

Hongwanji Radio Programs MARCH 2013

KZOO 1210 AM
Japanese Language
Saturday at 7:30 AM

- 02 Rev. Ryoso Toshima
- 09 Rev. Tatsuo Muneto
- 16 Rev. Tomo Hojo
- 23 Rev. Toshiyuki Umitani
- 30 Rev. Jay Okamoto

Betsuin Services Adult English Services 10am Services

- 03 Rev. Bert Sumikawa
- 10 **Spring Bazaar**
No Services
- 17 Combined 9:30 am
Spring Ohigan Service
Rev. John Iwohara
- 24 Rev. Richard Tennes
- 31 Rev. Tatsuo Muneto

Dharma School Service 9am

- 03 Rev. Tatsuo Muneto
- 10 Spring Bazaar – No Services
- 17 Combined 9:30 am
Spring Ohigan Service
Rev. John Iwohara
- 24 Dharma School Teacher
TBA
- 31 Rev. Richard Tennes

Nursing Home Services and Visits

- 07 Hale Nani – Rev. Tennes
Hale Ho Aloha – Rev. Hojo
- 08 Hale Pulama Mau
Rev. Sumikawa
- 14 Maluhia – Rev. Muneto
Liliha – Rev. Sumikawa
- 22 Leahi – Rev. Tennes
- 28 Nuuanu Hale – Rev. Hojo

Troop 49 Scouts contribute \$1500.00



Pictured are (l-r) Logan Matsuoka, Dustin Iwasaki and Colin Kubota with Frank Wong, troop committee chair

Troop 49 Scouts and Leaders completed another successful holiday project when they donated \$1,500 to the Betsuin that they earned by making and selling Kadomatsu for the New Year. This annual project is popular with temple members who give a donation for the Kadomatsu of their choice from the many made by the scouts. A big Mahalo to Troop 49!



Eshinni Day

will be observed on
Sunday April 28
as a combined service
starting at
9:30 AM
Please mark your calendar!



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



1727 Pali Highway
Honolulu, Hawaii 96813

GOJI

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MARCH 2013



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

Spring O-Higan: a time to reflect...

Rev. Richard Tennes

On March 16th and 17th, Hawaii Betsuin will celebrate the Spring O-Higan Festival. O-Higan is a time during which we can reflect upon the profound harmony and oneness of the universe, a harmony that is apparent when we are able to see beyond our limited, self-centered views.



The word higan means the "other shore" of enlightenment. Traditionally, Spring O-Higan is a week-long observance, during which the observance of the Six Paramitas or "perfections" (giving, discipline, patience, effort, meditation, and wisdom) are studied and contemplated. During O-Higan, we can bring to mind these perfections and consider how they relate to our own lives. These Six Paramitas are part of the path of the Bodhisattva, one who vows to leave behind self-centeredness and practices perfection in order to become a Buddha for the sake of all beings. Since Buddhism teaches us first and foremost to transcend our limited self, the Bodhisattva path—seeking perfection and enlightenment for everyone—is the true Buddhist path we must all follow.

As Jodo Shinshu followers, our living the Nembutsu life is itself the Bodhisattva practice of perfection. As Shinran Shonin taught, Nembutsu is the mind of Amida, perfect Wisdom and Compassion. Normally, our lives are defined by a lack of perfection, by disharmony, and struggle. Shinran himself struggled throughout his life and realized that perfection, which is limitless, could never be achieved through his own limited efforts. He learned that it is only through total reliance on Amida Tathagata, the true reality of Wisdom and Compassion, that we can understand the meaning of perfection in our lives. During this O-Higan period, let us reflect deeply on the Six Perfections. Though we are limited beings, the Six Paramitas are truly realized through the heart and mind of entrusting faith; in this way we are brought to perfection through the working of Amida's Compassionate Vow.

This year our O-Higan guest speaker will be Rev. John Iwohara, who is currently the resident minister at Venice Hongwanji of the Buddhist Churches of America (BCA). Rev. Iwohara received his BA from University of California at Los Angeles in 1984, and MA degrees from Wilfrid Laurier University in Canada in 1987 and Ryukoku University, Kyoto in 1991. Before his current position at Venice Hongwanji, Rev. Iwohara served at Fresno Betsuin (1994-1996), Vista Buddhist Temple (1996-1998), and Seattle Betsuin (1998-2002). He has also devoted himself to Buddhist Education, serving the Center for Buddhist Education (Buddhist Churches of America) as an on-line course instructor from 2008

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

Rev Tatsuo Muneto



Some notions of Shin Buddhist teachings are like powerful drugs. If used properly, they heal a person's illness perfectly, but if misused, they damage one's life. One such notion is the Japanese Shin term, Kono-mama, "as I am." We must understand the proper way of using simple Japanese phrases in order to live the teachings comfortably in our everyday life.

