



GOJI

Vol. 68, No. 8
SEPTEMBER 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

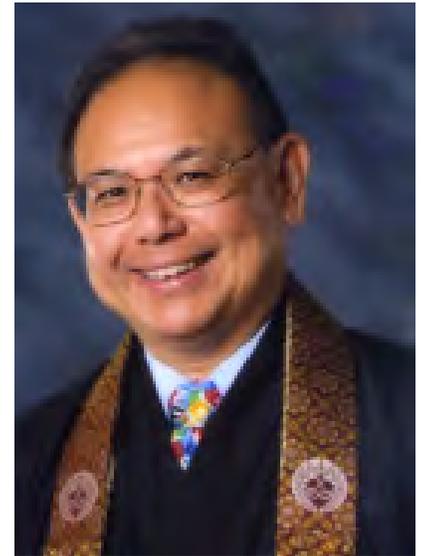
Chief Minister:
Rev. Tatsuo Muneto
Ministerial Staff
Rev. Tomo Hojo
Rev. Bert Sumikawa
Rev. Arthur Kaufmann
Rev. Satoru Tomioka

Betsuin to observe Ohigan on September 22 Guest Speaker is Rev. Kevin Kuniyuki "Shin Buddhism, A Religion for the Everyday Person"

The Betsuin's Ohigan service will be held at 10:00 am on September 22nd ; our quest speaker will be Rev. Kevin Kuniyuki. His topic will be "Shin Buddhism, a Religion for the Everyday Person."

Rev. Kuniyuki was born in Honolulu in 1955 and graduated Waipahu HS in 1973. Continuing his education, he graduated for the University of Hawaii at Manoa in 1979 and from 1981 to 1990 was an instructor at UH Manoa. He was also an instructor at UH Hilo from 1990 to 1994. During this period of 1981 to 1994, Rev. Kuniyuki also worked as a computer consultant.

He received his Ordination (Tokudo) in Kyoto in 1994, after which, he attended Chuo Bukkyo Gakuin (seminary) also in Kyoto and received his teaching certification, Kyoshi, in 1996. His Ministerial career began in 1996 with the Four Temple Council which extends up the Hamakua coast (eastern coast) of the Big Island. He returned to O'ahu in 2002 to take the position of Resident Minister at the



Wahiawa HM and remained there until his appointment as Director of the Buddhist Study Center in 2012. At the Buddhist Study Center he has worked extensively to support Buddhist Education and to establish a stronger tie with our Buddhist youth, especially those attending his Alma Mater, UH Manoa.

Please join us at the Ohigan service on September 22 at 10:00 am to hear Rev. Kuniyuki's Dharma message.

Attention All Betsuin Volunteers... You're Invited!

See page 3 for details

Rimban's Column: "Sadako Sasaki and One Thousand Paper Cranes" Rev Tatsuo Muneto



A small object may carry a big message and have a powerful effect on people worldwide at different times. Such is the case of the paper cranes folded by Sadako Sasaki (1943-1955). Sadako was only two years old when the Atomic Bomb blasted about 1,800 feet above Hiroshima. 80,000 citizens perished in the intense heat and the blast that contained radiation. Sadako's home was destroyed, but the family survived.

Sadako, who excelled in elementary school in Nobori-machi aspired to become a PE teacher. However, she

suddenly collapsed while running on the school ground with her friends. She was diagnosed with leukemia, cancer of the blood, caused by radiation she had received in August 1945. In spite of medical treatment at the special hospital for the disease and moral support from her family and friends, Sadako's condition worsened.

One of Sadako's good friends visited Sadako's hospital room to tell that if she folded 1,000 paper cranes, her illness would be cured. Sadako began to fold paper cranes with origami paper brought by the family, friends and the nurses until she finished folding about 640. She discontinued due to her declining health. She died in 1955 at age 12. In deep respect and compassion for Sadako, her friends gathered to finish folding the 1,000 paper cranes.

Soon a campaign to fold paper cranes for world peace started in the town by Sadako's classmates and other students who agreed with the idea. As a former resident of Hiroshima, I will summarize what I believe are the intents of the campaign for peace:

- The suffering and sorrow of Sadako and other children who died with leukemia must not be repeated again,
- Nuclear weapons should not be used, for it may result in the annihilation of humankind,
- Folding 1,000 paper cranes and stringing them with a thread is undertaken as a symbolic endeavor to aspire for peace.

