



## President's Message: Terrie Matsumoto

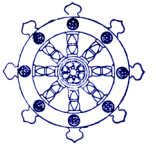
Happy Fall to everyone! Change in seasons, change in time (for some), and changes in just about everything that affects our lives when we go from one season to another. But I must admit I do love the mild temperatures - not too hot and not too cold. Perfect outdoor weather (at least as of this writing which is the first week of September)! Hopefully it will remain this way by the time you receive this Newsletter.

*Continue reading on page 2*

OCTOBER 2026

# NEWSLETTER

MARYSVILLE BUDDHIST CHURCH



Rev. Matt Hamasaki

## Rev. Matt's Message

**A**s we move into Fall from Summer, it cools down and this affects the nature around us. The Fall foliage changes from green to yellow, orange, and red and the leaves begin to fall off the trees. This is supposedly where the term "Fall" came from for the season, first being associate with "harvest" and then to "autumn" when people moved

into the towns and "fall" as the language changed, especially when the English came to North America. What exactly causes the leaves to fall? Ultimately, it is necessary for survival. During the warmer months when there is lots of sun, trees utilize large leaves to soak up the rays turning the sunlight into energy through photosynthesis. It also needs water and carbon dioxide to perform this function, and it is absorbed by chlorophyll in the leaves, which absorb red and blue light, meaning that it appears green to our eyes.

However, while this process is net positive during the long, sunny days, growing and maintaining leaves expends a large amount of energy.

Therefore, it does not make sense for the trees to keep these when there isn't enough sun to justify it. Thus, when the temperature drops and the sunlight fades, the trees stop producing chlorophyll, pull in the nutrients, and create something like a scab at the root of the leaf so that it falls off without exposing the tree to potential pests or disease. What's left are the pigments of orange and yellow that were there before but covered by the green we normally see or the red that gets produced right before the green fades. In this way, the trees conserve energy for when it makes sense for them to grow the leaves again.

In the same way, we are taught in Buddhism to let go of things that cost us

more than they help us. In a physical metaphorical sense, we clean out our houses periodically to get rid of things that are taking up space, but we don't need anymore. In our minds and hearts, we store things that are colored by ill will, jealousy, and greed. If we take time to inventory what we're feeling and find that some of these things are taking up too much space, we can try to let them go. Rather, it's better to store things that will bring us peace like thoughts of compassion and kindness. In doing so, just like the trees, we go through the seasons of our life, conserving our energy in times of difficulty to grow and expand in times of joy.



125 B Street, P.O. Box 1462, Marysville, CA 95901-1462

Phone (530) 743-6426

Website: [MarysvilleBC.org](http://MarysvilleBC.org) \* Email: [office@MarysvilleBC.org](mailto:office@MarysvilleBC.org)

## President's Message

Continued from page 1

### CHANGE IN DATE - OCTOBER SERVICE

**October Shotsuki, Eitaikyo Perpetual Memorial Service & Pet Memorial Service**

**Sunday, October 18, 2026, 1:00 p.m.**

Officiating minister: Rev. Yuki Sugahara

Refreshments will be served following the service.

On the day of the **Pet Memorial**, you may bring photos or drawings of your pets, or you may submit the name of your pet, and your photos, drawings, or names of your pets will be displayed on the altar. **OR** If you are able to provide a *digital copy* of your pet(s), or a digital copy of a pet drawing, or submit the name and type of pet, we will be able to create a slide presentation of all beloved pets which we can add to each year.

If digital, please submit to office@MarysvilleBC.org by **Wednesday, October 14, 2026.**

### REMINDER: NORTHERN CALIFORNIA DISTRICT COUNCIL (NCDC) FAMILY CONFERENCE

On **Saturday, October 10, 2026**, the NCDC will be sponsoring a Family Conference at the Stockton Buddhist Church. This is open to everyone. You can be a family of one, two, or more! More information is included in this Newsletter as well as on our website, MarysvilleBC.org. Come and join us for a day of FUN: Friendship, Understanding, and Nembutsu!

