



# GEDATSU COMPANION

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### Gedatsu Kongo’s Thought for the Month

*“God responds to our innermost thoughts, whether they are good or bad, bringing them into reality just as we conceived them.”*

These words by Master Gedatsu Kongo align with the Law of Attraction, the concept that all things are composed of vibrations that naturally resonate with things that share the same vibrational frequency. In the hierarchy of vibrations, gratitude, love, and joy are considered the highest.

In practical terms, if we constantly complain at work, thinking, “I don’t like this or that,” even tasks we desire will eventually be taken away. But if we approach all our duties with unconditional gratitude, we can accomplish even the most difficult challenges. Since the mind creates all things, it is essential to be thankful for what we are given.

By putting our founder’s words into practice and filling our hearts with gratitude, we can draw positive experiences and meaningful connections into our lives, and in doing so, open the way to even greater happiness.

## NOVEMBER 2025

### NORTHERN CALIFORNIA

|         |       |          |   |
|---------|-------|----------|---|
| Sun     | 2     | 10:00 am | “Never Forgotten” Memorial Service                                    |
| Sun     | 9     |          | No Service  |
| Tue     | 18    | 7:00 pm  | Regional Board Meeting via Google Meet                                |
| Sun     | 23    | 10:00 am | Appreciation / Gedatsu Kongo Birthday<br>7-5-3 Children’s Celebration |
| Thu-Fri | 27-28 |          | Church Closed (Thanksgiving Holiday)                                  |

### SOUTHERN CALIFORNIA

|         |       |          |   |
|---------|-------|----------|---|
| Sun     | 2     |          | No Service  |
| Sun     | 9     | 10:00 am | “Never Forgotten” Memorial Service                                |
| Sun     | 16    | 10:00 am | Appreciation Service /<br>7-5-3 Children’s Celebration & Luncheon |
| Thu     | 20    | 5:00 pm  | Regional Board Meeting via Zoom                                   |
| Thu-Fri | 27-28 |          | Church Closed (Thanksgiving Holiday)                              |

## DECEMBER 2025

### NORTHERN CALIFORNIA

|         |       |          |   |
|---------|-------|----------|---|
| Sun     | 7     | 10:00 am | “Never Forgotten” Memorial Service                              |
| Tue     | 9     | 7:00 pm  | Regional Board Meeting via Google Meet                          |
| Sun     | 14    |          | No Service  |
| Sun     | 28    | 10:00 am | Last Appreciation Service of the Year /<br>Social Hall Clean-up |
| Sun-Wed | 21-31 |          | Church Closed for Holidays                                      |

### SOUTHERN CALIFORNIA

|           |       |          |   |
|-----------|-------|----------|---|
| Sun       | 7     | 10 am    | <i>Hiho</i> Meditation Practice   |
| Sun       | 14    | 10:00 am | “Never Forgotten” Memorial Service  |
| Thu       | 18    | 5:00 pm  | Regional Board Meeting via Zoom   |
| Sun       | 21    | 10:00 am | Appreciation Service /<br>Archbishop Kishida Memorial Service /<br>Holiday Program & Potluck Luncheon |
| Sun – Wed | 21-31 |          | Church Closed for Holidays  |



**November “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, November 2, at 10 a.m.**, honoring the souls of **George Akiyoshi, Henry Calderon, Harold Horner, Maio Kino, Kaoru Ide Kotabe, Toshiko Kusuhara, Hirohide Obu, Tracy T. Takahashi, Dorothy Tomita, Yasuno Niguma Tsuboi, and Sho Akira Wakabayashi.**

The Los Angeles Church will hold its “Never Forgotten” Memorial Service on **Sunday, November 9, at 10 a.m.**, honoring the souls of **Kakujiro Arakawa, Moto Arakawa, Ibo Roque Chaves, Hatsue Hiram, George Imuta, Ikuko Inoue, Seiji Inoue, Fumio Ishida, Hitoshi Ishida, Chiyoko Deguchi Kamei, Seitaro Kawamura, Fude Kikuta, Masaji George Kikuta, Ken Kimura, Tomio Kubo, Patsy M. Matsumoto, Robert Miyamoto, George Joroshi Miyasako, Masao Roy Mizokami, Emiko Okimura, Manabu Okimura, Nami Sakuma, Jon Nobuyuki Tanji, Dorothy Kiyoko Tomita, and Henry Urada.**



**7-5-3 Children’s Celebration**

In November, Gedatsu members in Los Angeles and Sacramento will observe the *Shichi-Go-San* Festival, the traditional Japanese celebration for the well-being and healthy futures of children ages seven, five and three. So, if you have children, grandchildren, nieces/nephews of those ages, complete the application form available from your local church office to honor the children.

