

1727 Pali Highway Honolulu, Hawaii 96813

GOII

Vol. 76 No. 11



NOVEMBER 2021 NEWSLETTER of the Honpa Hongwanji Hawaii Betsuin 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

Betsuin to Observe Eitaikyo November 7; Service will be Livestreamed

Eitaikyo is a service where we perpetually chant the sutras to honor, pay respect, and express gratitude to those who have preceded us, in order for the Buddha's teachings to be passed on continuously from generation to generation.

Ei, means continuous or perpetual, Tai or Dai, means generation, and Kyo means the Sutra or Chanting of the Sutra. Putting them all together, we can roughly translate it in plain English to "Perpetual Chanting of the Sutras for Generations." It is a service in which we chant sutras in perpetuity to honor those who have left this world before us. It helps remind us of our connection to them, leading us to see that our lives are part of a greater whole rather than standing alone. We must foster a sense of gratitude and appreciation for those who have contributed their part that enables us to continue existing in the present moment.

The Honpa Hongwanji Hawaii Betsuin will observe this year's Eitaikyo service on November 7, 2021 at 10:00 am via Livestream service, due to the continuing COVID-19 pandemic.

Eitaikyo Guest Speaker to be Rev. Tomo Hojo



The guest speaker for this year's Eitaikyo observance will be Rev. Tomo Hojo, resident and overseeing minister of West

Kauai Hongwanji Temples. Rev. Tomo Hojo was born in Wakayama, Japan, attended Ryukoku University in Kyoto Japan from April 2004 to March 2008, graduating with a B.A. in Jodo Shinshu Studies. After receiving full Kyoshi ordination in March 2008, he initially served at HHMH HQ from May-September 2009 and at Honpa Hongwanji Hawaii Betsuin as associate minister from September 2009 to August 2014. He is currently assigned as the resident minister for thef West Kauai Hongwanji Temple.

We Are Grateful for our Veterans!



Veterans Day is set aside as a time to remember all U.S. military veterans – past and present. It is celebrated every November 11th and has been a federal holiday since 1926.



Dharma Message: "The Mind in Buddhism" Rev. Sol Kalu

Buddhism is a way of life based on the training of the mind. Its one ultimate aim is to show the way to complete liberation from suffering by the attainment of the Unconditioned, a state beyond the range of the normal untrained mind. It is impossible to attain this unconditioned state if the mind is not focusing, changing constantly, jumping from one state to another, like a monkey jumping from tree to tree.

Buddhism's traditional goal is to train the mind to be still, to enable one to see through the delusions created by one's own blind passions, and



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 NOVEMBER.

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 (808-536-0919). 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 des Marets; 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.

to perceive reality as it is. The main reason why our minds cannot hold onto one state for a long time is because the mind reacts to what our sense organs tell us from the outside world. For example, when we see beautiful shapes and colors with our eyes, we are pleased, but when we smell something unpleasant or see something repulsive, the opposite happens. We hear good news and feel elated, but hearing something bad or not to our liking, changes our mood quickly. It is the cultivation or training of the mind that is important in traditional Buddhist practice, for a well-trained mind will cease to react to things and circumstances surrounding it, and thus can maintain peace and serenity in the midst of the chaos created by impermanence. It is by having a still and guiet mind that we can perceive or hear the Buddha's voice calling from within and respond to it accordingly.

One of the main teachings of Buddhism is that we have two levels of mind - our everyday rational mind and our underlying Wisdom Mind. The Wisdom Mind is the deeper intuitive part of ourselves that can be experienced during meditation. This Mind is not part of ourselves, but belongs to Amida Buddha. If we compare our mind to a deep lake, the ordinary mind is the surface water, subject to waves and storms. Our Bodhi Mind (Pure Mind of Buddha), however, is like the calm water at the bottom of the lake.

Our ordinary mind is compared to monkey chatter, endlessly filled with compulsive thoughts and insatiable cravings. Living solely within our ordinary common sense mind is like living as a hamster, endlessly spinning around in his exercise wheel, inside his cage, never getting anywhere.

