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NEWSLETTER
of the
Honpa Hongwanji
Hawaii Betsuin
www.hawaiibetsuin.org

2017 Slogan:

Embrace Change:
Action
(Open Communications)

BETSUIN MINISTERS

Chief Minister
Rev. Toyokazu Hagio

Ministerial Staff
Rev. Yuika Hasebe
Rev. Arthur Kaufmann
Rev. Joshin Kamuro
Rev. Sol Kalu

Hanamatsuri! Happy Birthday, Buddha! HBC service April 2nd; Betsuin Service April 9th

The month of April is a special month for all Buddhists as the birth of the historical Buddha Shakyamuni is observed and celebrated. For the many followers of the Buddhist path, it is a time of reflection and expression of joy and gratitude for had Shakyamuni Buddha not been born, the teaching of the universal truth of the Dharma would not have been made available to sentient beings who are suffering in the world of delusion, of samsaric existence and of the endless cycle of birth and death. The way to liberation from suffering would not have been revealed. Known as Hanamatsuri in the Japanese Buddhist tradition, the birth of the Buddha is also known as the Vesak in other Asian countries and other parts of the world. In the Theravada or southern tradition of Buddhism, the observance of Vesak includes the birth, enlightenment, and death of Gautama Siddhartha Buddha.

During the observance of the Vesak or the Buddha's birthday, devout Buddhists and followers alike are expected and requested to assemble in their temples for the ceremonial and honorable hoisting of the Buddhist flag and singing of hymns in praise of the triple gems of Buddhism, namely the Buddha, the Dharma (the teachings), and the Sangha (the disciples or followers of the Buddhist faith). Devotees bring offerings of flowers, candles, or incense sticks to lay at the feet of the Buddha's image. All these offerings are reminders to followers about impermanence. The flowers will soon wither and the candles and incense sticks will burn out. Thus, we are reminded of the impermanence of all things, including life itself; all are subject to decay and destruction. Followers of the Buddha's teachings are expected to listen to talks given by the monks. On this day the monks will recite verses uttered by the Buddha 2500 years ago, to invoke peace and happiness for the government and people. Buddhists are reminded to live in harmony with people of other faiths and to respect the beliefs of other people as the Buddha taught.

There is also the practice during the observance of the Buddha's birthday, in many Asian countries, of releasing thousands of birds, insects, and animals as a symbolic act of liberation, of giving freedom to those who are in captivity, imprisoned, or tortured against their will. Other activities include making special efforts to bring happiness to others, to the unfortunate like the aged, the handicapped, and the sick. Gifts in cash and kind are distributed to various charitable homes. The Buddha's birthday is celebrated with great joy and happiness expressed, not by pandering to one's desires or appetites but by the act of giving selflessly for the benefit of others.



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Dharma Message: “Hanamatsuri, the Birth of Shakyamuni Buddha” Rev. Sol Kalu

Aloha! On the 8th day of this month of April, all Buddhists of different sects and denominations will observe a very special day. April 8th is the traditional day of Hanamatsuri, the day we celebrate the birth of the founder of Buddhism, Shakyamuni Buddha. On this happy occasion, we pay honor and respect to the Buddha, a man who was born to a royal family in ancient India, but who, rather than living the privileged life of nobility and taking over the throne after his father, chose to seek the answers to the problem of suffering, by leaving his family at the age of 29 years old to find the way to enlightenment through religious practices. His father was Suddhodana the King of the Shakya clan and his mother's name was Queen Maya. It is said that at the exact moment that the Buddha was born,

2,500 years ago, in Lumbini Garden, in what is now the country of Nepal, sweet rain fell from the sky to wash the newborn baby, and perfumed blossoms fell on both mother and child. This was the first hanamatsuri or flower festival. So, because of that legend, we have flowers, and we pour sweet tea on the statue of the baby Buddha. It is also said that upon the birth of the baby Buddha, he stood up, took seven steps, and with one finger pointing up and the other down, proclaimed, “I alone am the World-Honored One!”