### ELECTION OF 2027 MBC BOARD OF DIRECTORS

All those who are MBC 2026 dues paying members have the privilege of voting in the 2027 Board of Directors elections. The election ballots were mailed out at the same time as this Newsletter so you should be receiving it about the same time as this Newsletter. In addition to the 10 current Board Members up for reelection, there is a

section for Write-In votes. You may submit a name of a person who you feel would be an added benefit to our temple. If you are a dues-paying member and have not received the election ballot, please contact Katie at the Church Office either by phone (530-743-6426) or by email (office@MarysvilleBC.org). All ballots must be received by **Friday, December 4, 2026.**

### 2027 MBC YEARLY CALENDAR

We are currently formulating the 2027 yearly calendar in which we will be looking at adding other ways we can further make connections with our members, friends, and community. If there is something you would like to see happen or be offered at our temple, please feel free to send us a note either by email at office@MarysvilleBC.org or send a note in the enclosed envelope.

Until we meet again, please take care!

In Gassho,  
Terrie

## You Care About



Interest: Increasing Minister's, Continuing Education & Training for ministers

Fund: Minister's Training Fund



Buddhist Education, Youth programming, Sangha engagement

C.B.E. or Dana Fund



Project Catalyst Temple Growth Sangha Growth

BCA Unrestricted

Interest: Ministerial Scholarships

Fund: SFAP\*

\*Donations received at BCA directly



Support where it matters to you

For more information or questions:  
minanaga@bcahq.org

## Pond and Garden

## August Notes

BY JIM EDMAN

I have not seen the Kingfisher for 2 days now. The big ruckus the other day must have been a life threatening territorial dispute between a Hawk and the Kingfisher! The Kingfisher is back today and he is his normal quiet self.

A Hawk could explain the 1 missing fish Bent Spine, from a couple of months ago.

I'm watching the Kingfisher this morning. He's busy on a rock fishing. When he strikes he is almost faster than the eye can register. He has moved to the East end of the pond now and looking at me. He is quite handsome! I think I'll go around to the back

side to service the skimmers so not to disturb him. As far as I am concerned he is welcome to rest on my shoulder. The Kingfisher is a good protector. I don't think I would be willing to go up against a Hawk without a big stick.

The yellow Sparrows are busy playing and bathing. It seems like they are everywhere. I have been looking at the large Pine tree. There are thousands of those things I call cheese puffs forming. I guess they more resemble Cheetos! They are in the green stage now before they turn yellow.

I haven't seen the Kingfisher now for a week and it is a touch lonely without him. There's been signs of mild spawning in the last 2 days from the Koi. I'm still finding baby Japanese Trap Door Snails which I rescue when cleaning the skimmers.

I tended Taro Island this morning. It's hard trying to get past the plastic stock tank it's in. I'm going to have to watch for that. Some of the leaves get

huge, over 2 feet in length.

I noticed that our white fish Serenity has a boyfriend and they are hanging out closely together. I thought that was cute.

Today I noticed that we had quite a bit of Skunk activity with a lot of holes dug. The Skunks are quite pesky.

Scott was here pruning while I was tending the pond and doing clean up.

Today we had mild signs of spawning again.

We have a large Koi that has not been feeling well. He has been hanging out in the West side of the pond. After 3 days I started taking breakfast to him. He is eating and his appetite is ok now. There is a whole group of Koi checking out to see if he has missed a morsel which seems to encourage him to get out with the rest of them.

I just tended Taro Island again yesterday.

In Gassho  
Jim

# NORTHERN CALIFORNIA DISTRICT FAMILY CONFERENCE



**FUN: Friendship, Understanding, Nembutsu**

**OCT 10, 2026**

Buddhist Church of Stockton  
2820 Shimizu Dr  
Stockton, CA 95203

**REGISTRATION &  
INFORMATION**

9am - 3pm  
Reg Link Coming Soon



## Northern California District Family Conference

**Friendship, Understanding and Nembutsu**

Cultivating understanding through sharing stories of community members who came from another country.

