

## FINDING PEACE, JOY AND HARMONY

Buddhism is a way of life, rather than a religion of belief, where one can find peace, joy and harmony within your own environment. Whatever exists in your life is the result of karma, the interconnectedness of others, and life's continual change. No external agent is responsible for your happiness or misery, it's up to you. The path to reach this way of life is through the Nembutsu, meaning the teachings of the Buddha, which starts and ends with gratitude and appreciation.

The Fresno Betsuin Buddhist Temple is the home temple of Central California and is under the direction of Rinban Kakei Nakagawa and Rev. Kaz Nakata. We offer weekly services, adult and K-12 grade Dharma School classes on Buddhism, and offer many clubs and activities to encourage both fellowship and community service (Dana).

Please see [www.fresnobuddhisttemple.org](http://www.fresnobuddhisttemple.org) for more detailed information about our programs. We are also a member of the Buddhist Churches of America where you may see nationwide Dharma talks through their website at [www.buddhistchurchesofamerica.org](http://www.buddhistchurchesofamerica.org)

### INTRODUCTION TO BUDDHISM

1st Monday of each month

7:00 p.m. – 8:30 p.m.

Please email Rev. Kaz for Zoom link:

[rev.kaznakata@gmail.com](mailto:rev.kaznakata@gmail.com)

### Buddhist Retreat Sundays Mindful Meditation & Dharma Discussion

At the Fresno Betsuin Buddhist Temple

#### **Mindfulness Meditation (25 Minutes)**

Chanting, Walking, Sitting Meditation

#### **Dharma Discussion (35 Minutes)**

Intriguing & Interesting Topics of Discussion

July 10, July 17, July 31, Aug 7, Aug 14, Aug 21, Aug 28.  
10AM to 11AM

OPEN TO THE PUBLIC

No cost or experience necessary  
Attend any or all sessions

### Central California Buddhist Temples

Fowler: [www.fowlerbc.org](http://www.fowlerbc.org)

Hanford: (559) 584-8077

Parlier: [www.bcparlier.org](http://www.bcparlier.org)

Reedley: [www.reedleybc.org](http://www.reedleybc.org)

Visalia: [www.visaliabuddhistchurch.org](http://www.visaliabuddhistchurch.org)

### Membership Required

**Choir** Members of all ages. Meets  
Tuesdays 6:15-7:30 pm. (559) 442-4054

**Fresno Betsuin Buddhist Women's Association** A service organization that participates in fundraising events, cultural classes, and visitation to members in extended care and nursing homes. Contact: Lynn Arakaki [cherylarakaki@yahoo.com](mailto:cherylarakaki@yahoo.com)

**Project Dana** Support for the elderly via telephone visits, transportation, and monthly delivery of meals for the homebound. Contact: Donna Ishii [projectdana@fresnobuddhisttemple.org](mailto:projectdana@fresnobuddhisttemple.org)

**Senior Club** Contact Hunter Arakawa  
(559)269-2925 or [harla40@gmail.com](mailto:harla40@gmail.com)

### Membership Not Required

**Bookstore** Contact: Sharon Nagata [nagatalsgs@yahoo.com](mailto:nagatalsgs@yahoo.com)

**Boy Scout Troop 199** Contact: [www.bsatroop199.weebly.com](http://www.bsatroop199.weebly.com)

**Cub Scout Pack 199:** [info@ujclife.com](mailto:info@ujclife.com) or (559) 322-0701

**Girl Scout Troop** [info@ujclife.com](mailto:info@ujclife.com) or (559) 322-0701

**Dharma School** For students K-12. See [fresnobuddhisttemple.org](http://fresnobuddhisttemple.org) for registration forms or call (559) 442-4054

**Fresno Gumyo Taiko** Contact: [fresnogumyotaiko@gmail.com](mailto:fresnogumyotaiko@gmail.com)

**Jr YBA** 9-12th grade coed youth group offers an opportunity for young Buddhists to socialize and make lifelong friends through fun activities and community service. They meet Jr YBA chapters statewide, making connections for college and beyond. Contact: (559) 442-4054

**Tai Chi** Beginner and advanced classes. Contact (559) 442-4054

**Ukulele Club** meets one Friday per month at 7 pm.  
Contact: Glenn Hamamoto [glenstheham@sbcglobal.net](mailto:glenstheham@sbcglobal.net)