



1727 Pali Highway
Honolulu, Hawaii 96813

GOJI

Vol. 72, No. 10



OCTOBER 2017
NEWSLETTER
of the

Honpa Hongwanji
Hawaii Betsuin

www.hawaiiibetsuin.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

Project Dana To Host Dana Awareness Sunday

On October 8, 2017 the Honpa Hongwanji Hawaii Betsuin has a special service on Dana Awareness. The speaker for that service will be Rev. Sol M. Kalu. Dana is the Sanskrit word for selfless giving, and it is one of the six perfections of wisdom or paramitas that all aspiring for Buddhahood need to cultivate. The practice of giving is universally recognized as one of the most basic human virtues.



In the teachings of the Buddha, the practice of giving is said to be in a sense the foundation and seed of spiritual development. During the Buddha's time in India, He always first taught and emphasized the virtue of giving before any other practice. The Buddha regarded giving as a very important foundation for later advanced spiritual practice.

Why did the Buddha emphasize giving first as the foundation for spiritual growth? The reason is that in Buddhism, it is necessary to get rid of selfish thoughts and actions before one can understand the true nature of life. The goal of Buddhism is to try to reduce the ego or self-centeredness. One of the best ways to do that is to practice the virtue of giving because when we give, the focus of the action is not for ourselves but for another person. We give away something that one person needs or wants, something that we perhaps may not need anymore, or even more virtuous is when we give something that we ourselves could use or want. It is a first step towards eliminating the defilement of greed, hatred and delusion, for every act of true giving is an act of non-greed, non-hatred, non-delusion. When a person gives without any expectations of receiving something in return, that person has loving-kindness (metta) and compassion (karuna) in his or her heart. So at that time greed, hatred, ill-will, and delusion would be absent.

There are many forms of giving. Giving is not only about material things. Giving also includes words of encouragement to a sick friend, or volunteering time to help with community activities that benefit a lot of needy people. The form of giving does not really matter; what really matters is the fact that we make the act of giving a part of our daily life. It is a very good practice to develop kindness and compassion in all of us.



Run for Peace to Also Benefit Hawaii Betsuin

Runners from the Pacific Buddhist Academy sangha are again running in the Honolulu Marathon as a fundraiser. In honor of the commencement of Hawaii Betsuin's centennial celebration, half the pledges to two of the runners will go to Hawaii Betsuin.

Run for Peace started in 2014 when a PBA student, parent, and administrator decided to enter the Honolulu Marathon and raise per-mile pledges to benefit the school. This year there are eight runners. The marathon is on December 10.

To make a pledge, visit <http://bit.ly/peacerun> or pick up a paper pledge form in the PBA office. The two runners whose pledges are designated 50% for PBA and 50% for Hawaii Betsuin are Benjamin Bruch, PBA humanities teacher and Betsuin Dharma School parent; and David Atcheson, PBA alumni parent and Betsuin board member.

Dharma Message: “My Other 24 Hour Job”

Rev. Sol Kalu

It's October again, which means three more months before the year 2017 becomes part of history. Time flew so fast; it seems like only a few days ago when I rejoined the ministerial staff at the Honpa Hongwanji Hawaii Betsuin seven months ago. I am a minister again after a long year and a half absence. It's good to be back in the workforce. Some of my friends occasionally ask me if I am still doing nursing, the occupation I did before becoming a minister. Of course, I no longer work as a nurse although my license to practice nursing is still active and legal in the state of Hawaii.