The word 'nenbutsu" means to remember the Buddha – nen



means to remember and Butsu is the Buddha. The item that Jodo Shinshu practitioners carry in their hands when attending services is called a 'nenju' not a juuzu, nen for remember and juu for beads; they are remembering beads because it is a means to focus the mind on the Buddha by holding it in the hands in gassho and reciting Namo Amida Butsu.

It is not about the number of repetitions of the Nembutsu that is important. Ideally, as Jodo Shinshu Buddhists, the day is started by making a connection to the Buddha's mind through recitation of the nembutsu, or if time will permit, to chant a sutra in front of the Butsudan. Of course, these practices will not keep the mind focused single mindedly for the rest of the day, but the recitation of the nembutsu, done regularly, will eventually permeate our minds to the point that it becomes a rallying point to which we can refocus our minds if we encounter the constant changes in the state of our minds in everyday life. In reciting the nembutsu out of gratitude we connect to the mind of Amida that is timeless. boundless, and non-reacting to any outside influences brought about by the senses. The Bodhi mind of Amida Buddha is our true, real mind, for it is Buddhahood itself, separate from the conventional mind that is inconsistent, deluded, and a source of suffering. It is through this mind that we receive from Amida that we awaken from the world of delusion to the realm of enlightenment. Namo Amida Butsu!

President's Message



The Privilege and Duty to Vote

By Dexter Mar

"The monk is our teacher." When you yourselves know: "These things are good; these things are not blamable; these things are praised by the wise; undertaken and observed, these things lead to benefit and happiness," enter on and abide in them.

Sakyamuni Buddha

Why doesn't someone do something about that??!!

Your Board leadership represents the members of Hawaii Betsuin, so they are YOUR VOICE on what's important and gets done at the temple and with affiliated organizations like Hongwanji Mission School, the Buddhist Women's Association, Scouts, and activities like the Bon Dance, Taste of Hongwanji, cultural classes, and social events.

So, choose the leaders who □do something about that □

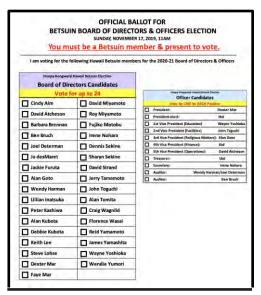
VOTE! Decisions are made by those who show up

Election Procedures

- Election will be by mail with packet sent out to Betsuin members on November 1.
- 2. Packet will include candidate profiles and ballots (see examples below)
- 3. Write-in candidates for OFFICERS ONLY are allowed. Note: Officers must be Directors.
- 4. Return ballots must be postmarked or dropped off by November 20. (There will be a ballot box in the Hawaii Betsuin Business Office.)
- 5. Candidates do not appear in this GOJI, since the Board approved candidates on October 24, after the deadline for this GOJI edition. Go to https://hawaiibetsuin.org/news/ for 2022-23 candidates.
- Ballot counting will be done by Hawaii Betsuin ministers and the Interim Executive Director.

Examples from the 2019 Election





BWA News and Events

BWA Update:

- * Volunteer Opportunity:
 Family Promise of Hawaii
 volunteers needed to provide family
- * Hawaii Federation of BWA newsletter was sent out

meals in early November

* Watch for information on Year End Party

Thank you for participating in Ring Your Bell for Peace

BWA website: hawaiibetsuinbwa.org

EITAIKYO

November is almost the end of the year and in Jodo Shinshu we have our service called Eitaikyo, a memorial service for all the past deceased members, who are now all in Nirvana. It should be a happy, memorable celebration for those who passed away before us. No one has returned to tell us what Ojodo or Nirvana is like, but by listening to the ministers they tell us that those who left us and went to Ojodo are now reborn into Buddhas and are in a happy land.

Shinran Shonin mentioned that all we need to remember is to recite the Nembutsu, Namo Amida Butsu, upon our death and we go straight to Nirvana or Ojodo.

