



1727 Pali Highway
Honolulu, Hawaii 96813

GOJI

Vol. 75 No. 10



OCTOBER 2020
NEWSLETTER

of the
Honpa Hongwanji
Hawaii Betsuin
hawaiiibetsuin.org

2020 Slogan:

Building
Healthy Sanghas:
Embracing Generosity
and Openness

BETSUIN
MINISTERS

Chief Minister
Rev. Toyokazu Hagio

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

Dana in Our Temple and Our Community!

Dana: Beautiful acts of caring for others

Dana is a Sanskrit word, whose original meaning is "Giving" or "Selfless-Giving." This giving is not only physical or material giving, but also other types of giving. Samyuktaratmapitaka-sutra (Zo hozō kyo) illustrates seven ways to give; this is known as Seven Kinds of Offerings (Muzai no shichise), which we can do to help others. They are 1) help others physically, 2) help others compassionately, 3) offer looks warmly, 4) offer smiles sincerely, 5) offer words gently, 6) offer a seat kindly, and 7) offer a place to stay open-heartedly.

This pandemic of COVID-19 brings us uncertain feelings and sometimes drives us to fear. The fear makes us feel insecure, and it often blinds us from other people's suffering. Because it is a difficult time not only for us, but for all people in the community of Hawaii and the world, it is a time to remember Dana. Of course, the offering of money and materials are surely needed, but smiles and gentle words also have a power to spread Peace and can help to create a more compassionate and gentle community. Even though you are wearing a mask, your eyes will twinkle! Please try to offer your smile of Dana at supermarkets, hospitals, parks, and within your family. Your twinkling eyes will, surely, make someone's day happier and brighter which is a great Dana we can all offer.

A Message from the Executive Director, Stacy Bradshaw: COVID-19 UPDATE

*"Patience is not the ability to wait, but the ability
to keep a good attitude while waiting."*

– Joyce Meyer



Doesn't the reopening of Honolulu County after a four-week stay-at-home order, feel like a breath of fresh air? How did you spend the last four weeks? Were you able to keep a good attitude at home? Did you start a new hobby or maybe just maintain your home routines? Although we are far from life pre-COVID-19, it still feels wonderful when we are able to figuratively stretch our legs and take a step forward in a positive direction.

Starting September 28th, the Hawaii Betsuin business office will reopen for in-person business from 9:00 AM to 4:00 PM, Monday through Friday and 9:00 AM to 12 noon on Saturdays. The ministers will continue to daily officiate a limited number of memorial and funeral services with nine attendees or fewer, off-site funeral services, and Zoom services. Columbarium visitations are available by appointment only. Please contact the office to make a reservation by calling (808) 536-7044. I know that everyone is patiently waiting for the return of in-person services, but for the continued health and safety of our Sangha (congregation), we sincerely ask for your understanding and support as we continue to hold virtual Sunday services and Zoom Dharma School services until further notice. Please feel free to reach out to me with any concerns or suggestions on how the Hawaii Betsuin, its ministers, and staff can better serve you and your family. You can email me directly at execdir@hawaiiibetsuin.org. As always, we truly appreciate your support and patience during these difficult times. Please continue to stay safe and healthy until we can meet again. Namo Amida Butsu.

Dharma Message from Rev. Sol Kalu

Aloha! With the continuing and unfortunately worsening crisis of this current COVID-19 pandemic, I wish you all good health and safety as we weather this crisis, now on its 8th month since its arrival in the Islands. This seemingly uncontrollable disease has resulted in deaths, long-term effects, and severe disruption of the economy. Without the development of a proper vaccine against COVID-19, our main line of defense is to prevent the virus from spreading through proper hygiene, physical distancing, and wearing protective gear. In addition, keeping our bodies in generally good health is essential.

It is always important to keep ourself in good health by taking care of our bodies properly. However, in the teachings of the Buddha, the physical body is considered as a source of suffering, and the Buddha prescribed to his disciples to contemplate on the body as a sack of bones, blood, pus, phlegm, and other impurities, subject to decay and dissolution. At first look, this teaching seems like a contradiction to the other teachings in Buddhism about how difficult and rare it is to be born a human being, and that life should not be lived in vain.

Here, we have been born as human beings with a physical body, yet the Buddha taught that the body is a container of filth and impurities that we should always contemplate on. But the Buddha meant just that – the body – the material component, is only part of what makes a human being. There is another component that combines with the physical body to produce a thinking, rational human being, and that is the mind.

