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Honolulu, Hawaii 96813

GOJI

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MARCH 2019
NEWSLETTER
of the
Honpa Hongwanji
Hawaii Betsuin
hawaiiibetsuin.org

2019 Slogan:

Embrace Change:
TRANSFORMATION
(Walk in Peace)

BETSUIN
MINISTERS

Chief Minister
Rev. Toyokazu Hagio

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

Spring O-higan to be Observed March 17th A Time To Reflect...

The Honpa Hongwanji Hawaii Betsuin will observe spring O-higan on March 17, 2019. The O-higan, also known as the equinoxes, are observed twice a year, once in the spring and again in the fall or autumn season. It is the time of the year when daytime and nighttime hours are approximately equal, each roughly being twelve hours long.

In Japanese Buddhist terminology, the word “higan” is a translation of the ancient Sanskrit word “paramita”, meaning “arriving on the other shore” or getting across from the world of delusion and suffering to the realm of peace, enlightenment and tranquility. The “other shore” refers to Nirvana or the Pure Land in the Jodo Shinshu Buddhist tradition. Buddhism teaches that the mundane, human world, also known as the saha realm we now live in is a world of suffering and troubles. In order for us to cross to the other shore of enlightenment, the realm of the Buddhas, the great Chinese patriarch Shan Tao or Zendo Daishi used the parable of the River of Fire, River of Water, in which a traveler, chased by ferocious beasts and bandits out to kill him, suddenly faced a great river of both fire and water that is blocking his escape but with a very narrow white path in the middle by which he could cross safely to the other side. Beset with fears and doubts, he heard the voices of Shakyamuni Buddha and Amida Buddha, both on his side of the river and across, beckoning him to move forward without fear. The traveler overcame his doubt and with firm trust, crossed the narrow path in between the rivers of fire and water and reached the safety of the other side, the Other Shore of Enlightenment.

This parable teaches us the meaning of Amida Buddha’s Vow of salvation to free us from the endless cycle of birth and death. The beasts and bandits in the parable represent our fears and delusions that are always creating doubt in our deluded minds, but Amida’s calling voice is ever beckoning us to totally trust and rely on the Primal Vow and, without fear or hesitation, move towards Buddhahood, through birth in the Pure Land.



Dharma Message from Rev. Joshin Kamuro

“We Can Still Connect with Our Loved Ones”

Many people visit our columbarium at the Hawaii Betsuin. And a lot of flowers are offered to their loved ones and the Buddha in the columbarium, especially on Mother's Day and Christmas Day. Some people spend their time treasuring and holding their families' urns in the columbarium. The columbarium is a place where we are still able to connect with our loved ones, even though we are separated from them.

There is a telephone booth which is called “The Phone of the Wind” in Ōtsuchi-cho, Iwate prefecture which

was badly affected by the Great East Japan Earthquake on March 11th, 2011. That telephone booth is connected to nowhere. There is a notice displayed inside the telephone booth, which says, “Close your eyes gently and listen to the sound around you, carefully speak from your heart into the Phone of the Wind. When you hear the sounds of wind, waves of the sea, or birds' singing, convey your feelings to your lost loved ones through the phone.” So far, over thirty thousand people who wanted to talk to their loved ones visited the telephone booth. The Phone of the Wind is a place where people who were suddenly separated from their loved ones by the Great Earthquake can connect with them.



We wish for a place where we can connect with our loved ones. Therefore, Amida Buddha prepared the Pure Land for us, that provides the true bond between the hearts of departed people and the hearts of those who remain in this life. Through this, we realize that there is a way we can still connect with our loved ones. The Spring O-Higan season is coming again soon this year. Let us remember that there is a place where we can still connect with our departed people and joyfully meet them again. Namo Amida Butsu



GOJI

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DEADLINE:

Articles must be submitted no later than the 10th of the month prior to publication by e-mail (execdir@hawaiibetsuin.org), mail (1727 Pali Hwy, Honolulu, HI, 96813) or fax (536-0919). Address submissions to the **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.



