



1727 Pali Highway  
Honolulu, Hawaii 96813

# GOJI

Vol. 76 No. 03



MARCH 2021  
NEWSLETTER

of the  
Honpa Hongwanji  
Hawaii Betsuin  
[hawaiibetsuin.org](http://hawaiibetsuin.org)

2021 Slogan:

Building  
Healthy Sanghas:  
Nurturing Empathy  
and Respect

BETSUIN  
MINISTERS

Chief Minister  
Rev. Toyokazu Hagio

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

## Hawaii Betsuin Online Higan Service Scheduled for March 21, 2021

You are cordially invited to view the Hawaii Betsuin 10:00 AM English Higan Service scheduled for Sunday, March 21, 2021 via YouTube. Our speaker will be the Rev. Masanari Yamagishi.

During our hectic and uncertain days, let us sit down quietly and calmly for awhile at this Spring Ohigan service. Through remembering our departed loved ones and reflecting on uncountable lives which directly connect to us, it is a time to have a deep breath and think about our life now, and the land we will be born into.

You can access the service, which will be on YouTube. Go to our website: (<https://hawaiibetsuin.org/>) or simply type "Honpa Hongwanji Hawaii Betsuin" on the YouTube site.

### About Our Speaker: Rev. Masanari Yamagishi



Rev. Yamagishi is from Toyama prefecture in Japan and is the third son of a temple family. He received Tokudo ordination at the age of 18. After he graduated from Ryukoku University in Kyoto, he worked as an office worker in a company in Toyama. However, after he experienced the loss of family members, he changed his mind and the incident led him to a period of trying to find himself and to understand what was happening in his life. It was at that point that he returned to a life of studying, and he decided to become a minister.

In 2018, Rev. Yamagishi got his first assignment, which was to be a resident minister of Buddhist Church of Lodi and a supervising minister of Walnut Grove Buddhist Church in California. He transferred from BCA to Honpa Hongwanji Mission of Hawaii in February 2020. He completed the training program at Hawaii Betsuin until the end of July, and he is now under HQ and will be assigned to Kamuela Hongwanji, Honoka'a Hongwanji, Kohala Hongwanji and Paauilo Hongwanji. His hobbies are reading books, watching movies, horseback-riding and snorkeling.

Please log on to YouTube for  
Rev. Yamagishi's dharma message!

### BETSUIN FRIENDSHIP TELEPHONE TIME

If you would like to talk  
or want to have a short  
chitchat, please call the  
Hawaii Betsuin at  
536- 7044.

A minister is available  
12:30 PM-1:30 PM  
Monday to Friday  
to receive your phone calls  
and talk story with you.

No reservation needed!

## Dharma Message: “The Great Ship of Amida Buddha’s Primal Vow”



Rev. Sol Kalu

This month of March is the month when we observe O-higan, in the Jodo Shinshu Buddhist tradition. O-higan literally means “the other shore” a metaphor for us unenlightened beings crossing to the other shore of Enlightenment or the Pure Land, thus leaving behind ignorance and suffering. It implies that a huge gap, a vast ocean separates the world of delusion from the world of enlightenment, an ocean that needs to be crossed in order for us to complete our spiritual journey and attain Buddhahood.

In the ordinary human world, experienced sailors and sea travelers do not treat the ocean lightly. Sea voyages can be hazardous if the conditions for safe

travel are not there. The sea should be treated with respect. When the waves are rough, the voyage gets unpleasant and dangerous. The ocean can be both a source of life and pleasure or suffering and death. It is no wonder that Shinran Shonin often referred to it as a metaphor for the unenlightened world of samsara. In his writings he mentioned the ocean of sentient beings, the ocean of painful birth and death, of insatiable desire, of human suffering, of deluded passion, and of karmic bondage. Shinran called it the “ocean difficult to cross.” This ocean of suffering is what lies between all of us – who are dwelling in the world of samsara – and the Pure Land or Nirvana. The waves that constantly wash around us are the waves of suffering.