Newcomers to Buddhism tend to dismiss the Buddha birth myth as so much froth. It sounds like a story about the birth of a god, and the Buddha is not a god. In particular, the declaration “I alone am the World-Honored One” is a bit hard to square with Buddhist teachings on non-theism and anatman – no soul, no such thing as an independently existing “I.” “I alone am the World-Honored One” was not a statement of arrogance. Mahayana Buddhists interpret “I alone am the World-Honored One” in a way that “I” represents all sentient beings throughout space and time -- everyone, in other words. It affirms the absolute value of humanity. In that statement the baby Buddha was speaking of the Buddha-nature that is the immutable and eternal nature of all beings. The seventh step that the baby Buddha is said to have taken right after birth symbolizes the goal or aim of one's being born into this life, the goal that signifies nirvana outside of the six realms of suffering or the world of samsara.

The Buddha gave up a life of luxury and wealth because he realized that despite having everything, people still suffer. He also realized that he was not different from the ordinary person and their suffering is the same- that is, birth, sickness, old age, and death. He sought to find a way to end suffering and enable people to live happily as true human beings. He first sought his own liberation or enlightenment and after his enlightenment or the

awakening to the truth of the universe, the Buddha spent the next 45 years of his life teaching many people the way of enlightenment that he rediscovered through his many years of ascetic and other forms of spiritual practice. The Buddha lived up to 80 years old and died peacefully in Kushinagara, India. After his death, his disciples continued his work of spreading his teachings through word of mouth or other means, to many people and lands in Asia, eventually reaching China, Japan, and Korea, and now there are Buddhist temples on the US mainland, Hawaii, Brazil and many other parts of the world. Buddhism is considered as one of the world's major religions, alongside Christianity, Judaism, Islam, and Hinduism.

Although Shakyamuni Buddha lived and died over 2,000 years ago, his teachings are still relevant today, even more so, with wars, injustice, and other causes of human suffering still present. Although Buddhism has taken many forms and ways of practice, the basic teaching of wisdom and compassion is still the same. Wisdom is to be able to know life as it really is, viewed not from the self-centered ego, but through the wisdom eye, and with that understanding, compassion, which is the ability to feel the pain and suffering of others and the desire to relieve such pain and suffering, follows.

This month we are joyfully celebrating the birth of the Buddha. We do so as an expression of gratitude for the teachings he gave us. In so remembering the teachings and living our lives in accord with the teachings, the Buddha is still very much alive in our hearts and minds. Hanamatsuri is our birthday party for the Buddha. His birth many many years ago, is our spiritual birth. And like Shakyamuni, we, too, can become buddha because we all have Buddha nature in us.

We should always be mindful also of our own physical birth, the meaning of be born, and the purpose of our lives, which

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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.

Betsuin BWA News and Events

BWA ESHINNI-KAKUSHINNI DAY SERVICE DAY:

APRIL 30th

Hawaii Betsuin BWA will sponsor the annual Eshinni-Kakushinni Day service with the Dharma School students and families, under the supervision of Laura Nakasone. Dharma School will take the lead in conducting the service with the BWA support. The Dharma school students are our future Buddhist leaders in our community and the world. We appreciate their participation and honor them. Their concept of attending the services as families and participating together is indeed a concept that should be treasured. Just listen to them sing. They are certainly great.



Shinran Shonin is the founder of Jodo Shinshu. Eshinni was his wife and Kakushinni was the youngest of their six children. We know of Eshinni only through the 10 letters that she wrote to Kakushinni, which was discovered in Hongwanji archives in 1921. Eshinni served Shinran all through his life. She died at the age of 89. Kakushinni took care of her father until he passed away at the age of 90. Ten years after Shinran's death Kakushinni built a Memorial Hall for his remains, and this was the beginning of the Ohtani Mausoleum in Kyoto.

On Eshinni Day the BWA invites everyone who attends the service to donate to the Hawaii Betsuin youth programs, the Dharma School, Boy Scouts and Girl Scouts. A once a year collection is made. Last year's collection was a tremendous success.

Each of the youth organizations was given \$450.00 each. We appreciate the generosity from all of you who fully support our youths in the youth programs of Hawaii Betsuin. This year, following the Eshinni-Kakushinni Day Service, everyone is invited to go to the social hall to enjoy a wonderful temple Musicfest. The Musicfest

performances will feature the Dharma School families and teachers, the Choir, and a special guest performance by the Rev. Takamasa Yamamura of Myohoji Mission. See you there.