Knowing this comforts me and I truly believe in the teachings of Shinran Shonin and in reciting the Nembutsu. NAMO AMIDA BUTSU is very easy to say. Let's all say it.

THE POWER OF LAUGHTER

There is power in laughter and we all heard the saying, "Laughter is the best medicine." When people participate in laughter, their bodies release certain chemicals that relieve stress and pain. Through laughter we get better oxygenation, produce happy hormones,

Fujiko Motobu

and connect with one another. Your body doesn't know the difference between your fake laughter and true laughter and will produce the same feel-good chemicals as if you are sincerely laughing.

Perhaps Hawaii Betsuin should start a Laughter Yoga class in the future and everyone will feel good with great laughter.

LIVING A LONG LIFE DEPENDS ON WHAT YOU EAT

Do you want to live long? Do you want to stay healthy? If you do, watch what you eat. Stay away from highly processed meat, beef, shrimp, pork, lamb.

A hot dog on a bun can cost 36 minutes of a person's healthy life. Instead a peanut butter and jelly sandwich increases life by 33 minutes. So, which will you choose to eat?

OBESITY

Are you fat? Do you know anyone who is fat? I think we all know people who are obese. The American Medical Association in 2013 recognized obesity as a disease. The two most common explanations of obesity are calories taken in, calories out and family history. Too much television watching, too little physical exercise, activity, sleep and food are major influences.

If your mother's diet before you were conceived and while she was pregnant was unhealthy, and if your first food as an infant were unhealthy, your body became predisposed to obesity. If you live in an environment of negativity toward outdoor physical activities, it contributes to obesity. Also, an environment with a high density of fast food outlets and lack of fresh food will fuel obesity.

Obesity is a disease caused by numerous factors; biological, genetic, social, environmental and behavioral. Drs.



Oz and Roisen's book, "You on a Diet," suggests you follow the following: 1) Measure your waist with a tape measure placed at your belly button, and keep a record and work toward having your waist measure half your height. 2) Clear your refrigerator of foods with added sugars and syrups, simple carbs, red and processed meat, and egg yolks. Stay away from fast and fried foods. 3) Set your goal to walk 10,000 steps a day. Get at least 60 minutes of activity daily. Limit sitting down and get up every 30 minutes for a stretch and jumping. 4) Get a good healthy sleeping routine of at least seven to eight hours nightly in a quiet, dark, cool room. 5) Avoid endocrine-disrupting chemicals. Replace plastic used for food storage with glass, parchment and wax paper. Limit your use of canned food. 6) Talk to your doctor about your weight. You need to bring it up.

If you are serious about losing weight and being healthy, follow these suggestions. I lost 11 pounds in the last six months, and feel great.

NOW FOR A LITTLE BIT OF HUMOR

I heard about this man who was very stingy with his money. Just before his death he made his wife promise that she would have him buried with the \$50,000 (fifty thousand dollars) that he had saved. His wife reluctantly agreed. At the funeral right before they closed the casket she snuck in a small wooden box. Her friends said, "You can't just bury the money." She said, "Of course I did. I am a Buddhist and I can't lie." Her friend said, "You mean you just buried \$50,000?" She answered, "Yes, I did. I wrote a check."

Dharma School News

September/October Dharma School Services/Activities

Peace Day was the theme of our September 19th service, with Lindsey Bradshaw as our emcee and Cora and Vincent Saito reading a fitting aspiration, the quote on the Children's Peace Monument in Hiroshima. Reverend Furusawa did the Vandana Ti-Sarana, Rinban Hagio did the sutra chanting and Reverend Hasebe shared a Dharma Message focusing on six important things: 1) sincerity of speech, 2) kind actions, 3) sympathy to others, 4) equally share things, 5) follow the teachings and rules, and 6) learn sincere/kind feelings towards others. Amida is always watching, embracing and protecting us. For our Dharma School activity, we watched a read-aloud story video of "Peace is an Offering," by Annette LeBox. Following the video, everyone shared their thoughts on a Word Cloud which depicted, "What does peace mean to me?"