The Japanese term of "Kono" signifies "this". "Mama" is the term that stands for the state of "as is". With the two terms combined, "Kono mama" means "as I am." In the context of Shin soteriology (theory of salvation), kono mama is the state in which a Nembutsu person has been liberated from suffering by Amida's compassion without eradicating such blind desire as anger, greed and stupidity. It connotes mindfulness, or settled mind, in which we are grateful in living as we are. In General Buddhism, one is not able to

attain Nirvana without removing blind desires practicing mindfulness and meditation.

Shinran Shonin (1173-1263) who went through arduous practices realized that these practices were not needed in the presence of "Namo amida butsu," which is the fruition of Amida's compassion to save all from misery and sorrow of the unpredictable human life. Amida has already established the great Vow to reach hearts and minds of all beings through the

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.

GOJI STAFF:

Editorial: Jo desMarets; Dianne Ida, Randy Kawamoto, Ralston Nagata, Mary Tanouye; Rev. Tomo Hojo, Japanese section editor, Production: Ron Suzuki, Stacy Bradshaw, Alice Omura, Setsu Takashige, Alice Tando, Kimiyo Miyose

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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



January 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

- | | |
|-----------------------------------|------------------------------------|
| 1 KUWAHARA, Harriet Naoko (81) | 14 MURAMOTO, Paul Tadashi (82) |
| 2 KAMEDA, Donald Akio (92) | 14 TODOKI, Violet Sumie (83) |
| 5 TAKAMIYA, Gladys Shigeno (88) | 18 MASAKI, Koichi (90) |
| 7 FUJIWARA, Kiyomi (93) | 18 NISHIMURA, Florence Kazuko (73) |
| 7 YAMASAKI, Hatsuko (91) | 21 TSUMOTO, Clara Toshie (98) |
| 8 KAWAMOTO, Jean Harumi (92) | 21 WAKIDA, Kazuo (90) |
| 8 MATSUURA, Yoshinori "Slim" (98) | 21 YAMAMOTO, Gladys Katsuko (92) |
| 8 NUMA, Masami (88) | 22 MOTONAGA, Herbert Minoru (79) |
| 9 SAITO, Mie (91) | 24 OKAZAKI, Charles Isao (90) |
| 10 MURAKAMI, Sachio (90) | 26 FUJIMOTO, Hisao (89) |
| 11 MATSUYAMA, Harriet Fumiyo (99) | 26 MATSUURA, Fumie (94) |
| 12 KAGEYAMA, Roy Katsutoshi (70) | 27 KAGAWA, Lilly Itsue (93) |
| | 31 TSUKAMOTO, Lillian Kimie |

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.

March 2013 Cultural Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 8:00 – Rev. Hojo 9:00 – Rev. Tennes 10:00 – Rev. Muneto 1:00 – Rev. Muneto					1 9 am Project Dana Dance	2 9-11 am Judo 10 am Hawaiiana 1 pm Taichi
3 (Hongwanji Day/Keirokai) 8:00 – Rev. Hojo 9:00 – Rev. Muneto 10:00 – Rev. Sumikawa 1:00 – Rev. Muneto	4 9 am – 1:30 pm Rhythm & Life	5 9 am – 1:30 pm Rhythm & Life 6-8 pm Judo	6 9 am Wednesday Grp 9 am Japanese Language 1 pm Flower Arrangement (Saga Ryu) 7 pm Bon Dancercise	7 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	8 9 am Project Dana Dance 9 am Sumie Class	9 9-11 am Judo 1 pm Taichi
10 Taste of Hongwanji-Spring Bazaar (No Services)	11 9 am – 1:30 pm Rhythm & Life	12 9 am – 1:30 pm Rhythm & Life 9:30 am Shodo Class 6-8 pm Judo	13 9 am Wednesday Grp 9 am Japanese Language 1 pm Flower Arrangement (Saga Ryu) 7 pm Bon Dancercise	14 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	15 9 am Project Dana Dance	16 8:30 am Talk Story (Rev. Iwohara) 9-11 am Judo 1 pm Taichi
17 Spring Higan 8:00 – Rev. Iwohara 9:30 – Rev. Iwohara 1:00 – Rev. Muneto	18 9 am – 1:30 pm Rhythm & Life	19 9 am – 1:30 pm Rhythm & Life 6-8 pm Judo	20 9 am Wednesday Grp 9 am Japanese Language 1 pm Flower Arrangement (Saga Ryu) 7 pm Bon Dancercise	21 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	22 9 am Project Dana Dance 9 am Sumie Class (CANCELLED)	23 9-11 am Judo 10 am Hawaiiana 1 pm Taichi
24 8:00 – Prof. Nobuhiro Fukugawa 9:00 – D/S Teacher TBA 10:00 – Rev. Tennes 1:00 – Rev. Hojo	25 9 am – 1:30 pm Rhythm & Life	26 9 am – 1:30 pm Rhythm & Life 9:30 am Shodo Class 6-8 pm Judo	27 9 am Wednesday Grp 9 am Japanese Language 1 pm Flower Arrangement (Saga Ryu) 7 pm Bon Dancercise	28 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	29 9 am Project Dana Dance 9 am Sumie Class	30 9-11 am Judo 1 pm Taichi

