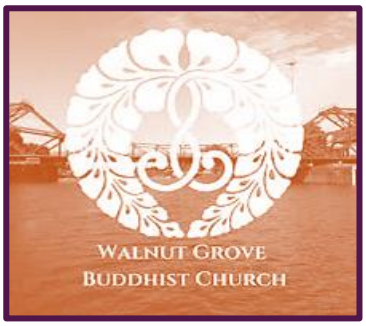
The Delta Dharma

The WGBC Newsletter

NOVEMBER 2026



Calendar of Services, Meetings and Events

Sunday	1	1:30 PM	Shotsuki/Monthly Service
Tuesday	3	7:00 PM	Board Meeting (Hybrid)
Sunday	29	10:00 AM	Adult Study
Sunday	29	1:30 PM	Hoonko Service

Upcoming HoOnko Service - We hope everyone can attend as we gather in gratitude for our founder Shinran Shonin. Our debt to his teachings and writings is paid by our devotion to the path of enlightenment which he felt we are able to follow realistically.

President's Message

Over this past summer, I hosted visitors to our farm who had never stepped onto one before. They live in cities where if they were to travel in any direction outside city limits, they would have scenery of various agricultural productions. Just glancing out their vehicles' windows didn't give them any sense of what was really going on. Over time, it became just cursory views. When these first-time visitors actually came out from behind their windows, the views were much different. Now it became an experience. Now the senses were activated and so many questions were asked. After the visits, they left with more knowledge and a better understanding of what it takes for food to appear on their plates. That initial introduction created more curiosity and interest than before.

Our temple has some non-participating members who joined for various reasons. And there are some long-time fringe members who over the years have drifted away. I welcome those people to step out from behind that figurative window and experience what our temple has to offer. Who knows, it may pique your curiosity and interest!

In Gassho,

Craig Nakahara

A SEASON OF THANKS-GIVING

As November approaches, our thoughts naturally turn toward Thanksgiving, a holiday that encourages us to pause and appreciate countless conditions that make our lives possible. For many of us, it is a time to gather with family and friends, share a meal, remember loved ones, and reflect upon the many things for which we are thankful. Yet, from a Buddhist perspective, I wonder if Thanksgiving might offer us something more than a single day of gratitude each year.

I have always found it somewhat ironic that just as we finish celebrating a holiday dedicated to being thankful for what we have, stores across the country begin their Black Friday sales, sometimes opening their doors on Thanksgiving evening itself! Before we have even finished Thanksgiving leftovers, we are surrounded by advertisements encouraging us to purchase more.

Then comes December and the Christmas season, which, for our Christian friends, is a sacred celebration of the birth of Jesus Christ and a time to reflect upon faith, hope, love, and generosity. Yet, I find it somewhat unfortunate that the deeper spiritual meaning of this season can sometimes become overshadowed by the commercialization of Christmas, as so much of our attention is directed towards shopping, gift lists, and finding the perfect presents.

Of course, there is nothing wrong with enjoying a good sale or expressing our love through giving gifts. However, I think it is worth considering how easily our attention shifts from appreciating what we already have to thinking about what we still want.

Rev. Dr. Kenji Akahoshi, Minister Emeritus of the Buddhist Churches of America, has shared a meaningful perspective in his Dharma messages about shifting our outlook from "please" to "thank you." He reminds us that we often approach life with an attitude of "please," focusing on what we desire, what we lack, or how we wish circumstances might change. However, when we begin to approach life with "thank you," we recognize the countless gifts and kindnesses we have already received.

Motivational speaker Tony Robbins expresses a similar sentiment when he says, "When you are grateful, fear disappears and abundance appears." Although his teachings often emphasize developing an abundance mindset, I believe this thought also offers an interesting connection to our Jodo Shinshu understanding of gratitude. Rather than seeking to attract more possessions or achieve everything we desire, we are encouraged to recognize the abundance of compassion, kindness, and support that already surrounds us.

This is beautifully reflected in our recitation of the Nembutsu, "*Namo Amida Butsu*." As Jodo Shinshu Buddhists, we do not say the Nembutsu to ask Amida Buddha to grant our wishes. Instead, it is our expression of gratitude as we awaken to the boundless Wisdom and Compassion of Amida Buddha that embraces us just as we are.

Perhaps we can begin this simple shift in perspective in our everyday lives. Rather than immediately thinking about what we need to accomplish or what we wish were different, we might take a moment to appreciate a warm meal, a thoughtful phone call, the kindness of a friend, or the many unseen efforts of others that make our lives possible. This does not mean that our worries or difficulties disappear, but gratitude can help us recognize that even during challenging times, there remains much for which we can be thankful.

As we enter this season, I hope we can embrace Thanksgiving not simply as a holiday on our calendar, but as a reminder of how we might live each day. May our hearts become more aware of what we have received, and may that appreciation naturally inspire us to extend kindness and generosity to others.

