

1727 Pali Highway Honolulu, Hawaii 96813

GOII

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DECEMBER 2019 NEWSLETTER of the Honpa Hongwanji Hawaii Betsuin hawaiibetsuin.org

2019 Slogan:

Embrace Change: TRANSFORMATION (Walk in Peace)

> BETSUIN MINISTERS

Chief Minister Rev. Toyokazu Hagio

Ministerial Staff Rev. Yuika Hasebe Rev. Sol Kalu Rev. Shingo Furusawa



Hawaii Buddhist Council To Observe Bodhi Day at the Betsuin: Hosted by Nishi and Higashi Hongwanji

Traditionally observed on the 8th of December in many parts of the world where Buddhism predominates, Bodhi Day commemorates the day the historical Buddha Gautama Siddharta, after abandoning many years of difficult ascetic practices, finally achieved full spiritual awakening, thus becoming a Buddha, meaning Awakened One. What did Shakyamuni Buddha awaken to? He became enlightened, understanding the unsatisfactory condition of samsaric existence, the causes of suffering, and the ways to end suffering, through the Noble Eightfold Path. Initially hesitant to teach what Shakyamuni Buddha had achieved because of the profundity of this truth, out of compassion for all sentient beings and their sufferings, he decided he must share the path he rediscovered, the path to freedom from all wants and desires, and thus liberation from suffering. Thus, Shakyamuni Buddha expounded the teachings for the next 45 years of his life up until his passing away at age 80.

The Hawaii Buddhist Council will observe Bodhi Day at the Honpa Hongwanji Hawaii Betsuin Temple, hosted by Nishi and Higashi Hongwanji, on December 8, 2019 at 9:30 am. The speaker will be Dr. Manulani Aluli Meyer. The title of the talk: Ho'oulu: This Time of Transformation. Admission is free and open to the public.

Special Betsuin BODHI DAY Dedication For Mary Mikahala Foster – Sunday, December 15th 2019

On Sunday at 10 am, the Honpa Hongwanji Mission of Hawaii, Hawaii Betsuin and Maha Bodhi Hawaii will hold a special service at the Betsuin temple to remember and appreciate the many contributions of Mary Elizabeth Mikahala Robinson Foster to Buddhism and especially Hongwanji in Hawaii. Venerable (Rev.) Ayya Vimala of Maha Bodhi Hawaii and Bishop Eric Matsumoto will speak on the legacy of Mary Foster to Buddhism in Sri Lanka and in Hawaii. A special Bodhi



tree will be dedicated to Mary Mikahala Foster to perpetuate our gratitude for her generosity of spirit and support.

The Maha Bodhi Society was founded by Sri Lankan Anagarika Dharmapala and English journalist/poet Sir Edwin Arnold in 1891 to restore the Mahabodhi Temple at Bodh Gaya, the site of the famed bodhi tree under which Siddhartha Gautama meditated to become the enlightened Buddha, and the Buddhist teachings in India.

Dharma Message: "Priority of Interdependence" Rev. Toyokazu Hagio

"We shall walk the path of life, reciting Amida's Name. At the end of life, we will be born in the Pure Land and attain Buddhahood, returning at once to this delusional world to guide people to awakening."

Last month, our home refrigerator broke. The freezer didn't work, and the ice gradually melted. Fortunately, at that time the temple's kitchen refrigerator had a large empty space. As my wife and I were preparing to take our food to the temple's refrigerator one of our temple members brought fresh flowers for the altar.

My wife then stopped preparing our freezer food and started to prepare the



GOJI

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DEADLINE:

Articles must be submitted no later than the 10th of the month prior to publication by e-mail (execdir@hawaiibetsuin. org), mail (1727 Pali Hwy, Honolulu, HI, 96813) or fax (536-0919). Address submissions to the *GOJ1*. Please include your name and contact information. Original images should be labeled on the reverse side with caption and return information.

