私の絶え間ない心配をやめることができますか？

回答者：山田 一雄

い わゆる心配性や神経質的な気性は、しばしば幼

少期における家庭環境の中で形成されたり、親からの遺伝的気質に由来したりする場合も多いですが、いずれにせよ、過度な心配は物事に挑戦する気持ちを萎縮させ、気苦勞ばかりの悪循環に陥っていくので良くありません。

重要なことは、心配なことに意識を集中させる前に、まず自分は心配しすぎる傾向にあることをよく認識し、自覚しておくことです。その自覚ができれば、自分が心配していることに気付いたときに、心配しすぎないようにと自然にブレーキをかけたり、コントロールしたり、意識を変えようとする意識が湧くはずで、そのような訓練を意識的に繰り返すうちに、あなたは自然とバランスが取れた考えができるようになるでしょう。しかしそれは、人生に対するあなたの姿勢や見方によっても大きく左右されることでしょう。

そ もそもすべての物事には良い面と悪い面の両方

があるように、「心配」にも、それがポジティブに転じるかネガティブに転じるかの両面があります。

たとえば、心配があるからこそ、私たちは先々の安心や成功のために準備をしたり、練習をしたり、足りない点を補足しようと努力したりします。そのようにして貯金も健康への努力も、将来のリスクを避けるためになされるのです。だとすれば「心配」があるがゆえに、心に準備をして達成するという慎重さが育まれる、と言えるのです。これらは「心配」のお蔭で、よりポジティブな人生を構築するケースです。

ですから、心配することの「ポジティブな面」に焦点を当て、心配するエネルギーを将来に備えて努力する前向きなエネルギーへと切り替えれば、心配の心の負担も軽くなるでしょう。心配ばかりして、何も対策を講じないのが最も悪いパターンです。

「心 配するだけ」の波動は、いい波動を引き寄せ

ません。宇宙の法則によれば、あなたが発する波動に呼応する波動をもった現実が引き寄せられるのです。

ですから、心配すればするほど心配を引き寄せ、常に心配が尽きません。ゆえに、先々の安心や成功のためにリスクに対する最善の準備をしたら、あとは宇宙の自然な働きに任せるような気持ちを作っていきますよう。

解脱の教えでは、ネガティブなスパイラルから私たちを引き上げる実用的な行が多く提供されています。瞑想はネガティブな波動をニュートラルなものへと調整します。さらに神々さま、ご先祖さまへのご挨拶、また天茶のご供養は、私たちの気持ちを浄化するのみならず、前向きなものへと上昇させてくれるでしょう。そのような実践の中で、宇宙の大生命力、守護神、守護霊から知らずに受けるご加護とお導きにおいて、あなたの気持ちは「心配」から「感謝」へと振り向けられて、安心と希望に満ちた生活へと変わってゆくことでしょう。

掲 示 板

- **70 周年記念祝賀・晩餐会とホテルについて**

米国教会創立 70 周年の記念祝賀晩餐会（バンケット）は、サクラメントの「クラウン・プラザ・ホテル」にて 8 月 31 日（土）受付午後 5 時・晩餐会 6 時開始で行なわれます。この晩餐会のあるクラウン・プラザ・ホテルに、会員が宿泊できるよう、教会では予め客室を予約し確保しています。すべての会員は 1 部屋 1 泊 95 ドル・プラス税の料金（朝食付き）で泊まれ、差額は教会から援助されます。宿泊希望者はホテルに予約する際、必ず“**Gedatsu Church rate**”とホテル側にお伝えください。なお晩餐会の参加費はジャクソン伊藤さんからの奉納により無料です。詳細はロサンゼルス教会まで。

Crowne Plaza Hotel Northeast Sacramento:
1-(877)504-0054 / reservations@cpsac.com

- *** 晩餐会・招待状について：**

会員・法演者各位には招待状が送られます。同封されたシートに、晩餐会参加希望者各自の氏名を記入し返信ください。

- *** LA 教会から晩餐会に向けて無料バスが出ます**

ロサンゼルス教会から、晩餐会が行われるサクラメントの「クラウン・プラザ・ホテル」にむけて、チャーター・バスが 8 月 31 日土曜日の朝に出発し、晩餐会に間に合うようホテルに着きます。バス代は、ジャクソン伊藤さんの奉納により無料です。LA 教会までお申込みください。

