



1727 Pali Highway
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GOJI

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NEWSLETTER
of the
Honpa Hongwanji
Hawaii Betsuin

www.hawaiibetsuin.org

2016 Slogan:

Embrace Change:
New Vision
(Create Engagement)

BETSUIN
MINISTERS

Chief Minister
Rev. Toyokazu Hagio

Ministerial Staff
Rev. Yuika Hasebe
Rev. Arthur Kaufmann
Rev. Satoshi Tomioka
Rev. Joshin Kamuro

Hawaii Betsuin to Observe Dana Awareness Let's Think About Dana!



Rev. Yuika Hasebe

On October 9, 2016, Hawaii Betsuin will observe Dana Awareness Day with a special service. Dana is a Sanskrit word and the original meaning is simply "Giving" or "Selfless Giving".



The word "Dana" can be broken into three types: House which is sharing and spreading the Buddha Dharma, Zaise which is monetary and material offering, and Muise which is giving others comfort and helping to remove fear or pain.

Those types of Dana are very important for spreading the Buddha Dharma, keeping our temple as a place for Dharma and building a strong bond, and bringing harmony among people. Without those Dana, which is done by uncountable numbers of people, this Hawaii Betsuin and Buddhism might not be able to reach us. So, it is important for us to try Dana to help our community and sangha, and hand down our tradition of Amida Buddha.

However, if we are in a hospital, in debt, or have certain problems, we may not be able to do Dana even if we would like to do so. Or, we might not have power to help others who are in tremendous physical pain or are suffering beyond our ability to bring comfort to them. If so, is Dana only for somebody who can do it and not our business?

In a sutra, Shakyamuni Buddha mentioned another style of Dana, which is called Muzai no shichise, which is Seven Non-Monetary Dana. They are Gense which is give others a warm look, Wagense which is meet others with a smiling face, Gonjise which is say and use kind words, Shinse which is physically work to help others, Shinse which is treat others with a kind heart, Shozase which is give a seat to those in need, Boshase which is give someone a place to stay or share your roof.

Those types of Dana do not require monetary or material things but we can still provide comfort and harmony to our community. During this month of October, let us think about what we can do for others. House, Zaise and Muise are of course important, but the Seven Non-Monetary Dana is also really meaningful and can create peace. We may not be able to help or support everybody but let's not give up on doing Dana. Even one smile might give others the strength to live a day.

Dharma Message from Rimban Toyokazu Hagio: “Halloween”

As you know, October 31st is Halloween. The youngsters are looking forward to this day with a lot of excitement. What is the meaning of Halloween from the stand point of ancient custom and from Buddhism?

The original meaning of Halloween is that “hallo” means holy or sacred, and “ween” is short for evening or eve which means the night before. November 1st is all Saints Day, which is a holy day. Therefore, Halloween is the night before a holy day.

In ancient Scotland and Ireland, October 31st was the last day of the year, or New Year’s Eve. In the old calendar, traditionally, people believed that

on New Year’s Eve, spirits came out and wandered around. The carving of jack-o-lanterns was started as a way to scare away those spirits, in preparation for the new year. They wanted to wash clean any evil spirits. This custom is very similar to the Japanese custom of cleaning the whole house from top to bottom before the new year begins. Also, on New Year’s Eve, the temple bell is hit 108 times. Because we human beings have 108 evil passions, hitting the temple bell symbolically eliminates evil passions. Then we are ready to welcome the New Year.

In addition, October 31st is the end of autumn, which was celebrated with a harvest festival. The harvest festival was held to express appreciation through offerings to their ancient gods. Similarly, in our temple, we make offerings to Buddha in appreciation for our food, a gift of life. Every morning we (ministers) offer Buddha rice in a golden container; that is Buddha’s rice.



When we say grace, we are saying thank you to Buddha. We are also thinking of the sacrifice made by plants and animals.