In the following years, the appeal of the students of Hiroshima was received wholeheartedly by many people in the country. Donations were made for the construction of a monument for the child victims of the Atom bomb. A committee

was organized for the wider movement, and in 1958, a beautiful monument was erected in the Peace Memorial Park. Named Genbaku-no-ko no Zo in Japanese, the monument was to remember the children who died of leukemia and other related diseases. The inscription on the monument reads:

This is our cry,
This is our prayer,
To build a peaceful world!

Today, many people from many countries send strings of 1,000 paper cranes with many colors and different shapes with their messages for peace. Many school children in Japan receive peace education at their school. Students who visit Hiroshima never forget to go to the monument.

Our young Hongwanji members who go to Honzan for YBICSE (Young Buddhist International Cultural Studies and Exchange) visit this monument at the Peace Memorial Park to learn the legacy of Sadako Sasaki and the international peace movement among young people. Through the exposure to the realities of human tragedy and hope, they ask what they can do as Shin Buddhists for peace in Hawaii.

At the annual Peace Day Interfaith Service to be held on Friday, September 20 at the Hawaii Betsuin, Sadako Sasaki's family will say a few words asking the members of the faith community to help create a peaceful world. As grateful members of Jodo Shin Buddhism, let us join this event. Also, a special ceremony will be held on September 21, 2013 commemorating the historical exhibit of the paper crane at the Valor of the Pacific National Monument at Pearl Harbor. There will be publicity for both events soon.



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 Invites All Volunteers to Lunch!

In this modern materialistic world, all too often acts of selfless giving (the Buddhist concept of Dana) are not given enough attention by us. We should all strive to develop and nourish this spirit of doing something for others without any expectation of something in return. Yet as recipients of these acts of Dana, we should also be sincerely grateful. Therefore the temple is hosting a luncheon as a small gesture of gratitude to the Betsuin volunteers.

If you are an individual who has been volunteering your time and effort to the temple, you are cordially invited to attend an informal luncheon to celebrate the volunteer spirit in us all. Details are as follows:

What: Volunteer Appreciation Luncheon
 When: Wednesday, October 2, 2013 at 11:00AM
 Where: Hawaii Betsuin Social Hall

Please call the Betsuin Business Office at 536-7044 by Monday, September 23, if you plan to attend this event. It's free so why not come and be a part of the fun? We are looking forward to hearing from you but you must respond by September 23.

Finally, if you are reading this and may want to volunteer your time and effort to the temple, let us know. We may be able to harness your enthusiasm with positive results for the Betsuin sangha. Make the commitment. Many of us have more time than money to give.

Golf Tourney Supports Betsuin Programs

For the past 17 years, golfers have come together at the Honpa Hongwanji Hawaii Betsuin Golf Tournament. On Thursday, August 8, 2013 at the Ala Wai Golf Course, 186 golfers headed out in their carts for a 3-person modified scramble. The beautiful sunny, tradewind day tested the eager golfers as they competed for team prizes such as a stay at the Royal Hawaiian Hotel, a \$100 gift certificate to Alan Wong's Restaurant, a TaylorMade driver, and a BluRay DVD player with WiFi streaming.

Adding to the fun were the cash prizes for the golfers who got the closest to the pin on the par 3s. In addition, there were door prizes, including a trip to Las Vegas. Everyone had the chance to participate in the raffle for a ProAm gift certificate, an LED TV, or an iPad mini.

As soon as the golfers arrived, they were greeted with a 20# bag of rice and a goody bag with snacks. The golfers enjoyed sandwiches and chips for lunch and a delicious buffet dinner.

The tournament proceeded smoothly thanks to 36 volunteers who generously gave their time to make sure everyone had fun and was safe. Because of the many thoughtful and beneficent donors and golfers, the tournament netted about \$27,000, which will be used to support and maintain Hawaii Betsuin's youth and educational programs. A sincere mahalo goes to the steadfast and dedicated chairperson, Melvyn Kawahara!

2013 Peace Day Interfaith Service

An interfaith celebration will be held on Friday, September 20, 2013 beginning at 7:00pm at the Honpa Hongwanji Hawaii Betsuin at 1727 Pali Highway. This annual event is sponsored by the Pacific Buddhist Academy, Honpa Hongwanji Mission of Hawaii, Honpa Hongwanji Hawaii Betsuin, The Interfaith Alliance Hawaii, Hawaii Association of International Buddhists, Hawaii Buddhist Council and Hawaii Conference of Religions for Peace.

In 2007, through the efforts of the Hawaii Federation of Jr. Young Buddhist Associations and other dedicated supporters, Hawaii became the first state to recognize Peace Day. Each year the International Day of Peace is observed around the world on September 21st. The United Nations General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.