Temple News and Activities



BOY SCOUT TROOP 49 Douglas Yanagihara, Troop 49 Boy Scout Boy Scout and Girl Scout Cook Off

On Friday, January 11, 2013, six Boy Scout and Girl Scout combined patrol teams had a cook off preparing a main dish and dessert using Costco roasted chicken and Gummy bears as main ingredients. Secret ingredients announced that night: passion fruit, oranges, and guava had to be incorporated into their gustatory creations.

The various patrols came up with many delicious creations such as chicken quesadillas, chicken nachos, chicken salad, stir-fry chicken, but the winning dish in the "Taste" category was the Chopped Chicken Burrito Surprise made by Girl Scout Patrol 2A and Boy Scout Cobra Patrol. Girl Scout Patrol 1A and Boy Scout Eagle Patrol won the "Creativity/Originality/Presentation" category with their Cooked Chicken with Egg Surprise. One patrol made a fancy moat chicken presentation.

Unfortunately, time constraints kept my team from using the extra toppings in our chicken salad, such as soy beans, button mushrooms, tomatoes, furikake, mandarin oranges, julienned daikon and carrots, out special dressing, so we didn't win in any category. Anyway, it was a fun, challenging, and tasty experience.



L to R: Nelson Bopp, Evan Ebesu, William Hee, Braxton Kahawai

Pu'uikena Trail Hike

Douglas Yanagihara

On Saturday, January 19, 2013, a few Boy Scouts met at the top of Hawaii Loa Ridge to hike the Pu'uikena Trail. On the way up, they were in awe by the huge, impressive mansions along Pu'uikena Drive. The four-mile hike consisted of varied terrain with shade created by iron woods, scraggly brush, and eroded narrow trails that fell away sharply on the sides. There were areas where the boys had to scramble up using the recycled plastic

lumber ladder rails which were nailed into the mountain side. At certain steel sections, the Scouts had to pull themselves up using a rope and footholds in the vertical trail. They climbed higher and higher in elevation until they encountered a sign marking the end of the trail. The boys were rewarded with a breathtaking view of the Windward side, from Waimanalo to Waiahole. It was fortunate that the weather was sunny, clear, and windy rather than rainy as it had been earlier in the week. The Scouts enjoyed this exciting trail and hoped to someday hike it again.



L to R: Colin Kubota, Dylan Kwock, Matthew Tomioka, Tyler Onishi

Dharma Message:

There is a joke about the difference between involvement and commitment. In the creation of a breakfast of ham and eggs, the chicken is involved, but the pig is committed. Of course, neither the chicken or the pig participated voluntarily but, when it comes to our own participation in living our lives, the difference between these two words is very important. Are you merely involved in your life, or are you fully committed? What is the difference? We can be involved in practically anything with very little effort or interest. Everyday we participate in many activities, both public and personal. We perform our morning rituals of waking up, washing our bodies, cooking and eating breakfast, and so on. We go to work or to volunteer our efforts, we meet with friends and family. We go shopping, watch television, have lunch and dinner and, at night, we go to sleep. For most of us, routines like this are normal and we take them for granted.

