



1727 Pali Highway
Honolulu, Hawaii 96813

GOJI

Vol. 73, No. 7-8



JULY - AUGUST 2018
NEWSLETTER

of the

Honpa Hongwanji
Hawaii Betsuin

www.hawaiihetsuin.org

2018 Slogan:

Embrace Change:
Harmony
(Accept Differences)

BETSUIN
MINISTERS

Chief Minister
Rev. Toyokazu Hagio

Ministerial Staff
Rev. Yuika Hasebe
Rev. Joshin Kamuro
Rev. Sol Kalu

Obon Season; A Time To Remember, A Time To Encounter The Dharma

We welcome all to Hawaii Betsuin's 2018 Obon services. Following is a schedule of the services and the speakers.

Date:	Sunday, July 8, 2018	
Time:	8AM Japanese	Rev. Mieko Majima
	10AM English	Rev. Mieko Majima
	1PM Japanese	Rimban Toyokazu Hagio

Hawaii Betsuin welcomes all to join our annual Obon service.

Obon is the season when we remember our departed loved ones. Because of them, we are able to have this day together. We tend to think our life is our own, but we have to realize that there are uncountable numbers of people connected to our lives. In addition to your departed father, mother, grandparents, or any immediate family members, there were so many other people who touched your life and helped you to grow. If even one person were missing from the line, we wouldn't be the same. Obon is the day we express our respect and appreciation to those who nurtured us.

There is another important meaning of having Obon service for Jodo Shinshu followers. In Jodo Shinshu traditions, our departed loved one is already embraced by Amida Buddha's Great Compassion and Wisdom. It means they are already well taken care of by Amida Buddha. Therefore, Obon service is not for those who passed away before us; it is for us, so we may hear and encounter Amida Buddha's Great Compassion and Wisdom. Encountering the Great Compassion... this is a precious gift from your ancestor. We are not giving them anything; they left the teachings for us.

This year, we are fortunate to have Rev. Mieko Majima as our speaker. Rev. Majima was born in Nagoya, Aichi Prefecture, Japan. She graduated from Ryukoku University, and completed her BA, MA, and PhD in Buddhist Studies. Rev. Majima's special fields of study are "Epistemology in Yogacara doctrine," "Cultures and beliefs reflected in Buddhist Arts in Central Asia around 5th Century," and "Contemplation Sutra and visualization in Central Asia around 5th Century." She has been working as the resident minister of Kapaa Hongwanji since April 1, 2018. Please join the 2018 Hawaii Betsuin Obon service!!

Obon Talk Story
With
Rev. Mieko Majima

Saturday
July 7, 2018

9:00 am - 12:00 pm

In the Annex Temple

Topic:

"Significance of Obon
in Jodo Shin Buddhism"

Cost: \$10

For more information, call the
Betsuin Office at 536-7044

Dharma Message: "Aloha and Mahalo nui loa"

The time has come for me to move on to another extension of our Nembutsu family over in Lihue, Kauai. I have been here at the Honolulu Betsuin for about five years now, and although membership has suffered somewhat, I still see, and have been fortunate to be a part of, a thriving temple.

The vitality comes from the Buddha, Dharma, and the Sangha. The Dharma School, Mission School, Pacific Buddhist Academy, the ministers, administrative staff, volunteers, Boy Scouts, Girl Scouts, BWA, the dance clubs, meditation group, Board of Directors, Young Buddhist Association, and Executive Board are all members of the Sangha and are part of the lifeblood of this

temple. Buddha, Dharma, and Sangha is the tripod that sustains our efforts and the life of the Buddha's teachings, and we are all a part of that wondrous trio.

As I have often said before, Buddhism is a participation type of religion, and the Dharma is in that participation; your participation is the actualization of the Dharma in many ways. I have heard it said that one cannot be a teacher without being a student at the same time. Over these past five years I have tried to interpret the Dharma in an understandable way, while at the same time, I have also been your student. It took me a while (I am slow sometimes) to realize that you, the Sangha, wherever I have been, have been the living expression of the human condition, the Dharma, and one of my good teachers, my zenchishiki. No doubt I shall continue learning from you as time goes on.

What lies ahead I cannot say but I shall do my best not to embarrass you.

Rev. Kawaji, whom many of you know, once defined the term Kyoshi and I have kept this definition close at hand. He said there were two characters to the word in Japanese; the first, "Kyo," meant "Dharma or teaching" while the second character, "shi," was translated as "servant." That is the attitude I have tried to live up to here at the Betsuin and what I shall take to Lihue with me. My being an ego-centered, selfish person that I am, it will not be easy, but, practice, practice, practice.