The service will feature speakers and musical performances from a variety of religious and spiritual traditions. The event will be a moving and memorable celebration of peace.

Mr. Masahiro Sasaki will be a featured speaker at the celebration. Mr. Sasaki is the brother of Sadako Sasaki, whose extraordinary life was recounted in the children's book "Sadako and the Thousand Paper Cranes". Mr. Sasaki will be accompanied by his son Yuji Sasaki who will perform a musical number. The Sasaki family has long been advocates for cultivating peace in our world.

Contact Rev. Blayne Higa for more information at 532-2649, or blayne.higa@

Temple News and Activities



BOY SCOUT TROOP 49

Elaine Nakamoto, Troop 49 Boy Scout

Austin Ishii's Eagle Scout Service Project

On Saturday, June 22, 2013, Troop 49 Boy Scout Austin Ishii lead a group of 25 Scouts and 8 parents to patch, clean, and paint the interior walls of the Wilson Elementary School cafeteria on Kilauea Avenue. Part of the team also landscaped the area around the school reader board. Austin was very grateful for the help he received while attending this elementary school, so he wanted to give back to the school.

The Eagle Scout Service Project was quickly, efficiently, and successfully completed. Austin was able to use the leadership skills gained as a Scout. One of the most challenging issues Austin faced during the project was making sure everyone stayed on task. Some of the Scouts who had a tendency to get off track needed to be managed more closely.

Seventeen-year-old Austin is currently a senior at Punahou School where he participates in Air Riflery and plays the tenor saxophone in the school's Wind Ensemble. Austin has been in Scouting for over eight years. He holds the leadership position of Troop Guide in which he is responsible for keeping the Badgers (newest, youngest Scouts) on task and assisting them with "learning the ropes." Previously, Austin was a Patrol Leader, in which he directed his patrol, the Dragons. The Dragons are more disciplined than the inexperienced Badgers, so he could rely on them to get things done without much assistance. Austin is proud of the leadership skills gained through-



out his years in Scouting and has learned to become a more responsible and independent person.

Austin wishes to thank the Scouts and adult leaders who helped him out, as well as his parents for advising him while planning his project. In the near future, Austin plans to major in computer engineering and software design. Congratulations Austin, on completing your Eagle Scout Service Project!

Bon Dance



This year's Bon Dance was a great success. On Saturday, June 29, 2013, Troop 49 Boy

Douglas Yanagihara, Troop 49 Boy Scout

Scouts manned the food booth. That night, the boys were tasked with many duties including set up, cooking, taking orders, serving, being runners, break down, and clean up. A new configuration of the line leading

to the food booth and different location of the booth were implemented. This seemed to make

service to the customers much more organized and smoother. The Bon Dance seemed to draw a much bigger crowd this year as compared to previous years. The weather was perfect for dancing on Saturday night. However, at the previous night's Bon Dance, there was a huge downpour of rain, but that didn't stop the dancers from dancing.

continued on page 12

News from the Buddhist Women's Association

RECIPE: CHISO RICE From June Iwahashi's Kitchen

Shiso Rice from Mrs. Yoshie Iwahashi

- 5 cups rice (cook in rice cooker)
- 1 package chirimen iriko (.75 oz)
- 2 cups shiso leaves, chopped
- ¼ cup sugar
- ½ cup shoyu
- 1 package soup base (dashinomoto or others)

Start cooking the rice. Add a small amount of oil in a frying pan. Fry iriko until crisp. Add remaining ingredients, cook to blend. Place mixture on top of rice. Continue to cook until rice is done. Mix and serve.

Food For Thought With Humor:

Since there are still some of you who do not use the computer, here's something for you to enjoy.

How To Plant Your Garden ...No Dirt Required.

First you come to the garden alone, while the dew is still on the roses.

Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. squash indifference
3. squash grumbling
4. squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden you must have thyme:

1. Thyme for Buddha
2. Thyme for each other
3. Thyme for family
4. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow. NOT BAD, HUH?

Laughter Is Good For You submitted by fujiko.

("In case you need to reprimand me")

---Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

---A bean supper will be held on Tuesday evening in the temple hall. Music will follow.

---The sermon this morning: "Shinran walks on the water". The sermon tonight: "Searching for Shinran".

---Weight watchers will meet at 7 pm in the social hall. Please use large double door at the side entrance.

---The head minister unveiled the temple's new campaign slogan last Sunday: "I Upped my Pledge—Up Yours."