In Buddhism, the mind is more important than the body, and it is the mind that takes priority in spiritual development. The Buddha's prescription on meditating on the impurities of the physical body is meant to not only develop mindfulness and concentration but also to serve as an antidote to sensual passion, which if left unchecked, can lead to craving and suffering.

The mind should be the master over the body. It is the mind, the will power, or whatever else people call it that reigns in the cravings of the physical body. We are all too aware of the results of not bringing bodily desires under control: too much craving and

indulgence in food results in obesity and the myriad of health problems associated with it; too much craving and consumption of alcohol and drugs create future suffering in the form of life-threatening illnesses and crimes committed to feed the addiction; too much desire for wealth, power, fame to satisfy bodily cravings are surefire causes of wars that cause immense suffering to all that are involved.

However, the physical body, despite all its impurities, is never to be hated or treated indifferently. We cannot exist without it; we are biological beings while we are living our human lives. But it is through this body that we are able to listen to the Dharma by means of our ears, and we can read and study the Dharma with our eyes. We need to keep our bodies healthy so that they will not create obstacles in our spiritual path to Enlightenment. With the mind in control, we can wisely choose the ways and means to keep our health at an optimum level and enjoy life to the fullest, in accordance with the Buddha Dharma. Namo Amida Butsu!



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 (execdir@hawaiiibetsuin.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.

**You're Invited
to the Betsuin
Happiness Hour!**
**Wed.; Oct. 14 & 28,
8 to 9 pm via Zoom!**
email Rev. Hasebe
for your Zoom link
(yhasebe@honpahi.org)
Talk story and connect with
sangha members - just for fun!

President's Message from Dexter Mar

Staying Connected

Are you a Buddhist or a student of the Buddha Dharma?

What's the difference you might ask.

There's an "I" in Buddhist. As one awakens, the "I" connects to the whole and the self-centeredness begins to fade. The "I" becomes smaller and smaller. Loneliness fades and satisfaction grows.

Now that we have begun to adjust to the fear, shock, denial, anger, bargaining, and depression stages of disaster recovery, we can start to move on to acceptance of the situation and re-build.

A crucial challenge is how can the Hawaii Betsuin community stay connected through lock-downs, quarantines, and physical distancing. We've handled temple business and education through "virtual meeting" technology, but how about the purpose of the Hongwanji Mission of Hawaii and Hawaii Betsuin:

HHMH MISSION STATEMENT: "The mission of Honpa Hongwanji Mission of Hawaii is to share the living Teachings of Jodo Shinshu Buddhism so that **all beings may enjoy lives of harmony, peace, and gratitude.**"

HHHB MISSION STATEMENT: Having been awakened to the Compassion of Amida Buddha's Universal Vow (Namo Amida Butsu) and rejoicing in the assurance of Buddhahood, **we gratefully endeavor to live a life of service to others.**

There is no doubt that we are undergoing a historic disruption that will define the next 20+ years. There is not the physical destruction experienced in a hurricane, earthquake, or firestorm, but our spiritual lives are devastated by the stress of COVID-19, climate crisis, racial strife, economic and political divisiveness.

How have you maintained your **"spiritual health"** during the COVID-19 crisis? How has your faith in the Buddha-Dharma nurtured a peaceful and joyful heart? How have you gratefully endeavored to serve others? These are our challenges and we must adapt or fade away.

The Hawaii Betsuin Board of Directors has been addressing the immediate concerns of safety, financial recovery, and phased re-opening of temple operations and services. **We next must begin the re-building of our connections to our temple sangha and community.**

Please help us when we ask for your thoughts on what works and needs improvement. In the coming months, Board members will be reaching out to our temple Ohana to talk story about how you are handling the stress and what the Hawaii Betsuin does and can do to support your spiritual health.

A hui hou!



BWA News and Events

Fujiko Motobu



OCTOBER EVENTS (No classes or programs are scheduled at the Betsuin!)

October 12. We celebrate Discoverers' Day in Hawaii. In 1971, the state legislature changed Columbus Day to Discoverers' Day, "to honor all discoverers, including Pacific and Polynesian navigators." Discoverers' Day remained a state holiday in Hawaii until 1988. Since then, it has not been a state holiday.

October 31. Halloween when all the spooks will appear. Be sure to have your treats ready.

The Coronavirus dilemma is into the eighth month. We are still compelled to wear masks, stay six feet distance apart from others, and not gather in crowds. Please follow all safety protocols and stay safe so you will remain healthy.