One of the very interesting things that

relates to this, albeit just a minor one, happened during a vacation I took to Japan in 2014. About two hours before the scheduled landing at Sendai airport, there was an announcement from the pilot, over the PA system, requesting any doctor, nurse or EMT to come to the first class section of the plane to assist in a medical situation. I promptly got up, identified myself to the airline crew as a registered nurse. I looked around for more people but only one Japanese nurse and I plus the airline crew responded to the call. The patient was an elderly lady, having fainting spells and minor shortness of breath and having difficulty walking back to her seat after using the lavatory. As she was Japanese, I let the Japanese nurse do all the talking to the sick lady and I was on standby, ready to help intervene in the event the patient's condition worsened. Fortunately, it was probably just a case of fatigue, motion sickness or perhaps a reaction from the medications she had been taking, as we found out during the course of questioning by the Japanese nurse. She was assisted towards the back of the aircraft and made to lie down, given some oxygen and monitored closely. There were no more incidents after that. The plane landed safely in Japan two hours later.

As I went back to my seat after the patient was stabilized, I couldn't help but think that despite being on a much needed vacation, I could still be called upon to assist in medical emergencies that happen in out of ordinary places like a jet plane or anywhere where immediate medical facilities are not available. Of course, I am willing and obligated to assist, not only because of the oath I took during my training as a nurse to always render medical

assistance to those in need, but, more importantly, it is the Buddhist way to do so. It isn't often that one is presented with an opportunity to practice compassion in a setting where human life or another person's physical well being is at stake. The removal of fear and provision of comfort to an ill person, be it by direct intervention to save a life or just words of comfort and encouragement to assist in the healing process, is a form of dana, the act of selfless giving, the first of the 6 paramitas that all aspiring for enlightenment and Buddhahood need to practice.

However, was the act of volunteering my skills and services on that one incident 35,000 ft. up in the sky, really a purely selfless act? Well, not exactly. The instinct to assist, developed through years of training and experience, merely kicked in. It was foremost for the well being of the suffering lady, but also, in the back of my mind at that time, I worried that there would be a need for an emergency landing and the flight might have to be diverted elsewhere to the nearest city with adequate medical facilities. I will miss my connecting flight and forfeit my hotel reservation for one night. Good thing the plane was almost in Japan, I thought. If it were only a few hours away from the point of departure, the plane might have to turn all the way back to Honolulu to handle the emergency. I'd lose a full day of my precious vacation. Selfish thoughts, they were, really.

CONTINUED ON PAGE 3



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 by e-mail (excedir@hawaii.betsuin.org), mail (1727 Pali Hwy, Honolulu, HI, 96813) or fax (536-0919). Address submissions 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

UPCOMING EVENTS:

OCT. 7, Sat. Moiliili Hongwanji Bazaar 9 am –1 pm; OCT 8, Sun. DANA AWARENESS DAY; OCT. 15, Sun. BWA Mini Market in Social Hall. Donations are welcome.

DANA VOLUNTEERS LUNCHEON:

Dana Volunteers, men and women were treated to a luncheon on Friday, September 1st. in the social hall. Jo desMaret, otherwise known as "The Purple Lady" headed the activity. The activity was painting designs on a T shirt. The ladies did excellent jobs in doing perfectionists job in painting pictures on to their purple shirts. Perhaps some of you will see the ladies adorn them at the temple. The boxed bentos and lots of delicious desserts and cool drinks made it a perfect day. Thank you to all. If anyone is interested in volunteering, please see Jo, for she will welcome you.

BWA EXCURSION TO WAIANA: VISIT TO THE WAIANA HONGWANJI

After departing Mouna farm, we headed for Waiana Hongwanji and were greeted by the President of their Kyodan, a Miss Hanabusa who welcomed us. She said that they were without a minister, and that the Rev. Soga of Waipahu Hongwanji serviced them once a month on a Sunday. Miss Hanabusa's mother, Mrs. Hanabusa, the president of their BWA also greeted us. She often attended our 1:00 pm Japanese service on Sundays at Betsuin; however, recently she has not been able to attend. It was noticeable that without a resident minister, the temple members do suffer a great deal in being denied their spiritual growth and strength.

Perhaps all the Tokudo recipients should be assigned to the empty temples to fulfill their duties as temporary ministers-in-training. Residents of the district undoubtedly would prefer to have a minister assigned to their temple rather than

leaving it empty. We must all rethink and act in harmony in the present situation rather than living in the past.