Just as we cannot stop the motion of the waves in the sea, neither can we stop suffering while living in our present realm. The purpose of Buddhism is to help us reach the other shore of Enlightenment, the Pure Land or Nirvana. And nothing illustrates this more than the Primal Vow of Amida Buddha. The 18th Vow is likened to a great ship, the ship of Amida that we can board safely to carry us across the sea of suffering to the world of Enlightenment. When we board this great ship, our safe arrival is 100% guaranteed, for no amount of evil and dangers can obstruct the workings of the Primal Vow. This great ship has no passenger class distinction, no lousy ship food, and no drunken captains or navigators.

But it does require a ticket to board, and that ticket is the entrusting mind, shinjin, that is naturally expressed in the sincere calling of the name, “Namo Amida Butsu,” as an expression of gratitude. Unlike the passenger ships that we humans are more familiar with, the ship of the Great Vow of Amida is not

like a Carnival Cruise Line ship. There are no casinos, no “all you can eat” brunches, or buffets. There are no swimming pools, and neither is it like the Love Boat. Creature comforts are unnecessary because there can be no discomfort aboard this ship. Lifeboats and life jackets are not needed because this ship can never sink. GPS is not necessary because this ship can never lose its way. The moment you board the Ship of Amida’s Vow, you have already reached the destination, the port we call the Pure Land.

The question is: how do we get a ticket to board this wonderful ship? Well, we can’t use Travelocity, Expedia.com; we cannot buy a ticket from a travel agent either. Tickets for Amida’s ship are not for sale; they are absolutely free and available every moment of our life. All we need to do is wake up and get on board! In fact, Amida is always working to awaken us, the Buddha’s Mind of Faith (shinjin) is always there, ready to transform our minds and hearts and guide us aboard that ship. We are like a light bulb that is not turned on. We know the power is there, ready to make the lamp produce light. When, through Amida’s help, we are able to flip the switch, the light of Amida reveals to us our defiled and self-centered nature and as we realize this defiled and imperfect self, our blind passions (bonno) are naturally restored to oneness with the Buddha’s enlightened mind, and we find ourselves on the great voyage upon Amida’s ship.

We may feel afraid. Facing the fearful oceans of suffering and wanting to cross over to the other shore of Nirvana, we might ask ourselves: do I feel safe

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# 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@hawaiibetsuin.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.

### 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.

# President's Message from Dexter Mar



## Realizing Hope, part 2

By Dexter Mar

### *Our Vision of What We Want to Be:*

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

*“Everything that is done in this world is done by hope.” (Rev. Martin Luther King)*

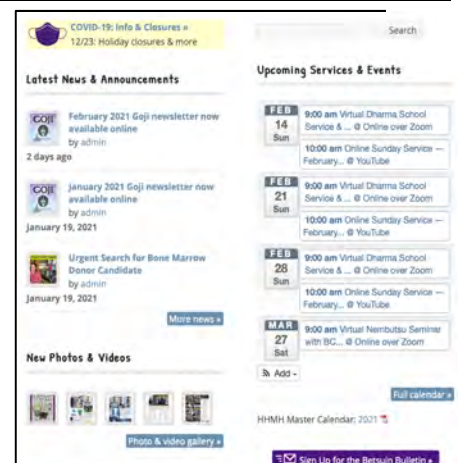
This month, let's focus on the second of part of the Hawaii Betsuin hope for our future: **“where all share the joy of living”**. How might we become our dream?