At this time, let’s consider what we mean by “evil passions.” We have greed, rage, and jealousy, which are the demons and ogres of our mind. If we aren’t satisfied with what we have or what we did, these demons and ogres will show on our face and come out of our mouth. It is important to understand our feelings and to realize the impact they have on those around us. So, this Halloween, let us continually reflect on our words and actions. Knowing the Buddha is always with us, we shall live expressing our gratitude.



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 15th 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 Blood Drive



November 12, 2016

7 am to 3 pm

For information
contact Cheryl Sora
at 382-9561

**Requesting donations of non-snack food
items such as sandwiches, musubi,
soy beans, noodles, etc.**



BOY SCOUT TROOP 49

Korey Miyakawa's Eagle Scout Service Project

Angela Tanioka, Troop 49 secretary

Congratulations to scout Korey Miyakawa for completing his Eagle project on Saturday May 7 at the Honpa Hongwanji Hawaii Betsuin. The goal of the project was to improve the grounds surrounding the Bishop's residence by installing a new irrigation system, repairing and unclogging the

resources were available, rules were followed, and work flow was efficient. The lessons he learned during this process is to not procrastinate, work hard, make good use of his time, be organized, act responsibly and take his high leadership position seriously. For being a first time project manger,

is currently a senior at the Pacific Buddhist Academy High School. He chose to do his eagle project there as an expression of his gratitude to the Honpa Hongwanji community for providing him and so many other kids with such a nurturing environment conducive for learning and growing.

He is now 17 years old and looks forward to his future after high school. He is hoping to attend Seattle University majoring in engineering. Other majors he's considering are pre-medical, nursing, or business.



existing downspouts, and to beautify the front of the house. With the help of about 65 volunteer boy scouts, troop leaders, and parents, they were able to finish the project in one day. Some of the challenges Korey faced were scouts showing up that did not RSVP earlier. He was nervous about executing his plan smoothly, lacking supplies, and making sure all the permits and strict regulations were being followed because the temple is constructing another building right next to the project site. However, Korey rose to the challenge and made the necessary adjustments for work assignments, provided continuous supervision over operations, and worked out a detailed plan to ensure

Korey did a terrific job!

Korey wishes to thank his family, his parents Gary and Suzie Miyakawa, Troop 49 scouts and leaders, the advancement committee, and also his school friends and families for all the love and support he has received from them over the years. He wants to thank Commercial Plumbing for donating generously most of the materials and for all of the volunteers that have donated their time, man power, and resources towards the success of this project.

This eagle project is particularly special for Korey because he attended the Hongwanji Mission School and

Korey started scouting as a tiger in Pack 49 at the age of 6. In 2010, he earned his Arrow of Light and became a scout of Troop 49. During his time as a scout, he has been a senior patrol leader, assistant patrol leader (2x), patrol leader (3x), troop guide, quartermaster, and librarian. As Korey reflects

back on his scouting career, he is most proud of all the leadership roles that he has fulfilled and remembers the mentoring he got from the older scouts which in turn has helped him develop skills in mentoring younger scouts as well. Some other interests Korey engages in outside of scouting are Taiko drumming and cross country running.

Now that Korey is older and wiser he has a few words of advice for the younger scouts. "Always listen to your parents. Make a lot of new friends. Treasure the time you spend in scouting because you won't get to have these experiences anywhere else. Most of all, have a GOOD TIME!"

Betsuin Dharma School News:

Debbie Kubota

Sports / Pool Fun Day Sunday, July 31

Swimming, volleyball, basketball and food were highlights of the day on the HMS campus. The Betsuin Dharma School hosted this event which included Moiliili and Wahiawa sangha for fun activities and lunch. Reverend Yuika Hasebe started the event with a wonderful aspiration message. Then the pool and gym were open for fun, with about 70 people participating. Lunch was provided by the Betsuin Dharma School PTO. After lunch, the gym was filled with people playing volleyball, basketball and just having fun together. What a fantastic way for everyone to enjoy themselves and get to know other Hongwanji families from across the island!



sangha. We all enjoyed an onolicious lunch with the main course prepared by Reverend Nishiyama—Japanese style beef curry and rice! We were also treated to ice cold refreshing shave ice, thanks to Mel and Gail Kawahara and Reid Yamamoto. What a fun way to kick off our new Dharma

School Year!