TEN POINTS ON HOW TO LIVE LONGER CONTINUED FROM SEPTEMBER GOJI:

#11. Eating whole grains 3 or more servings daily can cut death rate by 20%. Brown rice, oatmeal, quinoa, barley, and even farro helps. **#12.** Spice it up. Eating hot chili may add years to your life. **#13.** Drink whole milk. Research concluded that those who consumed the most dairy fat had a 50% lower risk of developing diabetes. **#14.** Water. Stay hydrated. Those who sipped more water ended up eating 68 to 205 fewer calories per day. **#15.** Be food safe. About 3,000 Americans die from food poisoning annually. Keep your kitchen clean. Wash your hands and utensils before and after handling food. Refrigerate perishables promptly and cook food at a safe temperature. **#16.** Eat Less. If you want to reach 100, stop eating when you feel 80% full. The oldest Okinawans in Japan do that and they live the longest. **#17.** End day's eating by 8 pm. Eating late is bad for your waistline, sleeping, and your heart. **#18.** Eat your veggies. In a study of 23,000 adults, they found the lowest mortality of those who were vegetarians who ate fish occasionally, and those who eat no animal products, and those vegetarians who eat dairy and eggs occasionally. **#19.** Eat like Greeks. The Mediterranean diet with reliance on fruits, vegetables, olive oil, fish and nuts is one of the healthiest diets for health and longevity. **#20.** Or Live like the Amish: A Univ. of Maryland study found Amish men live longer than the typical Caucasian men and women in the United States. (don't ask me how they live, I don't know! *fm*)

(#21 -30 will be in the November Goji)

COUPLE OF LAUGHS: Story of three moles: Papa came out from his dirt

Fujiko Motobu

home, he sniffed and said he smelled turkey. Mama came out and sniffed and said she smelled pumpkin pie. Baby came out and said he smelled molasses.

A cop stops a woman who is speeding away. She stops. He asks her to show him her license. She gives him a mean eye and says, "Why don't you guys put your act together. Yesterday the other cop asked and took my license away, and today you want to see it."

Dharma Message continued from page 2

I am glad there was no need for heroic medical interventions and the patient did well enough to complete her trip back home. I'd rather have an uneventful flight with all the passengers safe, healthy and enjoying the plane ride than one with a medical crisis in midair. But the lesson that I was reminded of at that time was: whether on vacation or not, once a nurse, always a nurse. As long as my license to practice nursing is valid and active, I am duty-bound to render medical assistance, legally. No different from my job as a minister 24/7/365, which is to provide spiritual and religious services at any time when needed. It's unthinkable for me to make the excuse that I'm on vacation and therefore should not get involved in any situation that requires the skills and training that I possess. Equally unthinkable and scary, is that someday the same thing might happen to me, and someone who can assist me in a medical emergency would just walk away and say: "Sorry, I can't help you, sir. I'm on vacation!"
Namu Amida Butsu!

Mahalo Project Dana Volunteers! Dharma In Action...

On September 1st, the Hawaii Betsuin Project Dana volunteers were hosted at a Mahalo Lunch and Craft as a way to say "Mahalo For All You Do!" A bento lunch and stenciling a T-Shirt craft was enjoyed by the group. For the year 2016, our volunteers contributed 10,445 hours of service assisting with transportation to medical appointments, shopping, visiting and assisting the elderly in our community. We can always use your help! If you might have some time to join us, please contact Jo desMarets through the Betsuin office for more information! We would love to hear from you!



Thank you, Jo for a day of fun and Joy!



Several steps involved in the process of stenciling t-shirts



Betsuin BWA News and Events: “Field Trip to Waianae” Wendie Yumori



BWA ladies and their guests enjoyed a wonderful field trip to Waianae on Sat., Aug. 26. Our first destination was Mouna Farm Arts & Cultural Village, established by Sooriya Kumar, a master copper artist and sculptor from Sri Lanka who was named a Hongwanji Living Treasure in 2016.