We make much about the titles we give ourselves. I am a Doctor, Lawyer, Priest, and Mechanic, or a professional this or that as if we embody all there was to know about that profession. For me though, I am reminded by the Rinto or the circular Chrysanthemum lamps up in the Naijin, that learning is like a circle, a never-ending process with no beginning and no ending. That be-

Rev. Art Kaufmann

ing the case, I am becoming a Priest, and after my life is through here, who knows, I have a feeling that I'll be going right back to school.



Please remember that we are all embraced by Infinite Wisdom and Boundless Compassion like the air that surrounds us. What we call Namoadabutsu is the treasured ocean of virtues that we call Amida. This one little word holds within it, not only the treasured ocean of virtues but the aspirations of all life for Enlightenment, the 48 vows, the calling name, and the on-going efforts of Buddha to bring us to our home of homes.

Aloha and Mahalo nui loa,
Shaku Art Kaufmann



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.

GOJI STAFF:

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

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

If you are unable
to come to the
temple and would
like to have a
minister visit
you in your home,
please call
Rev. Yuika Hasebe
at 536-7044 to
request a home visit.



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

Betsuin BWA News and Events

Fujiko Motobu

THANK YOU, HANAYO SHIMABUKURO

for the lovely handmade red flower corsage which you made and handed out to all mothers who attended the Sunday, Mothers' Day service on May 13th. All mothers work hard day after day and ought to be recognized every month for all the effort that they put into their family. Only when they reach grandmothers' age do they begin to relax a bit, as their responsibilities dwindle down. HANAYO must have spent many hours folding those pretty flowers, and we all know that you folded way over a hundred red flowers for all the mothers. Thank you.

MOTHERS' DAY:

Mothers have a hard life in spoiling their husbands, caring for their children and relatives, and never having enough time for themselves. Today's generation of young people are learning to share their work equally, cooking, cleaning up, doing yard work, etc. It isn't that it's women's work or that it's men's work! Work should be shared equally as much as pleasure. When the children observe their parents sharing the workload, they will learn to do the same.

It was a sorry sight for the past generation when the men acted as though they were samurais, and dominated the family, leaving the poor wife to do all the tasks. What changed this behavior? I think it was through education of women that they began to take a more dominant role. So, keep it up, women! Don't be dominated by "useless" men, teach them to share. Your husbands are doing it!

MAY 20, GOTAN E SERVICE, CELEBRATING THE BIRTH OF SHINRAN SHONIN:

Bishop Eric Matsumoto delivered his Asaji Japanese language service, followed by the combined service for Dharma School and Adult 10 am service in English. Those who understand Japanese enjoyed the Bishop's service regarding Shinran Shonin. The talk to the children and the adults in English was very interesting. His talk was in reference to the blue bird and our Jodo Shinshu teachings, and with visual aids, it was doubly fascinating.

We are very fortunate in having the Bishop living here in Honolulu and he is very accessible to his congregation. The Bishop is a local born, Kona boy, bilingual in Japanese and English, so it makes it very easy to converse with him. He is very intelligent, yet very humble and easy to talk with. Attending Hawaii Betsuin is a plus, so come and join us, and get acquainted with the Bishop and all of our ministers. Hawaii Betsuin is a very pleasant and enjoyable place to come and meet your friends and make new friends.

GOTAN E CELEBRATION: FLOWER EXHIBITION AND CALLIGRAPHY BY STUDENTS OF MRS. MICHIKO OKANO:

Many BWA and Goji members are students of Mrs. Okano, and are talented in flower arrangement and calligraphy. There are fourteen students in the calligraphy class which meets on the second and fourth Tuesdays of each month from 9:30 to 11:00 am with the exception of August and December,

when classes are not held. If you're interested, come and join us. One of the renowned historic figures in calligraphy, Kobo Daishi Kukai, founder of Shingon Buddhism, was born on March 21, 774, 1244 years ago. Mrs. Okano started her class in calligraphy at Hawaii Betsuin in 2008 when Fujiko Motobu enrolled in class. After ten years of study under Mrs. Okano, Fujiko received a 10-year certificate.