BOOK REVIEW: BLUE ZONE

second edition 9 Lessons for Living Longer by Dan Buettner
University of Minnesota's Dr. Robert Kane endorsed and helped shape the Blue Zones premise. He and his colleagues spent countless hours sharing their expertise. What is aging? This is a profound question. Aging starts at birth and is the balance between the individual and the environment. In the case of human, we peak in our mid 20's and some people would say we start to decline at age 30. Old age is another period when the balance favors the environment. A gerontologist defines aging as the risk of dying. Some define aging as the gradual loss of physical capabilities and mental abilities.

The beginning of the Blue Zone culture of longevity was to interview at least 20 centenarians who personified the Blue Zone culture. The first place that they visited was Sardinia, an island situated west of Italy. There they met 7 centenarians in a group of

Fujiko Motobu

2500 people. This was very unusual, for most of the time there would be one centenarian in a group of 5000 people. To live a long life like a Sardinian centenarian, try the following: 1. Eat a lean, plant based diet accented with meat. Meat is reserved for Sundays and special occasions. 2. Put family first. People from strong, healthy families suffer lower rates of depression, suicide and stress. 3. Drink goat's milk. 4. Celebrate elders. Grandparents can provide love, child care, financial help, wisdom, etc. 5. Take a walk. 5 miles a day has positive effect. 6. Drink a glass or two of red wine daily. 7. Laugh with friends. Laughter reduces stress, which can lower one's risk of cardiovascular disease.

Okinawa is another place with many centenarians. Their longevity lessons are as follows: 1. Embrace an ikigai. The older Okinawans readily articulate the reason they get up in the morning. They have clear roles of responsibility and feeling of being needed well into their 100s. 2. Rely on a plant based diet. Stir fried vegetables, sweet potatoes, tofu are high in nutrients and low in calories. 3. Get gardening. Grow in your garden which also gives physical activity exercises. 4. Eat more soy. Tofu and miso soup. 5. Maintain a Moai. This is a social network for financial and emotional support in times of need. 6. Enjoy the sunshine which gives you vitamin D. 7. Stay active. Walk a lot, garden daily. Getting up and down off the floor several dozen times a day strengthens the lower body. 8. Plant a medicinal garden. Mugwort, ginger and turmeric have medicinal qualities.

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From the Green Team

65 Shades of Green: How much do we love our planet?

A report on the Green Hongwanji Survey feedback

At the 2016 Hongwanji Legislative Assembly, the temples voted to try and become more environmentally responsible and, as an expression of our Buddhist values, take actions to save our planet. At the recent 2017 Hongwanji Legislative Assembly, held in February, the first "Green Hongwanji Survey" was shared for all temples to assess how they are doing and get ideas on how to improve. Twenty-two temples (about 65%) have completed their surveys so far. Hopefully, 100% will join in this effort.

Here are the results for the top 11 temples (plus Pacific Buddhist Academy & Hongwanji Mission School). The total possible points are 65, so even for the top scoring temples there are plenty of new ideas to

implement in the coming year. The survey is a self-assessment to help temples determine "their shade of green".

Are you "minty" or "emerald"? We all aspire to be as dark green as possible. If your temple has not yet completed a survey, it is available on the HHMH website (<http://hongwanjihawaii.com>). The completed surveys are also posted on the website, so temple members can find out what their temples are doing, as well as get an idea of what other temples have done.

For instance, most temples have switched from older to newer light

bulbs, started to recycle at refreshment gatherings, and purchased energy efficient products.

The HHMH Green Team's mission is to support the temple's own efforts through information and educational support. So if your temple needs information on what kinds of cleaners are really green or how to select replacements for Styrofoam and plastic cups, plates and utensils, please reach out to any committee member: Rev. Jan Youth, Rev. Shindo Nishiyama, Karen Kikukawa, Van Velasco, Rev. Eric Matsu-moto, Margie Kaiser, Rev. Toshiyuki Umi-tani, Dexter Mar, David Atcheson

Survey Score	Temple	Island
42	HMS	Oahu
34	PBA	Oahu
31	Kahalui	Maui
30	Jikoen	Oahu
30	Mililani	Oahu
29	HI Betsuin	Oahu
24	Kohala	Hawaii
22	Kona	Hawaii
19	Aiea	Oahu
19	Kamuela	Hawaii
19	Papaikou	Hawaii



Reminder! If you have not submitted your Temple Dues, please do as as soon as possible. If you have any questions, please call the Betsuin Office at (808) 536-7044 for assistance! Mahalo!