The 7-5-3 Celebration will be held on the following dates:

- Los Angeles – Sunday, November 16
- Sacramento – Sunday, November 23

Honored children will receive the traditional *chitose ame* candy, protective amulet, and gift card from the Sunday School. Lunch will be served. A donation of \$25 is appreciated.

**Renew Your Church Membership for 2026**

Annual Membership: Renewable annually

|            |  |
|------------|--|
| Individual | \$60 (including each child age 30+ living at home) |
| Family     | \$100  |

Lifetime Membership: Pay your membership dues just once, instead of paying annually

|            |         |
|------------|---------|
| Individual | \$600   |
| Family     | \$1,000 |

- Pay online – by credit card or ACH/bank payment – on the church website at [www.gedatsu-usa](http://www.gedatsu-usa).
- Or mail your check – made payable to Gedatsu Church USA – to your nearest church branch.

**Support the Gedatsu Kongo Appreciation Fund**

Donors to the Gedatsu Kongo Appreciation Fund provide sustaining dollars that help us achieve our longer-range plans for growth and development. Participation in the Fund requires an annual pledge of \$600, which is separate from general membership dues. Flexible payment options: one payment of \$600, two biannual payments of \$300, or 12 monthly payments of \$50. Application forms are available at your local church.

**Update Your Contact Information**

Please notify the L.A. Church of any changes to your home address, email address, phone/cellphone numbers. Member contact information is not published. Email **Rev. Naoya** at [naoya.gedatsu@gmail.com](mailto:naoya.gedatsu@gmail.com), call at (626) 288-1212, or text at (626) 233-2359. Or email **Mariko Locheo** at [locheo.gedatsu.lab@gmail.com](mailto:locheo.gedatsu.lab@gmail.com).

**Order Your Holy Tea Plaques Now**

Your *Amacha* holy tea plaques should be replaced at the beginning of each year. To have new plaques by New Year 2026, complete the order form available at your local church and submit it by November 1 with your payment.

**Renew Your Holy Paper Plaques**

The new year is the time to renew your holy paper plaques for placement throughout the home for the protection of the dwelling and happiness of its inhabitants. See your local church for details on types of plaques and prices.

## AROUND OUR CHURCH – GRAND FALL FESTIVAL



The Fall Festival officially began on Saturday, when Reverend Takao Kojima formally reported the event before the *Tenjinchigi* Universal Life Force shrine. Ken Kuritani prepared the wooden structure for the *Saito Goma* Fire Ceremony. On Sunday morning, members and friends gathered outdoors before the Universal Life Force to offer their prayers of appreciation.



Program I chair Everett McSwain welcomed the congregation. Senior Reverend Akira Sebe addressed the congregation, delivering an inspiring sermon on the transformative power of gratitude. Dave Ide, Sacramento regional chair, read a message from Mark Ishida, chairman of the board of Gedatsu USA, thanking members for their continued support.



Reverend Kojima and Deacon June Tanaka formally received the flame from the *Fudo-myo* Guardian Spirit and ignited the wooden tower. Reverend Sebe officiated the *Saito Goma* Fire Ceremony, invoking the spirit of *Fudo*. The congregation chanted the sutras and prayers, led by Reverend Kojima and Deacon Tanaka, who were joined by Reverend Mica Rodriguez.



Deacon Hisato Tsujimura blew the ceremonial *horagai* as Pauline Tomita, program chair, explained the significance and process of the Fire Ceremony. Fire attendants Noah Sebe, Everett McSwain, James Akashi and Satoshi Matsumoto tended the fire. Members offered plaques bearing their earnest wishes to the sacred fire, thanking *Fudo-myo* for its guidance and protection.