GOJI STAFF:

Editorial: Jo desMarets; Dianne Ida, Randy Kawamoto, Rev. Yuika Hasebe, Japanese section editor Production: Stacy Bradshaw, Colleen Kunishige; Circulation: Stacy Bradshaw; Contributing reporters from Hongwanji Mission School, Buddhist Women's Association, Dharma School & Parents, Project Dana, Wednesday Gang and Gals, Green Team, Boy Scouts, Girl Scouts, Pacific Buddhist Academy, Betsuin Board and Social concerns, and the Kyodan

The opinions expressed by individual contributors are their own and do not necessarily reflect those of the Honpa Hongwanji Hawaii Betsuin.

flower arrangement. I asked her, "Why do you do this now?" She answered, "If I don't do it right now, these flowers will not be fresh very long. This is the most important, urgent matter for me." At that time I thought about which has the more important priority, to move our food or to take care of the flowers? When I was younger, I would have been angry and upset. I would have said, "Think about which has the first priority!" But now that I'm getting older and more mature, I understand that each person has his or her own viewpoint and priority. I then transferred the food from our home to the temple kitchen in three trips by myself.

How about you? What is your first priority? Buddha asserted, "Life is suffering," and he pointed out the concept of four different kinds of suffering: birth, aging, sickness, and death. These four kinds of suffering are something that we cannot escape as long as we live in this world because of the impermanence of our lives. Once we are born, there is no way to escape these four kinds of suffering. We are attached to our youthfulness, so we feel sorrow and regret about getting old, and we think of getting old as suffering.

The other day, when I was cleaning my teeth with a toothpick, my tooth filling suddenly came out, so I went to the dentist for treatment. And on another day, while I looked at a clear place in the sky, I saw something black floating in my eye, so I went to the ophthalmologist, and he said, "I can't treat this because this is old age. Just wait and the floaters will disappear." Moreover, on another day I had sciatica pain from lack of exercise.

When we lose our youthfulness, we become more attached to our health, and we experience fear and hatred of illness. Even when we understand the impermanence of our lives, we remain attached to

our youth, health, and life. Then we begin to hate our aging, sickness, and coming death. We suffer because we cannot accept this reality.



Many people ask us, "Is the world after death real or not?" or "I think there may not be a world after death." Well, the question is mistaken because if you are not experiencing it, it is not a concern of yours. When you are watching the big fires such as the Brazil or California wild fires, and you live in an absolutely safe place, you may be curious about how long it will take to put this fire out or how far will that fire spread. But for those who are there, fighting the fires, they cannot be relaxed and take it easy. They must be strong and think of how they might stop the fire as soon as possible.

Some doctors have patients who ask "Will I recover from my sickness or not?" Even the doctor doesn't know for certain, whether his patient will be cured or not. He thinks only that he must do his best to cure the patient. That is why patients must have a strong determination to recover. So, in situations like this, the question of whether the world after death is real or not is not the question we should ask; the question we should ask is, "Should there be life after death, or not?" I think we should have the world of life after death.

Amida Buddha made 48 Vows and accomplished them, and established the Pure Land. It is said in the Jodo Shinshu Teachings, at the end of life we will be born in the Pure Land and attain Buddhahood, returning at once to this delusional world to guide people to awakening.

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President's Message:

"Dare to be Different," Re-visited Dexter Mar

A year ago, in the December 2018 GOJI, the subject of this message was about Hongwanji Hawaii Betsuin being established by an innovator Bishop Yemyo Imamura, who "dared to be different" and gave us a legacy of education and American democratic values.

A year later, how have we done in meeting the challenge of having the courage to make difficult changes to improve our outlook for the next 100 years? In last year's message, I closed with:

"In the early 1900's Hongwanji supported the Japanese community to adapt to American society through youth educational programs and building strong communities through plantation temples. Today, Hongwanji supports the American community by nurturing the spirit of Aloha and Buddhist values to an American culture ripped by divisiveness.



"The ultimate expressions of the Buddhist teachings are living with Wisdom and Compassion. Dare to be different. Dare to care for others before yourself."

Twelve months latter we've come a long way in nurturing the legacy of the Betsuin and accepting the challenge of "daring to be different." In particular,

• Bringing the vision* to life: opened our membership model, expanded our capital campaign concept, approved a "Newcomers Tea" initiative, held more social concerns programs, and fostered new candidates for the Betsuin Board of Directors and an open election.

[*A welcoming place where all share the joy of living with gratitude and compassion inspired by Buddhist values.]