**SAVE THIS DATE!
SUN., OCT. 27, 2013
(8:30 AM TO 2:30 PM)**

**2013
NEMBUTSU
GATHERING
SPONSORED BY THE HONOLULU
HONGWANJI DISTRICT COUNCIL**

Honpa Hongwanji Hawaii Betsuin Judo Academy

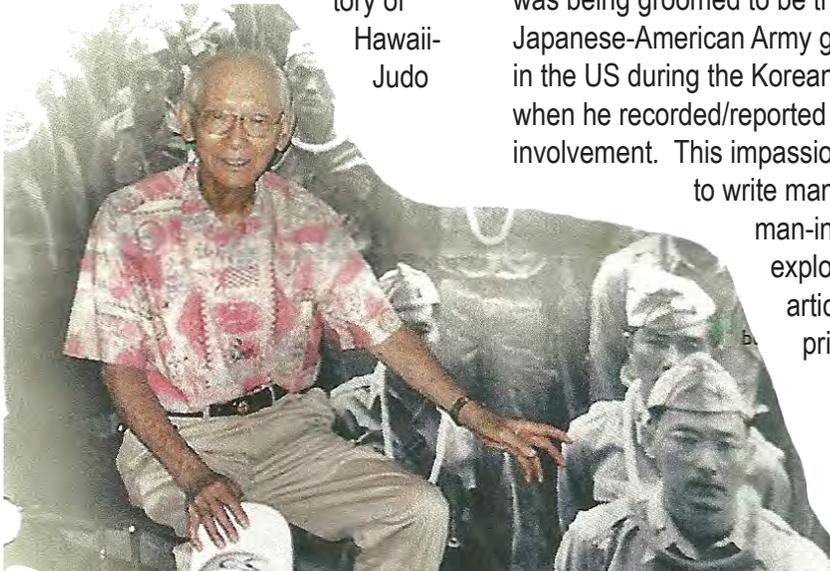
Axel Obara, Principal Instructor-Of Counsel

Col. Bert Noburo Nishimura, U.S. 100th Infantry Battalion, 442nd RCT-Commander

August 1, 1918 – October 15, 2010

On August 1, 2013, the Honpa Hongwanji Hawaii Betsuin Judo Academy celebrated the birthday memorial for Col. Nishimura, sponsored and hosted by Mr. Norman Hirohata-Goto, a long-time friend of the Academy. Col. Nishimura dedicated the "Go For Broke-Fighting Spirit" perpetual plaque to the Academy, to annually recognize the judoka who demonstrates the highest competitive spirit, with sportsmanship and humility. In addition to this award, it was accompanied and applauded by a certificate from the late, Sen. Daniel K. Inouye, also a member of the heroic 442nd RCT. Less than two months after presenting the award, Col. Nishimura passed away.

Unbeknownst to many, the Pahala boy was the editor for the McKinley High School newspaper and active ROTC. At 21 years of age, he won the 1939 Territory of Hawaii-Judo



Grand Champion facing a gauntlet of 16+ seasoned competitors, including Rubberman Higami. Back then, there were no age/weight restrictions for that towering challenge, and one of his fellow teammates was Yukiso Yamamoto. A few months later, he graduated from UH-Manoa, completed as 2nd Lt. Army Reserves, and was awarded the UH Oratory Prize, having won over strong competition debates from the late Rep. Patsy Mink and Sen. Sparky Matsunaga, also a member of the 100th Battalion.

In 1943, being the highest ranking officer, he led the parade march through downtown Honolulu to recognize/honor the 442nd RCT, that ended in unprecedented, glorious ceremony at Iolani Palace before deployment for training, then to Italy and the rest is history. He was being groomed to be the first Japanese-American Army general in the US during the Korean War, when he recorded/reported all tank involvement. This impassioned him

to write many human-interest, exploratory articles for printing

in the Honolulu Star Bulletin from the field.

After retiring from the Army Strategic Command, teaching and gainful, commercial employment, Col. Nishimura returned to Hawaii when he was asked to help fundraising for the 442nd RCT Veterans Club and then got heavily involved in the JCCH. At the same time, he obtained instrumental federal funding to the development and site placement of the Hale Koa R&R Hotel in Waikiki, another monumental task. All of this was aided through his strong bond with the late, Sen. Inouye, his comrade-in-arms.

As the Academy is a self-standing non-profit, 501(c)(3) entity, we have already awarded funding by our scholarship foundation, through the kindness and generosity of our untiring membership, families and friends. It is truly an honor to continue to be inspired by unstoppable, judo spirits like in Col. Nishimura and we can happily say that we knew his family, him and shook his hand. We are humbled and also proud of the 120 years history of the Honpa Hongwanji Hawaii Betsuin Judo Academy, to be able to continue to share our Kodokan Judo with everyone.

