

Hongwanji Radio Programs APRIL 2013

- KZOO 1210 AM
- Japanese Language
- Saturday at 7:30 AM
- 06 Rimban Tatsuo Muneto
- 13 Rev. Tomo Hojo
- 20 Rev. Hiromi Kawaji
- 27 Rev. Hiromi Kawaji

HBC Buddha Day Service at Hawaii Betsuin 07 9:00 am

Betsuin Services Adult English Services 10am Services

- 14 Rev. Bert Sumikawa
- 21 Rev. Richard Tennes

28 9:30 am Combined Eshinni/Kakushinni Day Ms. Donna Higashi

Dharma School Service 9am

- 07 9:00 am HBC Buddha Day Service at Hawaii Betsuin
- 14 Rev. Richard Tennes
- 21 Rev. Tomo Hojo
- 28 9:30 am Combined Service Eshinni / Kakushinni Day Ms. Donna Higashi

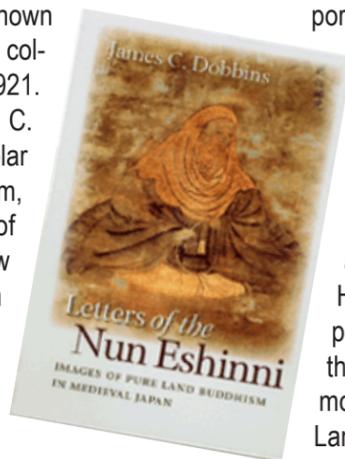
Nursing Home Services

- 04 Hale Nani (Rev. Muneto) Hale Ho Aloha (Rev. Sumikawa)
- 11 Maluhia (Rev. Tennes) Liliha (Rev. Hojo)
- 12 Hale Pulama Mau (Alan Goto)
- 25 Nuuanu Hale (Rev. Sumikawa)
- 26 Leahi (Rev. Hojo)

Read about it!

Letters of the Nun Eshinni by James C. Dobbins

Eshinni (1182–1268?), a Buddhist nun and the wife of Shinran (1173–1262), the celebrated founder of the True Pure Land, or Shin, school of Buddhism, was largely unknown until the discovery of a collection of her letters in 1921. In this study, James C. Dobbins, a leading scholar of Pure Land Buddhism, has made creative use of these letters to shed new light on life and religion in medieval Japan. He provides a complete translation of the letters and an explication of them that reveals the character and flavor of early Shin Buddhism. Readers will come away with a new perspective on Pure Land scholarship and a vivid image of Eshinni and the world in which she lived.



After situating the ideas and practices of Pure Land Buddhism in the context of the actual living conditions of thirteenth-century Japan, Dobbins examines the portrayal of women in Pure Land Buddhism, the great range of lifestyles found among medieval women and nuns, and how they constructed a meaningful religious life amid negative stereotypes. He goes on to analyze aspects of medieval religion that have been omitted in our modern-day account of Pure Land and tries to reconstruct the religious assumptions of Eshinni and Shinran in their own day. A prevailing theme that runs throughout the book is the need to look beyond idealized images of Buddhism found in doctrine to discover the religion as it was lived and practiced.

Eshinni-Kakushinni Day Service April 28th

There will be a **combined service on Sunday, April 28th at 9:30 a.m.**, when the BWA together with the Dharma School students will observe Eshinni-Kakushinni day. The Dharma school students will take a major role in conducting the service with the BWA women. The guest speaker will be Ms. Donna Higashi of Moiliili Hongwanji temple. It will be a delightful and heart rendering service when the young and old can work together. Everyone is welcome. Please attend the joint service.



The great practice is to say the Name of the Tathagata of unhindered light. This practice, comprehensively encompassing all practices, is perfect and most rapid in bringing them to fullness. For this reason, it is called "great practice." Saying the Name then breaks through all the ignorance of sentient beings and readily brings all their aspirations to fulfillment. Saying the Name is in itself mindfulness; mindfulness is nembutsu; nembutsu is Namu-amida-butsu. - Shinran Shonin



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Honolulu, Hawaii 96813

GOJI

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NEWSLETTER
of the
Honpa Hongwanji
Hawaii Betsuin

hibetsuin@hawaii.rr.com

Hongwanji Mission
of Hawaii
Five Year Theme:
"Path of Entrusting"

2013 Slogan:
"Live the Teachings"

BETSUIN MINISTERS

Chief Minister:
Rev. Tatsuo Muneto

Ministerial Staff
Rev. Richard Tennes
Rev. Tomo Hojo
Rev. Bert Sumikawa

HBC Buddha Day Celebration April 7, 2013 at Hawaii Betsuin!

Rev. Richard Tennes

On Hanamatsuri or "Buddha Day," we celebrate the Birthday of Shakyamuni Buddha, a person who lived some 2,500 years ago—give or take 500 or so years.

What do we know about the Buddha's Birthday? There are some stories, some myths, told about his birth. When he was born, Siddhartha Gautama (that was his name before he became Buddha) is said to have pointed to the sky and to the ground (like the statue in the Hanamido), taken seven steps in each of the ten directions and declared "in heaven above and on earth below, I alone am the noble one!"

Now, I don't know if a newborn infant actually did or said such a thing. Founders of religious traditions often get exaggerated stories told about their infancy and childhood, to show they were special from the moment of their birth. That they were not in any way ordinary. So he is made to say, "I alone am the noble one!"