CANCELLATION OF CLASSES: The twice a month, second and fourth Tuesday calligraphy class with Mrs. Okano, instructor, has been postponed until March, 2021. The twice a month (usually Fridays) sumie class with instructor Mrs. Saigusa has been postponed until Betsuin classes resume and City Hall can schedule our sumie exhibit in 2021. Exhibits are held in April or May. JAPANESE LANGUAGE classes held every Wednesday in the annex temple from 9:00 a.m. with instructor Rev. Toshima will resume when the temple opens and permits 20 plus students in class.

THE VALUE OF A SMILE: The late Terry Fujioka gave me this article that she found in the Reader's Digest. "It costs nothing but creates much. It enriches those who receive, without impoverishing those who give. It happens in a flash and the memory of it sometimes lasts forever. None are so rich they can get along without it, and none so poor but are richer for its benefits. It creates happiness in the home, fosters good will to a business, and is the countersign of friends. It is rest to the weary, daylight to the discouraged, sunshine to the sad, and Nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is no earthly good to anybody till it is given away. And if in the last-minute rush of the business day, some of our col-

leagues should be too tired to give a smile, may we ask you to leave one of yours? For nobody needs a smile so much as those who have none left to give! " A smile doesn't cost you anything, so let's all smile a bit more.

TIPS ON STAYING HEALTHY:

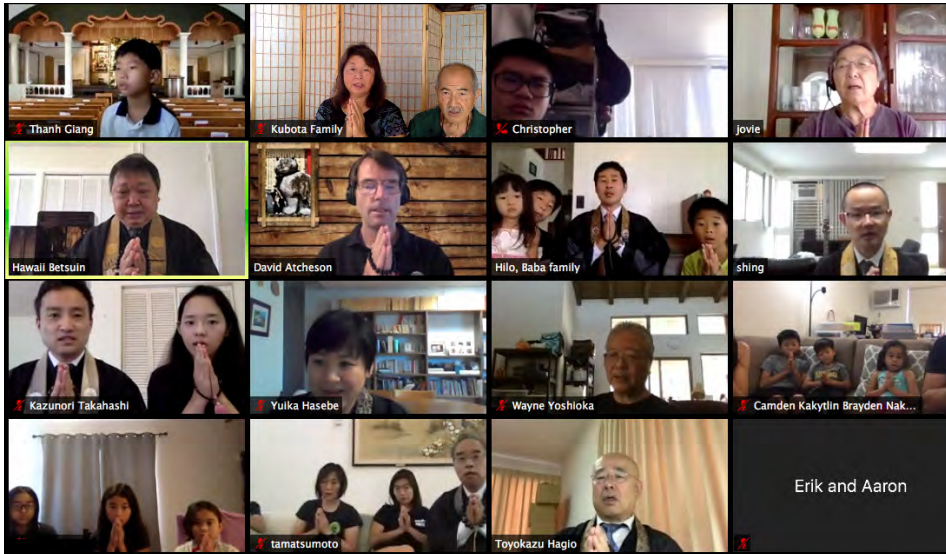
When you are young it is easier to bounce back from a fall. As you get older, falling can become dangerous. The Center for Disease Control and Prevention reported that over a duration of ten years there has been a 31% increase in the national rate of older deaths from falls. This is why it is important to prevent slips and falls. Here are ten tips to remember.

1. **STRENGTHEN YOUR MUSCLES AND BONES.** Strong muscles help you keep your balance and stabilize our joints, specifically your ankles. Do regular calf and ankle strengthening exercises, like heel and chair raises, balancing on one leg, and squats.
2. **LEARN ABOUT YOUR PRESCRIBED MEDICATIONS.** If you have noticed a sudden change in balance, medication could be the cause. Talk to your doctor about any concerns.
3. **TAKE CARE OF YOUR FEET.** You can avoid falls by wearing comfortable non-slip shoes that fit properly. Avoid loose shoes and those with no traction or grip on soles, or have high heels. At home avoid wearing slippers without treads or socks. Talk to your doctor if you are having any pains or discomfort while walking or standing. Calluses or corns on your feet could make you fall more likely.
4. **SCHEDULE REGULAR EYE EXAMS:** Eyesight changes can increase the risk of falling. When vision is impaired even just a little we're more likely to misjudge and trip.
5. **TAKE YOUR TIME:** When getting up from a lying position, try to sit up slowly and count to ten while still seated. Once you stand up give yourself a few moments to adjust before starting to walk.
6. **GET ENOUGH REST:** You are the best judge when you need a rest. Listen carefully to your body. We're

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Dharma School News Debbie Kubota

Virtual Betsuin Dharma School Services and Activities - Sundays at 9 am



Our summer break is over and our Dharma School ohana has reconvened to start up our Virtual Sunday services. Now we've added a Dharma School activity session after the service.