Happy Birthday, Colonel-Shihan.

In gassho

The late Col. Bert Nishimura points to a photo of himself as a young soldier.

Buddhist Womens' Association News For July-August

submitted by Fujiko Motobu, President

Keeping Fit As You Age: Preventing or Slowing Down Dementia

Experts believe that you can prevent or delay cognitive decline by keeping your mind fit. Here are several ways that help prevent the mental decline which some people experience in their senior years.

There are six pointers to follow, which are not strange at all.

First, get regular exercise because physical exercise has been linked to the brain health. The higher the exercise levels compared to lower exercise levels, help to reduce the risk of dementia. Try to get 20-30 minutes of moderate activity daily. Even as little as 15 minutes three times a week has been found to be beneficial. Weight training also helps to improve cognitive functioning.

Second, follow a healthy diet. Several studies suggest that a heart healthy diet that includes vegetables, fruit, nuts, beans, and fish may help. Researchers have found that omega-3 fish oil is important.

Third, avoid or reduce stress. Constant stress floods your brain with cortisol which can impair memory. Meditation is one way to reduce stress.

Fourth, take care of your health. Chronic conditions like diabetes, obesity and hypertension have been linked to dementia. Be sure to follow your doctor's orders.

Fifth, enjoy your friends. Some studies have shown that having many social networks may help lower dementia risk. A full social life will provide emotional and mental stimulation, protecting against memory declines.

Sixth, Challenging your brain can increase the brain cells and the connections between cells. Challenge yourself by learning new things, like Sudoku, crossword puzzles or bridge. The younger you are when you start, the better.

BRAIN WORKOUT: (1).Solve puzzles, (2).play strategy games such as chess or monopoly. Many games are on the internet or your computer. (3).Incorporate music, listening to and playing music can stimulate different areas of the brain. (4). Change your habits. Try changing your routine, such as rearranging your desk or living space or try doing your regular activities in a new way, such as using the opposite hand to brush your teeth or taking a shower with your eyes closed. (5).Read. Reading will flex your brain muscles and help build up a cognitive reserve that may delay the onset of dementia. Laugh a lot. Laughter is good for the brains, for laughter feeds lots of oxygen into your brain. (6).Find a new hobby. Hobbies can challenge your brain to learn new skills like learning to draw or paint. (7)Learn a new language. Learning a new language activates a part of your brain that hasn't been used since you first learned to talk. Learning and using more than one language can stimulate your brain and keep you healthy.

The contents of this article was found in the WHI (women's health initiative 2012-2013 issue published by the Fred Hutchinson Cancer Research center.)

RECIPE from June Iwahashi.

NAMASU:

3 cups Mitsukan vinegar;
3 cups sugar;
3 Tablespoon table salt.

Bring to boil; cool and bottle. Pickled purple onions: cut in wedges. Pour mixed vinegar. Refrigerate. Ready to eat in a day or two.

SUSHI VINEGAR:

This recipe is from June Iwahashi and the late Elsie Sasaki.

3 cups Chikyu-uma brand vinegar;
3 cups sugar;
3 Tablespoons table salt.

Bring to a boil; cool and bottle. Mix with cooked rice for nigiri or cone sushi. Ready to eat, flavored aburage available at Marukai.

Thank you to the members who have been donating their recipes. Next month's issue will feature Shiso Rice.



BOY SCOUT TROOP 49 Douglas Yanagihara,, Troop 49 Boy Scout More News from the Boy Scouts

Cub Scout Beach Clean Up Kualoa Regional Park

On Sunday, July 21, 2013, Cub Scout Pack 49 cleaned up the beach and park areas of Kualoa Regional Park. The Scouts also picked up trash close to Kalaniana'ole Highway where rubbish was thrown from cars. The Scouts and parents used tools like long tongs, fishing spears, rakes, and dust bins to collect the trash. The trash collection included small items such as bottle caps, glass, wrappers, plastic, and styrofoam as well as large items such as rusted steel and a long PVC pipe. After the big haul, the Scouts enjoyed a picnic lunch and beach time.



Hawaii Betsuin Launches New Website

<http://hawaiihetsuin.org>

The Betsuin board is making progress implementing goals laid out in the strategic plan. One of the objectives under “Goal 3: Support the Mission of the Hawaii Betsuin” was upgrading the Betsuin website. On Friday, August 23, the new website went public at <http://hawaiihetsuin.org>. The site is a rich source of information on Betsuin services, news, events, classes, affiliated organizations, history, offerings for families and youth, and more.