Please join us for the following October Dharma School Activities:

Sunday, October 9- Family & Friends Night 5:00- 8:00 pm - Betsuin Social Hall

Sunday, October 23 - Pumpkin Patch Outing to Aloun Farms, then Pumpkin Carving & Lunch 8:30 am - 1:30 pm

Honolulu Dharma Schools' Registration Day Sunday, August 21

Reverend and Mrs. Shindo Nishiyama and the Jikoen Hongwanji sangha graciously hosted the annual Honolulu Dharma Schools Registration Day this year. Reverend Hasebe led the group in a temple service, followed by an intergenerational mixer activity led by Reverend Irene Nakamoto and JoAnn Yosemite focusing on this year's theme—Embrace Change—New Vision. While the parents registered their children for the new Dharma School Year, children had fun with table games/activities indoors coordinated by Nannette Ganotisi and water play activities including slip and slide and water balloons coordinated by Mrs. Suzue Nishiyama and the Jikoen

Affirmation Rites (Kieshiki) Will Be Held At Moiliili Hongwanji November 19th

Please join the Affirmation Rites (Kieshiki), which will be held at Moiliili Hongwanji. The Affirmation Rites will be officiated by Bishop Eric Matsu-moto of Honpa Hongwanji Mission of Hawaii. It is a ritual that gives the recipient a definite awareness that he/she is becoming a follower of the Buddha's teachings and member of the Hongwanji. During the rites, each recipient will receive his/her own Buddhist name.

Date: Saturday, November 19, 2016

Time: 10:00AM

Place: Moiliili Hongwanji Mission

Fee: \$50 (payable to Moiliili Hongwanji)

Deadline: October 31, 2016

There is no age limitation. However, aspirants who are below 20 years of age will need a parent or guardian to sign on the official record.

Please find application forms on the Hawaii Betsuin website (hawaiibetsuin.org) or contact Moiliili Hongwanji Mission (808-9459) or Rev. Yuika Hasebe (808-536-7044).

Have A Good Laugh From The BWA

YOU NEED BRAINS TO LAUGH: Astronomers go outside during the night of the next spring equinox and face south. Bend over to an angle of 45 degrees, slightly relax your knees, and lower your head so you can look back between your legs. Now hold a small mirror in your left hand and adjust the angle so it's parallel with your face. With luck you should now see Uranus.

Congratulations, Rev. Tomioka!

Congratulations to Rev. Satoshi Tomioka who recently received permission from the USCIS to be a lawful, permanent resident of the United States.

Albert Miyasato Memorial Dharma Session Scheduled For November 19th

The Dr. Albert Miyasato Memorial Dharma Session series will held on Saturday, November 19, 2016 from 8 AM to 1:00 PM at the Jikoen Hongwanji located at 173 N. School St. The Dharma teacher is Rev. Ronald Kobata of the Buddhist Church of San Francisco. He will speak about the history of Buddhism in America and then focus on Shin Buddhism. He will also address aspects of Buddhism for people who consider themselves "spiritual but not religious." Everyone is welcome. Registration by mail before Nov. 11, 2016. Cost is \$12, (check payable to Jikoen Hongwanji Mission). Includes bento lunch (chose white or brown rice, vegetarian available. Choose lunch at time of registration. Registration forms available in the office. For more information, contact Rev. Shindo Nishiyama at 845-3422.

Adult Ukulele Club



One Thurs. a Month at 10 AM
Call the Betsuin office for more info!

If you are unable to come to the temple and would like to have a minister visit you in your home, please call

Rev. Yuika Hasebe at 536-7044



and request a home visit. We miss you and do not want to lose contact with you!

The Wisteria Ballroom Dancing Club Invites You to Dance!