Our first virtual Dharma School service and activity session was Sunday, September 13. It was great to see everyone again. In addition to our Betsuin ohana, we had participants from other Honolulu temples and neighbor islands too.

Heartfelt mahalo nui loa to Thanh Giang, who is providing the Zoom platform to host these services, and communicating the link to all of our Dharma School families. A huge shout out goes to Reverend Yuika Hasebe and our new Betsuin Dharma School advisor, Reverend Sol Kalu who are coordinating the services and engaging all of our Betsuin ministers to take on different roles each Sunday, doing

the Vandana Ti-Sarana, leading the Sutra Chanting and sharing Dharma Messages. We also appreciate our Dharma School Supervisor, Jovie Yoshioka for her coordination of activities, and our amazing Dharma School students, who stepped up to emcee and share aspirations, Talin Giang and Chris Leu. Since our kickoff service was held on Grandparents' Day, it was the perfect theme for our Dharma message and activities. Reverend Hasebe shared a



wonderful message about her own grandparents. She demonstrated the way to write the

Japanese kanji "on" for grandparents and explained what the kanji strokes symbolize. She reminded us to thank our grandparents and elderly people in our lives for helping us to grow, and for the love and care they provide. We must always show our appreciation for Amida Buddha who constantly watches over us. Because of them, we are never alone.

Following the service, Jovie led the Dharma School activities, which involved asking our students to make a craft or do an activity for Grandparents' Day. Suggested activities/projects were emailed to our families prior to the service. During this activity, the video, "Hooray for Grandparents' Day," was shared. One of the Jikoen students



shared a beautiful flower bouquet that she made out of pipe cleaners for her grandfather.

For our September 20 service, the theme will be Peace, since the International Day of Peace is on September 21.

No matter what your age, we welcome all generations to join our online Dharma School services and activities. We look forward to "seeing" all of you on Sundays!



BWA News and Events continued from page 4

more prone to accidents when we are exhausted or worn out. If you feel dizzy or weak, seek medical care as soon as possible.

7. **STAY HYDRATED:** Staying properly hydrated helps keep your body well balanced. If you don't drink enough water you are more likely to experience lightheadedness, dizziness or loss of consciousness. Drink at least eight glasses of water daily. Green tea is good. Too much coffee is not good and keep away from too much sugar.

8. **FALL PROOF YOUR HOME:** Many accidents occur at home. Accidents can be caused by too much clutter, slippery flooring or poor lighting.

9. **STAY SAFE OUTSIDE:** Hold on to hand rails whenever you're going up or down stairs or escalators. Keep your hands free by wearing a backpack, fanny pack or across-the-body

bag or purse. Pay attention to slipping hazards and avoid them. Go slow when stepping down from or up onto a curb. Avoid multitasking while walking.

10. **TALK TO YOUR DOCTOR:** Discuss your medications, history of falls, and current health conditions. Work out a fall risk prevention plan.

WHY DO YOU GO TO CHURCH?

When you were a child you went to church and to dharma school because your parents sent you, or went with you. Now, as an adult, have you given a thought as to why you go to the temple? Do you go to listen to the sermon? What are your reactions after listening or do you give it a second thought? Do you go to meet your friends on Sundays? Do you go to have the refreshments? Do you go so that

you can talk to the minister(s)? Do you go to attend the meditation session? Or, do you have other reasons why you attend? Think about it. The temple is a wonderful place to go and listen to the teachings. We can cleanse our minds if they're filled with hatred, greed, and miserable thoughts. We can develop love for one another, express kindness, and enjoy each day.

A BIT OF HUMOR: A police officer came to my house and asked me where I was between 5 and 6. He seemed irritated when I answered, "Kindergarten."

An old couple went to renew their marriage vows. At the church the minister said, "Now, repeat your vows."

The old man said, "A E I O U".



This year's walk is everywhere! Different Walk, Same Reasons!

The world may look a little different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. This year, Walk to End Alzheimer's® is everywhere — on every sidewalk, track and trail.

Your health and safety are our top priorities. We won't have a large in-person gathering — instead, we invite you to walk in small teams of friends and family while others in your community do the same. Because we are

all still walking and fundraising for the same thing: a world without Alzheimer's and all other dementia.