“The Phone of the Wind’ in Ōtsuchi-cho, Iwate prefecture... That telephone booth is connected to nowhere.



BWA News and Events

Fujiko Motobu

BWA ACTIVITIES FOR MARCH 2019

March 2, Saturday, 8:30-10:30 am, Hosha. Help needed.

March 3, Sunday, Dana Day collection ends. Began on Feb. 3

March 16, Saturday, BWA Executive board meeting 10:00 am. Dining Room

March 18-29, Monday-Friday, prep for Taste of Hongwanji Rummage Sale.
Help needed.

Sun. March 31, Taste of Hongwanji Bazaar BWA Rummage Sale,
Help needed.

March is a very busy month with the annual bazaar, and BWA has a big role in making the bazaar a successful event. Everyone is encouraged to come out and help with the preparation, so please do not hesitate and give us some of your spare time. We appreciate it very much. Work schedules are generally announced on Sundays, so please make an effort to attend the Sunday services.

FRIED FOODS ARE RISKY FOR WOMEN

Eating fried foods might increase the risk of heart disease and death in women over 50. Researchers did a study of 106,966 post-menopausal women. They found that compared with women who ate none, those who ate fried chicken once a week or more had 12 % increased risk of premature death from cardiovascular disease. Those who ate fried fish that often had a 7% increased risk of mortality and 12% risk of cardiovascular death compared with those who ate none. According to the Center for Disease Control and Prevention, on any given day, more than a third of American adults go to fast food restaurants where fried chicken and fish are staples. Let's all live longer and quit eating fried foods.

Foods that come from four legged animals such as beef and pork prod-

ucts are bad for you. Two legged animals are just as bad for you, so quit eating chicken, turkey, duck, etc. No legs are good for us so you should be eating fish and other seafood like clams, oysters, and fruits and vegetables. Japanese in Japan live long, and that is probably because they have been eating mostly seafood and vegetables and fruits. With the influx of fast food like McDonald's burgers and fries, the next generation of Japanese may not live as long.

Different colored fruits and vegetables yield varied sorts of value. For example, red apples are good for older people for their general health, green apples are good for younger ones and those with eye weaknesses, and yellow apples are generally sweeter. Green pepper, red pepper and yellow pepper all have different value too. Green vegetables are generally very good for our health. If you learned to eat your fresh vegetables without any sauce, you will have acquired the unique and wonderful taste of each vegetable. We should avoid too much sugar, and apple cider vinegar is good for us. We have dieticians amongst the BWA members, so we should inquire of them about the food.

SENIORS, BEWARE OF FALLING

No one wants to fall, but we do. Old seniors tend to fall too easily. Personally I found that slippers are dangerous things to wear, for they are too flexible. Slip-on slippers are just as dangerous in the house. Perhaps slip-on canvas shoes are the best to wear indoors, otherwise stay barefooted indoors.

SOME TIPS TO HELP YOU DE-STRESS

We are often confronted by stress. Certain amount of stress is normal, but too much stress can trigger negative reactions in your body. Try these simple tips to manage stress. **TAKE DEEP BREATHS:** Close your eyes and focus on your breath, inhale slowly and feel your stomach expand. Imagine a favorite scent or peaceful place and exhale slowly. Repeat several times. **EXERCISE:** Physical activity stimulates the brain's feel good neurotransmitters, and improves your mood. **SLEEP:** When you are stressed your mind races at all hours, day and night, making it difficult to fall asleep and stay asleep. Lack of sleep can affect your performance in whatever you are undertaking. Try meditation or listen to soft music. **EAT HEALTHY:** Eating nutritious foods and being hydrated can combat negative symptoms of stress. Make sure your diet includes fruits and vegetables, and drink lots of water and avoid sugary drinks. **AVOID CAFFEINE AND ALCOHOL:** Caffeine can boost your energy but may intensify stressful situations. Experts recommend that men limit their alcohol intake to two drinks a day and women limit to one. If you're relying on alcohol to

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From the Green Team

David Atcheson, Green Team Convener

The Green Team's "busy season" is coming up! The last day of March is the Taste of Hongwanji and you can find us sharing space in the Kids' Activities Tent. We'll have wares promoting reuse and a craft activity for all ages. Come see what the "buzz" is about...