For at least a decade, Sooriya, 69, has focused his copper-working skills on producing religious works of art. At this year's Giseikai (Legislative Assembly), he presented the Honpa Hongwanji Mission of Hawaii with a striking copper image of the Honpa Hongwanji wisteria crest.

Sooriya and his assistant, Sonia, welcomed us to Mouna Farm Arts & Cultural Village with broad smiles. Sooriya spoke to us about the experiences in his life that had shaped his beliefs on love, forgiveness, and healing. When he was 21, his father, a village political official, was assassinated in front of his mother. Sooriya's mother then told him that she didn't want him to hate those who had killed his father. Her words, which urged him to love instead of hate, affected Sooriya deeply. He spoke to us about

“Mother's Love for the World” which is all-encompassing. The word “Mouna” means Inner Silence, in Sooriya's native language, and he says that, at Mouna Farm Arts & Cultural Village, “we seek to find that inner silence which reveals the human heart of love for ourselves and all others.”

We were led on a tour of the farm and we noticed that there were many areas where one could meditate or just sit and enjoy nature. Sooriya talked about the neem trees, native to India, that he had planted on the grounds; the neem leaves have countless medicinal uses and the stem and leaf can even be used to “brush” one's teeth. Sooriya led us to the location of the Bodhi tree – as we gathered under the leaves of the beautiful Bodhi tree, we were touched to see an altar area with a sitting statue of the Buddha. Sooriya noted that this Bodhi tree, from Sri Lanka, could be traced back to the original Bodhi tree of Enlightenment in Bodhgaya, India. Later, Sooriya's assistants showed us how to make Bodhi leaf rubbings into notecards; we also

made floral “mandalas”.

Sooriya encouraged each of us to take part in the process of bestowing a “blessing” upon a large copper bowl of peace that he was in the process of shaping. Each of us struck the bowl with a mallet, thereby impressing and blessing it with our love.

Following our art activities, Sooriya's assistants served us a light and delicious vegetarian lunch of two kinds of Sri Lankan fried rice, a lentil curry, and purple sweet potato. After lunch, Sooriya presented our group with a neem tree to plant at HI Betsuin. The heart of compassion was so evident in Sooriya that, as we thanked him, we expressed hope that we would see him again soon.

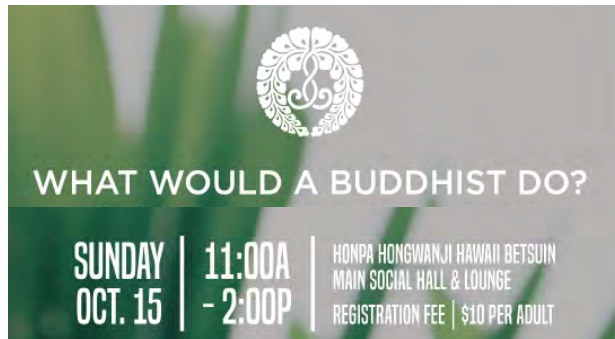
Then, we headed off to Waianae Hongwanji Mission for the temple visitation part of our field trip. When we arrived, BWA ladies, Mitsue Hanabusa and Sue Ushijima greeted us warmly. We found that the Waianae ladies had prepared an elaborate spread for us -- fresh andagi, individual rice crispie-like treats, watermelon, and pickled mango! Wendie and Roy Yumori also brought mochi and cookies to share and Dianne Ida provided a bountiful array of fresh fruit. The Waianae ladies had opened their large and airy Hondo for our visit so we all offered incense. As we thanked the Waianae ladies for their kind hospitality, they smiled and said, “That's the Waianae way!” We responded, “We love the Waianae way!”

Nembutsu Seminar “What Would A Buddhist Do?”