The new website is a team effort. Joel Determan and Dave Atcheson, identified in the strategic plan as point people for the web project, met to strategize and draft an outline for the new site. Many sangha members provided feedback first as part of an informal survey and later at a preview of the site in one of the classrooms. Dave set up the draft site and began

incorporating text content supplied by Dexter Mar, photos and video supplied by Ruth Tokumi, and forms and event information from staff members Ron Suzuki and Stacy Bradshaw. Alan Goto and Jo desMarets also provided content and suggestions. Rev. Satoshi Tomioka is the ministers’ representative on the web team and provided edits. Thanks to these individuals and the many others who provided suggestions and encouragement!

At the request of several sangha members, the web team plans to host a guided tour of the website in the social hall after an upcoming service. We will announce details at services. In the meantime, please send any suggestions or corrections to the web team at webmaster@hawaiihetsuin.org. Thank you!

Temple News and Activities

News from the Buddhist Women's Association

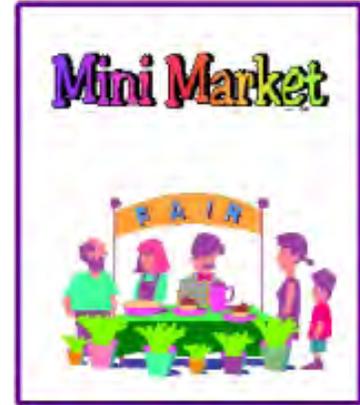
Fujiko Motobu, President

COMING EVENTS SEPTEMBER

- 14 Sat. Honolulu United BWA meeting at Hawaii Betsuin.
Moiliili BWA in charge
- 15 Sun. HBBWA Executive board meeting 8:45-9:45 am
- 28 Sat. "End of Life" seminar at Wahiawa Hongwanji 8:30-2:00

COMING EVENTS OCTOBER

- 6 Sun. Craft fair
- 19 Sat. HBBWA temple visitation to Mililani and Wahiawa
Interesting activities planned
- 20 Sun. BWA Exec. Board meeting 8:45-9:45
- 27 Sun. BWA General Membership meeting #4
Election of Officers in the Hondo 8:45-9:45



Did You Know that...

The Hawaii Betsuin BWA Mini Market was the brain child of Florence Wasai? It has been a tremendous success with many members as well as non-members supporting the project with donations of food, plants, craft work, flowers, vegetables and many other items. Not only the donations, but the people who purchase these items are the plum of the pudding. We hope you will all continue to support the BWA mini market goods and not hesitate in buying many items.

Florence created the project with the concept of aiding our members who go to conventions, etc. by defraying some of the expenses. Besides helping our BWA members, the mini market has been able to help the PBA, Hawaii Betsuin and Hongwanji Mission with contributions of various kinds. The last one was donating to the tsunami victims in Japan through the Kyodan.

Mini Markets are usually held four times a year, and our most recent one was held on August 4th.

We appreciate everyone who has helped us. Thank you very much to all of you.

Let's Talk About... Psoriasis

Recently I discovered a spot on my left arm that itch badly; therefore, I have been scratching the spot, when it occurred to me that it looks like psoriasis that I have seen on others. Since the doctor hasn't looked at it and it is self diagnosed, I have been doing some research. In the BottomLine Health Magazine, Valeri Treloar, MD, CNS, has written an article entitled, "Real Relief for Psoriasis". She claims that combining conventional and natural therapies offers the best treatment.

What is psoriasis? It is a chronic, inflammatory skin disease caused by an overactive immune system. The most common is plaque psoriasis, dry, itchy red patches with silvery-white scales. They usually appear on the elbows, knees, scalp and lower back.

According to research, one of the best drug free ways to ease psoriasis is to limit high-GI foods. GI is glycemic index, which measures how fast different foods elevate blood sugar (glucose) and insulin in the body. High GI foods trigger a very rapid insulin response and high insulin levels have been linked to psoriasis. Sugar and white flour are high GI foods. Vegetables, beans, and whole grains are low GI foods.

I should eat meals that consist of 50% vegetables, 25% protein (fish, chicken, turkey, lean meat or eggs) and 25% unrefined carbohydrates, such as sweet potatoes or squash. I should limit my intake of refined carbohydrates and dairy products. In keeping the blood glucose levels balanced, I can eat two or three snacks daily, such as fruit, nuts or seeds. Fish oil also helps by taking 1 g to 4g daily with a meal. Sensitivity to gluten, a protein found in wheat, barley, and rye may also be a factor. Regular exercise, five to seven times a week, at a moderate level, such as brisk walking or even vigorous gardening for 20 minutes a day would help.