- **サマー・ユース・キャンプ 2019 について**

解脱教会は、夏休み中の 7 月 25 日（木）～28 日（日）の 3 泊 4 日、サクラメント教会で 13 歳から 20 代の青少年を対象に「サマー・ユース・キャンプ」を開催します。アメリカン・リバーのラフティングなど楽しい活動と、若者に焦点を合わせた解脱の勉強がなされ、解脱の友との絆や信仰を深めます。参加者は寝袋を持参。参加費は無料で交通費の助成もあります。参加者はサマーキャンプの登録パッケージに記入し提出します。詳細は、LA 教会の Janet Hirayama まで。Email: jhirayama@roadrunner.com

- **解脱霊廟の斎祀申込み締切りは 6 月 16 日です**

秋の大祭における解脱霊廟・祭祀申込の〆切は 6 月 16 日です。1 霊につき 300 ドルをそえて申し込み下さい。申込書は各教会にあります。

- **サクラメント 70 周年記念リノ・バス・ツアー**

サクラメント教会では米国解脱教会 70 周年の記念行事とし、8 月 3（土）～4（日）、リノへの 1 泊バスツアーを行うことになりました。目的は解脱の会員、家族、親戚、友人、普段ボランティアとして手伝ってくれる人たちや教会のホールを使っている人たちなど、たくさんの人たちを招いて親睦を図ることです。El Dorado Hotel and Casino に宿泊します。ここは Circus Circus と隣接しており、子供たちも楽しめる場所です。バスは土曜の朝に教会を出発し、日曜夕方に戻ります。参加費ほか詳細については：Dave Ide（英語）、または教会の山田（日本語）までお問い合わせください。

Dave email: Dave.Ide@calhr.ca.gov

サクラメント教会：(916) 363-6054

- **日本から交換研修生が来訪します**

六地藏バザーに向けて、日本本部から交換研修生として齊藤隆浩さん（36・布教部青年係）、目代幸司さん（37・調札部）の 2 名が来訪します。

スケジュールは、6 月 27 日サンフランシスコ到着、28 日～30 六地藏バザー奉仕、7 月 1 日～3 日ラスベガス・グランドキャニオン、4 日～9 日までロサンゼルス教会に滞在の予定です。なお、ロサンゼルス教会では 7 月 7 日（日）日本語感謝会に出席し、お昼には歓迎会が開かれる予定です。

- **2019 年卒業生祝賀が 7 月感謝会に開かれます**

7 月の感謝会にてサンデースクール主催の「卒業生の祝賀」が行われます。サクラメント教会は 7 月 14 日（日）、ロサンゼルス教会は 7 月 21 日（日）です。小学校～大学を卒業するお子様がいらしたら、申請書に記入し 7 月 1 日まで教会事務所にご提出ください。



The *Gedatsu Companion* is published monthly for members like **Calvin Tanaka** of Sacramento. His parents, **Sadaye** and the late **Karl Tanaka**, were among the founding members of the Sacramento Spiritual Center. Calvin and his wife, **Stacie**, are the parents of two children, **Scott** and **Leslie**.

Calvin, who works for an environmental testing laboratory, is actively involved in church activities, serving on both the Gedatsu USA Board of Directors and the Sacramento Regional Board. He appreciates that the Gedatsu faith is open to everyone and its basic teaching can be learned through daily living.

Rev. Kazuo Yamada, Editor

Joyce Reid, Editor-in-Chief

Kiyoko Hirayama, Arlene Okimura, Yoko Yamada,
Photographers

Editorial contributors to this issue:

Rev. Naoya Okano, Delphine Sebe, Allen Shiroishi, Jo Ann Shiroishi, Patrick Shiroishi, Rev. Hisakazu Taki, Calvin Tanaka

Gedatsu Church USA
Los Angeles Branch
7850 Hill Drive
Rosemead, CA 91770

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A Snapshot in Time

This photo was taken some time in our church's 70-year history.

Can you identify the date, activity and people in the photo?

If you can identify any of the details relating to this photo, email your answer(s) to la_branch@gedatsu-usa.org.