Perhaps the greatest gift of this season is not something we can purchase or wrap in a box, but the opportunity to recognize how much we have already been given.

In Gassho, Rev. Candice Shibata

NOVEMBER SHOTSUKI

Joyous Monthly Memorial

Deceased		Chief Mourner	
Kikunoshin	Hirotsu	Gary	Hirotsu
Ino	Iguchi	Gary	Hirotsu
Shizuye	Kuwabara	Gary	Hirotsu
Tsurue	Goto	Sakai	Family
Tatsuhei	Goto	Sakai	Family
Muroku	Kawahara	Janice	Clintsman
Misano	Okamoto	Janice	Clintsman
Sakuzo	Shimazaki	Sharon	Sano
Tsunejiro	Ito	David	Ito
Toru	Oda	Ted	Oda
Shigenori	Yamamoto	Ted	Oda
Yoshiko	Yamamoto	Ted	Oda
Mary Akie	Shigio	Margaret	Shigio
Kitayo	Yoshimi	Darrell	Yoshimi
Shizuko	Oto	M/M Hiroshi	Oto
Saburo	Hirose	M/M Hiroshi	Oto
Yoshinori	Ito	Yasushi	Ito
Herbert Hitoshi	Hirotsu	Spencer	Hirotsu
Yoshiye	Hirakawa		
Aya	Hirotsu	Spencer	Hirotsu
Robert Mitsumasa	Sakata		
Toshi Toshiyuki	Tokuyoshi		
Steve	Sakata	Janet	Sakata
Tom	Okamoto		
Masae	Murai	Murai	Family
Yvonne	Moulton	Linda	Soliven



BEREAVEMENT

We are saddened to report the passing of Dorothy Koga. We wish to extend our condolences to her family and friends. Dorothy spent many active years in the service of the WGBC.

The Walnut Grove Buddhist Church Gratefully Acknowledges the Following Donations

Dorothy Koga	
IMO Dix Koga	50.00
Steve & Donna Hiromoto	
IMO Rev. Roy Mayhugh	50.00
Craig Nakahara	50.00
Carol Tang	100.00
Ted & Mary Oda	50.00
John Matsumoto	
IMO Sumi & Sakiye Matsumoto	50.00
Christy Ishizuka	
IMO Rev. Roy Mayhugh	50.00
Steve Hori	
IMO Minoru Hori	50.00

NCDC Family Conference

Northern California District Council hosted a full day of activities on October 10 at the Buddhist Church of Stockton. It was a beautiful and balmy early Autumn day as we socialized over a delicious breakfast before gathering in the Hondo for service with multiple NC ministers in attendance. Afterwards we headed over to the auditorium for a couple of fun ice-breaker activities. With over a hundred attendees the room was full of laughter and cheers as teams competed in stacking cups. This was followed by trivia questions that required groups to work closely together. A tasty buffet lunch followed the ice-breakers.

The afternoon comprised a most interesting heartfelt speaker series by two immigrants; M. Asadirad and Y. Marshall. They spoke of their arrival stories and what living in the USA has meant for them. Questions and discussion followed. Meanwhile the children participated in games and storytelling.

We reconvened in the Hondo for closing service and more fellowship. The successful and pleasant day wouldn't have been possible without the effort of so many. A big Thank You to all who helped make this a fun and meaningful day.

Namo Amida Butsu

Adult Study Nenju Making Workshop

Rev Candice Shibata welcomed us Sunday, October 25, to a full morning of service, dharma talk, discussion, and a workshop centered around the use and significance of the nenju. The service began with a sitting meditation and the chanting of Juseige.

Sensei spoke to us about the origen of "juzu" (counting beads) and "nenju" (mindful beads). Traditionally, the omodama has 108 beads to symbolize the 108 blind passions, with Rev. suggesting the term 'human conditions' as a more modern translation Over time the nenju was number of beads was abbreviated for lay members. Every nenju contains 2 (usually smaller) beads called parent beads placed opposite each other to symbolize the significant people in our lives. The bottom, larger bead represents Amida's boundless compassion. The use of the nenju is meant to show respect, instill focus and express gratitude while reciting the Nenbutsu with Gassho.

The small group joined teacher Mike Shibata in the lunchroom to create our individual nenjus. There were lots of laughs and challenges as we realized how difficult it can be to thread a 3 holed T-shaped bead. Each nenju we made or repaired is a unique reminder of who we are and how we are all connected.

A delicious lunch of sandwiches, homemade dessert and Halloween cookies followed.

A big thanks to all who made this a fun day: Rev Shibata, "Uncle" Mike, Carol Tang (den mother), Christy Ishizuka, Tom Cappelletti and Holly Pauls.

In Gassho

Thank you Holly Pauls for your event submissions on this page!

The world needs more people who tell snails they're doing great, admire spiderwebs like fine lace, and thank worms for their service.

Earthy Herbs
@canna.pothecary