Girl Scouts Start Worm Composting Project

Chika Matsumoto



The Daisy Scouts eyes fill with confusion, curiosity,

and uneasiness as I break apart the clump of worms and place them gently in their worm bin. Some shrieked while others eagerly touched them. For many of them, this was their first time seeing, learning about, and touching worms. On February 12, a few of the older scouts helped the Daisy Scouts start their worm composting bins.

We made the bedding out of newspaper, put the worms in their home, and fed them some fruits and vegetable scraps. The purpose of the activity was to teach the younger scouts what worm composting is and why it is good for the environment. I believe that the only way we will be able to save the planet is by educating and spreading awareness. I am glad I could contribute my knowledge for a greener future.

If you are interested in learning more about worm composting, you can find several great resources

online, including: <https://www.planet-natural.com/worm-composting/>



Girl Scouts shredding and dampening newspaper for worm bedding.

Family Promise: Practicing Dana (Selfless Giving)

Alan Goto

About Family Promise of Hawaii (See website)

Family Promise of Hawai'i is a new and innovative program to help families with children escape homelessness. Founded in Hawaii in 2005, we opened up our first Family Center in Kailua and then in 2007, we expanded to our second Family Center in Honolulu. It now runs two interfaith networks, one on the windward side and one in town.

The mission of Family Promise of Hawai'i is to mobilize existing community resources to aid families with children experiencing homelessness and help them transition to sustainable independence. This mission is accomplished by developing, training, and supporting a network of interfaith organizations (churches and temples) that host families quarterly. Each host site provides a safe place to sleep, good food, and generous hospitality. Guests stay at a host site for a week, then move on to the next host site. More than 60 churches and temples are engaged in this meaningful effort. During the day, guests work, pursue

employment, attend school, or enroll in job training. A Family Center provides access to phones, mail, fax, a copier, showers, and laundry facilities. Three to five families (up to 14 individuals) can be accommodated by each network at any given time. The program provides transportation to and from the host sites and the Family Center.

Honolulu Hongwanji Council Participates in Family Promise

Sangha members of the Honolulu Hongwanji Council (Hawaii Betsuin, Jikoen Hongwanji, Kailua Hongwanji and Moiliili Hongwanji) are supporting Family Promise's guest families. Three or four times per year for one week at a time, we provide a safe place to sleep, warm hospitality, breakfast and dinner for guest families.

Hawaii Betsuin volunteers are committed to support Family Promise guest families. Buddhist Women's Association (BWA) members, Girl Scouts, Dharma School parents, Hongwanji Mission School parents and Betsuin Board members and ministers are always willing to

demonstrate compassion and practice DANA. We provide face-to-face support for people in transition. We are not just throwing money at the homelessness issue, we are offering a helping hand and hope.

Charlene Kihara (Minister Lay Assistant with Tokudo) coordinates the Honolulu Hongwanji Council's engagement with Family Promise. In 2017, the Council will be engaged with Family Promise during the weeks of May 28 to June 4 at Moiliili Hongwanji Mission and September 24 to Oct 1, 2017 at Jikoen Hongwanji Mission. Due to scheduling difficulties, Hawaii Betsuin will not be a host site this year. Hawaii Betsuin will be a host site in 2018.

We are always looking for Hawaii Betsuin volunteers to support this effort. Please consider offering your help. Please contact Alan Goto (Phone: 531-6429) to learn how you may get involved with Family Promise of Hawaii.

Earth Day Weekend Service and Fair Scheduled for April 23rd at the Betsuin!

Hawaii Betsuin will mark the 47th anniversary of the first Earth Day with a combined Earth Day Weekend Service on Sunday, April 23 at 9:30 a.m. and a Green Fair in the social hall after the service.

We will have two guest speakers at the service: Doorae Shin will give the talk geared to the Dharma School students and David Atcheson will be the speaker for adults. (The dharma talk speaker originally scheduled to speak at the service, Rev. Don Castro of Seattle Betsuin, sends his regrets — he is unable to attend due to unforeseen scheduling of a medical procedure.)

Doorae Shin led an effort that successfully banned EPS foam (“Styrofoam”) from UH Manoa and served as the first Student Sustainability Coordinator for the University of Hawai‘i System. She is now the Plastic Free Hawai‘i Program Manager at Kokua



Hawaii Foundation and is passionate about empowering youth and the local community to live in alignment and in balance with nature. We are especially fortunate to have Doorae speak as our temple boosts our BYO-CUPS (bring your own cups, utensils, plates) effort in 2017!