### A Celebration of Appreciation for Infinite Blessings

The 152<sup>nd</sup> Fall Grand Festival was celebrated with joy and gratitude on Sunday, October 12, under clear, cool and breezy skies. Approximately 80 Gedatsu members and friends gathered on the sacred *Goreichi* grounds to offer their prayers of appreciation for the blessings of the Universal Life Force and for the guidance and protection received from all spirits.

Amidst discussions of the sale of the Sacramento property – and the prospect that the event may be the last festival on the site – the event held great emotional significance for attendees. “The meaning of Festival is to express our deepest appreciation to God for the precious life we have been given,” said Rev. Kojima. “I am confident that the Grand Festival will continue – perhaps in a different form, but with the same spirit of gratitude.”



### Craft & Bento Fair – *Something for Everyone at Fun and Festive Event*

This year's L.A. Church fundraiser – held on Saturday, October 4 – was a wonderful event. More than 300 *bentos*, chicken & rice and *chirashi* plates were sold – all prepared by a team of hard-working volunteers under the direction of **Judy Hamamoto**. “It was a joy to see so many community members shopping, supporting local artists, and enjoying the festive atmosphere,” remarked L.A. Women’s Club president, **Pam Shalkan**, who oversaw the event. “Thank you to everyone who helped make the Craft & Bento Fair a success.”



The Fair is the Women’s Club last event of the year. “We truly appreciate all the support, participation, and volunteer efforts throughout 2025,” said Pam. “We look forward to welcoming everyone back in the new year with more events and opportunities to connect!”



### Grandparents Day Celebration

We were happy to honor our beloved grandparents with a special lunch in recognition of Grandparents Day. It was a heartfelt gathering filled with smiles and appreciation for the generations who came before us.

Pictured above, front row ((L to R): Pauline Muronaka, Naomi Takara, Tom Okimura, Annie DeWitt, Kathy Giroux, Arlene Tsujimura, Fukuko Rico, Anna Rico, Howard Tsujimura, Ikuko Kuritani, Carole Tsujimura, Ken Kuritani, Marian Mizokami, Victor Mizokami. Back row (L to R): Kim Katsumura, Karen Nakamura, Judy Hamamoto, Akemi Wood, Greg Wood, Jackson Ito



### Mochi-making Class a Sweet Success

Our recent mochi-making class was a hit, with 14 participants joining in to learn a traditional Hawaiian dessert recipe. The class was led by **Doreen Thomas**, who grew up in Honolulu and learned this mochi recipe while working at a local bakery in her youth. A big thank you to Doreen for sharing her skills and stories! (See back page for the yummy recipe.)



**Gedatsu Teaching 8**  
**By Seiken Okano (Gedatsu Kongo)**

***Gedatsu-kyo* monthly newsletter, December 18, 1935**  
**Translation and commentary by Rev. H. Taki**

*The Gedatsu teaching is to self-reflect, self-reform, self-renounce and endeavor to achieve the highest morality. Day and night, you must absolutely comply with the great path of appreciation and requital. I have stated repeatedly that you should never forget this point. This is why I say Gedatsu is precious and sacred.*

*You must remember that you have received profound and immeasurable blessings from your country, your parents and society. If you forget this, you and your family will surely be destroyed. This is because your mind and attitude are in conflict with the Divine Will.*

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**Commentary:**

In this brief statement, Gedatsu Kongo summarizes the Gedatsu teaching.

From the beginning, Gedatsu Kongo has stated, “The Gedatsu teaching is to self-reflect, self-reform and self-renounce.” Remember that self-reflection, self-reform and self-renunciation should be the basis of your Gedatsu study.

Self-reflection is to look objectively within yourself and accept the fact that your views may not always be correct. This awareness will free you from feelings of self-righteousness and cultivate your ability to make proper judgments. This attitude becomes the foundation of man’s happiness and peace.

Self-reform is to correct your wrong attitude. Be aware that everyone tends to be strongly influenced by his or her thoughts and feelings, so you should strive to do what is right. This positive attitude will create a better life.