April of course is Earth Month, with the Green Fair set for April 14 and an Earth Day Service on April 21, guest speaker to be announced. The working theme for the Green Fair is "Go Local!" — as in local grown, local made, local designed, local resources, etc. Past fairs have featured activity "booths" from BWA, Dharma School, Brownies, Cub Scouts and Boy Scouts, the Green Team, and a highlighted organization or business.

Hands together for sangha members who are bringing your own

cup (and often snack plate and utensils too). We've come a long way! And kudos to the staff who have switched over to purchasing compostables for plates and cups.



Affiliates seeking compostables can check out Containerland in Mapunapuna or Triple F Distributors. The next frontier for going compostable is our major events.

Remember Doorae Shin, one of our Earth Day 2017 speakers? She was one of the guests on a

2/14/19 Insights on PBS Hawaii show about plastic waste (available online, recommended!). One of the points Doorae makes is that, whereas nature's systems are circular, human systems are often linear. Consider the styrofoam plate — derived from petroleum, used for a few minutes, thrown away, then either burned, landfilled, or carried to the ocean. In contrast, consider the leaf that falls, decomposes, and nourishes the tree. Practices at our temple can be informed in part by dharma in nature.

This will be the third year running for the Green Fair and Earth Day Service. Hope you can attend!

Please contact me with your ideas or questions at greenteaminfo@hawaiietsuin.org.

BWA CONTINUED FROM PAGE 3

de-stress, get help from your doctor. LAUGH: Hang on to your sense of humor. Laugh out loud as you watch a comedy, listen to a joke, or be silly with friends. Laughter strengthens your immune systems and massages your brain to prevent dementia.

HUMOR: Riddles for you (ANSWERS BELOW)

1. If two's company and three's a crowd, what are four and five?
2. Say "coast" five times quickly, then answer this question:
What do you put in a toaster?
3. Say "silk" five times quickly, then answer this question:
What do cows drink?
4. What runs but never walks?
5. What has forty feet and sings?
6. What has wheels and flies?
7. What word is always pronounced incorrectly?

ANSWERS

1. Nine
2. No, you put bread in a toaster
3. No, they drink water
4. Water
5. A choir
6. A garbage truck
7. Incorrectly



Boy Scouts Troop 49

All You Can Eat!
Pancake Breakfast Fundraiser

March 17

7:00 AM to 11:30 AM

In the Annex Social Hall



Donations Accepted!

Proceeds from the breakfast will help fund Troop 49's travel expenses to Japan!

Please Kokua!

The Bazaar and Taste of Hongwanji is coming up and we need your donations of plants, baked goods, household items, clothing, children's toys, crafts, handmade items, anything for the Thrift Shop, Japanese items and other treasures, etc.!

Please drop them off at the Betsuin Office by Tuesday, March 26th!

Mahalo for your support!

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!

Plants Needed For Bazaar



Calling all gardeners and green thumbs!

We would appreciate all donations of potted plants, cut flowers, and things that grow for the bazaar on March 31, 2019.

Please bring your donations to the Betsuin office on Saturday, March 30th! Mahalo for your support!

Honpa Hongwanji Hawaii Betsuin and Sister Oahu Temples

"Taste of Hongwanji" 2019

and **Bazaar**

Sunday
MARCH 31, 2019
8:30 AM to 1:00 PM

Thrift Shop

Bazaar

Plants

Bake shop

Shave Ice

"Ono-Kine" food
beef stew - fried noodles
sushi and more!

Fresh Fruits and Vegetables

KC Waffle Dogs

Donations Welcomed!

COUPONS
Don't forget your coupons!

President's Message from Dexter Mar

Statewide Hongwanji Leadership Meeting (Giseikai)

On February 8 & 9, member-delegates from the entire state met to collaborate and find solutions to common issues of how best to share the teachings with members and visitors, pay for our ministers and programs, and preserve our legacy. The Betsuin's new vision statement and Capital Campaign were introduced, as well as our concept of a "Community Conference Center."