Two possible areas were offered in the January 2021 GOJI to create a place where all share the joy of living:

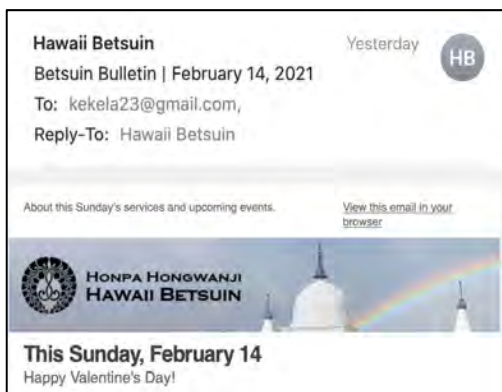
- **Fun and fellowship:** re-starting events and gatherings
- **Interconnection:** developing the Betsuin “Friends” program

1. As we improve following public health directives, in-person gatherings will re-start in 2021. Until that time, alternative events like our January 31<sup>st</sup> Annual meeting with a “drive-by lunch pick-up” and virtual online gathering can be fun and provide connections to each other. Hawaii Betsuin and other Hongwanji temples have tried many different virtual events in 2020, and are getting quite good at creating fun and interesting happenings. Join the fun!! Stay tuned in the GOJI and Hawaii Betsuin website:

<https://hawaiihetsuin.org>



2. Invite a “Friend” to share the “joy of living” of Hawaii Betsuin and other Hongwanji events and gatherings. Forward a Betsuin e-Bulletin and/or a YouTube video to a friend(s). Share the fun!!



Next month: What can be done to nurture ***“With gratitude and compassion”***.



## BWA News and Events

Fujiko Motobu



**Virtual BWA Online Market**  
**Buy treasures on line then**  
**pick up at the Betsuin.**  
**hawaiibwa.org**  
**AVAILABLE SOON !**  
 Contact the BWA at (808) 536-7045 for more information

## EAT APPLES TO KEEP YOUR LUNGS STRONG

Studies have found that eating apples can be good for your lungs. Apples are rich in antioxidants, so eating two apples a week with their skins on can improve overall health and also reduce the risk of asthma. Every week get two apples and wash them nice and clean, then cut one into four and the other into three and remove the cores and store them in the refrigerator so that you can eat one slice per day. Stay healthy.

## OBESITY... LOSE SOME OF YOUR FAT

Carrying extra weight can cause a lot of illnesses. Diabetes is well known among fat people. Science has now shown that carrying extra weight, especially around your abdomen, has been shown to be particularly harmful to the brain. One study looked at over six thousand individuals aged 40 to 45 between 1964 and 1973 and measured the size of their bellies. A few decades later they were evaluated to see who

had developed dementia and how that related to their waist size. Those with the highest level of abdominal fat had an increased risk of dementia of almost three times in comparison to those with the lowest abdominal weight. There is a lot of evidence today that managing your weight now will go a long way toward preventing brain decline later. So be serious and work on losing the extra weight that you are carrying, for your own benefit. There is nothing good about being obese or being fat.  
**(Information from book, KEEP SHARP, by Sanjay Gupta, MD)**

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## Honoring the MLK Legacy with Leis of Peace



**Betsuin BWA Executive Board  
Members for 2021**

For a number of years, Hawaii Betsuin BWA members and friends have enjoyed participating with the spirited Pacific Buddhist Academy (PBA) students and staff in the Martin Luther King, Jr. (MLK) Parade in January. With the expectation that there would be no parade this year, Lois Toyama, Hawaii Federation of BWAs President, and her committee proposed alternative activities to honor the MLK legacy.

On Jan. 14, PBA students followed through to wonderful effect. They draped leis of peace made from strings of origami cranes on the statue of Shinran Shonin in front of Hawaii Betsuin. At the base of Shinran

## Wendie Yumori

Shonin's staff, students placed strings of white origami cranes contributed by Irene Nakamoto and residents of Craigsides Retirement Community. Then, using a bamboo pole to reach up to Shinran's hand, Office Manager, Colleen Kunishige, assisted students in draping the leis of peace they had strung of colorful origami cranes folded by Hawaii Betsuin's BWA members.

Rimban Toyokazu Hagio, Rev. Yuika Hasebe, new BWA President, Cynthia Alm, and members of the BWA Exec. Board 2021 gathered around the lei-draped Shinran Shonin statue on Jan. 16 in appreciation of the MLK legacy and in support of all participating in MLK commemorative activities.