"Mindfulness"

But we might ask ourselves one question: "Where is my mind during all these activities?" The Buddha taught that the human mind is constantly distracted. In the midst of one activity—for example, eating—our mind may be already engaged in the next task. While preparing dinner we are thinking about eating, while eating, our minds are anxious about getting the dishes cleaned up afterwards. While working, we think about what we will do after work, and when it comes time to sleep our minds are distracted by worries and concerns for tomorrow! The fact is, we are always doing things, we are involved, but we are never fully present in our activities and tasks; we are not really committed.

In Buddhism the practice of mindfulness is to realize that each moment of life is the only life we truly have. In fact, we are—each moment of

Rev. Richard Tennes



life—receiving life as a gift. Right now I am living, right now I am being nourished by countless plants and animals, by the air I breathe, by the sun and by the water I drink. Right now the love and devotion of my family and friends is sustaining me, right now life is manifesting itself in me! With this mindset, I can live each moment fully, without taking anything for granted. With mindfulness, I am fully committed to each task, each problem, each pleasure and each responsibility. By trusting the Great Compassion that always sustains us—life itself—we become able to truly appreciate our lives and feel the weight of anxiety and fear lifted. This mindfulness is expressed as Namo Amida Buddha, surrendering oneself to Infinite Wisdom and Measureless Compassion. As you go through the various tasks and activities that make up your day, please remember —no matter what you are doing—that no moment of life ought to be wasted, no moment of life is less precious than any other. Happiness comes when we fulfill each task with full commitment and mark each moment with true appreciation. Namo Amida Butsu.

With Hands in Reverence.

NEW BOOK
available at the Hongwanji Mission Bookstore

"Journey of Heros"
Stacy T. Hayashi
\$10.00

The Story of the
100th Infantry Battalion
and
442 Regimental
Combat Team
told in graphic novel



Temple News and Activities

Betsuin Cultrual Classes Rhythm And Life Exercise Demonstration



photos by Jo desMarets

After the Spring O Higan service on Sunday, March 17, the members of the Rhythm and Life Exercise will demonstrate some of their skills. They will demonstrate in the social hall during refreshment time.

Mrs. Michie Takemoto, a certified Rhythm and Life instructor will lead the group. This exercise program was developed in Hamamatsu City in Shizuoka, Japan. It was developed to help the growing number of seniors in Japan to continue an active life. The goal for these exercise is to stimulate the potential capacities of



the heat, body, and the mind. If you would like to join, the classes are held on Mondays and Tuesdays in the social hall with three session each day:9:00 am-10:30 am (beginners), 10:30-12:00 noon (intermediate), 12:00 noon – 1:30 pm (advanced). For more information or to sign up for the Rhythm and Life class, contact Carol Yamamoto at 533-6919.

“Letter to the Editor!”

Will the Real Jerry Tamamoto Please Stand!



Coincidences do occur. I just received my Goji Newsletter and read the very informative article by our president of Hawaii Betsuin Board, Jerry Tamamoto. But, lo and behold, he has transformed into a brand new look of Alton Miyamoto, president of Hawaii Kyodan.

I had just read the sports section of the Honolulu Star Advertiser, an article entitled “Lincecum has new look, new outlook”, in which Tim Lincecum is now sporting short hair and black specs that he doesn’t need, but just for his new looks.

The hard-throwing San Francisco pitcher now hardly resembles his old shaggy looks where he didn’t have a haircut for six months intervals because he was just too lazy. With improved looks he has also improved his diet and started eating more salads. He spent his winter working out with a pair of trainers who pushed him hard to new physical limits. Lincecum hopes his overall change, mind, body and attire will help him reinvent his game, for he was the two time winner of the NL Cy Young Award winner.

Perhaps our Betsuin president, Jerry, with his new look, will continue to adjust his behavior and write more articles in the Goji informing the members about the plans for our temple. Jerry, being such a handsome and nice guy, so thoughtful and generous may have transformed into a literary genius with talented journalist’s skills. We are truly lucky to have him on board.

/s/ fujiko motobu

From the BWA joke book! Want A Good Laugh?

A story of a mother in law and a daughter in law who constantly bickered. One year the daughter in law bought a cemetery plot or niche in the nokotsudo for her mother in law and gave it to her on Christmas day. The following year the mother in law asked her daughter in law, “Why didn’t you give me any gift this year for Christmas?”

The daughter in law replied, “ I gave you something last year, but you never used it.”

So the fighting started again.