In flower arrangement, she teaches SAGA GORYU version of flower arrangement. She has six students at present. They meet on the second and fourth Wednesday afternoons from 1:00-3:00 pm. Historically, flower arrangement was done by men, but today more women are inclined to do flower arrangement. If anyone is interested in SAGA GORYU style of flower arrangement, please enroll in Mrs. Okano's class. Those of you who saw the beautiful flower arrangements at the exhibit must be fully impressed. Don't hesitate to take lessons when they are available.

LIVING A LONG AND HEALTHY LIFE:

Do you know anyone who says, "I don't want to drink anything before going to bed because I have to get up during the night." HEART ATTACK AND WATER. A CARDIAC DOCTOR WAS ASKED WHY PEOPLE NEED TO URINATE SO MUCH AT NIGHT TIME. He answered that gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. We need minimum water to

BWA News Continued From Page 3

flush the toxins out of your body. From a Cardiac Specialist: Drinking water at a certain time maximizes its effectiveness. Two glasses of water after waking up helps activate internal organs. One glass of water 30 minutes before a meal, helps digestion. One glass of water before taking a bath helps lower blood pressure. One glass of water before going to bed avoids stroke or heart attack. Water before bed time will also prevent leg cramps.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason, aspirin has a 24-hour "half life." Therefore, if heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system. Aspirin also lasts a long time in your medicine chest for years.

2. Bayer is making crystal aspirin to dissolve instantly on the tongue. Why keep Aspirin by your bedside? It is about Heart Attacks. Some of the symptoms of a heart attack, beside the pain on the left arm, one must be aware of an intense pain on the chin, as well as nausea and lots of sweating;

however these symptoms may occur less frequently. There may be NO PAIN in the chest during a heart attack. About 60% of the people who had a heart attack during their sleep did not wake up.

3. If chest pain gets you up from a deep sleep, immediately take 2 aspirins and swallow a bit of water and call 911 and phone someone who lives very close or family member and say, THIS IS (YOUR

NAME)...HEART ATTACK... I TOOK 2 ASPIRINS... COME NOW!" Then sit on a chair or sofa, DO NOT LIE DOWN, and wait for the ambulance. This article appeared in a Mayo Clinic news on Feb. 21, 2013.

NEW SHINGLES VACCINE:

In the May 8, 2018 issue of the Star Advertiser, appeared an article by Jim Miller under "Savvy Senior" regarding new vaccine for shingles. He mentions and recommends that people over 50 years in age should get their new shingles vaccine. Shingles is known as herpes zoster; a painful burning, blistering, skin rash. The same virus that causes chicken pox, causes shingles. In the U.S. almost one out of three people will

severe nerve pain that can last for months or even years. In rare cases, shingles can cause strokes, encephalitis, spinal cord damage and vision loss.

The Food and Drug Administration approved a new vaccine for shingles called Shingrix, which is better than the older vaccine, Zostavax. Shingrix is 97% effective in preventing shingles in people 50 to 69 years old, and 91% effective in those 70 and older.

The Center for Disease Control and Prevention recommends that everyone 50 and older receive the Shingrix vaccine which is given in 2 doses, 2 to 6 months apart. The cost is around \$280 for both doses and insurance coverage varies. (Article contributed by Florence Wasai)

Coming Events: July and August

(Reminder: there is no Goji in the month of August)

JULY	Sat. 07	BWA executive board meeting 10-12 am
	Sun. 08	Mini market #3 in the social hall
	Sat. 21	BWA temple tour field trip: 1st VP Dianne Ida is in charge
	Sun. 29	BWA Gen. Membership mtg #3

AUG.	Sat. 04	Honolulu United BWA mtg: Moiliili 9-11 am
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Summer month: Not many activities at the temple, so you can rest a bit.

NOW FOR A BIT OF HUMOR:

A grandfather's story: "On the way back from a Cub Scout meeting, my grandson asked my son the question, "Dad, I know that babies come from mommies' tummies, but how do they get there in the

first place?," he asked innocently. After my son hemmed and hawed a while, my grandson finally spoke up in disgust, "You don't have to make something up, Dad. It's OK if you don't know the answer."

develop shingles. Anyone who's had chickenpox can get shingles. It is most commonly occurred in people over 50, along with people who have weak immune systems. You can't catch shingles from another person. Early signs of shingles include pain, itching or tingling before a blistering rash appears several days later, and can last up to four weeks. In addition to the rash, about 20 to 25% of those who get shingles go on to develop

Calling All Care givers: You Are Not Alone!