David Atcheson is convener of our temple’s Green Team and past campaign director for The Cascades Conservation Partnership. The theme of David’s talk will be “Dharma in Nature” and he will draw on his experiences in the wilds of Washington State, Alaska, and Canada and as a board member and staff person for nonprofit organizations dedicated to forest protection and restoration.



ber of displays and activities organized by affiliated organizations as well as a brief video program. Get ready to “go green” by learning how to use furoshiki with BWA, do some eco-crafting with the Brownies, drop by the Boy Scouts “Unthirsty Plant Sale,” turn a t-shirt into a reusable bag and/or personalize your reusable cup with Dharma School, and check in with the Green Team for a Mottainai bag and informational displays.

The Green Fair is scheduled to go till 1 p.m., so count on refreshments being part of it. And please remember to bring your own cup! If doing so is already second nature for you, add a snack plate, ohashi, and cloth napkin to your kit. It’s one way to show respect for our 4.5-billion-year-old Mother Earth. See you there!

Our Green Fair downstairs after the service will feature a num-



Earth Day Jumble

by David Atcheson

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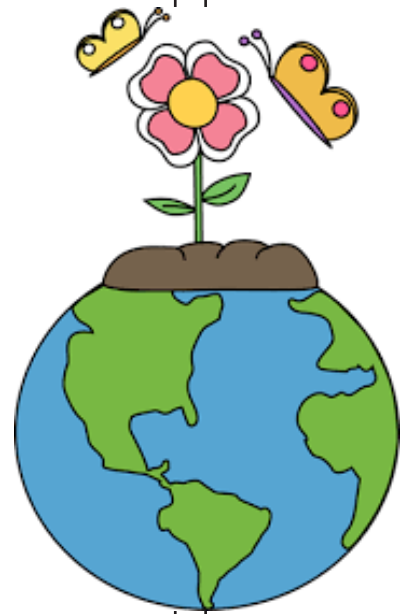


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Hawaii Betsuin MusicFest

By Wendie Yumori, BWA President

On Sunday, April 30, 2017, following the Eshin-ni/Kakushin-ni Day Service, you are all invited to the Hawaii Betsuin MusicFest in the social hall to commemorate Eshin-ni/Kakushin-ni Day and celebrate World Peace Day in warm fellowship. Please come and enjoy wonderful refreshments and a delightful musical program! Among the program offerings will be a performance of the Hawaii Betsuin Dharma School "ohana" including students, parents, and teachers, singing the uplifting song, "Do the Good You Know," with the Hawaii Betsuin Choir. The Hawaii Betsuin Choir will then sing three choral pieces about the world we envision; "Shall I Dream a Dream?," "Beyond What We See," and "I Dream a World." And there will be a very special guest performance! Rev. Takamasa Yamamura of Myohoji Mission, who is an amazing operatic tenor, has offered to sing "May Peace Prevail" for us because he feels it is a beautiful song. There may be some surprise musical offerings during the program!

Please come and share warm aloha at our Hawaii Betsuin MusicFest on Sunday, April 30, following the 9:30 a.m. Eshin-ni/Kakushin-ni Day Service.

Betsuin
MusicFest
Sunday, April 30th!



BETSUIN SCOUTS: Report On Scout Sunday Activities

Dylan Tanioka (Boy Scout), Kylee-Ann Tawara (Senior Girl Scout)

Andy Chen (Boy Scout), Kaitlin Mann (Senior Girl Scout),

On February 5, 2017, the Honpa Hongwanji Girl Scouts and Boy Scouts collaborated to organize a Scout Sunday Service to acknowledge and express gratitude to all that the temple members do to support the Scouts, such as attending fundraisers, providing meeting rooms for the troops to convene periodically and providing delicious food for the Scouts to enjoy.

The Boy Scouts and Girl Scouts rehearsed and worked hard to make the service a success. Many Girl Scouts and Boy Scouts participated by being emcees, flag guards, offerors of candles and flowers, and performing the incense ritual. Scouts took part in the color guard by presenting the American flag, Hawaiian flag and flags that represents the Girl Scout and Boy Scout troops. Senior Girl Scouts and Eagle Boy Scouts shared their experience in scouting and how these experiences have shaped them to become the young women and men who are equipped with life skills, leadership skills and have made lifelong friendships.