Temple News and Activities

BWA Mini Market held on February 13, 2013 Photo collage by Ruth S. Tokumi



Asaji volunteers Dianne Ida & Irene Nakamoto ready to serve coffee, tea, and refreshments



Roy's Gourmet Toffee with chocolate, cherries, and macademia nut.
A variety of cookies & baked goods. Sue offers a sample to taste.



Poha & guava jam, sushi, sekihan, tsukemono, etc.



Ben Shishido brought his orchard plants. Doris Nishizawa was surprised and happy to see Mabel.



The True Meaning of "As I Am (Kono mama)" Part I continued from page 3

Nembutsu, the "Name-that-calls."

When Shinran Shonin was taught that only saying of the Name of Amida Buddha in Entrusting Heart was the sure way of liberation and salvation by Honen Shonin at the age of 29 in Kyoto, he threw away the Self power practice and joyfully entered into the ocean of Amida's Vow. He was taught the way of living in the presence of Namo amida butsu as "he was."

Let us understand the use of the terms of "Kono mama". "Kono" refers to the person of blind desire who has accepted and entrusted the intent of Amida to save him. It does not refer to the person of blind desire who has not accepted Amida's heart of compassion.

Today in Hawaii, many Jodo Shin members misuse "Kono mama," thinking that they do not have to study the teachings, or listen to the Dharma at temple services and classes. Their

reasoning is that in Shin Buddhism Amida Buddha saves people as they are, without doing any practice. This is a false reasoning and assumption. The correct thinking is that one must listen to the teachings in which Amida has already saved all as they were (Kono mama). With "Namo amida butsu," as the spiritual backbone of living this life, no matter what happens, one is able to live Kono mama. Without listening to the Dharma, the false reasoning of Kono mama will do so much damage to one's spiritual life. Arrogance, false pride, self-glorification and laziness are some of the symptoms.

For Jodo Shin Buddhists, listening to the teachings is a major focus of our lives. And through our listening, we experience the joy of being saved; Kono mama, fills our hearts with every breath we take.

Join us join for the Talk Story Session on Saturday, March 16 to learn the

secret of Kono mama. If you are busy that day, what about attending even a one hour session from 9:00 am to 10:00? Our guest speaker, Rev. John Iwohara, will focus on the path of Dharmakara Bodhisattva. As we study and walk the Nembutsu path, the secret of Kono mama will be revealed.

Talk Story
with
Rev. John Iwohara
**The Path of
Dharmakara
Bodhisattva**
Saturday,
March 16, 2013
9:00 - 10:00 am



**Hawaiian Host
Candies**



**HOSOI
LIFE PLAN, INC.**

Owen Lee Oshima
Pre-Need Counselor

1347 Nuuanu Avenue
Honolulu, Hawaii 96817
Phone: 808 529-0373
Fax: 808 536 9588
Cellular: 808 741 6936



Honpa Hongwanji Hawaii Betsuin
Project Dana
presents

A workshop for Project Dana Volunteers, Betsuin members and anyone interested in using music and rhythm with family, friends and the people we care for with Karen K. Kei-Kusumoto

Saturday March 30, 2013
9:00 AM to 11:00 AM
in the Social Hall
Cost: \$5.00
Call Jo desMarets at 386-3819 to register
Refreshments will be served!

Temple News and Activities

Annual Spring Bazaar and "Taste of Hongwanji" March 10th



**Honpa Hongwanji Hawaii Betsuin
and Sister Oahu Temples**

**"Taste of Hongwanji" 2013
& Bazaar**

Sunday
March 10th
9:00 AM to 1:00 PM

Stanley's Chicken
Pre-sale tickets available
in the office NOW!

Thrift Shop
Plants
Bake shop
Shave Ice

Donations Welcomed!

Ono-Kine food
beef stew - fried noodles
sushi and more!

Fresh Fruits
and Vegetables
Peanut Butter Shakes
KC Waffle Dogs

Don't forget your
coupons!

The annual Spring Bazaar/Taste of Hongwanji will be back again to offer the community a look at the Honpa Hongwanji Hawaii Betsuin. The date set for this special occasion is Sunday, March 10, 2013. The event hours are from 9:00 AM – 1:00 PM.

All activities will begin at 9:00 and everything will close by 1:00. The chairperson for this event is Jerry Tamamoto.

