



1727 Pali Highway  
Honolulu, Hawai'i 96813

# GOJI

Vol. 79 No. 03



MARCH 2024  
NEWSLETTER  
of the  
Honpa Hongwanji  
Hawai'i Betsuin  
[hawaiibetsuin.org](http://hawaiibetsuin.org)

2024 Slogan:  
"Building Healthy  
Sanghas: Sharing  
Nembutsu Moments"

## BETSUIN MINISTERS

Chief Minister  
Rev. Yuika Hasebe

Ministerial Staff  
Rev. Shingo Furusawa  
Rev. Blayne

Nakasone Sakata  
Rev. Charlene Kihara

## Betsuin to Observe Spring Higan March 17th Meaning of Higan

Higan symbolizes the beginning of a new season. The equinoxes occur on two days in the year, once during the spring, the Vernal Equinox, and in the fall, the Autumnal Equinox. On these days, the length of time for day and night is equal, hence the name equinox.

In Jodo Shinshu tradition, we take this opportunity to calmly reflect about the other shore, Amida Buddha's land of peace. Please join this wonderful occasion of Spring Higan service on March 17, 2024, 8:00 AM Japanese Service & 9:30 AM English Service. Rev. Tomioka will give his talk at both services.

### Rev. Satoshi Ka'imipono Tomioka joins Hawaii Betsuin for Spring Higan Service:



The Betsuin welcomes Rev. Satoshi Ka'imipono Tomioka for our Spring Higan Service on March 17, 2024.

Rev. Tomioka is from Shimane in the southern part of Japan. He majored in Intercultural Communication at Ryukoku University and received an M.A. in Shin

Buddhist literature. After earning his Tokudo ordination and Kyoshi certification, he participated in the IMOP (International Ministerial Orientation Program) to become a minister.

His first assignment was at Honpa Hongwanji Hawaii Betsuin in Honolulu (2013-2017), and currently he is a resident minister of Puna Hongwanji Buddhist Temple and oversees Pahala and Naalehu Hongwanji. He is married to his wife, Haruka. They are the pet parents of three cats, Kinako, Kuromame, and Latte. In his free time, Tomioka Sensei enjoys playing the ukulele and watching movies.

Please join us, in person or via Zoom, as we welcome, Tomioka Sensei back to the Betsuin!

**Spring Bazaar**  
and BWA  
Rummage Sale  
**2024**  
Sunday  
**March 24th**  
**Donations Needed!**  
**Rummage Sale**  
**Bake Shop Ono Food**  
Please contact the Betsuin office for  
donations drop off dates and times!

## Dharma Message: "A Night of 'Remembrance' with George Takei" Rev Char Kihara

On February 18th at the Betsuin, there was an exceptional service with George Takei. Yes, Mr. Sulu from Star Trek was our guest speaker. Although he is known as an actor for an iconic role, he is beyond that as an advocate and proponent of LGBTQ+ rights and social justice. Mr. Takei's resume is impressive. He travels around the country, speaking at various venues to spread his cause to support non-discrimination for marginalized individuals.

Mr. Takei called his talk "Remembrance" to memorialize the wartime Executive Order 9066 made by President Franklin D. Roosevelt on February 19th, 1942, incarcerating Japanese Americans in internment camps due to the Japanese

being declared to be enemies of the United States. Mr. Takei related his personal experiences. He was five years old at the time of the incarceration, his brother Henry was four years old, and his sister was a toddler. He remembered that his mother kept saying under her breath, "so shameful." He recalled that people walking on the street would stare at their family, and sometimes they were spat on. This treatment was unwarranted since his family were American citizens. His mother was born in California, and his father was a natu-

ralized citizen. Mr. Takei was brave enough to share his family story and also shared his experience as an Asian gay man.



Mr. Takei grew up in a Jodo Shinshu household, and he attended dharma school and was a member of a Buddhist Boy Scout Troop. After WWII, he participated at the Senshin Buddhist Temple in LA. He was also married by Rev. William Birones of BCA. Mr. Takei's roots are deeply Jodo Shinshu. His life values were shaped by his life experiences in the camps and by his experience as a gay person growing up in a mainly Latino neighborhood. Due to the machismo culture, he closeted his sexuality and pretended that he liked girls during his middle school years. It was not until much later that George Takei met his life partner, Brad Altman Takei.