As the emcees, we were responsible for communicating with our fellow Scouts and assigning roles. We practiced our speeches

numerous times working toward enunciating and pronouncing names. Although this was a nerve-racking experience, we were proud to do the service. However, we would have not been successful if it wasn't for the hard work of the Boy Scout and Girl Scout leaders that contributed their time and effort into the event. Thank



you to Mrs. Wendy Harman for working hard to help us coordinate the event. We learned leadership and communication skills. Not often do the Boy Scouts and Girl Scouts work together so it was a fun experience to have this



chance to interact with each other. After the temple service, the Girl Scouts held two activities: (i) making Glow Worm Jars and (ii) decorating cookies. At the Glow Worm Jars activity, you made your own modified "Glow

Worm Cave" by mixing different neon paint colors with salt. In the end, you put the paint and salt mixture into a jar with little cotton balls to re-create your own Glow Worm Cave. The paint glowed against the black light making for an exciting visual effect.

The reason the Girl Scouts chose this activity is because some of the senior Girl Scouts are going to New Zealand in June. In New Zealand, they will visit an actual Glow Worm Cave and more importantly, meet with Girl Guides (New Zealand Girl Scouts), and make new friends and learn about New

Zealand's history, beauty and culture. The other activity was a cookie decorating one with a Valentine's Day theme. This interactive cookie decorating activity was enjoyed by everyone because they could then eat what they decorated and who doesn't love eating! Both activities were engaging, fun and a learning experience for both older and younger scouts.

After the service, the Boy Scouts worked together to make pulled pork sliders with a side of chips to satisfy the patient and wonderful attendees, and congregation. All the Boy Scouts took a role in making these delicious food items. The Boy Scouts were efficient in making the food by creating an assembly line in which they were all

assigned specific tasks. For instance, some boys grilled the bun, and then passed it to a boy who would put the pulled pork on top, and then passed it to the boy that added the chips.



Meanwhile in the annex, Cub Scouts were having their annual pinewood derby race off. The pinewood derby takes about a month for cubs to design, shape and decal their own custom car out of a kit provided by the Boy Scouts of America (BSA). This event is very fun and something the Cub Scouts look forward to doing. Each Cub Scout works hard and puts a lot of time and effort on his wood car to make it a great success during the race.

We hope that the temple and members had a wonderful day as we did and look forward to another year with all of you!

BWA News Continued From Page 3

9. Have an attitude. Let past by-gones be by-gones. Older people keep young people in their company well into their old age.

Loma Linda in Southern California is another blue zone. 1. Adventists are the centenarians. 24 hour Sabbath focusing on family, God, camaraderie and nature. 2. Maintain a healthy body mass index. 3. Get regular moderate exercise. 4. Spend time with like minded friends. 5. Snack on nuts. 6. Give something back. 7. Eat meals in moderation. 8. Eat an early, light dinner. 9. Put plants in your diet. 10. Drink plenty of water. Drink 5 or 6 glasses of water daily.

Costa Rica's longevity secrets: 1. Have a plan de vida. Have a strong sense of purpose. 2. Drink hard water. 3. Keep focus on family. 4. Eat a light dinner. Fewer calories. 5. Maintain social networks. Centenarians get frequent visits from neighbors. They know how to listen, laugh, and appreciate what they have. 6. Keep hard at work. Everyday physical chores. 7. Get Vitamin D from sunshine. 8. Embrace own traditions.

The fifth country where many centenarians live is in Greece, the Ikaria Island in the Aegean Sea. Their practices for long life is 1. Drink some goat's milk.

Dharma Message Continued From Page 2

is to realize the Buddha nature in all of us. We were born because of many causes and conditions that happened in the past, and previous good karma resulted in our birth as human beings, which is very precious and unrepeatable. Our parents and innumerable numbers of people and beings have sustained and supported us, so we are living in this present moment.

Truly, the man who gave up his becoming a king to become the greatest teacher of humanity, deserves this special day of recognition and reverence. Let us then, on Hanamatsuri day, rejoice and commemorate the birth of Shakyamuni Buddha, the Exalted One, the Enlightened One, the Supremely Awakened One. Namō Tassa Bhagavato, Arahato, Samma Sambuddhassa. Buddhāṃ saraṇaṃ gacchāmi, Dhammāṃ saraṇaṃ gacchāmi, Saṅghaṃ saraṇaṃ gacchāmi! Happy Birthday Buddha!

