



DELTA DHARMA

The Walnut Grove Buddhist Church Newsletter

October 2025

Calendar of Services, Meetings and Events

Sunday 5 1:30 PM Shotsuki/Monthly Service

Tuesday 7 7:00 PM Board Meeting (Hybrid)

Sunday 26 10:00 AM Adult Study Class

Presidents' Message

Fall has always been my favorite time of the year. The leaves are gradually changing color, and the weather is starting to cool... well at least on some days. The cooler evenings and the autumn colors make fall a beautiful time of the year. I love seeing pumpkins, persimmon, apples and pomegranates, all reflective of those beautiful fall colors.

A few days ago, I accompanied our youngest three grandchildren (7, 5, and 3 years old) to Apple Hill. They were quite excited to explore an apple farm that had so many activities for children, a maze, gem mining, nature trail and of course picking out apples. But it was the gem mining that was really interesting to watch. They got a bag of dirt and sifted it through water only to find different colored rocks. To me they were merely rocks, to them they were treasures. Each one was examined with lots of enthusiastic, "Ooohs and ahhs!" They were thrilled finding their little treasures and putting them in their bags. There was a lot of discussion between the three of them about size, color and what they could be. They were clearly fascinated by it all. Children do such an amazing job of reminding us about the joy of seeing things through fresh eyes. So, this fall, I will be paying closer attention thanks to my grandchildren.

In Gassho,
Sharon Yokoi, Co-President

BEREAVEMENT

We are saddened to report on the passing of member Mrs. Toshiko Hamada. She was a loyal, long-time member of the church and its auxiliary groups, serving as officer on the WG Church Board and in the WG Buddhist Women's Association. She ran the Sushi department for the WG Buddhist Bazaar for many years and spent countless volunteer hours helping the church. Our heartfelt condolences to her family and friends. She will be greatly missed.

Our Three Faces

With Halloween just around the corner, I thought I would touch upon the “masks” or “faces” we may all wear and how we can honestly approach revealing our true faces not just to ourselves, but others as well when we use the Buddha-Dharma as our mirror.

I recently saw a post on social media regarding a Japanese cultural idea of the “Three Faces Theory.” In summary, this theory suggests that people present different versions of themselves in different social contexts: the public or social face shown to society, a more relaxed or relational face to family and friends, and a private or true face shown to on one.”

The article went on to explain that the public or social face is the polished, outward-facing persona presented to the general public, colleagues, and acquaintances. It is designed to align with social norms, maintain public images, and foster harmony, sometimes suppressing personal opinions to avoid conflict. The relational face is more relaxed and trusting and reserved for close family, friends, and loved ones. It allows for a greater degree in vulnerability and reveals more of one’s true thoughts and feelings than the public face, but is still somewhat guarded. The true face is the innermost, private self, containing one’s most authentic thoughts, desires, and fears. This face is kept hidden from others and represents the deepest, unguarded essence of a person, often reserved for personal contemplation and growth.



This “three face” understanding of human life resonates deeply with the Buddhist teachings. So often we live behind masks, adjusting ourselves depending on who is in front of us, protecting ourselves from judgment, rejection, or shame. Yet even when we try to hide behind these masks, there is still the deepest layer of our being --- the face that reflects our innermost fears, desires, ignorance, and attachments.

In Jodo Shinshu Buddhism, we are taught that Amida Buddha’s Wisdom and Compassion function like a great mirror. Shinran Shonin often referred to the working of Amida Buddha’ Vow as a “light that illumines the darkness of our ignorance.” A mirror does not flatter or criticize—it simply reflects. In the same way, the Dharma shows us who we really are, beyond the masks of the first and second faces, and even deeper than the hidden third face we may not dare to confront.

When we encounter the Buddha-Dharma, we come face to face with the reality of our human limitations—our anger, jealousy, greed, and foolishness. This is not easy. Sometimes it is painful to see ourselves honestly. But in that very moment of seeing, we also encounter something even greater: the boundless Compassion that embraces us just as we are. Amida’s Vow does not require us to be perfect or to show only our “best face.” Instead, it calls to us, “Come as you are, with all three faces.”