What does peace mean to me?

| Bissing grateful for affects | Description | Descriptio

September 26th was our Autumn
Higan service, with Ellen RuckmannBruch as our emcee and Chris Leu
reading an aspiration. Reverend
Daido Baba was our speaker and he
shared a story about finding balance
in our daily lives, like finding the
balance for giving plants just the right
amount of water so they will thrive.
He noticed a big difference between

the amount of water his plants need in Honolulu as compared to how much water they needed when he lived in Hilo. For our Dharma School Activity, we all tried to build card houses, which required us to have steady hands and find the best way to balance the playing cards. This activity not only taught our students balance, but also impermanence.

For our October 3rd service, Dean Tse-Castro was our emcee and his sister, Kim, read an aspiration. Our theme was "Our Pledge," by the Gomonshu Kojun Ohtani. Rev. Furusawa gave an enlightening Dharma Message in which he shared some traits of the Buddha and how we all want to emulate the Buddha, just as we want to imitate our favorite singer or be

like our favorite MLB player. For our Dharma School Activity, we watched a video about making a Gratitude Jar and putting notes in the jar about anything that happens that makes you grateful. Our students will be making their own gratitude jars and will be sharing their contents around Thanksgiving.



Debbie Kubota





October 10th featured Kainoa
Brennan as our emcee and his
brother, Kenji reading an aspiration.
Rev. Kalu gave a nice Dharma
Message on the theme of the 1st
stanza of "Our Pledge," sharing a
smile and gentle words. We watched
a video of a read-aloud book, "One
Smile."

For October 17th, we encouraged everyone to join the 2nd State
Dharma School Gathering. October
24th will continue with the 2nd stanza of "Our Pledge" as the theme, and
October 31 will focus on a Halloween theme. Our services and activities are open to all generations from across our islands and on the Mainland.
Feel free to join us anytime! Please contact our Betsuin office if you are interested. We hope to see you in person or online with us very soon!

View dharma messages from the Betsuin ministers and videos of past events any time:



search for

Honpa Hongwanji Hawaii Betsuin

Go to the website hawaiibetsuin.org



Annual Nuuanu Valley Interfaith Thanksgiving Service

Due to the pandemic, it is anticipated that the Annual Thanksgiving Service will, again, be via Zoom. However, no details have been released at this time. If you are interested in participating in the Zoom service, please call the Betsun office (808) 536-7044 for updated information.

Betsuin DIALOGUE Project Meeting on November 11

The Hawaii Betsuin DIALOGUE Project Invites You!



If you are interested in exploring

social concerns with others through a Buddhist lens, then the Hawaii Betsuin DIALOGUE Project is for you! The next DIALOGUE is Thursday, November 11; the topic is Buddhist Economics: Small is Beautiful. Just in time for the holidays, the gift of an economics of simplicity and nonviolence, based on generosity, compassion, and wisdom! Please go to hawaiibetsuin.org/dialogue to receive brief readings and the location or Zoom link for the next DIALOGUE meeting, to suggest future DIALOGUE topics, or if you have any questions. DIALOGUE is a project of our temple's Social Concerns Committee. All welcome.

We're Collecting Aloha Shirts

The Betsuin BWA continues to collect aloha shirts for distribution to our military serving overseas.

Please contact Jo desMarets (purpleIdy2@aol.com) to donate or for more information!



Mahalo to our 2021 Bloom/Futaba
Memorial Lectures speaker Chenxing Han
(pictured here), author of "Be the Refuge:
Raising the Voices of Asian American
Buddhists" and to respondent Dr. George
Tanabe. The lectures were a hybrid
in-person and Zoom event on 10/16/21.
We will share a link to video from the event
when it is available.

BETSUIN FRIENDSHIP TELEPHONE TIME

If you would like to talk story, please call the Hawaii Betsuin at (808) 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.