The Betsuin **DANA OHANA TEAM** is officially registered to participate in the Walk to End Alzheimer's. This year, it's a virtual walk. The walk is on Sat. Nov. 7th. If the COVID-19 number is low again and the park is open, some people might want to walk together but at a safe distance and with a mask. Otherwise, you can walk anywhere

you want and as far as you want to go. You can walk around your house if you want. There's an app you can download. For more information, contact Dianne Ida by leaving a message for her at the Betsuin office. I hope you'll join this new experience.

2020 Walk To End Alzheimer's 2020 Virtual Walk Saturday, November 7th



Be Informed About Our Community!

Hawaii Votes By Mail

Starting this year, all of Hawaii conveniently votes by mail. Now registered voters simply receive their packets in the mail, complete the ballot in the privacy of their own home and safely mail it before the election day. This is entirely non-partisan and not telling anyone who to vote for. We would like to make sure that the voting process is safe and that important and experienced members of the community (our Sangha) are heard to help shape our future.

2020 ELECTION DATES

(From State of Hawaii Office of Elections Website)



October 5, 2020: Last day to register to vote and receive your ballot packet in the mail. If you have not registered by October 5, you must go to your local Voter Service Centers.

October 20, 2020: Voter Service Centers are open through Election Day. Services include same day registration and in-person voting.

Map of Voter Service Centers & Places of Deposits:

<https://histategis.maps.arcgis.com/apps/MapSeries/index.html?appid=40a88743b85b4fbfb8cf6128bacfedcf>

Ballots Received By: October 16, 2020

Contact your **County Elections Division** if you have not received your ballot by this date: County of Hawaii: (808) 961-8277 County of Maui: (808) 270-7749 County of Kauai: (808) 241-4800 **City and County of Honolulu: (808) 768-3800**

Ballots Returned: October 27, 2020

Last day to return your voted ballot by mail. After this date, voters must return their ballot to a place of deposit (ballot drop box).

General Election: November 3, 2020

All voted ballots must be received by your Clerk's Office no later than 7:00 p.m. on Election day.

ELECTION RESOURCES: Hawaii Voter Registration - Register to vote or update your voter registration <https://olvr.hawaii.gov/>

State of Hawaii Office of Elections - Info on voting and elections in Hawaii <https://elections.hawaii.gov/>

Elections by Mail - State of Hawaii, Office of Elections (YouTube Video) https://www.youtube.com/watch?v=azYEEybXTUY&feature=emb_title

Virtual Nembutsu Seminar

Sponsored by the Honolulu & Oahu Hongwanji Councils and the Office of Buddhist Education

"Going From Practical Buddhism to Truth Level Buddhism"

**SATURDAY,
OCTOBER 17
9:00 to 11:30 am**

GUEST SPEAKER:
Bishop Marvin Harada
Buddhist Churches
of America

See the flyer inclosed in this issue of the Goji for more information!

**FREE
REGISTRATION!**

If you would like to have a friendly conversation with one of our ministers, please call
Rev. Yuika Hasebe
at 536-7044!



We miss you and do not want to lose contact with you!

**Radio Programs
OCTOBER 2020
KZOO 1210 AM
Japanese Language
Saturday at 7:30 AM**

- 03 Rev. Masanari Yamagishi
- 10 Rev. Shingo Furusawa
- 17 Rev. Kerry Kiyohara
- 24 Rimban Toyokazu Hagio
- 31 Rev. Shingo Furusawa

**All Betsuin
services and
activities are
CANCELLED
Until Further
Notice**

The 10 am English
services are
premiered on
YouTube



10 am Sunday
mornings.

Go to the website
hawaiiibetsuin.org
for a link

Please call the office
at (808) 536-7044
if you have any
questions.
We are here
for YOU!

In Memoriam



JULY 2020

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

8/01/2020	NOBUKUNI, Chie (92)
8/07/2020	FUJIMORI, Neal Tatsuo (68)
8/07/2020	SUETSUGU, Glenn Yoshimi (72)
8/08/2020	SASAKI, Vera Fumie (97))
8/11/2020	OMAYE, Nobue (99)

**Nursing Home Services
are cancelled until
further notice**

2020 Memorial Service Schedule

2020 is the memorial year for those who passed away in:

2019: 1st year	2008: 13th year	1988: 33th year
2018: 3rd year	2004: 17th year	1971: 50th year
2014: 7th year	1996: 25th year	1921: 100th 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