- Fundraising-Capital Campaign: continued to learn and develop non-temple sources of funds to maintain Betsuin facilities. (State, National, HB Story-Family, Community, Spiritual) Have raised over \$1 million in donations, pledges and grants in 2019.
- Community Conference Center: have expanded the "lounge renovation" project to a visionary concept that includes the Honolulu community as well as the Betsuin ohana. The "CCC" includes the Lounge, Upper Annex Hall (temple), main Social Hall, 5 bathrooms, disabled access from the front parking lot, and a Concourse (front walkway to the elevator).

This was accomplished while continuing to improve and complete ongoing efforts, notably:

- Obon Season (Bon Dance, Bon Mairi services)
- Taste of Hongwanji and Golf Tournament
- Green Team (Earth Day, Mottainai efforts)
- Peace Team (Peace Walk, Peace Day, Golden Rule event)
- Office re-organization

Of course, there's still many more things to do in the next 2020-2021 BOD term. Continuing efforts include:

- Nurturing the spiritual light of Buddhism
- Construction of the "Community Conference Center" project
- More Social concerns programs
- An improved 2020 Obon Season
- Improved Business Office services

Let's appreciate our accomplishments, enjoy the moment, and have a Happy New Year!

BWA News and Events

COMING EVENTS:

SUNDAY, DECEMBER 8: Bodhi Day will be celebrated with the HBC Bodhi Day Service. It will be a Hawaii Buddhist Council Bodhi Day service, so Kailua, Moiliili, Jikoen, and Hawaii Betsuin are responsible for sharing refreshments. We are requesting donations such as edamame, boiled peanuts, tsukemono. Donations are appreciated!.

SUNDAY, DECEMBER 8: MARATHON DAY

SUNDAY, DECEMBER 15: BWA Year-End party after the 10:00 am service in

the social hall.

TUESDAY, DECEMBER 31: New Year's Eve Service

HAPPY NEW YEAR TO ALL OF YOU.

As we age, the days, months and years just fly by and before we realize another year has gone by. Let's hope the New Year, 2020 will not be as devastating as year 2019 has been all over the world. Year 2020 will be the Year of the Rat, so let us hope it will be peaceful.

KINDNESS CAN BE GOOD FOR ALL

OF US: Research from around the world shows how powerful and beneficial kindness is. Whether kindness is extended to others or received from others to your physical and emotional well being, it may be the missing element for your better health. Research shows that rabbits fed a high fat diet that are talked to, and picked up and cuddled were found to have 60% less artery blocking deposits in their blood vessels than rabbits fed the same diet without being shown kindness. Another research study showed that more than 400 healthy volunteers exposed to a cold virus who got daily hugs were 32% less likely to get sick.

Generosity, selflessness, empathy, friendship, love, smiling, and volunteering to help others are qualities that promote good health by reducing stress and increasing happiness. A study out of the University of California, Berkeley, found that when people 65 and over volunteered for two or more organizations, they had a 44% lower likelihood

of dying. That means volunteering is as beneficial to your health as quitting smoking. The more you reach out to help others, that is kindness, the less lonely, happier, healthier and more energetic you and they will be.

Gestures of kindness do not need to be grand. Particularly good to your health are random acts of kindness, like holding a door open for someone or having someone offer you a seat on the bus. Being able to both give and accept care and acknowledge your human need for connection is an essential part of good health.

Do at least one random act of kindness a day. Look for organizations where you can volunteer. Ask for help when you need it, and be helpful whenever you can. A smile is a great way to greet people. STOP making a long face, especially when you are at the temple. Let us all smile more. You'll be a lot happier.

MESH: Project Dana celebrated its 30th anniversary with a volunteer appreciation luncheon. Their keynote speaker was Dr. William Thomas, a physician, internationally known author and teacher whose wide range of work explores the terrain of human aging. He is the founder of Eden at Home which examines the three plagues of loneliness, boredom

Fujiko Motobu

and helplessness from which elders and care partners suffer. He focused on the acronym MESH for us to remember. M stands for move. Our body and mind need to move from the moment we get up in the morning. Exercising the brain and body are essential to good health. E stands for eat, eat the right food. Four- or two-legged meal products like beef, pork, and chicken are not good for us. No feet, like fish and seafood, fruits and vegetables are what we should be eating to stay healthy. S is for sleep. The old folks need good sleep every night. Napping in front of the TV is not sufficient. We need to get into bed and have a good, restful sleep each night. H is for heal which means to look forward, forget the past and not hold grudges of past events. Keep your mind clear and search for new ways of living. Enjoy now, each day and forget the miserable past. Don't bad mouth others. Forget the past. You'll be much blessed with happiness and can smile more and be kind to all.