Ministers' Appreciation Day 2021

Wendie Yumori



BWA presented gifts of appreciation to Hawaii Betsuin Ministers

Sunday, October 10, 2021 was Ministers' Appreciation Day - a national day of recognition and thanks for members of the clergy. For the second year in a row, we were not able to gather in the Main Hondo for an in-person service and celebration because of pandemic restrictions. Our BWA made alternative

arrangements to express our warmest mahalo to our ministers for helping us deal with the many challenges we've had to face for such a lengthy period of time. On Oct. 8, 2021, BWA President Cindy Alm, assisted by Wendie Yumori, presented а

> each of our dedicated

ministers at HHMH headquarters and at Hawaii Betsuin. President Cindy conveyed BWA's deep gratitude to our ministers for their compassionate care and conscientious efforts to keep our Dharma connections strong during the COVID-19 pandemic.



Included in each Ministers' Appreciation Day gift was a thank you card with artwork by Fujiko Motobu, a gift card to Lupicia, a store that sells 200 fresh teas, so that each minister could select his/her favorite teas, assorted senbei to enjoy with tea, and three handcrafted items origami happi gift tags, a dream catcher that lets good dreams pass through and catches bad dreams in its webbing, and a furoshiki to encourage BWA's spirit of mottainai. Cindy Alm, Char Kihara, Dawn Nabeshima, Jo desMarets, and Wendie Yumori were delighted to contribute gift items to honor and thank HHMH

ministers, Bishop Eric Matsumoto and Rev. Daido Baba, and Hawaii Betsuin ministers, Rimban Toyokazu Hagio, Rev. Sol Kalu, Rev. Yuika Hasebe, and Rev. Shingo Furusawa.

Bishop Eric Matsumoto, sent

this message -- "Thank you Betsuin BWA for your thoughtfulness and kind gifts to we, ministers! Thank you very much." Rimban Toyokazu Hagio also expressed happy thanks, on behalf of the Hawaii Betsuin ministers, to the BWA for the wonderful Ministers' Appreciation Day presentation.



HHMH Headquarters' ministers received gifts of gratitude from the Betsuin BWA.

Reminder... Don't Forget! As of October 24, 2021 You Must Dial 808, then the phone number, to make local calls in Hawaii!



Dial-A-Dharma Message

(Recorded message)

English (808) 536-2456 **Japanese** (808) 354-0261

24 Hours a Day / 7 Days a Week!

Radio Programs NOVEMBER 2021 KZOO 1210 AM

Japanese Language Saturday at 7:30 AM

06....Rev. Tomo Hojo

13....Rimban Toyokazu Hagio

20....Rev. Yuika Hasebe

27....Rev. Daido Baba

NOTICE:

The Betsuin is scheduling inperson funerals and memorial services with a limited number of in-person attendees. Other service options are available. Please call the Betsuin office at (808) 536-7044 for current information and to plan for your families needs.

Information Regarding Sunday Services

The 10:00 am English service, and the 8:00 am and 1:00 pm Japanese Sunday services have suspended in-person services due to the increase in COVID cases. The 10:00 am English service continues on Zoom during this time.

For current information on all Betsuin services, please call the Betsuin office at (808) 536-7044 or see the Betsuin Bulletin sent out via email on Fridays. The Zoom link is available in the bulletin or you may call the office to get the link. Zoom services may also be viewed on our YouTube channel. These premiere on Sundays at 11:00 am.

In Memoriam



SEPTEMBER 2021

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

02/24/2020 WAGO, George Noboru (94) 08/30/2021 UCHIDA, Tsugio (93)

SEPTEMBER 2021

- 03 ISHII, Jean Fumiko (79)
- 07 OBA, Mitsue (101)
- 08 HIGA, Marnette Taeko (76)
- 09 HAMURA, Cynthia Akemi (67)
- 10 SHIMIZU, Stanley Akira (82)
- 15 SATO, Tomiko (93)
- 16 KAMEDA, Tsuyako (99)
- 21 ASARI, Thomas Shinya (95)
- 23 KINOSHITA, Florence Hisako (94)
- 26 MARUTANI, Sumie (95)
- 28 SHINNO, Fusae (103)



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