For us, whether it happened or not is unimportant. I think what the story is saying to us is that when Siddhartha Gautama became Buddha he woke up (Buddha means "awakened one") to the world as it really is, not what our self-centered imagination thinks it is. He awoke to Oneness with all things and realized, with great compassion and unconditional love, that all beings are noble and unique. He woke up to the infinite value and significance of the Life of this very moment!

So the important thing to remember on Buddha Day is that, not only was the Buddha born—just as we all are—but that he awoke to this truth of life and found a way to share it with us. We are fortunate to have the teaching he shared, which, when we take it to heart, completely changes the way we experience and live in this world. This teaching helps us to see the preciousness and significance of our life. What does "enlightenment" actually mean. Enlightenment is not just some happy state of mind; it means



Eshinni Day
will be observed on
Sunday April 28
as a combined service
at 9:30 am

Speaker: Ms. Donna Higashi
of Moiliili Hongwanji

Rimban's Column: The True Meaning of "As I Am (Kono mama)" Part II



Once when I was a youngster in Japan, I was almost drowned in a deep and wide stream in Hiroshima. While trying to swim back

to the boat, my left leg was seized with a cramp. I started to sink in the water. Someone who was watching me struggling for survival stretched her arm toward me. I desperately grabbed her arm, so that she could pull me toward the boat. Although this incident occurred more than 60

Rev Tatsuo Muneto

years ago, I am not able to forget this incident. It has a religious implication.

Seeing that I was moving my both hands desperately to keep myself afloat, this person who was a stranger to me, wanted to save me without any condition. For this person, I was a precious young boy to be saved "as I was." This state of "as I am" is called in colloquial Japanese "Sono mama." It indicates the way one is saved by Buddha as he is, "Sono mama."

This spontaneous way of saving others from the pain and suffering of human existence was demonstrated by Bodhisattva Dharmakara in the Larger Sutra. His vow or aspiration was to become Buddha of Immeasurable Light and Infinite Life, Wisdom

and Compassion. He vowed that in becoming Amida, he would reach all beings "as they were" (Sono mama) through his name, Namo Amida Butsu. And the Bodhisattva became Amida, and Amida's is working to save all from beginning-less beginning.

Thus, in the Eighteenth Vow, I am led from the realm of suffering to the Pure Land of peace, when I utter "Namo Amida Butsu," in entrusting heart in Amida's vow. I am not required to do anything or initiate any act to be received by Amida. Just saying Namo Amida Butsu, is sufficient, and even this saying of the Name is caused by Amida's wisdom and compassion.

continued on page 8



GOJI

The GOJI is a monthly publication of the Honpa Hongwanji Hawaii Betsuin, Tel. (808) 536-7044.. There is no newsletter published for the month of August.

DEADLINE:

Articles must be submitted no later than the 10th of the month prior to publication. Mail (1727 Pali Hwy, Honolulu, HI, 96813), fax (536-0919), or e-mail (hibetsuin@hawaii.rr.com) all items to the GOJI. Please include your name and contact information. Original images should be labeled on the reverse side with caption and return information.

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The opinions expressed by individual contributors are their own and do not necessarily reflect those of the Honpa Hongwanji Hawaii Betsuin.

In Memoriam February 2013

The Hawai'i Betsuin extends its deepest sympathies to the families of the following members who passed away recently. May the family members find solace and comfort in the Nembutsu. Namo Amida Butsu

- | | |
|--------------------------------|--------------------------------|
| 2 SHIGEMASA, Tsutomu (84) | 17 UYESATO, Grace Masae (78) |
| 5 YOSHIDA, Ronald Hiroaki (87) | 17 YONEDA, Hisako (88) |
| 9 SUZUKI, Yukihisa (90) | 18 OKUDA, Arthur Toru (59) |
| 13 UCHIDA, Ann Natsuko (80) | 21 MAEKAWA, Elsie Tatsumi (92) |
| 14 HIYANE, Elsie Toshie (91) | 25 MURAKAMI, Fusayo (93) |
| 14 NAKAMURA, Yoshiro (86) | 26 NISHIZAKI, Karen Kazue (86) |
| 15 USHIJIMA, Mitsuo (93) | |

2012 Memorial Service Schedule

2013 is the memorial year for those who passed away in:

- | | | |
|---------------|----------------|-----------------|
| 2012 – 1 year | 2001 – 13 year | 1981 – 33 year |
| 2011 – 3 year | 1997 – 17 year | 1964 – 50 year |
| 2007 – 7 year | 1989 – 25 year | 1914 – 100 year |

Honpa Hongwanji Hawaii Betsuin Events Calendar

The Goji provides this monthly Events Calendar to keep everyone informed about cultural activities at our temple. Please help us by submitting information by email to hibetsuin@hawaii.rr.com, or by calling the Betsuin office at 536-7044.