Thursdays, 7:00 pm to 9:00 pm in the Hawaii Betsuin Social Hall



Dances change every 8 weeks; for August: International Waltz and ChaCha basics



For Information, please contact Claire Groom (286-3486) or Mary Fujitani (595-4533)

Betsuin BWA News and Events

Fujiko Motobu

EXCURSION TO IOLANI PALACE SEPTEMBER 1, 2016

Approximately 50 BWA members and guests participated in the annual "temple visitation" excursion. The first stop was to Iolani Palace, which is the only palace in the entire United States of America.

Iolani Palace was built by King David Kalakaua, "The Merry Monarch", in European architectural style, and included the first electrical light system, flushing toilets, and intro house telephones. It has magnificent koa staircase, huge portraits of Hawaiian Royalty and royal gifts and ornaments from around the world.

The first monarchy ruler was King Kamehameha I, who ruled from 1795 to 1819. His wife was Kaahumanu. Kamehameha II ruled for 5 years, from 1819 to 1824, and his wife was Kamamalu. King Kamehameha III ruled from 1825 to 1854, 29 years, and his wife was Kapakuhaili. Kamehameha IV and wife, Emma ruled for 8 years from 1855 to 1863. King Kamehameha V was a bachelor king who ruled for 9 years from 1863 to 1872. William Lunalilo followed and ruled for only one year, from 1873-1874. King David Kalakaua and wife, Kapiolani ruled for 17 years from 1874 to 1891. They did not have any heirs to take over, therefore, Kalakaua's sister, Liliuokalani ruled from 1891 – 1893, mere 2 years and was overthrown by a provisional U.S. government which was established and overthrew the Hawaiian monarchy. The Hawaiian monarchy was in existence for 98 years, from 1795 until 1893. The Hawaiian islands annexed as U. S. Territory of Hawaii in 1898. It became the 50th state in 1959.

The monarchy rulers of Hawaii came from all over the Hawaiian islands. The noble women were married to British men. History of Hawaii is from all of the islands.

If you have never visited Iolani Palace, by all means, do so. It is very educational, but, I suggest that you read the history first, then the place is a lot more meaningful. It takes a lot of energy since you need to stand and walk about a lot. There aren't too many places to go and sit.

NO ONE WANTS DEMENTIA OR ALZHEIMERS

August 22, 2016 issue of TIME magazine has an article entitled, "Untangling Alzheimer's when it comes to preventing cognitive decline, simple lifestyle changes are finally being borne out by science" by Mandy Oaklander. Majid Fotuhi, Harvard professor and now, a neurologist specializes in the prevention of Alzheimer's disease. He believes in taking care of the brain as well as you take care of the rest of your body, and that can stave off cognitive decline. The following lifestyle changes may help protect the brain as one ages. 1. Take care of your heart. Reducing the risk of heart disease has the strongest evidence of benefits for the brain. Important to treat hypertension, high lipids, cholesterol, obesity and type 2 diabetes. 2. Importance in exercising: Physical activity reduces the risk of cognitive decline. Aerobic exercise is good. 3. Learning new things. Keeping in line with what is happening in the world with activities such as writing and reading has been linked in brain autopsies to good cognitive health in old age. 4. Rich social lives: Social activities are associated

with higher levels of cognition. Loneliness is connected with poorer brain health. 5. Treat Depression. Depression is most prevalent in middle age and is linked to twice the risk of cognitive decline. And 6. Sleeping well. Studies have found a relationship between poor sleep and risk of cognitive decline. Improving poor sleep appears to reduce these risks. In other studies it has been found that laughter stimulates the brain muscles for better cognition. Play on words stimulates cognition and reduces the risk in dementia. Laughter is an essential part of living a fruitful life. After all, you need brains to figure out the jokes that I tellfujiko

SIX FOODS THAT BENEFIT

BRAINS: 1. Walnuts: omega 3 fatty acid is good for heart and brain; 2. Orange juice: Improves memory and stimulates the hippocampus; 3. Shrimp: Omega 3 fatty acid; 4. Split peas: frolic acid; 5. Asparagus: vitamin A increased brain plasticity 6. Blueberries are full of antioxidants called anthocyanins.