The Dharma helps us realize that the face we thought we needed to hide is already fully accepted. The light of wisdom shines not to shame us, but to awaken us. Rennyō Shonin often reminded his followers, “When we realize our foolish selves, then birth in the Pure Land is certain.” To see the truth of our lives through the mirror of the Dharma is not to despair, but to awaken to gratitude, humility, and deep assurance.

Perhaps the “third face,” hidden from the world, is not meant to remain hidden forever. In the presence of Amida’s Light, we can begin to live more openly, more genuinely, and more compassionately. Our masks may still remain at times—for that is the way of human life—but our hearts begin to soften, and our awareness deepens.

In this way, the Buddhist path is not about creating a new face to show to the world, but about discovering that our truest self is already embraced by boundless Wisdom and Compassion. When we look into the mirror of the Dharma, we can see both the depth of our human condition and the depth of Amida Buddha’s compassionate Vow.

In Gassho,
Rev. Candice Shibata

October Shotsuki

Joyous Monthly Memorial

Deceased

Sumi	Matsumoto
Sakiye	Matsumoto
Richard T.	Yoshimi
Kimiko	Kubota
Hiromi	Okada
Ichiro	Jinsaki
Doshun	Mizutani
Takako	Kondo
Yaeno	Kimura
Dix Kaoru	Koga
Takeo	Ito
Suzuko "Suzie"	Roberts
Chizuko	Oto
Bob	Matsumoto
Phil	Frame
Rev. Roy	Mayhugh
Steve	Sakata

Chief Mourner

John	Matsumoto Jr.
John	Matsumoto Jr.
Darrell	Yoshimi
Roy	Uda
June	Okada
Lillian	Matsuoka
Lillian	Matsuoka
Betty	Kimura
Dorothy	Koga
David	Ito
Linda	Roberts Waite
Clifford	Oto
Matsumoto	Family
Sangha	Family
Sangha	Family
Toshiko	Sakata

The Walnut Grove Buddhist Church Gratefully Acknowledges
The Following Donations

SHOTSUKI

Carol Tang	100.00
Carol Tang	100.00
Judy Young	
IMO Ruby Sugimoto	100.00
Yuri Yokoi	
IMO of Roy Yokoi	100.00
Sharon Yokoi and Gerald Shelton	
IMO Roy Yokoi	100.00
Steve Hori	30.00
Janet Sakata	
IMO Steve Sakata	100.00

SPECIAL DONATIONS

Oto Family Reunion	1000.00
Oto Family Special Service	300.00
Laura Miyano	
Buddhist Name	200.00
Ted Oda	
Walnut Grove BWA Cookbook	15.00

Need to contact us?

We are located at 14105 Pine Street

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Our phone number is 916 776 1312

BCA: Center for Buddhist Education Presents:

DEATH: JODO SHINSHU DOCTRINE & RITUALS

Jodo Shinshu Center 2140 Durant Ave, Berkeley 94704

**OCTOBER
25, 2025**



DR MARK BLUM

Professor of Buddhist Studies
and Shinjo Ito Distinguished
Chair in Japanese studies at
UC Berkeley.
"Never Die Alone"



**REV KIYONOBU
KUWAHARA**

Program Director at the Jodo
Shinshu International Office.
Supervising minister of Marin &
Berkeley Buddhist Temples.
"Jodo Shinshu Rituals"

\$50 IN-PERSON / \$30 ONLINE

REGISTRATION & INFO:

<https://tinyurl.com/JodoDeath>

Center of Buddhist Education | Living the Dharma Committee

Finding My Path as a Young Adult With Cancer



Guest Speaker

Paul Daisuke Goodman

Creative Director,
Eight East Productions

Paul Daisuke Goodman is the creative director at Eight East Productions and the writer and director of the award-winning film, No No Girl. He is also an editor at the popular online Buddhist school, Everyday Buddhist and has contributed to publications such as Lion's Roar and Pacific Citizen. Paul is a three time cancer survivor and began making feature films after his initial diagnosis in 2016.

17 September 2025

5:00 PM - 6:00 PM PT

Virtual via Zoom

Please register to receive the link →

Register Today!



bit.ly/ltd0917