NOW FOR SOME HUMOR:

**Laugh and the world laughs with you, snore and you sleep alone.

**When you get older it takes a lot longer to do nothing.

**A 70-year old widow went out on a blind date with a 90-year old man. Returning to her daughter's house around 10:30, she seemed quiet and upset. "What happened?" asked the daughter. "I had to slap his face three times." "You mean?" began her daughter. "Yes," she answered. "He fell asleep three times!"

**One thing about getting old is that you know all the answers, but nobody asks the questions.

**There are two ways a sermon can help. Some rise from a sermon greatly strengthened, others wake up greatly refreshed. Which one are you?

Walking by History

As the new chair of Honpa Hongwanji's Archives Committee, I have been poking around some historical maps and documents. Partly because I live in the Downtown/Chinatown area, a special interest has been identifying exact locations of some Hongwanji historical sites. I imagined a future walking tour that would end up at the current Hawaii Betsuin.

David Atcheson

If you read the October *HQ Update* (see hongwanjihawaii.com), you'll see a 1914 fire insurance map that confirms the location of the original "Fort Lane temple": near the swimming pool of today's YMCA at Vineyard & Pali.

But how about before that? I'd heard mention of something "behind the fire

station" on Beretania. The 1971 book by Louise H. Hunter, *Buddhism in Hawaii: Its Impact on a Yankee Community*, noted that Hongwanji priest Shoi Yamada had held services in a rented cottage at Fort & Kukui. Sure enough, an 1898 directory available for viewing at the Hawaii State Library lists "Japanese Shin Shu Hongwanzi Branch Church, H Satomi and S Yamada pastors, Fort opp Kukui." Fort St. opposite Kukui St. is indeed just mauka of the fire station.

Rewinding further to the service held in the Kojima Hotel by the Rev. Soryu Kagahi on March 3, 1889, the day after his arrival in Honolulu—just where was this hotel? #1 Beretania St., says Honpa Hongwanji's centennial book. This is reinforced by an 1890 fire insurance map showing a "Commercial Hotel" at the mauka-Diamond-Head corner of Nuuanu and Beretania. And, next door dwellings that an 1890 directory lists as a boarding house and residence for S. Kojima.

Penny and I live just across Nuuanu Ave. from the Kojima Hotel site (now a highrise condo building). Our walk to temple takes us down Kukui St., where we make a left at Fort St. and go to Vineyard, where we cross Pali, then walk past the YMCA, over H1, and on to Hawaii Betsuin. So, the walking tour I envisioned? It turns out we've been doing it for eight years and counting!

—David Atcheson, archiveschair@honpahi.org

BETSUIN ELECTION RESULTS!

Following are the results of the recent Hawaii Betsuin Board of Directors and Officers election held on Sunday, November 17, 2019.

Jackie Furuta

Wendy Harman

Lillian Inatsuka

Debbie Kubota

Roy Miyamoto

Alan Kubota

Dexter Mar

Fay Mar

Alan Goto

The term of office is 2020 - 2021.

Board of Directors

Cindy Alm David Atcheson Ben Bruch Joel Determan Jo desMarets

Officers

President: Dexter Mar

President-elect: open

1st Vice President (Education): Wayne Yoshioka 2nd Vice President (Facilities): John Toguchi 3rd Vice President (Religious Matters): Alan Goto

4th Vice President (Finance): open

5th Vice President (Operations): Wendy Harman

Treasure: open

Secretary: Irene Nohara Auditor: Joel Determan Auditor: Ben Bruch Fujiko Motobu Irene Nohara Dennis Sekine Sharyn Sekine Jerry Tamamoto John Toguchi Florence Wasai Reid Yamamoto Wayne Yoshioka

Farewell to the Kamuros!