The event at the Betsuin highlighted the meaning of Amida's 18th vow, that all people are accepted in Amida's pure land and no one is excluded. Through their Jodo Shinshu beliefs, the Takei family could withstand the turmoil they experienced in World War II.

George Takei's talk also highlighted that America is now undergoing a crisis of discrimination in all areas of our society. Regardless of one's sexuality, status, gender, health, and religion, in America now, there will always be groups of individuals who will seek to demean others because of their differences.

Mr. Takei's talk crystallized my belief in Jodo Shinshu that it is the way to follow because of the tenet that Amida accepts all of us. Come as you are. Amida is always with you as you call his name. Namo Amida Butsu.

### Hawaii Betsuin MARCH 2024 Speakers' Schedule

3/3  
Hongwanji Day/Keirokai Service  
Japanese:  
Rev. Shingo Furusawa  
English:  
Rev. Yuika Hasebe

3/10  
Japanese:  
Rev. Ryoso Toshima  
English:  
Rev. Charlene Kihara

3/17  
Spring Higan  
Japanese:  
Rev. Satoshi Ka'imipono Tomioka  
English:  
Rev. Satoshi Ka'imipono Tomioka

3/24  
No Sunday Service  
(Spring Bazaar)

3/31  
Japanese:  
Rev. Yuika Hasebe  
English:  
Rev. Blayne Nakasone Sakata



## GOJI

The **GOJI** is a monthly publication of the Honpa Hongwanji Hawai'i Betsuin, Tel. (808) 536-7044.

#### DEADLINE:

Articles must be submitted no later than the 10th of the month prior to publication by e-mail (goji@hawaiiibetsuin.org), mail (1727 Pali Hwy, Honolulu, HI, 96813) or fax (808-536-0919). 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.

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

#### GOJI STAFF:

Editorial: *Jo desMarets; Dianne Ida, Randy Kawamoto, Rev. Shingo Furusawa, Japanese section editor* Production: *Colleen Kunishige*; Circulation: *Colleen Kunishige, Elmer Cagaoan*; Contributing reporters from *Hongwanji Mission School, Buddhist Women's Association, Dharma School & Parents, Project Dana, Green Team, Boy Scouts, Girl Scouts, Pacific Buddhist Academy, Betsuin Board and Social Concerns, and the Kyodan.*

## President's Message from Cindy Alm

The Honpa Hongwanji Hawaii Betsuin has a history that goes back more than 130 years when Japanese agricultural workers immigrated to the Kingdom of Hawaii following the Meiji Restoration in Japan. Our traditions are a legacy of Japanese and western culture, and Hawaii's unique multi-cultural community.

We are here today because of the dedication and hard work of past and current temple members and ministers who built and maintained our temple and perpetuated Jodo Shinshu teachings. Okagesama de – with deep appreciation for these efforts.

With the installation of the 2024-2025 officers and directors we add to our long-standing history. The installation was held on the last Sunday in January, followed by the annual membership meeting, and Hawaii Betsuin's New Year's Party.

Thank you to Rimban Yuika Hasebe for conducting the installation. To Wayne Yoshioka, Immediate Past President/President Elect, thank you for conducting a brief annual meeting (which included a Treasurer's report by Reid Yamamoto and Rimban's report), and for serving as MC for the New Year's Party.

To our members, thank you for attending the New Year's Party, Mahalo to incoming director Dawn Kakuni, and Hawaii Betsuin's Business Manager Jenny Wakumoto and Office Coordinator Colleen Kunishige for organizing the delicious food, fun games, spectacular entertainment, and beautiful decorations. Thank you, also, to Hawaii Betsuin's board of directors who donated silent auction items and conducted the silent auction, and to the members who bid on and purchased auction items, the proceeds of which will benefit the Hawaii Betsuin temple.

To prepare for 2024-2025, new directors participated in a brief welcome and orientation session. In addition, new and continuing board members, as well as those who are retiring and leaving the board, attended a day-long training on board leadership and engagement by Nancy P. Lee, a BoardSource certified governance consultant.