After I confirm my diagnosis with the doctor, I should be able to improve my health conditions. No wonder I have been putting on weight and inflating my stomachtoo much sugar.

Hello there...I'm Shaku Art Kaufmann

I know that some of you may not have been able to be at the temple when I introduced myself so I thought I would do so in the Goji too.

My name is Arthur J. Kaufmann and I have been asked by the Bishop to come here as an Associate Minister as of June 1st. I was formally the Resident Minister at Aiea Hongwanji Mission over in Aiea town.

I was born in 1943 and raised in New York City, NY. Like most port cities it is inhabited by people from all over the world which made New York a very interesting place to live. After completing High School in 1960 I joined the United States Air Force and served for eight years (two enlistments). The first five years were served at Dow Air Force Base in the state of Maine. I was married then to my first wife and we had two children while we were there. Sadly the married did not last. I did one tour of duty in Viet Nam in 1966 at Phan Rang Air Base. Our base was about 150 miles up the eastern coast and twenty five miles inland from the coast. Upon returning to the main land I was stationed on the gulf coast of Florida and finished my second enlistment there and was Honorably Discharged in 1969. There after I

returned to New York after a bout with pneumonia.

In 1975 I moved from NY to Denver, Colorado. Two very important things happened there around 1979. One was that the Buddha's teachings found me at the Denver Buddhist Temple and my study of Aikido began under Gaku Honma Sensei of Akita Japan. Honma Sensei was the last uchideshi to the founder of Aikido Morihei Ueshiba Osensei.

I was also treated at the Veterans Outreach Center of Denver for PTSD, Post Traumatic Stress where I dealt with the feelings that I could not afford to feel during my tour in Viet Nam.

My teachers at the Denver Temple were Unryu Sugiyama Sensei, Harold Oda Sensei, Kanya Okamoto Sensei and Yoshiaki Tamai Sensei. It was from these learned Senseis that I became aware of the unconditional, universal compassion of Amida Buddha, a compassion that embraced me just as I was which meant and means everything to me. The Buddha's teachings helped me to understand my life in a more realistic manner and be at peace with the suffering in my life. I was invited to come to service by the care taker at a Hanamatsuri fund raiser, and I have been going to temple

ever since. After thirteen years as a lay member I came to Hawaii to study for the ministry and to get a college degree. Studying under Rev. Shigenori Makino at Moiliili HM I received my ordination in 1994 and my teaching certification in 2007. I have served at the Hilo Betsuin for three and a half years under Revs. Okano, Murakami and Muneto. I also received my Associates degree in Art from Kapiolani Community College.

I have worked at BDK Sudatta Hawaii with Rev. Yoshiaki Fujitani and Rev. Hiroshi Suzuki distributing the book, Teaching of Buddha to the hotels of Hawaii and Guam. I had the privilege of assisting Rev. Toshio Murakami during his illness at Pearl City HM and was asked to be resident at the Aiea HM where I served for four and a half years.

Now I have come to be of service to the Hawaii Betsuin and I shall do my best to do so.

Shaku Art Kaufmann



Owen Lee Oshima
Pre-Need Counselor

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Cellular: 808 741 6936

BUDDHIST ALTARS & ACCESSORIES
(Butsudan & Butsugu)