BWA DATES TO REMEMBER:

Saturday, October 15: Honolulu United general membership and educational workshops to be held at Hawaii Betsuin. Jikoen and Hawaii Betsuin are in charge. Sign up applications were due on Sept. 18th.

HAWAII BETSUIN BWA GENERAL MEMBERSHIP MEETING #4

at 11 am after the 10 o'clock service, in the Hondo on Sunday, October 23. Meeting will be election of officers for 2017-18 years term. Followed by year end party in the social hall. Please attend. THE MORE THE MERRIER.

Reflections On Tokudo...

Charlene Kihara

(left in photo)

I was fortunate to be able to go to Japan and receive Tokudo ordination in July. It was a great leap of fate that I took in order to undergo the ordination process. This has been a journey of several years culminating in the Tokudo initiation. I naively thought, I can do this since others have done this before me and it shouldn't be so hard. This was one of the most difficult and challenging experiences I have undergone in my life.

This was my first trip to Japan and I was impressed by the cleanliness of the streets and the orderly way people behaved. I also marveled that the trains came on time and the people took great care in doing things.

Japan was familiar yet foreign. I was surprised that I could understand a lot of the language however, speaking was another thing. The words did not come easy as I had forgotten the Japanese I learned at Japanese school.

Do you know the Japanese song "Yuyake Koyake?" There is a line in the song "Yama no otera no kane ga naru", "karasu to ishshoni kaerimasho". The bell rings from the temple on the mountain. I return home with the sound of the crows in my ears. The temple bell at Nishiyama Betsuin and the crowing of the crows made me think with nostalgia and sadness about home.

I had little time to be home sick as every moment was scheduled, from the time we woke until the time we slept. Every morning of the 11 days of the Tokudo session we were awakened to canned music of the "undo"/exercise variety, cheerful and at the same time energizing at 5:30 a.m. Upon rising we would get ready for the day and participate in doing our housekeeping chores for about 15 minutes. Morning Ser-



vice followed for about 45 minutes followed by breakfast. Lectures followed for about 2 hours from 9:00 to 11:00 a.m. We would rush to our rooms to drop off our books and go to lunch. Lunch as well as all the meals was just a half hour.

After lunch there were more lectures and chanting practice for evening service. Evening service was from about 5:00 p.m. to 5:30 p.m. Then we had dinner then had to go to Bed time service. It was very regimented with not much free time.

During the 11 days of the Tokudo initiation it was very rigorous and due to the stress and change of climate I became ill with a sinus infection on July 14th. I had a fever and lots of post nasal drip and coughing. I was so sick that I was afraid I would not be allowed on the plane.

Despite all the challenges during Tokudo, I completed all of the requirements and became a soryo (Jodo Shinshu priest). The day before the actual ceremony we had a "kami sori" (shaving of the hair) ritual where the men were shaved bald and women had their cheeks and neck shaved. The meaning of this ritual is to leave behind our attachments such as vanity and to take the first step of becoming a soryo.

The Tokudo ceremony itself was very solemn yet was joyous. We practiced and practiced the "Ryogemon" to say before the Gomonshu. We also practiced bowing and receiving incense. We were told not to blow our nose and not to make any sounds. I was afraid I would have a coughing fit but forced myself not to cough.

Now back in Hawaii forever changed on the inside and outside. My mother said I looked different and other friends said I looked radiant and someone else said I looked cheerful. I feel that I was completed and whole after undergoing the Tokudo Initiation. The Tokudo ordination was a life changing moment in which I am very grateful I was allowed to participate.

Barbara Brennan
(middle in photo)

It has been nearly three months since receiving Tokudo ordination at Honzan in Kyoto. I am grateful to the senseis for their dedication and commitment to the teachings which will be cause for reflection throughout the rest of my life as a Jodo Shinshu priest. As I listened to the lectures and participated in the services, I experienced deep and profound gratitude for the gift of the nembutsu given to me by my family. I was reminded of their commitment to the Three Treasures which gave them strength in their daily life.