Betsuin Cultural Classes and Programs for April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9 am – 1:30 pm Rhythm & Life	2 9 am – 1:30 pm Rhythm & Life 6-8 pm Judo	3 9 am Wednesday Grp 9 am Japanese Language 7 pm Bon Dancercise 7 pm Meditation/Quiet Sitting	4 9 am Bunka Shishu 9 am Flower Arrangement 11:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	5 9 am Project Dana Dance 9 am Sumie Class	6 9-11 am Judo 1 pm Taichi
7 HBC Buddha Day Service @ Hawaii Betsuin	8 Buddha Day (Holiday) 9 am – 1:30 pm Rhythm & Life	9 9 am – 1:30 pm Rhythm & Life 9:30 am Shodo Class 6-8 pm Judo	10 9 am Wednesday Grp 9 am Japanese Language 7 pm Bon Dancercise 7 pm Meditation/Quiet Sitting	11 9 am Bunka Shishu 9 am Flower Arrangement 11:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	12 9 am Project Dana Dance 9 am Sumie Class	13 9-11 am Judo 10 am Hawaiiana 1 pm Taichi
14 8:00 – Rev. Kawaji 9:00 – Rev. Tennes 10:00 – Rev. Sumikawa 1:00 – Rev. Hojo	15 9 am – 1:30 pm Rhythm & Life	16 9 am – 1:30 pm Rhythm & Life 6-8 pm Judo	17 9 am Wednesday Grp 9 am Japanese Language 7 pm Bon Dancercise 7 pm Meditation/Quiet Sitting	18 9 am Bunka Shishu 9 am Flower Arrangement 11:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	19 9 am Project Dana Dance	20 9-11 am Judo 10 am Hawaiiana 1 pm Taichi
21 8:00 – Rev. Toshima 9:00 – Rev. Hojo 10:00 – Rev. Tennes	22 9 am – 1:30 pm Rhythm & Life	23 9 am – 1:30 pm Rhythm & Life 9:30 am Shodo Class 6-8 pm Judo	24 9 am Wednesday Grp 9 am Japanese Language 7 pm Bon Dancercise 7 pm Meditation/Quiet Sitting	25 9 am Bunka Shishu 9 am Flower Arrangement 11:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	26 9 am Project Dana Dance	27 9-11 am Judo 10 am Hawaiiana 1 pm Taichi
28 8:00 – Rev. Muneto 9:30 – Ms. Donna Higashi (Eshin-ni & Kakushin-ni Day) 1:00 – Rev. Muneto	29 9 am – 1:30 pm Rhythm & Life	30 9 am – 1:30 pm Rhythm & Life 6-8 pm Judo				

Temple News and Activities



BOY SCOUT TROOP Scout Sunday

Douglas Yanagihara, Troop 49 Boy Scout

On Sunday, February 3, 2013, the various scouting organizations (Girl Scouts, Boy Scouts, and Cub Scouts) gathered in full uniform at the Honpa Hongwanji Betsuin for the annual Scout Sunday Service. The Boy Scouts of America designates the Sunday that falls before February 8 (Scouting Anniversary Day) as Scout Sunday, which is the primary date to recognize the contributions of young people and adults to Scouting. The Scout Sunday date celebrates the founding of the Boy Scouts of America by W. D. Boyce. The first Scout Sunday was in 1914. The Scout Law says that a "Scout is Reverent," and Scouts of all ages promise to do their "Duty to God" in whatever faith

the Scout chooses to follow. These values strengthen youth character in their family, community and faith.

During the service, charters were presented to the Scouting organizations. A gift of a baby changing table was presented to the Temple from the Girl Scouts, Boy Scouts, and Cub Scouts. The changing table will be installed in the Social Hall women's restroom by Troop 49 Assistant Scoutmasters, Russell Leong and Albert Wong. The Scouts were acknowledged for their achievements, such as the Cub Scout Arrow of Light Award, the Girl Scout Silver Award and Gold Award and the Boy Scout Eagle Scout Award. Rimban Muneto conferred the Copper

Padma Religious Award to a Girl Scout and a Metta Religious Award to a Cub Scout. After the service, photos from the Boy Scout California Adventure Troop Trek, Eagle Scout Project display boards, the wooden plaques showing the names of all Troop 49 Eagle Scouts and a slide show of recent Eagle Scout Service Projects were available for viewing in the Social Hall. The Boy Scouts also cooked loco moco in front of the Social Hall. The Girl Scouts also had displays, face painting and craft stations. The Cub Scouts raced their Pinewood Derby cars in the Annex. The scouting organizations are grateful for the sponsorship and support from the Honpa Hongwanji Hawaii Betsuin.

Bridging Over Ceremony from page 9

Top Row: Louis Lee, Mathew Tomioka, Preston Wong, Jason Fujita, Kaisen Nakagawa, Aulama Jianinno, Justin Kunimune, Logan Matsuoka, Ryan Ando, Douglas Yanagihara, Korey Miyakawa

New Boy Scouts, Bottom Row: Sage Cummings, Jarret Furuta, Elliot Hee, Travis Johnston, Rylen Nakagawa, Bryce Nishi, Royce Shioi, Jace Sugimoto, Jonathan Tycer, Nathan Yee, Ethan Zane.



HBC Buddha Day Celebration continued from page 1

to appreciate reality; it is the Wisdom to see things as they are. We are told that the Baby Buddha was born into a life of luxury and was sheltered and protected from all the sorrows and troubles of life by his parents. However, it is impossible to really shelter someone from the realities of life, from illness, old age and death, because everyone, without exception, must eventually face these things. As soon as Shakyamuni learned that suffering exists, he could not rest until he discovered why this should be. He needed to know the meaning of suffering.

Siddhartha Gautama left behind his sheltered world to discover the truth. Actually, it doesn't matter if we start out rich, poor, or in between; each of us is taught from birth to hide behind comfortable assumptions about life, thoughts that allow us to hide from the true facts of life. So Buddhism is really telling us that life is not what we think it is, it is not what it seems.