The bazaar will feature handcrafted items, plants, fresh produce, special treasures, and prepared delicacies, such as pickled vegetables, sushi rice, baked goods, local favorites-beef stew and fried noodles-and other goodies. The Hongwanji Cookbooks, all 6 volumes, will also be on sale. All revenues derived from this activity will go toward supporting the temple in providing compassionate help and services to temple members and community friends.

We are also pre-selling Stanley's chicken. These delicious whole chickens are priced at \$9.00 each. Tickets can be purchased and picked up at the temple business office or from various temple affiliates. Call 536-7044 for more information.

We sincerely hope you will be able to join us in celebrating human fellowship at its best.

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(Butsudan & Butsugu)

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Temple News and Activities

BWA News, Events and Items of Interest

Taste of Hongwanji, the Bazaar, scheduled for Sunday, March 10th is one of the busiest day for the members of Hawaii Betsuin, including the BWA women, who give 150% of their time and effort in making it a successful event. The officers and committees of the BWA are forever grateful to all the people, both ladies and men who help make it successful event. Thank you very much!

EVERYONE INVITED

A lecture/panel discussion will be held on Saturday, March 23 in the Betsuin social hall beginning at 12:45 pm in conjunction with the BWA Federation Meeting which is being held in the morning. Because the afternoon discussion is of great interest and informative, this will be open to all BWA women as well as anyone who is interested. The lecture or panel will be led by the Bishop Eric Matsumoto and three other ministers on the topic, "Path of entrusting: Live the teachings", followed by another discussion entitled "Intergenerational discussion". The afternoon lecture and discussions are open to anyone interested, please do not hesitate to attend. A full house is welcome!

WATER IS BEST DRINK:

Some very interesting information has come from Mayo Clinic and some of the information may save your life. How many times have you heard people say, I don't want to drink anything before going to bed because I will have to get up during the night and go to the john? **Heart attack and water:** The doctor was asked, why do people need to urinate so much at

night time. The doctor explained that gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up helps activate internal organs. One glass of water 30 minutes before a meal helps digestion; one glass of water before taking a bath helps lower blood pressure; and one glass of water before going to bed avoids stroke or heart attack. Water at bedtime will also help prevent night time leg cramps. Your leg muscles are

Fujiko Motobu, President

seeking hydration when they cramp and wake you up with a Charlie Horse. **Mayo Clinic on Aspirin:** (report in the July 29, 2008 issue of the Journal of the American college of Cardiology). Most heart attacks occur in the day, generally between 6 am and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. If you take an aspirin or baby aspirin once a day, take it at night. The reason: aspirin has a 24 hour half-life, therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

Drink lots of water, get away from the sugary drinks, and go and have a good discussion with your doctor. Be informed and live a long healthy life.

Try this recipe from the Big Island! Gelatin Desert

This recipe by Janet Iida of Hilo was in the December 2012 issue of Dharma Ohana News of Honokaa and Paauilo Hongwanji Shin Buddhist temple.

Gelatin Dessert: Crust 2 blks butter or margarine
 3 T powdered sugar
 1 ½ cups flour
 ¾ cup nuts chopped (optional)

Cream butter/margarine and sugar, add flour and nuts then press into 13x9 pan. Bake at 425 F 8-10 minutes, let it cool.

Filling: 3 cups hot green tea (strong)
 4 envelopes unflavored gelatin
 1 can 18 oz. Koshi an
 1 can 14 oz condensed milk

Mix ingredients well and pour over cooled crust. Refrigerate until set. Cut into serving pieces...ENJOY IT then ask for seconds.

Temple News and Activities

Spring O-Higan: a time to reflect continued from page 1

to the present, as well as teaching "An Introduction to Shin Buddhist Thought—The Three Pure Land Sutras" for the Institute of Buddhist Studies' Extension Program in 1998. In addition, Rev. Iwohara has published articles and books on Jodo Shinshu.

So please join the Hawaii Betsuin to observe O-Higan and to learn more about the Dharma. We will begin on Saturday morning, March 16, for the "O-Higan Talk Story" (8:30am-12:00pm—please come at 8:00 and join us for the morning Shoshinge chanting!) with speaker Rev. John Iwohara. The topic of his talk is: "Significance of the Dharmakara Bodhisattva Story". Please call the Temple Office to register for Talk Story (dona-

tion: \$15 including lunch or \$10 lecture only) or you may register at the door.

Then join us on Sunday Morning (March 17) as Rev. John Iwohara shares the Dharma with us at the Japanese Service (8:00am) and at the Combined Dharma School/Adult English Service (9:30am).