## BWA News and Events continued from page 4

### Family Promise of Hawaii

Cindy Alm

"We believe every family deserves a home and therefore accept families as they are." This is a core value of Family Promise of Hawaii. Since 2006, they have provided shelter, meals, case management, homelessness prevention, and stabilization services to over 4,730 family members.

In January, a team of BWA members volunteered to provide 'Ohana dinners for families in the Emergency Shelter program. The families are housed in a facility in Honolulu (pre-Covid, families were housed on a rotating basis on our temple grounds and at other congregations). Our BWA volunteers prepared main dishes and side dishes at home, packed them in containers for each family, and met in the temple parking lot to drop off the meals for delivery to Family Promise.

For the volunteers, part of the joy was in planning the menus. They prepared hot meals for seven families (12 adults, 12 children): hamburger casserole, hamburger steak with gravy, hamburger stew, chicken casserole, air-fried chicken. As one

volunteer said, "This all sounds so yummy!" Please consider joining us in volunteering for Family Promise.



"We are  
Family Promise of Hawai'i  
Transforming the lives  
of housing insecure families.  
Because every child  
deserves a home."



## BWA News from Fujiko continued from page 4

### HOW ABOUT SOME HUMOR? **The Mommy Test**

I was out walking with my four year old granddaughter. She picked up something off the ground and started to put it in her mouth. I took the item away from her and I told her not to do that. "Why?" she asked. "Because it's been laying outside, you don't know where it's been. It's dirty and probably has germs," I replied. At this point, my granddaughter looked at me with total admiration and asked, "Wow! How do you know all this stuff?"

"Uh," I was thinking quickly, "all grandmas and moms know this stuff. It's on the Mommy Test. You have to know it, or they don't let you be a mommy or grandma."

We walked along in silence for two or three minutes, but she was evidently pondering this new information. "Oh, I get it!" she beamed. "So if you don't pass the test you have to be the daddy."

"Exactly" I replied back with a big smile on my face and joy in my heart. DID YOU GET IT??? Mommies are smart, not daddies.

## Dharma Message continued from page 2

boarding Amida's great ship? Will I not experience the anxiety and fear the dangers of the journey that lies ahead? But, once we are aboard that ship, there is no more fear, no more anxiety. The Buddha has already embraced us with Boundless Compassion, and there is no turning back; in fact, we have already reached our destination. This is the meaning of being grasped, never to be abandoned. Our birth/arrival in the Pure Land is assured. "Namo Amida Butsu"



## Betsuin Teams Up With Be the Match Hawaii for Bone Marrow Registry Event

Sandra Togashi



On the beautiful, sunny morning of Saturday, January 30, 2021, HHHB and Be the Match Hawaii hosted a LIVE DRIVE THRU bone marrow donor registry event in the Temple's back parking lot off Lusitana Street. As twenty enthusiastic volunteers followed COVID-19 safety protocol, we were able to register sixteen potential donors ranging in age from 18 – 44 years old. Paul Goodman, a member of the Orange County Buddhist Church in Anaheim, CA plus four additional Hawaii patients are in need of bone marrow transplants. Let's hope for donors to be their matches!



Mahalo to the HHHB Board, Executive Director Stacy Bradshaw, her husband Mikey, their daughters Lindsay and Serene, Business Manager Hazel Russell, Elmer Cagaoan, HMS Head of School David Randall, his son Jace, volunteers, and Nainoa Wong with Renee Chung of Be the Match Hawaii for making this event possible.

**BETSUIN FRIENDSHIP  
TELEPHONE  
TIME**  
(see page 1 for details)

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!

### Cultural Class Notice: Shodo and Ikebana

With the coronavirus situation still uncertain, and the temple's regular activities continuing to be disrupted, Mrs. Michiko Okano's Shodo and Ikebana classes have been tentatively set to resume in January, 2022. In the meantime, if the situation changes favorably, a new notice will be forthcoming.