You might even say that—without enlightenment, without this Buddha-Wisdom, we are not really living our lives. We are hiding in our goals and plans and dreams. We are not really here, but are acting out our life according to a set of rules—you might call it a "script" (like a movie screenplay). And that is true for most of us, most of the time. We are all playing roles in our lives. In fact, right at this very moment, you all are playing the role of adults, children, students, sons and daughters; I am playing the role of a minister. Of course, people really are adults and children and students and ministers. But, the truth is, we often spend our time and energy trying to be what other people expect

or want us to be, or to live up to some expectations we imagine about who or what we should be. You should always ask yourself, "am I truly sincere about what I say and do, about who I am?" Because being ourselves, sincerely ourselves, is the most important thing Buddhism teaches us. Being sincere means to be present in what you are doing, thinking and feeling. Unfortunately, it is very hard to know if we are being sincere or not, whether we are really being ourselves and living our own lives, or just walking through life with our eyes closed, hoping that the future will bring happiness and fulfillment. In fact, we tend to create habits to carry us through the moments of life, so we don't have to pay attention. Our minds are always filled with goals and plans and desires and hopes and dreams. But, in themselves, those goals and plans and desires and hopes and dreams are not real. No matter how important we think they are, they are just in our minds. Only this moment, the life we are living now, is truly real. The Buddha urged us to wake up to the significance and preciousness of this moment—right now! Because if we think our real life is going to come in the future, in our hopes and goals and dreams, then that is where our minds will be too, and this moment, the actual moment we are living, will just be something we do by habit. And to live by habit, to hide from—or sleep through—the actual moments of our life is what the Buddha meant by "suffering." Right now is what is real, and right now is what will always

be the real thing for each of you.

And so, on Hanamatsuri, let's celebrate the birth of the person who discovered the great truth of freedom from suffering. Let's take the Buddha's teaching that calls us to "wake up" deeply to heart. Although he was born approximately 2,500 years ago, his teaching is for you and me today, right now!

Please join us April 7, 2013 at Hawaii Betsuin for the Honolulu Buddhist Council Annual Buddha Day Celebration. Service begins at 9:00 AM and is followed by fun festivities including entertainment, activities, games, and food (hamburgers, hot dogs, saimin, drinks and shaved ice) until 1PM.

See you there! Happy Buddha's



Temple News and Activities

News from the Buddhist Women's Association

Fujiko Motobu, President

Bazaar

The Taste of Hongwanji Bazaar was a great success in many ways. Besides the concept of making money for the temple, the unity in planning and working together was of true essence, in giving of oneself, as taught and practiced in our jodo shinshu teachings. It was very appealing to see our BWA ladies working so hard in the preparations of food products as well as segregating all of the clothing. During the production of the pickles or tsuke-mono, even the men came to assist and they were much appreciated. Surely in the future they will be named to become BWA auxiliary members. These men were Ken Ishii, Ken Kadomoto, Roy Miyamoto, Norman Hirohata-Goto, Ron Suzuki, Elmer C., and even the Rimban Muneto. The master of growing daikon is Herb Yasukochi, who continuously grows the most beautiful, sometimes very vividly shaped ones for our imagination.

Thank you very much for all the help. We depend on all of you for your support.

Hanamatsuri

The annual Hawaii Buddhist council will be celebrating Hanamatsuri on Sunday, April 7 at Hawaii Betsuin. Many people from other temples will be here, so please come and join everyone in celebrating the birth of Buddha. The hanamido will be decorated and everyone will be able to pour sweet tea on the statue of Buddha.

Many of our BWA ladies are in the Betsuin Choir. They will be traveling to Japan from April 8th through the 15th and return home on the 16th. They will be attending a music festival which will be held in Kyoto. Good luck to all of you and hope you have a great time making many good memories. After the trip we are certain that someone will write about the great time that they had in Japan.

Eshinni-Kakkushinni Day

Our BWA annual Eshinni-Kakkushinni Day will be celebrated in a combined service with the Dharma School students and the congregation from the Adult Service on Sunday, April 28 at a combined 9:30 a.m. service.

Eshinni sama was the wife of Shinran Shonin; their daughter was Kakkushini sama. Both supported Shinran Shonin to the fullest extent. The guest speaker for the service will be a member of Moilili Hongwanji as well as being the BWA Federation President, Ms. Donna Higashi.

With the support from the Dharma School students, the BWA is very thankful in making this event a very meaningful one. In the future these Dharma School students will become the leaders of our temple and will be carrying on all of the temple activities. Please attend the service.

GENERAL MEMBERSHIP MEETING #2 FOR BWA ON APRIL 28 AFTER THE SERVICE IN THE HONDO

Stay Healthy

According to Junji Takano of Japan, increased risk of fall accident begins at age 40. In Japan, more than 7,000 people a year die from falling, which exceeds the number of traffic accidents. The older you get the weaker your physical body and sensory abilities become, which are the causes in having poor balance.

The following table shows the average balance time by age group. Stand on one foot and not hold on to anything. Stand on one foot at a time and alternate.

Average time eyes open (*)
Average time eyes closed(+)
*20-39 years old: 110 seconds
+20-39 years old: 12 seconds
*40-49: 64 seconds
+40-49: 7 seconds
*50-59: 36 seconds
+50-59: 5 seconds
*60-69: 25 seconds
+60-69: 3 seconds

If your balance time is below average, then you will have higher risk of falls or slipping and tripping accidents.