Self-renunciation, as I have explained before, is different from self-restraint. Self-restraint means to observe morality, restraining desires with your will power. In this case, your desires still remain unchanged within you. They are simply hidden by morality. Therefore, even if you appear moral in your daily life, there may be conflicting desires within you. When your will power weakens, the restrained desires may be released and get out of control.

**Egoism creates disharmony among desires**

On the other hand, self-renunciation, as Gedatsu Kongo has taught us, is completely different. He never regarded desires as evil things. He considered all desires as expressions of vitality, and each desire performs an important role. When all desires are in harmony among themselves and work according to the Natural Law, the result must be a healthy and happy life. However, we usually lose harmony among desires because of our egoism. This causes problems and conflicts. You should see yourself justly as you are, and be aware of your egotistical way of thinking. This is the way to be free from egoism.

Once you are aware of your negative attitude, your mind is already transformed. Then, all desires will be working in harmony within you. This is the self-renunciation that Gedatsu Kongo taught us. Self-renunciation means, therefore, not to restrain your desires, but to be free from egoism by scrutinizing and understanding to restrain your desires, but to be free from egoism by scrutinizing and understanding yourself. This is why Gedatsu Kongo emphasized the importance of self-cognizance. He taught that self-cognizance is the key to realize our peaceful and happy lives.

**Do your best, without thought of reward**

Next is the highest morality, which is “to put forth effort and ask for nothing in return.” The highest morality comes from your total trust in God or the Universe.

*(Continued on back page)*



When I was 25, I lived alone at the church. One day, a member called to tell me that his son had broken his neck while practicing martial arts. He asked me to offer a prayer, and I agreed.

I immediately contacted Bishop Kishida in Japan, who told me, “*Magokoro de inore.*” This means, “*Pray with sincerity.*” I can still recall the sound of his voice and those words. At that time, I did not truly understand what sincerity was, but I began to pray with the genuine wish to help this man’s son.

It is difficult to put into words what I experienced in those moments. At first, my thoughts kept circling around the meaning of sincerity. But the longer I prayed, the more I felt my sense of self fading away. It was as if I lost myself and all my thoughts.

When you reach this state of mind – where there is no worry, no thoughts, nothing on your mind – your prayer becomes most effective. In that moment, I felt a profound sense of comfort and entered a state of nothingness. It was the first time I had ever experienced such a feeling.

Later, I drove three hours to meet the father at his home. Strangely, I hiccupped the entire drive.

When I arrived, I performed an *amacha kuyo* blessing at his house, and my hiccups stopped. He then took me to the hospital to see his son. The father told me that the doctor had warned him: if his son hiccupped within the next 72 hours, he would either be paralyzed from the neck down or die. After we returned from the hospital, the father confided that he had begun to think about preparing a small funeral service for his son.

According to a Buddhist prayer book (*Jizo-son*), when someone is in an extremely difficult, almost hellish, situation, the Divine Spirit, or God, may take on their suffering on their behalf.

My only thought was to pray as deeply and sincerely as I could for this young man. That prayer remains one of the sincerest, most ego-free prayers I have ever offered in my life. I believe that its sincerity reached the Divine Spirit and Gedatsu Kongo, who used me to demonstrate the young man’s suffering when I began hiccupping.

Through the power of the Divine Spirit, his son survived.

Almost 60 years later, after offering countless prayers – both for myself and on behalf of church members – I reflected deeply on the wondrous power of prayer and, more precisely, on the sacred moment when sincerity lifts one’s prayer to a level of divine grace.

I have been blessed to experience that indescribable state of sincerity only a handful of times in my life. How fortunate I was to have first experienced it when I was just 25 years old.



## SEPTEMBER 2025 OFFERINGS

### **Northern California** Total: \$2,390

General Donations: J. Tanaka, J. Detwiler / J. Sebe, M/M J. Horner, M. Fukushima, No Name, R. Ide, R. Nakatani, S. McSwain, M/M S. Sekikawa, M/M S. Shiroishi