# Betsuin Dharma School News Debbie Kubota

## Virtual Betsuin Dharma School Services and Activities - Sundays at 9 a.m.



Friendships/relationships was our theme for the January 31st service. Jovie Yoshioka shared the book, "Bad Apple: A Tale of Friendship," by Edward Hemingway. Then we played the Dice Breaker game and asked the Betsuin ministers to share tidbits about themselves so we could get to know them better. We asked them questions like: "If you had to describe yourself as an animal, which one would it be?" "If you were a superhero, what would your name be and what power would you have?" "What is your favorite food, TV show, color?" We had so much fun hearing their answers and learning more about them.

Our Honolulu Dharma School families from Betsuin and Jikoen continue to join us on Sundays for our services and activities.

We are so grateful to have our students support our services by being emcees and reading aspirations. Many thanks to Jayce Labuguen, Ellen Ruchmann-Bruch, Keiden Furuyama, and Byron and Cora Saito for all of their help. On January 17, we held our Hoonko Service, with Reverend Kazunori Takahashi sharing a wonderful Dharma message about Shinran

Shonin and the guidance he provides through the Nembutsu and sharing Amida Buddha's teachings. We played Shinran-O (Bingo game with facts about Shinran's life). On January 24 our focus was Empathy (2021 Hongwanji Slogan) featuring the book by Jayneen Sanders, "You, Me and Empathy." Our keiki shared their answers to questions such as, "Who shows you kindness?" "How do you show kindness to others?" "Have you ever helped anyone that was sad?" "How did you help them?" "Have you ever been bullied?" "How did it make you feel?"

February features Valentine's Day, with the theme of "Respect" (2021 Hongwanji slogan) and a joint service with Mililani Hongwanji and Hilo Betsuin on February 28.

No matter what your age, our virtual services are open to all generations from across our islands and the Mainland. Please contact our Betsuin office if you are interested. Hope to "see" you online with us soon!



### Shinran Shonin's Guidance



This is the best medicine for all people.

**Namo Amida Butsu**  
Wisdom  
Compassion

**Radio Programs**  
**MARCH 2021**  
**KZOO 1210 AM**  
**Japanese Language**  
**Saturday at 7:30 AM**

06 Rev. Shingo Furusawa  
 13 Rev. Joshin Kamuro  
 20 Rev. Masanari Yamagishi  
 27 Rimban Toyokazu Hagio

**NOTICE:**

The Betsuin is now scheduling in person funerals and memorial services with a limit of 9 attendees or hybrid services via Zoom with 9 in person attendees. Other options are available. Please call the office at 536-7044 for more information.

On site Sunday services continue to be **CANCELLED**. The 10 am English services are premiered on YouTube at 10 am Sunday mornings.

**Go to the website**  
**[hawaiiibetsuin.org](http://hawaiiibetsuin.org)**  
**for a link**



**In Memoriam**



**JANUARY 2021**

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

02 HORI, Roy Susumu (86)  
 06 NAKAMURA, Thomas Makoto (92)  
 15 ARAKAKI, Derek Sadao (71)  
 15 YAMAMOTO, Lillian Kimiko (91)  
 17 IWATA, Muneyoshi (76)  
 17 OKINAKA, Kikuye Matsui (95)  
 22 UENO, Marion Yanako (86)  
 24 TANIMOTO, Joann Eiko (77)  
 25 TAIRA, Ethel Hatsue (102)

Our apologies! The individuals listed in the February 2021 Goji In Memoriam passed away during the month of December 2020. We regret any inconveniences this error may have caused.

**Nursing Home Services**

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

2021 Memorial Service Schedule

2021 is the memorial year for those who passed away in:

2020: 1st year	2009: 13th year	1989: 33th year
2019: 3rd year	2005: 17th year	1972: 50th year
2015: 7th year	1997: 25th year	1922: 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