The soles of your feet have sensors: The skins throughout your body have tiny pressure sensors or mechanoreceptors. The soles of

continued on page 5

Temple News and Activities



BOY SCOUT TROOP

Douglas Yanagihara, Troop 49 Boy Scout

Cub Scout Pack 49 Arrow of Light Ceremony and Bridging Over Ceremony

On Saturday, February 9, 2013, the Kapiolani Chapter of the Order of the Arrow performed an Arrow of Light Ceremony for Cub Scout Pack 49. The Arrow of Light Award is the highest rank in Cub Scouting. Earning this rank, which prepares a Webelos Cub Scout to become a Boy Scout, were 11 Cub Scouts; Sage Cummings, Jarret Furuta, Elliot Hee, Travis Johnston, Rylen Nakagawa, Bryce Nishi, Royce Shioi, Jace Sugimoto, Jonathan Tyner, Nathan Yee, and Ethan Zane. The Arrow of Light badge is the only Cub Scout badge that can be worn on the Boy Scout uniform when a boy gradu-

ates from Cub Scouts to Boy Scouts.

On Friday, February 22, 2013, a group of 11 Pack 49 Cub Scouts "bridged over" to Troop 49. The "bridge" is a symbolic connection which represents the transitioning of Cub Scouts to Boy Scouts. The Cub Scouts carry over the skills and knowledge acquired in their years with Pack 49 and go across the "bridge" to their new venture with the Boy Scouts. After crossing over, Troop 49 Boy Scouts conferred each new Scout replacing the Cub Scout Webelos plaid neckerchief with the Honpa Hongwanji Betsuin Boy Scout

purple neckerchief with wisteria mon imprint and a new white neckerchief slide. The Troop 49 neckerchief slide is made out of white rope in the form of a turk's head knot which serves a dual purpose. It is not only a slide to hold the neckerchief in place, but during an emergency situation, it can be used as a rope and be converted to a rescue/first aid cord, as needed. After the ceremony, the older Boy Scouts proceeded to take the new Boy Scouts from the Social Hall to the Troop 49 meeting. The 11 new Boy Scouts will make up the Badger Patrol. Congratulations and welcome, new Badgers to Troop 49!



Back Row: Branden Morioka (Troop 1), Douglas Yanagihara (Troop 49), Riley Kam (Troop 1), Logan Matsuoka (Troop 49), Kaeden Gamiao (Troop 181) **Front Row:** Rylen Nakagawa, Sage Cummings, Elliot Hee, Jarret Furuta, Travis Johnston, Royce Shioi, Jace Sugimoto, Bryce Nishi, Jonathan Tyner, Nathan Yee, Ethan Zane.

The True Meaning of “As I Am (Kono mama)” Part II continued from page 2

Then, I am allowed to live this life “as I am,” which is “Kono mama.” The Japanese term “Kono” is referred to the person who has been taken over by “Namo Amida Butsu.”

I cannot forget the stranger’s kind act of saving my life so many years ago in Hiroshima, because her kind act connotes Amida’s compassion to liberate me from my karma of being drowned.

Shin Buddhist salvation (liberation) with “Kono mama” cannot be interpreted that one is taken by Amida’s compassion even without any sincere effort to study the Dharma through attending the temple services and classes. It is essential in Buddhism that one has good understanding of the teachings and concepts. It is even necessary to discuss life’s unending problems with friends of the Dharma and teachers. Even to have medita-

tion practices might be helpful, so far as they lead us to encounter with Amida’s Primal Vow (18th vow).

Chiyono Sasaki of Kona went through struggles, physical and spiritual while raising many children in coffee farm. She even attended church services of a new religion and other Buddhist school that required rigorous prayers. Finding out that nothing worked, Chiyono talked to the shin minister and was told that Amida’s unconditional compassion had been directed to her as she was (sono mama). She reached the settled mind as she was “kono mama” Living with the Name-that-called, Namo Amida Butsu, which became the axis of her whole being, Chiyono was able to face many changes that she faced with. In deep gratitude, she said:

*I am so happy about being as I am that I naturally bow my head.
Being good or bad, I am what I am.
Being false or true, I am what I am.
Having or not having,
I am what I am.
Rain or shine,
I am what I am.
Crying or laughing,
I am what I am.....*

These lines are the main part of Chiyono’s religious poem entitled “As I Am (Kono Mama)”. She was a person who was able to accept the changing circumstances in her life. Receiving Buddha’s wisdom and compassion, strength and humbleness, truthfulness and joy, Chiyono was enabled to live her life concretely “as I am” (Kono mama). She happily related the true meaning of “Kono mama” to her family, friends and members of the community for many years. When she passed away, she returned to the Buddha’s realm of “as is.”

Embraced
just
as I am,
I go to
the Great
Birth.

Zuiken



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Temple News and Activities

News from the BWA continued from page 4

your feet have thousands of sensors. These sensors on the foot provide information to your brain to help balance your body. As you get older the sensors will get weaker and your foot sole lose sensitivity.

Poor blood circulation will also cause fall accidents. This can be simulated by soaking your feet into ice cold water for about 3 minutes.

Pay attention to your forward moving foot. If your forward moving foot hit something, your body will be off-balance causing to fall or trip. Always have your eyes on path and watch where you are going. Remember the old saying: “Prevention is better than cure”; “an ounce of prevention is worth a pound of cure”; “Look before you leap”.