Dharma school students will hear children's stories and experience games and treats from Iran and Vietnam.



**Reverend  
Melissa Opel**  
Dharma Speaker

Resident minister at  
the Buddhist Church  
of San Francisco

[CLICK to read more](#)



**Mohammadamin  
Asadirad**  
Panel Member

Born and raised in Iran, he  
immigrated to the United  
States and graduated from  
Northstate University  
College of Pharmacy

[CLICK to read more](#)



**Yen  
Marshall**  
Panel Member

Born in Vietnam, she  
immigrated to the United  
States and has worked  
for several non-profit  
community based  
organizations

[CLICK to read more](#)



**[REGISTRATION LINK](#)**



## Northern California District Council Family Conference

**Saturday, October 10, 2026 – 9 AM to 3 PM**

**Buddhist Church of Stockton  
2820 Shimizu Drive, Stockton, CA**

Dear Northern California District Members and Friends,

On behalf of the Northern California District Council, we warmly invite you and your family to join us at the **Northern California District Council Family Conference** on **Saturday, October 10** at the **Buddhist Church of Stockton**.

It has been quite some time since our District has gathered for a Family Conference, making this a wonderful opportunity to reconnect with old friends, make new ones, and strengthen the bonds that unite our Sanghas throughout Northern California.

Our conference theme is **"FUN" — Friendship, Understanding, and Nembutsu**. During the day, we will deepen our understanding of the challenges of individuals from Iran and Vietnam who immigrated to the United States. We hope to develop a greater understanding of the Dharma as we collectively celebrate and share the Nembutsu.

This conference is designed for members of **all ages**, with activities and programs that everyone can enjoy. Whether you are attending for the first time or have participated in past district events, we hope you will join us for a day filled with learning, laughter, fellowship, and inspiration.

Attached to this registration packet are:

- NC Family Conference Flyer
- Schedule of the Day's Events
- Keyboard Fillable Registration Form

We encourage you to invite your family and fellow sangha members to be a part of this special gathering. Together, we can renew friendships, create new memories, and celebrate our shared Buddhist community. You can register online by clicking the Registration Link, scan the QR code on the Conference Flyer, or you can mail your completed registration form and payment. The deadline to submit your registration is Wednesday, September 30. If you have difficulty registering or have any questions, please email [NCDCFamlyConference2026@gmail.com](mailto:NCDCFamlyConference2026@gmail.com).

We look forward to welcoming you on **Saturday, October 10** in Stockton.

In Gassho,

*Allan Yamashiro*

Allan Yamashiro  
NCDC Family Conference Chairperson

## SCHEDULE



|            |                                                                                                                                                                                                                                |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00 a.m.  | Registration/Continental Breakfast (GYM)                                                                                                                                                                                       |
| 10:00 a.m. | Opening Service (HONDO)                                                                                                                                                                                                        |
|            | Reverend Melissa Opel - The path to the present and the countless causes and conditions that occurred to make it a reality, with gratitude to all who assisted throughout the journey.                                         |
|            | Group Photo                                                                                                                                                                                                                    |
| 11:00 a.m. | Ice Breaker (GYM)                                                                                                                                                                                                              |
| 12:00 p.m. | Lunch (GYM)                                                                                                                                                                                                                    |
| 1:00 p.m.  | Interactive Panel Discussion (HONDO) <ul style="list-style-type: none"> <li>- Mohammidamin Asadirad</li> <li>- Yen Marshall</li> </ul> Group Discussion based on Keynote Speaker and Panelists                                 |
|            | Dharma School Program: Children's folk tales                                                                                                                                                                                   |
|            | Iran <ul style="list-style-type: none"> <li>- The Sparrow's Quest</li> <li>- Pea Boy</li> </ul> Vietnam <ul style="list-style-type: none"> <li>- The Legend of the Longan</li> <li>- The Carp and the Dragon's Gate</li> </ul> |
|            | Activity: Interactive Story Creation                                                                                                                                                                                           |
|            | Iranian and Vietnamese Children's Games                                                                                                                                                                                        |
|            | Snacks and Wrap-up Discussion                                                                                                                                                                                                  |
| 2:30 p.m.  | Group Sharing (HONDO)                                                                                                                                                                                                          |
| 2:45 p.m.  | Closing Service (HONDO)                                                                                                                                                                                                        |



**Northern California District Council  
Family Conference  
Saturday, October 10, 2026**

## Registration Form

Please complete one registration form per household or group.