Your Betsuin delegation was led by: Revs. Hagio, Hasebe, Kamuro, Kalu, and Furusawa; Dave Atcheson, Ben Bruch, Joel Determan, Alan Goto, Wendy Harman, Alan Kubota, Dexter Mar, Roy Miyamoto, John Toguchi, Florence Wasai, Wayne Yoshioka, and Lillian Inatsuka.

The major business was agreeing on the 2019 Honpa Hongwanji Mission of Hawaii (HHMH) Budget, Bishop selection for the term March 1, 2019-February 28, 2023, consideration of a "Monshinto" project and an Archiving project.

1. The 2019 Budget started with recommendations of about a 16% increase and ended with about an 8% increase.
2. Rev. Eric Matsumoto was selected as Bishop for another 4-year term.
3. The "Monshinto" project received continued funding to develop programs for the "millennial" generation.
4. An Archiving project to both physically and digitally store precious legacy documents received endorsement with deferred funding. Alternative, non-HHMH assessment based funds will be explored.

On Friday, the Opening Service celebrated the 130th Anniversary of Hongwanji in Hawaii, and the business session ended with a celebration of contemporary music by Rev. Satoshi "Elvis" Tomioka, Ms. BJ Soriano, and Ms. Karen Maedo. The Saturday morning service featured the installation of HHMH Officers and Board members, and adjourned to enjoy the "Living Treasures" Gala at the Hilton Coral Ballroom.

Thanks to the Hawaii Betsuin member-delegates for their hard work and dedication to Hongwanji in Hawaii.

Hawaii Betsuin's Electronic Communications Resources

The Goji is a great way to keep up with what's happening at Hawaii Betsuin. Here are a few reminders about ways to stay in touch electronically.

- **Hawaii Betsuin's websites:** hawaiihetsuin.org offers an events calendar, news items, photo gallery, recorded dharma talks, *Goji* archive, and more. Dharma School has a website at betsuindharmaschool.com.
- **Facebook pages.** Have a Facebook account? Visit and "Like" our page at facebook.com/hawaiihetsuin/. Honolulu Hongwanji Dharma Schools also has a Facebook page: facebook.com/HHHSTA/
- **YouTube.** We have a playlist on the Honpa Hongwanji Mission of Hawaii's YouTube channel. To go directly to it, visit hawaiihetsuin.org and click the video icon in the footer. (Tip: The HHMH channel also offers a ChoralFest playlist.)
- **Betsuin Bulletin.** Office staff sends a short bulletin by email each Friday. It includes Sunday service info (great for reminders of scheduling exceptions) and a brief list of upcoming events. You can subscribe to it by visiting hawaiihetsuin.org/email-signup or providing your email address to the Betsuin office staff.
- **e-Goji.** Members can receive the *Goji* as a link to a PDF file in addition to, or instead of, the printed *Goji*. To sign up for the e-Goji, call the office at 536-7044 or visit hawaiihetsuin.org/e-goji.



Finally, any Instagram users out there? Hawaii Betsuin doesn't currently have an Instagram account, but Honpa Hongwanji Mission of Hawaii does. Follow instagram.com/honpahongwanjihawaii_official/. See you online!

- David Atcheson, Hawaii Betsuin board member and website volunteer

An Eventful Few Weeks at Hawaii Betsuin!



Bishop Eric Matsumoto and Alphonso Braggs, President of the Honolulu Hawaii NAACP, speakers for Hawaii Betsuin's Talk Story on Jan. 19, "Buddhism & Dr. Martin Luther King Jr." (Photo by Rev. Kazunori Takahashi)



Takako Oda was presented a 2019 Asoka Award at Hawaii Betsuin's New Year's Party on Feb. 10, honoring her for years of dedicated service to Hawaii Betsuin, including as a Dharma School teacher. Congratulations, Takako! (Photo by Alan Kubota)