Looking ahead to Hawaii Betsuin's major public events this year, we will continue the tradition of our Spring Bazaar in March and Bon Dance in June. These events connect Hawaii Betsuin to the broader community. Many volunteers are needed. Your participation and support are greatly appreciated.

To add to Hawaii Betsuin's traditional activities, Executive Director Dr. Jon Matsuoka has worked to strengthen our collaboration with the Hongwanji temples in our Honolulu District and to broaden our community partnerships through new initiatives such as a special Sunday service and evening fundraising event featuring Star Trek actor and social justice advocate, George Takei, and a tour of Poka'i Bay to Makua Valley guided by Native Hawaiian educator and cultural practitioner Glen Kila.

A fun, new sports event was also added to our activities. Pacific Buddhist Academy graduate and Hawaii Betsuin minister, Reverend Blayne Nakasone Sakata, organized a pickleball tournament in collaboration with the Oahu Pickleball Association, with proceeds supporting Lahaina Hongwanji and Honpa Hongwanji Mission of Hawaii's Maui Wildfire Relief Fund.

Our in-person Sunday services have resumed post-covid. Mahalo to our

ministers – Rimban Hasebe, Rev. Shingo Furusawa, Rev. Charlene Kihara, and Rev. Blayne Nakasone Sakata – for their Dharma messages and for their positive energy and creativity.



The statewide slogan for 2024 is Sharing Nembutsu Moments. I look forward to seeing Hawaii Betsuin members at Sunday temple services, and at temple events, and sharing Nembutsu moments.

With gratitude,  
Cindy Alm

### Make the Betsuin Part of Your Legacy

Through tax strategies you can leave real estate properties and IRA Roth accounts, required distribution amounts, and stocks to the temple, and:

- Increase rental income without the challenges of management.
- Avoid or significantly decrease taxes on the donation.
- Secure lifetime income.
- Ensure that your children and heirs are taken care of.

Planned Giving experts are now working with Hawai'i Betsuin to support our long-term sustainability while making sure that your financial needs and those of your descendants are met.

For more information please contact: Jon Matsuoka,  
Executive Director, Hawai'i Betsuin  
808-536-7044  
[jmatsuoka@hawaiibetsuin.org](mailto:jmatsuoka@hawaiibetsuin.org)

## BWA News and Events

Fujiko Motobu

## MARCH 2024 BWA EVENTS

2 (Sat.) Hoshu 8:30 to 9:30 am

3 (Sun.) Hongwanji Day & Keirokai  
Dana Day Collection Ends9 (Sat.) BWA Executive Board meets 9:00 am - Lounge  
DS Evening Service and Activities 5:00 pm

18-23 PREPARATION FOR BAZAAR RUMMAGE SALE

17 (Sun.) Spring Ohigan service, BWA Drum Circle after service

24 (Sun.) Bazaar and Rummage Sale  
NO TEMPLE SERVICE

HISTORY OF BUDDHISM IN JAPAN: Buddhism was introduced to Japan in the year 535 from Korea. China and Korea were unified, but Japan was still in feudal warfare. The Japanese needed a new strategy and system of values to organize the affairs of the nation. They turned to China and found a combination of Confucianism and Buddhism and they chose Buddhist rituals and values to help reorganize their state. The Japanese wanted to know how Buddhism could strengthen the power of the emperor, and they wanted to know how Buddhism could make peace. They wanted an indigenous religious tradition that was distinctively Japanese.

One of the most important persons in the early history of Japanese Buddhism was Prince Shotoku. He led Japan through the process of political reorganization. This was in the years 575 through 622. During the Heian Period and the following Kamakura period 1192-1333 brought forth a great deal of turbulence and danger. Feudal armies roamed the countryside as the different clans fought for control. After years of conflict a single clan took control and established a military government in Kamakura. The turbulence in Kamakura brought in the ancient Buddhist idea of degenerate age, and brought in a new urgency to Buddhist practice and changed the face of Buddhism in Japan.