There are other reasons why you stumble while walking. If your foot is pointed down while making a step, then you are more apt to falling. To avoid this, try walking heal- toe, heal- toe. The height of your step can greatly increase your risk of falling too. To prevent this,

your forward-moving foot must be higher off the ground while the knee is raised high.

To prevent yourself from a fall, trip or slip, try to remember the following: (1) Keep your house clean. There are a lot of things in your house that can contribute to clutters that can cause you to trip or fall. Always make sure to put away all personal belongings and other unnecessary things like a newspaper, remote control, and laundries scattered on the floor or carpet; (2) Feet stretching exercise can really help your feet maintain balance; (3) Keep your house warm and ensure adequate lighting. Walking in dark areas will increase the risk of falling; (4) Walking around in rubber slippers outdoors increases the risk of falling, too.

IN OTHER WORDS...
BE CAREFUL,
DON'T RUSH,
DON'T TAKE RISKS
BUT DO
TAKE YOUR TIME.

Laughter... It's Good for Your Health!

“Do you believe in life after death?” the boss asked one of his employees.

“Yes, sir,” the clerk replied.

“That’s good,” the boss said. “After you left early yesterday to go to your grandmother’s funeral, she stopped in to see you.”

Try this RECIPE from March 2013 issue of Prevention magazine:

SOBA NOODLES

healing powers are digestive health, heart health, sleep, weight loss, type 2 diabetes prevention.

Combine in saucepan: 2 cups water, 4 chopped scallions, 2 Tbsp chopped cilantro, 1 minced clove garlic, and 4 thin slices peeled ginger

Stir in 1 Tbsp seasoned rice vinegar, 1 ½ Tbsp reduced sodium soy sauce, 2 tsp honey and ½ tsp red-pepper flakes. Simmer 10 minutes.

Add 1 cup thawed frozen edamame, 1 cup sliced bok choy, 1 large carrot peeled into ribbons, and 1 tsp dark sesame oil in last 2 minutes of cooking.

Remove from heat and cover. Heat 1 ½ tsp canola oil in medium skillet over medium-high heat. Add 1 ½ cup sliced shitake mushroom caps and cook until golden brown, about 5 minutes.

Prepare 6 oz. soba noodles per package directions. Divide noodles, sauce, mushrooms, and sliced scallion greens among bowls. SERVES 4

Temple News and Activities



February 4, 2013

Pacific Buddhist Academy Selects New Head of School Robert W. Cody will begin his term July 1, 2013



Pacific Buddhist Academy is pleased to announce that on the recommendation of its Head of School Search Committee, the Board of Trustees has selected Robert W. Cody as its new Head of School. Mr. Cody comes to PBA from the position of Principal at Northbridge International School Cambodia in Phnom Penh, Cambodia. Mr. Cody has broad experience in both public and independent schools, and he is well qualified to lead this school forward.

In accepting his new position, Mr. Cody said, "I and my family would love to be a part of Pacific Buddhist Academy. To be a part of the amazing places it can go. To see the amazing places the students will go. We would love to be a part of the Sangha and to develop a greater understanding of Shin Buddhism. We would love to meet the parents of past, present and future students to assure them that the ideal of Peace Education is our drive."

The 9-person Search Committee appointed by the PBA Board conducted a global search. PBA's unique offering of a quality college-preparatory education with an innovative peace curriculum in an atmosphere of compassion and infused with Buddhist values attracted qualified applicants from around the world. The committee was assisted and advised by Hawaii Association of Independent Schools Executive Director, Robert M. Witt.

Mr. Cody succeeds Founding Head of School, Pieper Toyama, whose 10 years of inspired leadership guided the creation of the unique world-class high school that Pacific Buddhist Academy is today, the only Shin Buddhist high school in America. Mr. Cody will guide PBA into the next phase of its growth and the fulfillment of its mission.



Mr. Cody and his wife Kelli have two children, son Barrett and daughter Haven, who will be attending Hongwanji Mission School, educational partner school to Pacific Buddhist Academy.

Mr. Cody earned his Bachelor of Arts from Molloy College, Rockville Centre, New York and his Masters in Education Administration from Keene State College, Keene, New Hampshire. Throughout his distinguished 20-year academic career, Mr. Cody has

held children uppermost in his thinking and actions. His commitment to peace and compassion and creating a school atmosphere that values every student make him ideally suited to be the new Head of School at Pacific Buddhist Academy.

Aloha,

Joel D. Determan
Chairman of the Board of Trustees

Leigh-Ann K. Miyasato
Chair, Head of School Search Committee

Temple News and Activities

Honpa Hongwanji Hawaii Betsuin Judo Academy

Axel Obara, Principal Instructor-Of Counsel

Lukela Los Banos Headed to Colorado Springs



It is with great pride that Lukela Los Banos stands tall, and yet, humbly bows in the warmth and support of his ohana, Judo Gakuen, friends and classmates. He started judo at 6 years of age under the "slamming" discipline of his no-nonsense, older judo brother and strict but loving father and mother.

Now, after a road of tear-downs and being guided by supportive direction, he realized the characteristics of "the way" in judo study, competition, officiating, leadership and unselfish, volunteer-support efforts at the activities of the Academy. Recently, Lukela garnered the All-Male Grand Champion Award in the U.S.-2012 National High School Judo Championships. This achievement led to his immediate, "Shodan", judo black belt promotion. As he was presented his embroidered black belt in the dojo, he

was subjected to a judo tradition of antiquity, in a quiet ceremony, ritualistic to express thank you to every member and parent/booster of the dojo who helped him achieve the promotion in judo humility.