Project Dana has a wonderful support group for care givers which provides monthly training and educational sessions as well as recreational activities every three months. The program is called the CARING FOR THE CARE GIVER SUPPORT GROUP (CCSG).

The goal of the program is to help alleviate the stress that comes with extended care giving responsibilities. The CCSG goals are:

- Provide a safe environment for family care givers to discuss and learn about care giving and other issues related to being a care giver
- Provide social support through group sessions and one-on-one counseling
- Develop family care giver understanding on the importance of self-care in preventing care giver burnout
- Develop family care giver knowledge and ability to connect with different community resources and services to assist the care giver.

The care giver group sessions are held on the 2nd and 3rd Wednesdays of each month from 9:30 am – 12:30 pm in the Hawaii Betsuin Social Hall.

Education sessions on various topics enable care givers to better understand their loved ones and how to effectively care for them, while also learning to care for themselves. During rap sessions care givers are given the opportunity to “talk story”, to share the joys and benefits of care giving while also being able to express their frustrations and concerns.

In addition to the rap sessions, one-on-one counseling may be arranged for care givers who wish to talk about issues of a “sensitive nature” that are more comfortably discussed outside of the support group. These sessions may be by phone, email or home visit, which ever best meets the care giver’s needs.

If you are a temple member, family member, friend, or neighbor who is experiencing care giver stress and burnout, please consider participating in the CCSG program.

There is no charge to participate in the twice a month sessions; however, donations are accepted. Participants will receive advance notice of recreational outings and whether or not there is a cost involved to participate.

Contact Betsuin Project Dana Coordinator, Jo desMarets, (536-7044) or the Project Dana Moiliili office (945-3736) for more information.



Betsuin Temple Centennial Celebration

July 22, 2018



In July 1918, our landmark Betsuin temple was dedicated to serve the Hongwanji members and share Buddhist teachings with the Hawaii Community. You're Invited to our special Service in observance of Bishop Yemyo Imamura's vision that became the Hongwanji of Today!

Betsuin Bon Odori 2018: Mahalo To Volunteers, Dancers, On-lookers and everyone else who made the Bon Dance a big success!



Hawaii Betsuin 2018

Bon Dance

Mahalo!

For Your
Support!



Make a Pledge for the Hawaii Betsuin Centennial Ride!

Pledge forms are now available for the Hawaii Betsuin Centennial Ride. Find them in the Betsuin business office or at <http://bit.ly/100milepledge>. The Centennial Ride is our team participation in an annual ride put on by the Hawaii Bicycling League (Sept. 30, 2018). The main ride is 100 miles but some team members will ride shorter distances. Please consider the dana and commitment that built the temple and the opportunity we have to ensure the temple remains a place to encounter the Dharma for another hundred years. Thank you in advance for your pledge! Questions? Want to join the team? Contact team convener David Atcheson (webmaster@hawaiibetsuin.org).

Dharma School News

Debbie Kubota

Sunday, May 27 - Kindergarten through 2nd Grade Dharma Message

The "Buddha Loves You" Gatha was the focus of the Dharma Message shared by the Kindergarten, First, and Second Grade Dharma School Students. In addition to the usual animals featured in the song (bird, cat, dog and fish), the classes featured a bunny, frog and monkey. It was so much fun to see these animals come to life as their section in the song was sung. The message shared was that there are many different kinds of people in the world—people of different skin colors, shapes, sizes and abilities—some people are good at singing, others are good at sports, some can write well, and others can draw well. No matter what you look like or what you can do, your parents love you just the way you are, and you should also accept others just the way they are. Birds fly, so fly! Dogs run, so run! Cats are hard to understand, so be hard to understand! Fish can't talk, so don't talk! Monkeys swing, so swing! Bunnies thump, so thump! Frogs jump, so jump! The Golden Chain teaches us to be kind and gentle to all, even if they are different than we are. So don't be afraid to be who you are because we all love you. Your Mommy and Daddy love you, and Buddha loves you, just the way you are.