We close our observance with the Japanese Service at 1:00pm; the speaker will be Rimban Tatsuo Muneto. May our O-Higan gathering be a time of true praise and reflection. Namu Amida Butsu.

PLEASE NOTE: there will be NO Saturday Evening O-Higan Service on March 16; that service is cancelled.

Nola Nahulu Named "Living Treasure"

The Hongwanji Mission of Hawaii celebrated the lives of some outstanding members of the community at the annual Living Treasures Luncheon held as part of the Geisikai Legislative Assembly held in February 2013.



The purpose of the Living Treasures Award is to recognize and honor individuals who have demonstrated excellence and high standards of achievement in their particular fields of endeavor, and, through their continuous growth, learning and sharing, have made significant contributions towards enriching our society.

One of this year's honorees was Ms. Nola A. Nahulu whom we all know as "The Choral Director Extraordinaire" for her contributions to the annual Hongwanji Music Fest as the director of the

Nola Nahulu (L) with Betsuin Choir Director, Mitsuyo Saito

Next Mini Market June 16th

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

combined choir consisting of temple members from across the State. In addition to her commitment to excellence with the Music Fest, her broad choral experience also includes Hawai'i Children's Chorus, Moloka'i Children's Chorus, and the Bishop Memorial Choir. She also has served as choral director for Pearl Harbor Hawaiian Civic Club, Kawaiaha'o Church, Hawai'i Opera Theatre, and Ka Waiola o Na Pukanileo and as the Executive Director for the Hawai'i Youth Opera Chorus since 1986. In her spare time she sings with No Kaliko, an a cappella trio devoted to Hawaiian choral music. With her family she is owner of Bete, Inc., manufacturer of classic mu'umu'u. Our congratulations to Ms. Nahulu, truly a Living Treasure!

そこにまた、ありがとう、という感謝のこころから口をついて出る、それがお念仏です。」『朝には紅顔ありて』一七三頁より）とご教示くださっています。私の口から出るお念仏は、阿弥陀様のお呼び声に根づいているのです。浄土真宗の上座さんが有名な短歌を残しておられます。

われとなえ 聞くなれど
ナモアミダ
つれてゆくぞの 親の呼び声
(原口針水)

Although I say and hear "Namo Amida Butsu,"
it is none other than Oya (Amida)'s calling voice
to take me to the Buddha's Land of Peace.
私の心、身体にいたり届いてくるこの素晴らしい大慈悲について一緒に学び、また今日のハワイに生きる浄土真宗門徒として、よるこびの心をもってそのみ名を称えさせていただきますよう。



ハワイ別院写真館
ハワイ別院にて新宴会が行われました。



日本の福島県、広島県より参拝団がおみえになりました。



赤松徹信 龍谷大学 学長がハワイ別院を参拝されました。

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

冬季ダーマライト クラス (勉強会) 以下のおり行われますのでご案内申し上げます。

Buddhism—Hawaiian Style—
講師…ジョージ タナベ師
3月7日、14日、21日
午後6時半より午後8時半
How to Make A
Buddha Land..

A Journey Through
Pure Land
Sutra
講師…リチャード テネス 開
3月4日、11日、18日、
25日
午後6時半より午後8時半

Understanding
Shin Buddhism
講師…バート スミカワ 開
午前10時より午前11時
3月23日、30日
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5
367044までお問い合わせ
下さい。

春季彼岸会

ハワイ別院では今年の春の彼岸会を左記のとうりお勤め

いたします。
この法要は仏さまのさとりの岸(彼岸)の美しさと調和に心をよせて、お念仏のみ教を聞き、よろこぶためにおつとめされます。
ご家族、友人をおさそいあわせの上、どうぞお参り下さい。

三月十六日(土曜)
午前八時半より
英語による座談会
講師 庵原ジョン先生
北米、ベニス仏教会

三月十七日(日曜)
午前八時 日本語法要
午前九時半 合同英語法要
講師は、いづれも
庵原ジョン先生
午後一時 御満座法要
講師 宗藤達雄輪番

春季バザー

3月10日(日曜) 朝9時より午後1時までハワイ別院にて春のバザーTaste of Hongwanjiが開催されます。エンターテイメントや食品販売等を行いますのでご家族そろっておいで下さい。

花まつり

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勤修されます。本年は本派本願寺並びに東本願寺が主催を致しますのでお誘い合わせのうえお参り下さいます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。