Lukela is a senior at Maryknoll High School (also in ILH-Judo) and upon graduation, he will be studying at (UCCS) University of Colorado at Colorado Springs under an in-state tuition privilege and the induction to the (US-OTC) Olympic Training Center-USA Judo, National Training Program at Colorado Springs. In leaving his boogie board behind, he will be exposed to exercise/training regimens in the oxygen-deprived, mile-high altitude and some freezing temperatures to begin another chapter in his higher judo achievement.

In recognition of his chosen path and in the face of financial concerns, the Board of Directors of the Judo Academy stepped forward to present its Academic-Athletic Scholarship to Lukela to help defray some of the costs being incurred by his family.

Unbeknownst to many of the readership of Goji, the Judo Academy is a self-standing non-profit, 501(c)(3) entity with a scholarship foundation already in place. Also, aside from a long line of past black belt practitioners in Honpa-Judo with over 120 years of history in Hawaii,

a couple of its respected leaders were Yukizo Yamamoto and Col. Bert Nishimura, 442nd, Regimental Combat Team Commander, the 1939 Territory of Hawaii Judo Champion.

Congratulations, Lukela, on a job well done! We wish you success in your quest for greater and broader horizons as you move to the next level of training in your Judo career. The commitment you have shown to the Honpa Hongwanji Hawaii Betsuin Judo Academy will serve as an inspiration to others for many years to come!

Next Mini Market June 16th

For more information on
how to donate to the
Mini Market,
please contact
Florence Wasai
through the
Betsuin office



護持

ハワイ別院 開教使法話



北條 朋 開教使

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四月にはいり、日本の感覚がまだぬけきれない私は、桜の花を思い出し、入学式を思い出します。日本では、花といえば「桜」です。「山桜」もあれば、「ソメイヨシノ」もあります。日本のテレビでは、毎日のように「桜の開花情報」(いつ花がさくのか)が流されます。広島はいつ、京都は何日、東京、青森、

札幌と、みんなが桜の花が咲くのをまちこがれています。ハワイのテレビでそのようなニュースをみたことがありません。なぜ、日本人はそんなに「桜」が好きなのでしょう。ひとつ考えられるのは、「冬の寒さです。ハワイのように一年中暖かい所では、想像できませんが、日本の冬は寒いのです。今年も雪がたくさん降ったようです。長いきびしい寒さの、冬をすごし、あたたかな春を待ちわびる、その思いが「桜」に表れているのではないかと思うのです。春になれば、氷がとけ、花が咲き、小鳥がうたい、体も心も明るくなります。だから、みんな春を待つのです。

その春の象徴が「桜」なのだと思ふのです。そう思うと、毎日テレビで桜の開花情報が流されるのも、納得できます。次に日本人が「桜」の花が好きなのは、花が美しいことと、「散り方がいさぎよい」ということではないかと思ふます。花が咲いて10日もすると、花は散ってしまします。その散り方がいさぎよいのです。いつまでも木にしがみついているのではなく、風が吹くとさっと飛んでいきます。「桜ふぶき」という言葉もあるくらいですから、いっせいに飛んでいきます。それがいいのでしょう。皆様も桜をご覧になる機会がございましたらこの気持ちをお考えになってみてください。その桜の花がきれいに咲いているのを見て、あるお念仏をよるこばれたお方がこのように言われました。

この花咲かすも、雨と風。この花散らすも、雨と風。雨と風とがなかりせば、花も咲くまい、散りもせず。

いかがでしようか。桜の花を咲かせるのは、雨が降り風が吹くから。でも、同時に雨と風は咲いた花をも散らせてしまう。このきれいな花をいつまでも眺めていたいけれど、雨と風が散らせてしまう。雨よ降るな。風よ吹くな。でもよくよく考えてみれば、雨と風がなかつたら、このきれいな花は咲かなかつた。そう思うと、邪魔なものと思っていた雨と風が、なくてはならないものであることに気付かされた。という事でしようか。

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4月の法縁

4月7日	午前 9:00	ハワイ仏教連盟主催 花まつり 場所: 本派本願寺ハワイ別院
4月14日	午前 8:00 午前 9:00 午前 10:00 午後 1:00	日本語礼拝 ダーマスクール礼拝 英語礼拝 日中日本語礼拝 川路広美引退開教使 リチャード・テネス開教使 バート・スミカワ開教使 北條朋開教使
4月21日	午前 8:00 午前 9:00 午前 10:00 午後 1:00	日本語礼拝 ダーマスクール礼拝 英語礼拝 日中日本語礼拝 戸島良三引退開教使 北條朋開教使 リチャード・テネス開教使 北條朋開教使
4月28日	午前 8:00 午前 9:30 午後 1:00	日本語礼拝 恵信尼覚信尼デー 日中日本語礼拝 宗藤達雄輪番 ダーナ・ヒガシ女史 宗藤達雄輪番