By Appointment Only
1202 Kona St, Honolulu, HI 96814

Phone: 973-0320; 592-0115
Fax: 592-0119

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 for September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 – Rev. Hojo 9:00 – Rev. Muneto 10:00 – Rev. Sumikawa 1:00 – Rev. Tomioka	2 Labor Day (Holiday)	3 9 am – 1:30 pm Rhythm & Life 6-8 pm Judo	4 9 am Wednesday Grp 1 pm Flower Arrangement 7 pm Meditation 7 pm Bon Dancercise	5 9 am Flower Arrangement 1:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	6 9 am Project Dana Dance	7 1 pm Taichi
8 8:00 – Rev. Muneto 9:00 – Rev. Sumikawa 10:00 – Rev. Okano 1:00 – Rev. Muneto	9 9 am – 1:30 pm Rhythm & Life	10 9 am – 1:30 pm Rhythm & Life 9:30 am – 11:00 am Shodo Class 6-8 pm Judo	11 9 am Wednesday Grp 1 pm Flower Arrangement 7 pm Meditation 7 pm Bon Dancercise	12 9 am Flower Arrangement 1:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	13 9 am Project Dana Dance 9 am – Sumie Class	14 10 am Hawaiiana 1 pm Taichi
15 8:00 – Rev. Tomioka 9:00 – Rev. Kaufmann 10:00 – Rev. Sumikawa 1:00 – Rev. Umitani	16 9 am – 1:30 pm Rhythm & Life	17 9 am – 1:30 pm Rhythm & Life 6-8 pm Judo	18 9 am Wednesday Grp 1 pm Flower Arrangement 7 pm Meditation 7 pm Bon Dancercise	19 9 am Flower Arrangement 1:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	20 9 am Project Dana Dance	21 1 pm Taichi
22 Autumn Ohigan Service 8:00 – Rev. Kawaji 9:30 – Rev. Kuniyuki 1:00 – Rev. Hojo	23 9 am – 1:30 pm Rhythm & Life	24 9 am – 1:30 pm Rhythm & Life 9:30 am – 11:00 am Shodo Class 6-8 pm Judo	25 9 am Wednesday Grp 1 pm Flower Arrangement 7 pm Meditation 7 pm Bon Dancercise	26 9 am Flower Arrangement 1:30 am Sahn Bo Dahn 5:30 pm Choir Practice 6-8 pm Judo 7 pm Ballroom Dancing	27 9 am Project Dana Dance 9 am – Sumie Class	28 10 am Hawaiiana 1 pm Taichi
29 7:30 – Rev. Hojo 9:00 – D.S. Teacher (TBA) 10:00 – Rev. Kaufmann 1:00 – Rev. Tomioka	30 9 am – 1:30 pm Rhythm & Life					

Hongwanji**Radio Programs**

SEPTMBER 2013

KZOO 1210 AM

Japanese Language

Saturday at 7:30 AM

7 Rev. Toshima

14 Rev. Hojo

21 Rev. Muneto

28 Rev. Tomioka

Betsuin Services**Adult English Services****10am Services**

1 Rev. Bert Sumikawa

8 Rev. Thomas Okano

15 Rev. Bert Sumikawa

22 Autumn Higan Service,
9:30 am Combined Svc
Rev. Kevin Kuniyuki

29 Rev. Arthur Kaufmann

Dharma School Services will
begin on
September 8, 2013

08 Rev. Bert Sumikawa

15 Arthur Kaufmann

22 Autumn Higan Service,
9:30 am Combined Svc,
Rev. Kevin Kuniyuki

29 Dharma School Teacher

Nursing Home Services

05 Hale Nani (Rev. Kaufmann)
Hale Ho Aloha (Rev. Muneto)

12 Maluhia (Rev. Sumikawa)
Liliha (Rev. Kaufmann)

13 Hale Pulama Mau (Rev. Tomioka)

26 Nuuanu Hale (Rev. Hojo)

In Memoriam**JULY 2013**

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

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|--|----------------------------------|
| 4 MIYAMOTO, Lily Shizue (94) | 14 HASEYAMA, Ellen Fumiko (89) |
| 4 SHIMABUKURO, Grace
Teruko Kitamura (93) | 15 MORIOKA, Brian Yoshio (80) |
| 6 MAKINODAN, Tomiko "Judy" (81) | 15 NARUSAKI, Ralph Mamoru (91) |
| 6 SAKUMA, Minne (84) | 16 HAMADA, Minoru "Ham" (95) |
| 7 ARAKAKI, Melba Yurie (78) | 17 FUJIOKA, Masako (90) |
| 9 IWAMURA, Richard Tadashi (80) | 17 SAKAI, Edith Kiyoe (86) |
| 10 YAMAO, Jane Masae (87) | 18 NISHIOKA, Florence Masae (98) |
| 12 TAKASHIGE, Setsu "Sets" (83) | 22 FUJIMOTO, Agnes Shizue (95) |
| 12 UECHI, Susan Sadako (85) | 25 KAMIOKA, Dorothy Yoshiko (88) |
| | 27 YAMADA, Raymond Yoshiaki (95) |

2013 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

Scouts continued from page 4

Many of the food items sold out early. The delicious andagi sold like crazy. The andagi production by the Ujimori family was fascinating. Guy Ujimori, the "Andagi Guy," skillfully cut the andagi batter into the hot oil, while his wife Cindy, turned the andagi and scooped them out when perfectly browned. Grant Ujimori, former Troop 49 Boy Scout, quickly bagged regular and cinnamon-coated andagi.

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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 Namo-amida-butsu.
- Shinran Shonin