The reason I pursued Tokudo was my wish to deepen my knowledge of Buddhism and Jodo Shinshu to better share the Dharma with others, and to carry on a life in the nembutsu.

My goal is to serve others, especially our elder Sangha members and those in the larger community by making the teachings available through outreach, organizing dharma discussions and assisting ministers at senior care services. And to continue in the vein of Project Dana, meeting with elders, listening and offering them spiritual support.

Hongwanji**Radio Programs****OCTOBER 2016****KZOO 1210 AM****Japanese Language****Saturday at 7:30 AM**

- 1 Rev. Yuika Hasebe
- 8 Rev. Kojun Hashimoto
- 15 Rev. Satoshi Tomioka
- 22 Rev. Daido Baba
- 29 Rimban Toyokazu Hagio

Betsuin Services**Asaji Service****8:00 AM**

- 02 Rev. Joshin Kamuro
- 09 Rev. Satoshi Tomioka
- 16 Rev. Yuika Hasebe
- 23 Rev. Toyokazu Hagio
- 30 Rev. Satoshi Tomioka

Adult English Services**10:00 AM**

- 02 Rev. Yuika Hasebe
- 09 Rev. Toyokazu Hagio
- 16 Rev. Satoshi Tomioka
- 23 Rev. Arthur Kaufmann
- 30 Rev. Joshin Kamuro

Nicchu Service**1:00 PM**

- 02 Rev. Satoshi Tomioka
- 09 Rev. Toyokazu Hagio
- 16 Rev. Joshin Kamuro
- 23 Rev. Satoshi Tomioka
- 30 Rev. Toyokazu Hagio

Dharma School**9:00 AM**

- 02 Rev. Satoshi Tomioka
- 09 Rev. Yuika Hasebe
- 16 Rev. Arthur Kaufmann
- 23 Rev. Joshin Kamuro
- 30 Rev. Toyokazu Hagio

In Memoriam**JULY 2016**

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

- | | |
|--------------------------------|------------------------------------|
| 1 MATSUURA, Sadako (98) | 15 IMAI, Masatoshi (92) |
| 4 MURAKAMI, Hideo (85) | 15 NITTA, Tamako (97) |
| 5 FUKUDA, Shizue (95) | 16 NAGAMINE, Stanley Yasumasa (84) |
| 5 UCHIMURA, Ritsuo (94) | 27 SASAKI, Utako (91) |
| 7 MIYASHIRO, Tamiko (93) | 28 NAKAMOTO, Toshiaki (97) |
| 7 WATANABE, Katsushige (85) | 28 OKUHARA, Fred Makoto (84) |
| 8 SAKAMOTO, Sueo (79) | 29 TAMURA, Haruyo Murakami (87) |
| 9 YAMURA, Iwao Kris (62) | 30 KIMURA, Ernest Kazuso (89) |
| 11 MIYAMOTO, Matsuichi (96) | 31 UCHIDA, TAKAO (86) |
| 12 TAMAYOSE, Mary Tatsuko (85) | |
| 14 INOUE, Howard Mitsuto (85) | |

2016 Memorial Service Schedule

2016 is the memorial year for those who passed away in:

2015 – 1 year	2004 – 13 year	1984 – 33 year
2014 – 3 year	2000 – 17 year	1967 – 50 year
2010 – 7 year	1992 – 25 year	1917 – 100 year

Nursing Home Services

- 06 Hale Nani – Rev. Kamuro
- Hale Ho Aloha – Rev. Kaufmann
- 13 Maluhia – Rev. Tomioka
- Liliha – Rev. Hagio
- 14 Hale Pulama Mau – Rev. Hasebe
- 27 Nuuanu Hale – Rev. Kamuro
- 28 Leahi – Rev. Tomioka



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-butsu.

-Shinran Shonin