日本語礼拝の時間を7時半より8時へ変更致しました。

KZOO放送 本願寺アワー

毎週土曜日午前7時半より AM 1210 Mhz

4月6日	宗藤達雄輪番	スポンサー料は100ドル以上です。お申し込みはハワイ別院オフィスまで(電話番号536-7044)。尚、講師は変更になることもあります。
4月13日	北條朋開教使	
4月20日	川路広美引退開教使	
4月27日	川路広美引退開教使	



ケアホームビジテーション

4月4日	ハレナニ	宗藤達雄輪番
	ハレホアロハ	バート・スミカワ開教使
4月11日	マルヒア	リチャード・テネス開教使
	リリハ	アラン・ゴトウ氏
4月12日	クアキニ	北條朋開教使
4月25日	ヌアヌハレ	バート・スミカワ開教使
4月26日	レアヒ	北條朋開教使

病院訪問のご案内

ハワイ別院では病気に成られた方や臨終が近づいて来られた方への訪問を行なっております。ご家族、お友達など周りの方でご存知の方がおられましたら、ハワイ別院オフィス(808)536-7044もしくはハワイ別院の開教使へご連絡を頂ますようお願い致します。365日、24時間お待ちしております。

これは、桜の花にかぎったことではないと思います。私の毎日の生活においても、おなじような事が言えるのではないのでしょうか。

生きていると、私にとって邪魔なものから次へと、あらわれてくる。

嫌いな人、いやな仕事、つらい病気、・・・

「これさえなかったら、私の毎日はずっと気持ちよく過ごせるのに、なぜこんなに邪魔者が多いのか。」

そんなことを、お考えになった事はございませんか？

もしそのようなことをお考えになったときは、この言葉を思い出して下さい。

しかしよく考えてみると、私が嫌だと思っていることは、私がお釈迦様にならなるといっているだけで、じつは別の見方をすると、私になくてはならない大切なものであった、ということがあります。

そのことに、気づかせてくれるのがお念仏のみ教えです。

私の、自己中心の考え方のカラを破って、阿彌陀様の智慧のまなこで、世の中の真実のあり方をみつめなさい。そうすれば、あなたの勝手な思いが、いかに自分を苦しめていたかがわかります。そのことに気がつけば、この世の中に邪魔なものはない。みんな、私を本当の人間にお育てくださった、大切なご縁であったと気づかされま

ハワイ別院写真館

ハワイ別院にて春季彼岸会法要が勤修され、BCAよりジョーン・イオハラ先生をご講師にお迎え致しました。



敬老会昼食会が行われ様々なエンターテイメントが行われました。



春のバザー・テイストが本願寺が行われ多くの方がハワイ別院へお見えになりました。



日本語礼拝に深川宣暢龍谷大学教授をお迎え致しました。



ご案内

「日本語礼拝の時間変更」

2013年より日本語礼拝の始まる時間が7時半より8時へ、早朝英語礼拝が7時より7時半へと30分遅くなります。

ダーマライト

Understand Buddhism (勉強会) 以下のとおり行われますのでご案内申し上げます。

講師・バートスミカワ開教使
午前10時より午前11時
4月6日、13日、20日、27日
5月4日、11日
詳細はハワイ別院オフィス536-7044までお問い合わせ下さい。

花まつり

4月8日がお釈迦様のお誕生日です。いまから約2500年前のことです。仏教のお寺ではお釈迦様のご誕生をお祝いして、「花まつり」をおこないます。

きれいなお花をおかざりして、甘茶をおかけします。ご覧になられたことがございましたか？まだご覧になったことが無い方は4月7日に本派本願寺のお寺へお参りください。お待ちしております。

お祝いいたします。そして、そのお釈迦様のおさとりになった「仏教」を、親鸞聖人様がお念仏としてお伝えしてくださっておりますから、しっかりと聞かせいたいただきたい事がございます。私自身ひとりでは生きていけないので、数え切れないほど

たくさんのご縁によって生かされているのである。そのことに気付かせて頂き、一日一日感謝の生活をさせていただきたい事でございます。

4月7日にハワイ仏教連盟花まつりが本派本願寺ハワイ別院にて午前9時より勤修されま

す。その後、階下ホール並びに本派本願寺ミッシェンスクールにてエンターテイメント、フィードブース、子供向けのアクティビティやゲームが催されます。皆様お誘い合わせの上お参り下さいませようご案内を申し上げます。

尚、本派本願寺ハワイ別院の花まつりは4月14日に勤修されます。

恵信尼・覚信尼デー

4月28日9時半よりハワイ別院仏教婦人会主催 恵信尼・覚信尼デーが勤修されます。

本年のご講師はモイリイリ本願寺よりダーナ・ヒガシ女士をお迎え致します。共に恵信尼様、覚信尼様をお呼びさせていただきます。



Hawaii Buddhist Center Presents

Buddha Day Celebration

Date: Sunday, April 7, 2013
Place: Hawaii International Convention Center (HICC) (727 Pali Highway)
Event Schedule:
9:00 am - Buddha Day Service at Main Temple
10:30 am - Entertainment at Social Hall
1:00 pm - 1:45 pm - Games, Activities, Food Booth, Bounce House

Public Invited!
Please join us to celebrate the birth of Shakyamuni Buddha. Many programs and games are being planned for the family to enjoy the day!
*Parking is available on-site.
Hawaii Mission School (near from Main Street)
Soto Mission of Hawaii (727 Pali Highway)

FOR MORE INFORMATION: Please call
Hawaii International Convention Center (HICC) (727 Pali Highway)
Hawaii Buddhist Center (727 Pali Highway)