Is your life chaotic and stressful with a career, marriage and raising children? If so, what does responding to your life in a Buddhist way look like? Are you struggling to care for aging parents? If so, what Buddhist insights can help you to do the best you can? Do you ever wonder how to respond in gratitude for this life? What is so special about being an American Buddhist?

Find out the answers to these questions and more. Please join us at the Honolulu District's 2017 Nembutsu Seminar - “What Would a Buddhist Do? Living Life Jodo Shinshu Style,” on Sunday, October 15 from 11 AM - 2 PM at the Hawaii Betsuin Social Hall. Presenters are Reverend Shindo Nishiyama “Dharma is Life,” Pieper Toyama “Namu Amida Butsu (Nembutsu) Moments,” and Reverend Satoshi Ka'imipono

Tomioka “Buddhism... Hawaiian Style.” For a small registration fee of \$10, lunch is included and child care is available. Registration Forms are available in the Betsuin Office. Please join us!



Annual Golf Tournament Big Success!

Who / what celebrated its 21st birthday this August? Did you guess Melvyn Kawahara? Yes, that is, his baby, the HHHB Golf Tournament, reached its 21st year milestone. On August 10, 2017, at the Ala Wai Golf Course, 180 golfers gathered for a day of fellowship, fore, and food. In addition to a 20# bag of rice, every player won a prize. The top prizes were a Vacations Hawaii Las Vegas Package, a Samsung 50 inch 4K Ultra HD TV, and a \$300 ProAm gift certificate.

The golfers enjoyed croissant sandwiches, chips, candy, and spam musubi for lunch. L&L prepared a delicious buffet dinner.

A warm mahalo goes to Fran Tsutsui, Jane Hamaji, Wendie Yumori, Kimiyo Miyose, Nancy Toyama, Florence Wasai, Herbert Hamada, Claire Groom,

Arlene Tibayan, Lillian Inatsuka, Lillian Ishii, Faith Nakasone, and Sharon Yokoyama, who put together goodie bags and checked in the golfers. Richard Nakasone, Rodney Yoshizawa, and Dennis Masaki worked on the golf carts and signs. Albert Wong set up the PA system, and Jerry Tamamoto delivered the rice. Dennis Sekine served as MC, Randall Kawamoto and Greg Kano purchased and set up the prizes, and Brent Kawahara input the golf scores. Many more faithful volunteers manned the par 3



holes and drink and snack station. Thanks to all of the generous donors, sponsors, and golfers, the 21st annual HHHB golf tournament netted \$27,000, which will benefit the youth programs at Hawaii Betsuin.

Finally, the biggest thank you goes to the energetic and devoted chairperson, Melvyn Kawahara.

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



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

Betsuin Dharma School News

August 13 - Honolulu Dharma Schools Registration Day & Pool Party

Swimming, fun in the gym, onolicious chili and refreshing shave ice were all part of our activities to kick off the Dharma School year.

To start the festivities, Reverend Hasebe led the students and families from Betsuin and Jikoen in a short service. Registration



and sign-ups were held for Dharma School, PTO and the Betsuin Ukulele Group. We really missed having Moilili and Kailua join us...too bad they had other activities that conflicted with our event.



The morning was filled with lots of fun as students and their families enjoyed splashing and playing in the pool as well as lots of different ball activities in the gym. Thanks to our resident chef and PTO President, Thanh Giang, the highlight of the day was a lunch of both meat and vegetarian chili — which was served over hot dogs, over rice and over chips to make nachos. Although everyone had their fill of chili and other treats, there was still room for the irresistible shave ice, generously provided by Mel and Gail Kawahara, which is an annual treat.

What a terrific way to kick off our Dharma School Year!