Joining with BWA and PBA for the Martin Luther King Jr. Parade through Waikiki. Pictured are Betsuin President Dexter Mar, Penny Atcheson, and PBA students. (Photo by David Atcheson)



Casino tables at our New Year's Party on Feb. 10 and silent auction tables in the background. The event also featured a buffet lunch from Ige's, a brief general membership meeting, the Asoka Award presentation, and children's games and prizes. (Photo by David Atcheson)



Delegates to the Honpa Hongwanji Mission of Hawaii Legislative Assembly passed a Resolution of Appreciation for Arthur Nakagawa. For 8+ years, Arthur was HHMH Business Manager and is a past president of Hawaii Betsuin. Congratulations, Arthur! (Photo by Alan Kubota)



Ministers performed a skit to the delight of attendees at the 2019 New Year's Party. (Photo by Alan Kubota)

**Radio Programs
MARCH 2019
KZOO 1210 AM
Japanese Language
Saturday at 7:30 AM**

- 02 Rimban Toyokazu Hagio
- 09 Rev. Joshin Kamuro
- 16 Rev. Mariko Nishiyama
- 23 Rev. Mieko Majima
- 30 Prof. Eisho Nasu

Betsuin Services

Asaji Service 8:00 AM

- 03 Rev. Joshin Kamuro
- 10 Professor Eisho Nasu
- 17 Spring Higan
Rimban Toyokazu Hagio
- 24 Rev. Yuika Hasebe
- 31 Taste of Hongwanji
(Spring Bazaar)
NO SERVICES

**Adult English Services
10:00 AM**

- 03 Rev. Yuika Hasebe
- 10 Professor Eisho Nasu
- 17 Spring Higan Family Service
9:30 am
Rev. Ronald Kobata
- 24 Rev. Sol Kalu
- 31 Taste of Hongwanji
(Spring Bazaar)
no services

Nicchu Service 1:00 PM

- 03 Rimban Toyokazu Hagio
- 10 Rev. Yuika Hasebe
- 17 Spring Higan
Rev. Joshin Kamuro
- 24 Rev. Shingo Furusawa
- 31 Taste of Hongwanji
(Spring Bazaar)
no services

Dharma School Service 9am

- 03 Rev. Sol Kalu
- 10 Rev. Joshin Kamuro
- 17 Spring Higan Family Service
9:30 am – Rev. Ronald Kobata
- 24 Rev. Shingo Furusawa
- 31 Taste of Hongwanji
Spring Bazaar) – no services

In Memoriam



JANUARY 2019

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

- 10/23/2018 TANIMOTO, Roy Takashi (76)
- 12/9/2018 YASUNAGA, Richard Katsuji (76)
- 12/16/2018 NAKAGAWA, Noboru (91)

- | | |
|----------------------------------|-----------------------------|
| 03 WHANG, Flora Shigeko (91) | 19 OHNO, Fumie Dorothy (88) |
| 06 OTO, Kurtis Keo (59) | 20 OKADO, Ernest Norio (77) |
| 09 KIMURA, Ernest Masayoshi (87) | 28 OKA, MAMORU (91) |
| 13 TASHIMA, Sadie Sadako (95) | 30 YOKOTAKE, Fujito (96) |
| 16 WADA, Hazel Hisako (94) | |
| 18 KIDANI, Yoshito (93) | |
| 19 MATSUOKA, Tadami "Tad" (92) | |

**Nursing Home Services
MARCH 2019**

- 07 Hale Nani – Rev. Kalu
Hale Ho Aloha – Rimban Hagio
- 08 Kuakini – cancelled due to Ministers' Spring Seminar
- 14 Maluhia – Rev. Hasebe
Liliha – Rev. Kamuro
- 28 Nuuanu Hale (9:30 am) – Rev. Kamuro
- 29 Leahi – Rev. Furusawa

2019 Memorial Service Schedule

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

2018 – 1 year	2007 – 13 year	1987 – 33 year
2017 – 3 year	2003 – 17 year	1970 – 50 year
2013 – 7 year	1995 – 25 year	1920 – 100 year



The great practice is to say the Name of the Tathagata of 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