### Contact Information

|                           |                   |
|---------------------------|-------------------|
| <b>Last Name</b>          | <b>First Name</b> |
| <b>Address</b>            |                   |
| <b>Temple Affiliation</b> | <b>District</b>   |
| <b>Email Address</b>      |                   |

### *Please Check*

|   | Last Name | First Name | Grade Level              |                          |                          | Adult                    | Please list any Food Allergies |
|---|-----------|------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------------|
|   |           |            | K-6                      | 7-8                      | 9-12                     |                          |                                |
| 1 |           |            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                |
| 2 |           |            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                |
| 3 |           |            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                |
| 4 |           |            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                |
| 5 |           |            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                |
| 6 |           |            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                                |

### Cost of Registration

| Age Category                           | Registration Fee | Number Registered | Total          |
|----------------------------------------|------------------|-------------------|----------------|
| Adult Registration / Over 12 Years Old | \$30.00          |                   | \$ 0.00        |
| 12 Years Old and Younger               | \$10.00          |                   | \$ 0.00        |
| <b>Total Cost of Registration:</b>     |                  |                   | <b>\$ 0.00</b> |

### Payment Method

☐

Cash

☐

Check: Please make check payable to NCDC

Please mail your completed form and payment to:

Myra Okasaki – NCDC, 1020 East Landing Way, Sacramento, CA 95831-5617

If you have any questions, please email: [NCDCFamilConference2026@gmail.com](mailto:NCDCFamilConference2026@gmail.com)

## Donations Gratefully Acknowledged

The Marysville Buddhist Church gratefully acknowledges the following donations received. For any corrections or omissions, please call the Church at (530) 743-6426 or email [office@MarysvilleBC.org](mailto:office@MarysvilleBC.org). **Thank You.**

Received from Aug. 1, 2026 to Aug. 31, 2026

### In Memory of (IMO)

**IMO: Harold Nakamoto**

Carol Lauher

**IMO: Toshio Tsukimura**

Cathy Tsukimura

**IMO: Seiji Iwamura**

Iwamura Family

**IMO: Miyeko Tanimoto**

Betty Tanimoto

**IMO: Betty & George Inouye**

Mitzi Inouye Nakashima

**IMO: Shigeo Sam Yoshimura**

Stephen & Gayle Broce

**IMO: Esuko Tokunaga**

Don Tokunaga

**IMO: Keiji Yoshimura**

Lynne Yoshimura

### SPECIAL DONATION (Monetary):

Scott Itamura – guest registry book

Shayne Edwards (IMO Masako Edwards) – Japanese Vintage Items  
Jackie Basa – Japanese Vintage Items

### DANA IN ACTION -

*Pond & Garden:* Thank you to Jim Edgman, Scott Itamura for garden & pond upkeep & cleanup during the months of August.

### NEWSLETTER CREW -

*Thank you to the following people for folding, taping, labeling, and sorting the September Newsletter Aug. 20, 2026.*

Darrell Naruto  
Lysa Kinoshita  
Carol Tsukimura  
Pat Uyemoto  
Kahn Kochi  
Jackie Basa  
Gary Matsumoto  
Terrie Matsumoto

*Thank you to the following for providing treats for the Newsletter Crew:*  
Darrell Naruto - Tomatoes  
Pat Uyemoto - Donuts  
Carol Tsukimura – Artichoke Dip & Crackers

Jackie Basa – Mixed Berry Loaf Bread

Terrie Matsumoto – Chashu Bao & Siu Mai

### NEWSLETTER STAFF -

Editor: Jeffrey Kimoto

Articles Editor: Terrie Matsumoto

Contributing Reporters:

- Minister's Message – Rev. Matt Hamasaki
- President's Message – Terrie Matsumoto
- Pond & Garden – Jim Edgman & Russ Bates
- Donations & Acknowledgments: Katie Strauss

## Who to Call

### WHO DO I CALL?

#### Contact the Sacramento Buddhist

Church at 916-446-0121 in order to request ministerial assistance regarding family emergencies such as the passing of a family member. Please leave a detailed message including your name and number, and someone will return your call as soon as possible.

#### Contact the Marysville Buddhist Church at 530-

743-6426 for normal business needs or basic information. Please leave a detailed message including your name and number, and someone will return your call as soon as possible.



## Donate your unwanted vehicle to MBC!

Can be located in most parts of the US!

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[haroldscardonation.com](http://haroldscardonation.com)

213-453-2469 or 800-310-5274

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**'Dial the Dharma' for Enlightening Messages**

# 800-817-7918

Press 1 for English, Press 2 for Japanese, Press 3 for Spanish



# OCTOBER SHOTSUKI HOYO

The **October** monthly memorial service will be observed on **Sunday, October 18, 2026** at **1 p.m.** officiated by **Rev. Yuki Sugahara**.

## Deceased & Relationship

Ko Uchiyama  
Shinjiro Manji  
Kaneichi Nakahara  
Mitsue Fukushima (S)  
Hatsu Kodani (GM)  
Tamezo Shinseki  
  
Chiji Tokunaga  
Kazunobu Igawa (GF)  
Kikujiro Marumoto  
Suetaro Oshita (GF)  
Toku Hirota  
Morito Kurihara  
Harumi Abe (GM)  
Shizuo Nakao (F)  
Yasu Yamaguchi (GGM)  
Shigeo Nakamura  
Nyogen Nishita  
Heikichi Ando  
Sometaro Ozawa  
Toichiro Mayahara (GF)  
Iyo Mayahara (GM)  
Kenzo Nakagawa  
Kiku Kodani (GGM)  
Sakuichi Wada  
Tom Kurihara  
Senichi Hatamiya (F)  
Keiji Doizaki (F)  
Tomoe Furuta  
Yuichi Heya (GF)  
Tsuta Harada (GM)  
Sometaro Yamazaki (GGF)  
Tokuhei Nakata (GF)  
Kikuno Kashiwabara (GM)  
Suyeno Nakamoto (GGM)  
Yorio Kakiuchi (F)

## Sesshu Family

Manji Family  
Manji Family  
Nakahara Family  
Roy Fukushima  
Misaki Rooney  
Mori Tanimoto's  
Daughters  
Tokunaga Family  
Ben Igawa  
Marumoto Family  
Harold Nakatsu  
Hirota Family  
Kurihara Family  
Roger Abe  
Opal Wakayama  
Doris Ow  
Nakamura Family  
Nishita Family  
Ando & Oji Family  
Matsumura Family  
Lynne Yoshimura  
Lynne Yoshimura  
Iwamura Family  
Misaki Rooney  
Wada Family  
Kurihara Family  
Roy Hatamiya  
Shirley Mizuno  
Furuta Family  
Lorraine Mizuno  
Joy Martell  
Lorraine Mizuno  
Bruce Nakagawa  
Don Ishimoto  
Carol Lauher  
Kazuo Kakiuchi

Kazuo Sasaki (F)  
George K. Matsumura (F)  
Kihachi Yasuda (GF)  
George Iwanaga  
Kazue Tagawa (GF)  
Hifume Kakiuchi (M)  
Henry H. Tsukimura (F)