#### Special Acknowledgments

|               |   |
|---------------|---|
| M/M D. Ide    | “Never Forgotten” Memorial Service appreciation in memory of Shuji Hatae and Kino Ancestors |
| M/M D. Tsuboi | With gratitude “Never Forgotten” Memorial Service for September                             |
| M/M C. Tanaka | “Never Forgotten” Memorial Service Appreciation for September                               |
| M/M C. Tanaka | “Never Forgotten” Memorial Service Appreciation for August                                  |
| J. Tanaka     | <i>Ohigan / Rokujizo</i> appreciation   |
| M/M D. Tsuboi | With gratitude <i>Rokujizo / Higan</i> Appreciation Service                                 |
| M/M D. Ide    | Appreciation and gratitude <i>Ohigan, Rokujizo</i> and Appreciation Service                 |
| M. Fukushima  | In memory of Glenn Shuji Hatae and Bob Fukushima  |
| S. Mullins    | Appreciation Social Hall – Scott Taketa service   |

### **Southern California** Total: \$5,227

General: Anonymous, M/M N. Chodor, A. Dewitt, K. Fujii, M/M M. Hamada, J. Hamamoto, Je. Hamamoto, M/M T. Hiram, T. Ishida, J. Ito, J. Kaku, S. Kaku, K. Kuritani, M/M K. Kuritani, M/M Ke. Kuritani, T. Libertine, M/M D. Mah, M/M T. Matsumoto, M/M V. Mizokami, M/M C. Morioka, M/M S. Mukai, T. Murakami, M. Nakamura, P. Nakamura, Y. Oishi, T. Okano, T. Okimura, A. Sebe, M/M A. Shiroishi, D. Shiroishi, Do. Shiroishi, M. Takahashi, N. Takara, A. Tsujimura, M/M H. Tsujimura, T. Tsujimura, M/M G. Wood

#### Special Acknowledgments

|                  |   |
|------------------|---|
| De. Shiroishi    | Appreciation and gratitude to Gedatsu Kongo     |
| M/M H. Tsujimura | Special Fall Festival                           |
| M/M S. Mukai     | “Never Forgotten” Service for Misako Kobata     |
| H. Inouye        | “Never Forgotten” Service for Tomiko Konishi    |
| M/M T. Matsumoto | “Never Forgotten” Service for Hitoshi Matsumoto |

### **Online Donations:** Total: \$609

General: G. Iwata, D. Allum, S. Shiroishi, W. Young, H. Tsujimura, J. Reid, G. Hass

#### Special Acknowledgments

|          |  |
|----------|--|
| W. Young | “Never Forgotten” memorial gift in memory of Linda Sanchez |
|----------|--|

*Note: Special Acknowledgments are listed for gifts \$100+.  
Dollar amounts are shown for gifts \$500+.*



## GEDATSU COMPANION

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GEDATSU CHURCH USA

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### *“Gedatsu Teaching” Commentary – continued from page 5)*

Our life is allowed by God. We are already given everything by God. When you understand this, you will be filled with a deep sense of gratitude and will want to benefit the world. This is the highest morality. You should simply try to do your best in your present situation – not worrying about what the result will be. It is not your role, but God’s role, to worry about results. This is the path to man’s happiness.

Lastly, Gedatsu Kongo mentioned the great path of appreciation and requital, which means appreciation toward country, parents and society. You should be aware that you have received immeasurable blessings from your country, your parents, and society. You will then be appreciative for everyone and everything, and will willingly work for the betterment of society. This is the most natural path of humanity, which will make everyone happy and prosperous. This is the path of Gedatsu.

Gedatsu Kongo stated, “If you forget this, you and your family will surely be destroyed.” This is because this attitude is against God’s will, or the Natural Law.



### Hawaiian Mochi

Want to make yummy Hawaiian mochi just like the cooking-class participants on page 4? Here’s the easy-to-follow recipe:

#### Ingredients:

- 1 box (16 oz.) mochiko sweet rice flour
- 1 can (13.5 oz.) coconut milk
- 2 cups water
- 1-3/4 cup sugar
- 1 ½ tsp. baking powder
- 1 tsp. vanilla
- red food coloring
- cooking spray

Put all ingredients into a large bowl and mix until smooth. Spray entire inside of 9x13 pan with cooking spray. Pour batter into pan and cover with foil. Bake at 350 degrees for 1 hour. After removing from oven, lift off foil but leave it covered, and allow it to cool for at least 5 hours. Cut while coating with kinako or rice flour.