The Pure Land Tradition of Honen Shonin and Shinran Shonin responded to this crisis. As the power of the Heian Court declined and the national crisis deepened, a number of Tendai monks turned to the streets to bring Amida's salvation to the common people. Kuya (903-972) was known as the saint of the streets because he danced through city and town chanting the name of Amida and singing simple songs in praise of Amida's paradise. A key part of Kuya's practice was to chant the phrase, "Namu Amida Butsu," which means "Homage to Amida, or Amitabha Buddha."

Shinran adopted Honen's teaching and pushed it to a radical extreme. Like his teacher Honen, Shinran was banished from Kyoto for disturbing the established religious order. His sect, known as the Jodo Shinshu, or "True Pure Land Sect," became the most important of the Pure Land sects and is the most popular form of Buddhism in contemporary Japan. He expressed his faith in the following way: "If even a good man can be reborn in the Pure Land, how much more so a wicked man!"

In recent years there has been a strong movement to make Shinran's work available in dialogue with contemporary Christian theologians.

There are many similarities in the beliefs between Christianity and Buddhism. Buddhism has become a significant and respected part of American culture. The tradition began



in India some 2,500 years ago. It still carries the sense of freedom and serenity that we associate with Buddha himself. This year, 2024, Honpa Hongwanji Hawaii Betsuin celebrated the 850th Anniversary of the birth of Shinran Shonin, the 800th anniversary of the Establishment of the Jodo Shinshu Teachings, and the 135th Anniversary of the Honpa Hongwanji Mission of Hawaii. As Monshu Ohtani said, "Let us continue listening to the teaching as the center of our life while cherishing each day." NAMO AMIDA BUTSU.

HOW TO STAY HEALTHY: When we human beings become 30 years old, there is a gradual decline in our bone mineral density, losing about one percent each year. However, if we exercise on a regular basis we can optimize our bone health. University of Colorado School of Medicine has come out with this finding. These five exercises will help keep you and your bones strong for life.

1. Push ups: You can do this against a wall on bent knees or on the floor. Extend your arms and put your hands shoulder-width apart on the surface in front of you. Tighten your abs, bend your arms, lower your torso toward the surface. Push yourself back up. Do 3 to 5 times. Rest and repeat for a second set.
2. Squats: Stand with your feet hip width apart, then bend at the knees to slowly squat down. Rest your hand on a sturdy object if you need extra balance. Squat as far as you can but do not let your butt get below your knees. Return to standing position. Repeat 8-12 times.

continued on page 8

## Social Justice Activist, George Takei, Shares Message, “Rememberance”

About a year ago I had dinner with Nikos Leverenz, Hawai'i Health and Harm Reduction (formerly Life Foundation) about ways the Honpa Hongwanji can reach out to the local community, especially around LGBTQIA+ issues. He suggested that we try to bring out actor and social activist George Takei to Hawai'i. I thought it was a long shot but went back to the temple and asked Dennis Sekine if he knew how



As a life-long Jodo Shinshu Buddhist, George agreed to do two talks: a special Sunday service talk on "What Buddhism Means to Me", and an evening talk for a fundraiser entitled "Reflections on Day of Remembrance", which centered on the un-just incarceration of Japanese Americans during World War II. It is important to note that the Takeis covered all of their own expenses to come to Hawai'i and



to make contact with the Takeis. Dennis played the lead role in "Allegiance" which was written and produced by George Takei. After some amount of digging, Dennis found the email of George's husband Brad. I wrote to him, and much to my surprise, Brad responded right away.

Honpa Hongwanji's support for LGBTQIA+ matters goes back to Bishop Fujitani who was a strong advocate for the rights and inclusion of all peoples into our temples. Bishop Matsumoto and Reverend Blayne Higa effectively advocated on behalf of marriage equality before the State Legislature. Debbie Kubota, who chairs the Mission's Education Committee and worked diligently to create a "coming out" brochure as well as organizing panel discussions, is the latest in a line of social justice advocates at Honpa Hongwanji.

asked for no monetary compensation. They came purely to share their message as a way to stem the flow of growing intolerance in sectors of society.