Tsugime Watanabe (M)  
Hama Roman (W)  
Kazuo Furuta  
Hideo George Nakamura (GF)  
Arthur Noboru Oji  
Marie Matsumoto (M)  
Marsha Lynn Kinoshita (C)  
Paul Kazunobu Oki (F)  
Tadayuki Ted Igawa (F)  
Fred S. Shimamoto (B)  
Kay Kunimitsu Yokotobi (F)  
Mitsuye Kinoshita (M)  
Hideo Takeuchi (F)  
Ikuto Nabeta (F)  
Harry Takashi Tabata (F)  
Fred T. Watanabe (H)  
June S. Tanimoto (M)

George S. Marumoto  
Tomoko Yoshimura (M)  
Nellie Fukushima (M)  
Billy Teruo Manji  
Irene K. Tokunaga (M)  
Rev. Tesshi Aoyama (H)  
Darrell Nakao (B)  
Clark Tokunaga (F)  
Brian Itsuo Uyemoto (Sn)  
Ken Nabeta  
Susumu Takabayashi (B)  
Gary Robert Ogino (Sn)  
Eiji Maruko (H)  
Wyman Wong  
Harumi Oki  
Gregg Nakao  
Kiyome Okikawa  
Roy Kiyoshi Tagawa

Allen H. Sasaki  
Larry Matsumura  
Doris Ow  
Iwanaga Family  
Gayle Broce  
Kazuo Kakiuchi  
Glenn Tsukimura  
& Cathy Tsukimura  
Lorraine Mizuno  
John Roman  
Furuta Family  
Patty Durand  
Oji Family  
Patti Matsumoto  
Shelley Glines  
Pauline Nishina  
Ben Igawa  
Shig Shimamoto  
Mitsuko Yokotobi  
Debbie Uyemoto  
Karen Takeuchi  
Irene Nabeta-Yee  
Pearl Fukumitsu  
Mary Watanabe  
June Tanimoto's  
Daughters  
Marumoto Family  
Lynne Yoshimura  
Harriet Fukushima  
Manji Family  
Julie Tokunaga  
Alice Aoyama  
David Nakao  
Terrie Matsumoto  
Pat Uyemoto  
Nabeta Family  
Sakaye Takabayashi  
Naomi Lopes  
Keiko Maruko  
Lorene Wong  
Hajime James Oki  
Nakao Family  
Rick Okikawa  
Gail Broce

## Reminder: Alarm System

Our temple now has an alarm system in place. ADT has installed door alarms and motion sensors throughout the premise of our temple. Please contact the Church Office at 530-743-6426 if you wish to have access to the church premises.

## MBC Oct. Office Hours

**Monday, Wednesday, Friday**  
**9:00 a.m. to 12:00 p.m.**

If you wish to stop by the church, please do so during those hours. Please contact the church at 530-743-6426 and let us know what day and time you would like to stop by. Please park on the 2nd street side of the church and enter through the Social Room door.

# OCTOBER 2026

| Sunday                                                                                            | Monday                          | Tuesday                      | Wednesday                       | Thursday | Friday                          | Saturday                             |
|---------------------------------------------------------------------------------------------------|---------------------------------|------------------------------|---------------------------------|----------|---------------------------------|--------------------------------------|
|                                                                                                   |                                 |                              |                                 | 1        | 2                               | 3                                    |
|                                                                                                   |                                 |                              |                                 |          | Office Hours<br>9:00-12:00 p.m. |                                      |
| 4                                                                                                 | 5                               | 6                            | 7                               | 8        | 9                               | 10                                   |
| No Service or Board Meeting<br>FBWA Conference -San Diego                                         | Office Hours<br>9:00-12:00 p.m. | JACL Board Meeting 2:00 p.m. | Office Hours<br>9:00-12:00 p.m. |          | Office Hours<br>9:00-12:00 p.m. | NCDC Family Conference – Stockton BC |
| 11                                                                                                | 12                              | 13                           | 14                              | 15       | 16                              | 17                                   |
|                                                                                                   | Office Hours<br>9:00-12:00 p.m. |                              | Office Hours<br>9:00-12:00 p.m. |          | Office Hours<br>9:00-12:00 p.m. |                                      |
| 18                                                                                                | 19                              | 20                           | 21                              | 22       | 23                              | 24                                   |
| MBC Board Meeting 10:30 a.m.<br>October Shotsuki Hoyo & Eitaikyo & Pet Memorial Service 1:00 p.m. | Office Hours<br>9:00-12:00 p.m. | Newsletter Crew 9:30 a.m.    | Office Hours<br>9:00-12:00 p.m. |          | Office Hours<br>9:00-12:00 p.m. |                                      |
| 25                                                                                                | 26                              | 27                           | 28                              | 29       | 30                              | 31                                   |
|                                                                                                   | Office Hours<br>9:00-12:00 p.m. |                              | Office Hours<br>9:00-12:00 p.m. |          | Office Hours<br>9:00-12:00 p.m. |                                      |