After the 10 a.m. service on November 3, the Hawaii Betsuin sangha members expressed their appreciation to Rev. Joshin Kamuro and family before their move to Hilo. Representatives from the temple and affiliated organizations made mahalo presentations to the Kamuros. In the photo, the family holds two posters presented by Dharma School students while Rev. Kamuro expresses a few words of gratitude to the sangha. Minako Kamuro also spoke to express her appreciation. Rev. Kamuro served at Hawaii Betsuin for about four years. (Photo by David Atcheson)





Alicia Tanouye, Brownie Troop 257

The Girl Scouts celebrated investiture on Sunday, October 27th, 2019. The investiture ceremony is a traditional Girl Scout ceremony designed to welcome new members to our sisterhood—both girls and adults alike. It's a great way to start the Girl Scout year by focusing on the Girl Scout Promise and Girl Scout Law.



This year, our Brownie troop was in charge of the candle light ceremony. Each of the letters of the words "GIRL SCOUTS" represent important part of Girls Scouts!

- **G** is for the golden friendships we have made.
- I is for the interesting trails we have laid.
- **R** is for the road we tread.
- L is for the loyalty in the promise said.
- **S** is for the service in everything we do.
- **C** is for courtesy often showed to you.
- **O** is for the oath we have spoken.
- **U** is for unity close and unbroken.
- **T** is for the trefoil worn with pride.
- **S** is for the sister far and wide.

GIRL SCOUTS!

Dharma Message continued from page 2

Amida Buddha made 48 Vows and accomplished them, and established the Pure Land. It is said in the Jodo Shinshu Teachings, at the end of life we will be born in the Pure Land and attain Buddhahood, returning at once to this delusional world to guide people to awakening.

We ministers conduct many funeral services, but nowadays these services are gradually changing. Instead of a public funeral service, people request a graveside funeral. This is just an inurnment or

burial service. Most funerals include cremation, funeral, and appreciation services. Without these experiences, I feel sad, as if something is missing.

So, let me explain the meaning of the funeral service. The funeral service is held so that all attendees share their pain for the loss of continuity and relationship with the deceased, and show the family respect, honor and recognition of the deceased. The family members share their mourning within their immediate family and

express their love, praise, and gratitude for the deceased person. The bereaved family also expresses appreciation to the mourning visitors who share their sorrow and support for the family.

The attendees mourn the deceased person and express an appreciation for his or her life and give their condolences to the family. The most important part of the funeral service is to understand that the deceased is sure to be born in the Pure Land by Amida's power, and that in the future, we will be together again in the Pure Land.

Without knowing about the next world, some people may be uneasy or fearful and may be inclined to ignore that important part of life. Not having experienced the next world, when death approaches we may feel uneasy or fearful, and we may not like to consider the possibility of the next world. If you don't know the next world, we then have an unknown situation at the end of our lives. To overcome this gap, we need to have continuity, which is the certainty that we will be born in the Pure Land.

Once there was a famous philosopher, Kitaro Nishida who published "A study of Good." He had lost his young daughter at the age of 15. He said that at the time, some people said "Try to forget her." But he said that forgetting her would be unbearable, for as parents, we do not ever want to forget our children. Even though my daughter's death is very sad and made us lonely, as time goes by, I'm not any happier to lose some of that sadness.

Even though Philosopher Nishida thought that it was important to connect this world and the next world through our memories, he said "I want to keep my sad memories because it would be even sadder to lose my memory of her. For us, to connect to the next world we have the Nembutsu which enables us to meet again." In Gassho.

Dharma School News Jovie Yoshioka

Honolulu District Dharma School's Halloween Fun Day

On Sunday October 20, the Betsuin Dharma School joined Moiliili, Jikoen and Windward Buddhist Temple Dharma Schools for a trip out to Aloun Farms for a fun day of games, music, hay ride and of course, selecting the best pumpkin for our pumpkin carving contest later in the day.

Once back at the temple, the parents (with a little help from the children) got busy carving with hopes of winning a prize in one of the five categories: Most Compassionate, Most Scary, Most Funny, Most Creative and Most Beautiful. What a wonderful day of fun, food and fellowship!

Please join us for our Mochi Tsuki event (bring your own favorite fillings) on Sunday, December 15, 2019.

Photos by Lenscapes Photography (Alan Kubota)







Raising A Peaceful Child in Challenging Times - 2019 Honolulu/Oahu Districts Nembutsu Seminar



It is challenging to raise a peaceful child in today's world. Our joint Honolulu/Oahu District held a seminar on Saturday, November 2 at Aiea Hongwanji provided parents, grandparents and other interested participants an opportunity to hear from three local, well-respected educators on such topics as social emotional development, making decisions, mindfulness, bullying, youth risk behavior academics/career aspirations vs. extra-

curricular activities. Close to 60 participants from all over Oahu were in attendance.