Sunday, June 3 - Last Day of Dharma School



Another fun filled year of Dharma School at the Hawaii Betsuin has come to an end. The Dharma School PTO and students recognized the teachers for their dedication throughout the year. Faith Takenaka, Doris Fujiwara and Joel Ganotisi (Preschool); Faith Nakasone and Debbie Kubota (K-1st Grade); Dean Sumikawa (2nd-3rd Grade); Jovie Yoshioka and Benjamin Bruch (4th-5th Grade); Nannette Ganotisi (Middle School); Wayne Yoshioka (High School); Alan Kubota (Parent Fellowship Group); Cameron Kubota (Ukulele Group); Laura Nakasone (Dharma School Supervisor). Thanh Giang, Jan Nishihira and Stacy Bradshaw were also recognized for all of their hard work with the Dharma School PTO. Onolicious butter mochi and hand-painted magnets were given to these dedicated individuals for their tireless service.

Farewell to Ms. Faith and Reverend Kaufmann

We bid a fond farewell to Preschool teacher, Faith Takenaka after 30+ years of teaching. She gave many of our keiki their start in our Dharma School, including our own Executive Director, Stacy Bradshaw! Our Dharma School students have enjoyed many activities to start off their Buddhist Education including making their own onenju, Buddha Day and Bodhi Day crafts and keeping track of their attendance on calendars posted on the bulletin board. We will miss all of the wonderful Buddhist teachings of Reverend Art Kaufmann as he leaves the Betsuin to head to Lihue Hongwanji on Kauai this summer. He has shared many a Jataka tale with our keiki and families to pass on bits of Buddhist wisdom during our Dharma School Services. Our Dharma School Taiko Group played their original composition, "Takane," to honor these two individuals. Everyone was delighted to see dancers with masks of Ms Faith and Reverend Art during this performance. Warmest aloha and best wishes to both as they move to a new chapter in their lives.



Hongwanji
Radio Programs
JULY - AUGUST 2018
KZOO 1210 AM
Japanese Language
Saturday at 7:30 AM

JULY 2018

07 Rimban Toyokazu Hagio
 14 Rev. Shigenori Makino
 21 Rev. Mariko Nishiyama
 28 Rev. Ryoso Toshima

AUGUST 2018

4 Rev. Gene Sekiya
 11 Rev. Kerry Kiyohara
 18 Rev. Shingo Furusawa
 25 Rev. Shigenori Makino

July Betsuin Services

Asaji Service 8:00 AM

01 No Sunday Service
 08 O-Bon Service
 Rev. Mieko Majima
 15 Rev. Shingo Furusawa
 22 Rev. Joshin Kamuro
 29 Rev. Yuika Hasebe

Dharma School
On Summer Vacation

Adult English Services
10:00 AM

01 No Sunday Service
 08 O-Bon Service
 Rev. Mieko Majima
 15 Rev. Sol Kalu
 22 Rimban Toyokazu Hagio
 29 Rev. Shingo Furusawa

Nicchu Service 1:00 PM

01 No Sunday Service
 08 O-bon Service
 Rimban
 Toyokazu Hagio
 15 Rev. Joshin Kamuro
 22 Rev. Shingo Furusawa
 29 Rev. Yuika Hasebe

In Memoriam



MAY 2018

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

1/20/2018	MATSUMOTO, Russell Mitsuo (73)
3/19/2018	NISHIMOTO, Sadaye (94)
1 NAGAI, Shiro (86)	11 SAITO, Frederick Sadao (89)
1 TAMAYE, Janet Nobuko (92)	14 YONESHIGE, Mieko "Ruth" (96)
4 IMAYE, Ann Chieko (88)	16 OMURA, Shigeko (88)
4 SHISHIDO, Hanako (84)	25 MABUNI, Yasujiro (96)
8 FUKUMOTO, Loretta Tomiko (94)	29 KAKU, Yoshio (95)
8 TERADA, Harry Takashi (96)	30 NISHIMURA, Margaret Asayo (89)
11 FUJIMOTO, Richard Susumu (86)	31 MATSUMOTO, Dennis Noboru (73)
11 HIRAI, Elsie Kazuye (86)	

2018 Memorial Service Schedule

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

2017 – 1 year	2006 – 13 year	1986 – 33 year
2016 – 3 year	2002 – 17 year	1969 – 50 year
2012 – 7 year	1994 – 25 year	1919 – 100 year

Nursing Home Services for JULY 2018

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



The great practice is to say the Name of the Tathagata of un-hindered light. This practice, comprehensively encompassing all practices, is perfect and most rapid in bringing them to fullness. For this reason, it is called "great practice." Saying the Name then breaks through all the ignorance of sentient beings and readily brings all their aspirations to fulfillment. Saying the Name is in itself mindfulness; mindfulness is nembutsu; nembutsu is Namo-amida-butsu.

-Shinran Shonin