## NOVEMBER 2026

November 1 –Hoonko & November Shotsuki Hoyo Service 1 p.m. MBC Board Meeting 10:30 a.m.

November 3 – JACL Board Meeting November 11 – Office Closed November 19 - Newsletter Crew 9:30 a.m.

### Weekly Guided Meditation

Wednesdays at 9:00 AM Pacific Time  
Hosted online via Zoom

Join the Buddhist Churches of America each Wednesday for a free online guided meditation led by Rev. Marvin Harada.



These weekly sessions offer a welcoming space to pause, breathe, and reconnect with the present moment through Buddhist mindfulness and meditation practice.

Whether you are completely new to meditation or have an established practice, all are welcome. Each session will include gentle guidance, silent meditation, and reflections rooted in Shin Buddhist teachings that encourage compassion, gratitude, and inner awareness.

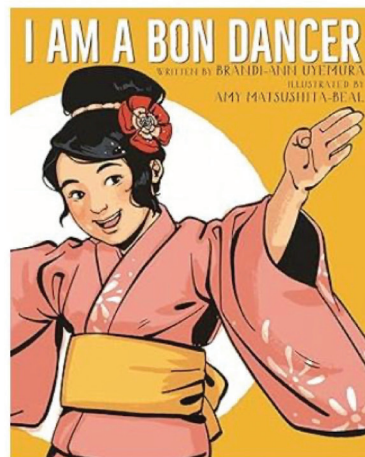
Meditation can help cultivate calm, clarity, resilience, and a deeper connection with ourselves and others. Through regular practice, we learn to meet life with greater openness, balance, and appreciation for each moment.

Join Zoom Meeting  
<https://us02web.zoom.us/j/81859478933?pwd=vy0OX4Jai1LDIPmGbxqAJTVAnDuNbc.1>

Meeting ID: 818 5947 8933  
Passcode: 898828



Now Available from the BCA Bookstore!



A New Children's Book about Bon Odori

**\$18.99** + tax & shipping

Email: [bookstore@bcahq.org](mailto:bookstore@bcahq.org)

Website: [bcabookstore.org](http://bcabookstore.org)



BUDDHIST CHURCH OF MARYSVILLE  
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## UPCOMING SERVICES & EVENTS

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**Sunday, October 4, 2026**  
NO SERVICE OR BOARD MEETING

**Sunday, October 18, 2026 1:00 p.m.**  
October Shotsuki, Pet Memorial & Eitaikyo Service  
MBC Board Meeting 10:30 a.m.

**Sunday, November 1, 2026 1:00 p.m.**  
November Shotsuki & Hoonko Service

**Sunday, December 6, 2026 10:30 a.m.**  
MBC General Meeting - Social Room

**Sunday, December 6, 2026 1:00 p.m.**  
December Shotsukii & Bodhi Day Service

**Thursday, December 31, 2026 11:00 a.m.**  
New Year's Eve Service & Otoki

**Sunday, January 10, 2027 1:00 p.m.**  
January Shotsuki Service

**Saturday, January 23, 2027 12:00 p.m.**  
MBC New Year's Party

## MARYSVILLE **JACL** BENEFIT MOVIE



**NOVEMBER 14, 2026 1 O'CLOCK**  
**MBC ANNEX**  
125 B ST MARYSVILLE, CA