Preschool to 5th Grade Parents were privileged to hear from Stephen Chinen, Solomon El-

ementary School Counselor & Author of "Rainbows in Me: Values of Aloha." He presented insights and values from his book and his experiences. Middle School & High School Parents had the opportunity to hear from Kena Heffernan, PBA Math Teacher/Athletic Director sumo champion/sumo coach," as he shared strategies on making sure to listen to the youth, and to create opportunities to encourage inter-

Debbie Kubota

action and engagement. Our Keynote Speaker was Chad Miller, Ph.D., 2012 Hawai'i State Teacher of the Year, Associate Specialist, Institute for Teacher Education & Uehiro Academy for Philosophy and Ethics in Education, University of Hawaili at Mānoa. He shared his passion for bringing the activity of philosophy into our schools and communities, in order to create a more thoughtful and compassionate society.

Participants were able to interact and share experiences in small breakout groups. Additional topics and questions were addressed by a panel, which included the 3 speakers, as well as the Betsuin's own Penny Atcheson and Brian Brennan, who brought their parental perspectives to light through their thoughtful responses.

What a wonderful experience for all in attendance!

Radio Programs DECEMBER 2019 KZOO 1210 AM

Japanese Language Saturday at 7:30 AM

07......Rev. Hiromi Kawaji 14......Rev. Ai Hironaka 21......Rev. Thomas Okano 28.....Rev. Toyokazu Hagio

Betsuin Services

Asaji Service 8:00 AM

- 01 Rev. Yuika Hasebe
- 08 No Asaji HBC Bodhi Day Service at Betsuin 9:30 am
- 15 Rev. Shingo Furusawa
- 22 Rimban Toyokazu Hagio
- 29 Rev. Yuika Hasebe

Adult English Services

- 01 Rev. Tatsuo Muneto
- 08 HBC Bodhi Day Service at Betsuin 9:30 am Speaker:
 - Dr. Maunalani Aluli Meyer
- 15 Mary Foster Memorial Service
- 22 Rev. Sol Kalu
- 29 Rev. Shingo Furusawa

Nicchu Service 1:00 PM

- 01 Rimban Toyokazu Hagio
- 08 No Nicchu HBC Bodhi Day Service at Betsuin 9:30 am
- 15 No Service
- 22 Rev. Shingo Furusawa
- 29 Rev. Yuika Hasebe

Dharma School 9:00 AM

- 01 Rev. Shingo Furusawa
- 08 No DS HBC Bodhi Day Service at Betsuin 9:30 am
- 15 Rev. Sol Kalu
- 22 & 29 No DS
- 31 New Year's Eve 11:00 pm Japanese: Rev. Hasebe English: Rev. Hagio

1/1/20 New Year's Day 10:00 am

Japanese: Rev. Hagio English: Bishop Matsumoto

In Memoriam



OCTOBER 2019

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

09/10/2019 TAKEO, Hiroko (94) 09/27/2019 ISERI, Eiko (87)

OCTOBER 2019

- 01 HONDA, Masae Iwaishi (96)
- 01 WATANABE, Kenneth Minoru (98)
- 02 YAMAMOTO, Harry Hideo (87)
- 03 NAKAMURA, Masayoshi (98)
- 05 NAGATA, Pauline Michiko (73)
- 07 YOSHIDA, Dr. Alvin Tadashi (61)
- 08 ABE, Katsuyo Izumi (75)
- 09 OISHI, Evelyn Michiko Kubota (90)

- 12 OCHIAI, Itsuko Ando (89)
- 15 OKUMURA, Kay Keiko (87)
- 18 TANAKA, Vince Shiro (59)
- 20 HAMASAKI, Carol Yoshimi (66)
- 22 IKEDA, Winifred Kiyono (94)
- 24 KIMURA, Kenneth Shizuo (87)



2019 Memorial Service Schedule

2018 is the memorial year for those who passed away in:

 2018 – 1 year
 2007 – 13 year
 1987 – 33 year

 2017 – 3 year
 2003 – 17 year
 1970 – 50 year

 2013 – 7 year
 1995 – 25 year
 1920 – 100 year



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