Please join us at future activities during our new and always fun Dharma School Year! October 2017 Activities:

- 15 - Nembutsu Seminar - "What Would a Buddhist Do? Living Life Jodo Shinshu Style" 11AM - 2 PM, Betsuin Social Hall; Child care available
- 21 – Dinner Dance (Saturday)
- 28 – Halloween with Pack 49 (Saturday)
- 29 – Queen Liliuokalani Service - Dharma School will lead the Golden Chain of Love (Sunday)



Everyone Invited! Special Tribute Service 101st Memorial Service for Queen Liliuokalani

Sunday, October 29, 2017 at 9:30 am
Honpa Hongwanji Hawaii Betsuin

"The Queen's Legacy of perseverance, courage, non-violence, caring and sacrifice are truly noble. May we continue to be inspired by her words and actions."

Bishop Eric Matsumoto



**Hongwanji
Radio Programs
OCTOBER 2017
KZOO 1210 AM
Japanese Language
Saturday at 7:30 AM**

10/7 Rev. Jeffrey Daien Soga
10/14 Rev. Ryoso Toshima
10/21 Rev. Yuika Hasebe
10/28 Rev. Ryoso Toshima

Betsuin Services

Asaji Service 8:00 AM

01 Rev. Joshin Kamuro
08 Rimban Toyokazu Hagio
15 Rev. Yuika Hasebe
22 Rev. Joshin Kamuro
29 Rimban Toyokazu Hagio

**Adult English Services
10:00 AM**

01 Rimban Toyokazu Hagio
08 Rev. Sol Kalu
15 Rev. Arthur Kaufmann
22 Rev. Yuika Hasebe
29 Special Service:
Queen Lili'uokalani
Tribute Service 9:30 am

Nicchu Service 1:00 PM

01 Rev. Joshin Kamuro
08 Rimban Toyokazu Hagio
15 Rev. Joshin Kamuro
22 Rev. Yuika Hasebe
29 Rimban Toyokazu Hagio

**Dharma School
Service 9 am**

01 Rev. Sol Kalu
08 Rev. Arthur Kaufmann
15 Rev. Sol Kalu
22 Rev. Arthur Kaufmann
29 Special Service
Queen Lili'uokalani
Tribute Service 9:30 am

In Memoriam



AUGUST 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

January 20, 2015 SUZUKI, Gladys Chiyo (90)
July 20, 2017 MATSUOKA, Janet Natoshi (85)

- | | |
|----------------------------------|--------------------------------------|
| 1 HIRAOKA, Fumiko Kubota (85) | 19 MIYAHARA, Ronald Kenji (97) |
| 4 TSUKIMURA, Barbara Kiyoko (81) | 22 YAMAMOTO, Ayako (96) |
| 6 MATSUURA, Howard Hisao (88) | 23 FUJIMORI, Florence Y.K. (94) |
| 7 HORI, Daniel Hideo (82) | 24 UYEHARA, Dale Reiko (64) |
| 10 MIYATA, Doris Humiyo (97) | 25 TOMISHIMA, Edward Tomiso (90) |
| 11 KIMURA, Gerald Hiromu (80) | 26 MATSUDA, Paul Yoshikazu (68) |
| 19 MATSUDA, Harry Hisaki (92) | 26 TSUGAWA, Ethel Yoshiko (96) |
| | 29 TAKESONO, Clifford Norimichi (69) |

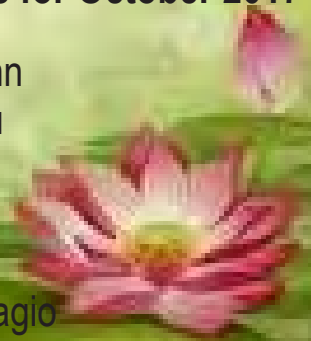
2017 Memorial Service Schedule

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 for October 2017

- 05 Hale Nani – Rev. Kaufmann
Hale Ho Aloha – Rev. Kalu
12 Maluhia – Rev. Hasebe
Liliha – Rev. Kamuro
13 Kuakini – Rev. Kaufmann
26 Nuuanu Hale – Rimban Hagio
27 Leahi – Rev. Hasebe



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