2. Mimic mountain living by gardening, walking and doing your own yard work. 3. Eat a Mediterranean style diet, with lots of fruits and vegetables, whole grains, beans, potatoes and olive oil. 4. Drink herbal tea daily. 5. Nap. Take an afternoon break. People who nap regularly have up to 35 % lower chances of dying from heart disease. 6. Fast occasionally. 7. Make family and friends a priority.

The five countries where the centenarians live all have some things in common, which are, eating the right food, exercise, family life, rest and naps, friends, humor, drinking lots of water, and letting by-gones be by-gones and live for today. Read the book. You will enjoy it.

"You don't stop laughing because you grow old, you grow old because you stop laughing."...Anonymous

NOW, FOR A BIT OF HUMOR:

A guy checks into a hotel for the first time in his life and goes up to his room. Five minutes later he calls the reception desk and says, "you've given me a room with no exit. How do I get out?" The desk clerk says, "Sir, that's absurd. Have you looked for the door?" The guy replies, "Well, there's one door that leads to the bathroom. There's a second door that goes into a closet. And

there's a door I haven't tried, because it has a "Do not disturb sign on it."

THANK YOU TO ALL OF YOU WHO MADE YOUR DANA DAY GIFT CONTRIBUTIONS TO BWA FOR THIS YEAR, 2017. Those of you who made your contributions were very generous, and we thank you very much. Contributions collected by the Kailua Hongwanji BWA, Jikoen Hongwanji BWA, Moiliili Hongwanji BWA, and Honpa Hongwanji Hawaii Betsuin BWA will be combined and be presented to the following, Project Dana organization, Ohana Arts, Hale Kipa, and to a third organization, yet to be selected. Each will be presented with an annual gift of \$1000 (one thousand dollars) for three years. Project Dana is given a thousand dollars annually.

Hanamatsuri continued from page 1

Twenty five centuries ago, the Buddha was born, gave up the life of a prince and the potential to be the king of a clan, and chose the path of becoming an enlightened being, after seeing the suffering of many, in order to teach the way for all sentient beings to be enlightened and freed from the suffering of samsaric existence. Today, his birth, enlightenment, and passing away are still celebrated by many people in different parts of the world who have encountered and accepted his teachings. The many ways of celebrating the life of the Buddha reflect the profound influence of his teachings on the lives of many people. The Buddha continues to be revered, respected, and honored to this day as one of the greatest religious teachers in the world.

Please attend the Hawaii Buddhist Council Hanamatsuri service on April 2nd at 9:30 am at Jodo Mission, and the Hawaii Betsuin Hanamatsuri service on April 9th.

Betsuin Dharma School News

Debbie Kubota

Honolulu Dharma Schools Visit to Waianae Hongwanji And Mouna Farm

Over 95 participants from Betsuin, Jikoen, Moiliili, Pacific Buddhist Academy and Waianae Hongwanji enjoyed a wonderful day filled with fun activities at Waianae Hongwanji and Mouna Farm.

The day began with a bus ride from Betsuin to Waianae with fun travel games such as travel bingo to help us bide the time. Then we gathered at Waianae Hongwanji for a brief service conducted by Reverend Jan Youth. The large group split into two smaller groups with some staying at



Waianae Hongwanji.

Back at the Hongwanji, everyone enjoyed a paper airplane contest, a scavenger hunt and Dharma-O (like Bingo) but with Buddhist teachings. To align with the farm's organic produce philosophy, the Honolulu Dharma Schools prepared a vegetarian lunch of sandwiches including vegan ham and egg salad for fillings.

We are truly grateful to those who helped make this event a success... we all had a grand time!



the Hongwanji while the other group went to Mouna Farm, then later switching places. Sooriya Kumar, 2016 Living Treasure, and his farm crew welcomed us with wonderful aloha and compassion. The Honolulu Dharma Schools presented Sooriya with a chain of hearts with written messages of gratitude, and orei gifts of organic potting soil, red lentil beans and basmati rice. The group divided in two smaller groups—with two different activities— Bodhi leaf pattern rubbing and lovingly planting new trees (mango, avocado, blue marble) in different locations on the farm. Peace and serenity filled the beautiful setting nestled in the foothills of the Waianae mountain range. Everyone enjoyed a snack of mundoo pi, thoughtfully prepared by the farm staff before returning to



Upcoming Dharma School Events:

- **April 23 - Earth Day Activities** - make your own reusable bag out of a gently used t-shirt; personalize your own reusable cups
- **April 30 - Eshinni Kakushinni Day** - Dharma School will perform for the service and join the Betsuin choir in singing for the program in the Social Hall.
- **May 7 - Honolulu Hongwanji Dharma School Activity at HMS Sports Day / Undokai**

**Hongwanji
Radio Programs
APRIL 2017**

**KZOO 1210 AM
Japanese Language
Saturday at 7:30 AM**

- 4/1 Rev. Tomo Hojo
4/8 Rev. Ryoso Toshima
4/15 Prof. Naoki Nabeshima
4/22 Rev. Yuika Hasebe
4/29 Rev. Shinji Kawagoe

Betsuin Services

Asaji Service 8:00 AM

- 02 HBC Hanamatsuri
at Jodo Mission 9:30 am
09 Rev. Joshin Kamuro
16 Rev. Yuika Hasebe
23 Rimban Toyokazu Hagio
30 Rev. Joshin Kamuro

**Adult English Services
10:00 AM**

- 02 HBC Hanamatsuri
at Jodo Mission 9:30 am
09 Hanamatsuri
Family Service 9:30 am
Alan & Debbie Kubota
16 Rev. Sol Kalu
23 Mr. David Atcheson
30 9:30 am Eshinni Day Ser.
Ms. Charlene Kihara

Nicchu Service 1:00 PM

- 02 HBC Hanamatsuri
at Jodo Mission 9:30 am
09 Rimban Toyokazu Hagio
16 Rev. Yuika Hasebe
23 Rev. Joshin Kamuro
30 Rimban Toyokazu Hagio

Dharma School Service 9am

- 02 HBC Hanamatsuri
at Jodo Mission 9:30 am
09 Hanamatsuri
Family Service 9:30 am
Alan & Debbie Kubota
16 Rev. Arthur Kaufmann
23 Rev. Sol Kalu
30 9:30 Combined Service

In Memoriam



FEBRUARY 2017

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

- | | |
|---------------------------------------|-----------------------------------|
| 8/19/2016 HIRATA, Amy (94) | 9 HIRATA, Kenichi (93) |
| 11/8/2016 NAKAMURA, Riozo (92) | 9 MATSUDA, Matt Yasushi (84) |
| 1/14/2017 SAKATA, George Hiroshi (93) | 12 FUJII, Dalton George (71) |
| 1/23/2017 URADOMO, Irving Mitsuo (74) | 13 SHIMIZU, Matsuko Asahino (87) |
| 1/31/2017 HORIE, Elsie Yoshiko (102) | 13 YAMASAKI, Miteru (91) |
| | 14 TSUBOTA, Thomas Kiyoshi (102) |
| 1 HANDA, Raymond Yoshio (95) | 16 ICHIYAMA, Kazumasa (97) |
| 2 KIMURA, Harold Takeichi (89) | 20 FUJIKAWA, Yoshiko (102) |
| 3 KIKILOI, Edwin Toshio (68) | 20 KOHASHI, Theodore Tamotsu (97) |
| 3 OKAMURA, Richard Junichi (71) | 27 MURAKAMI, Sueme (98) |
| 4 CHONG, Chiyoko Tsuda (94) | 28 WATANABE, Alice Hisako (91) |
| 8 NISHIOKA, Tommy Tomeki (95) | |

2017 Memorial Service Schedule

2017 is the memorial year for those who passed away in:

2016 – 1 year	2005 – 13 year	1985 – 33 year
2015 – 3 year	2001 – 17 year	1968 – 50 year
2011 – 7 year	1993 – 25 year	1918 – 100 year

Nursing Home Services

- 06 Hale Nani – Rev. Kamuro
Hale Ho Aloha – Rev. Kaufmann
13 Maluhia – Rev. Hasebe
Liliha – Rev. Kalu
14 Kuakini – Cancelled; Good Friday Holiday
27 Nuuanu Hale – Rev. Kaufmann
28 Leahi – Rev. Hagio



The great practice is to say the Name of the Tathagata of un-hindered 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 Namo-amida-but-su.

-Shinran Shonin