Planning for their visit was an exercise in community organizing and development. So many people and organizations lent a hand and provided ideas and contacts to make the events become a reality. Actually, there are too many to name in this article. I was humbled by the degree of engagement and excitement George Takei's visit generated. There were around 250 persons at the morning service plus an additional 90 persons on zoom. There were an estimated 150 persons present at the evening fundraiser.

### Jon Matsuoka

The Honorable Sabrina Shizue McKenna, the first openly LGBTQIA+ Hawai'i State Supreme Court Justice, and Emme Tomimbang Burns served as Co-Masters of Ceremony.

The George Takei event was part of a larger initiative to promote and embrace a social justice agenda through outreach to significant community-based organizations serving Hawai'i's Japanese American, Native Hawaiian, and LGBTQIA+ communities. The many

Hongwanji groups/committees that have formed around these causes ultimately seek to design relevant Buddhist-based services and programs to address the social and spiritual interests of marginalized groups and the community-at-large.



We were deeply saddened to learn that Emme passed away the next day following emergency surgery for a sudden aortic dissection. Emme's "Island Moments" was one of the most watched programs in Hawai'i. She was not only a beloved television personality and community leader, but a true and compassionate human being and loving partner to the late Honorable Jim Burns. She was also a dog lover and leaves behind her German Shepard, Montana.



## BOY SCOUT TROOP 49

Submitted by: Life Scout Jamie Tabata

The Scorpion Patrol was in charge of this month and led teamwork activities to build a cardboard boat that will be raced in the HMS pool in March. The goal was to have a boat that could support one scout's weight. Along with this, we had elections for our next senior patrol leader. Finally, we had a hike on the east side of the island



The first meeting of the month was the cardboard boat planning meeting. Scouts were split into patrols and began designing their boats along with planning how to create them.

The second and third meetings were the building meetings. Scouts were given a cardboard box, two rolls of masking tape, box cutters, and knives. Scouts had the entire meeting to work on their boat with their patrols. Stay tuned to find out which boat is the winner.



The final meeting of the month was our election. This meeting determined our leadership for the next six months. Scouts voted for a new Senior Patrol Leader (SPL). The new SPL then chose who would be on their new leadership team. Along with voting for the SPL, patrols would vote for their new

Patrol Leader. Congratulations to Jamie Tabata SPL of Troop 49G and Dylan Uchino SPL for Troop 49B. These scouts and their teams will work to plan and run the next 6 months of meetings.

Along with elections, we also had our Order of the Arrow (OA) elections. OA is the national honor society for Scouts BSA. Scouts are nominated by fellow scouts to join the prestigious Order of the Arrow. Joining the OA allows scouts to improve their leadership and communication skills. Congratulations to Cohen Sakamoto, Nathan Tabata, and Caden Fujino for being nominated by your peers.

Troop 49 also participated in a hike at Makapu'u Lighthouse. It was a relatively short 3.5-mile hike and we all enjoyed the views from the lookout.



That's all for now. Be on the lookout for more exciting news from Troop 49!

BWA continued  
from page 4

3. Walk and Stomp: While walking, stomp each foot 2 or 3 times every 10 steps or so, imagining you are crushing a can.

4. Stair Climb: Stair climbing increases bone density. Use a hand-rail as needed and consider adding an occasional stomp for more bone stimulation.

5. Hip-leg Lifts: This exercise strengthens the muscles around your hip bones. Place your hand on the counter or against a wall for balance, and set your feet hip-width apart. Shift your weight on to your left foot, then straighten your right leg and lift it out in front of you until your right foot is about 6 inches off the floor. Do a set of 8 to 12 lifts. Shift your weight to your right foot and repeat the motion with your left leg.

Take it slowly but see if you can do these exercises every day.

### **HUMOR: STORIES FROM THE CHURCH**

...The sermon this morning: Buddha walks on water. The sermon tonight: Searching for Buddha.

...Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

...A bean supper will be held on Tuesday evening in the church hall. Music will follow.

...At the evening service tonight, the sermon topic will be, "What is Hell?" Come early and listen to our choir practice.

...Pot luck supper Sunday at 5:00 pm. Prayer and medication to follow.

## Ho`omau Ke Aloha Forgiveness Conference Held at Betsuin

The Forgiveness Conference Ho`omau Ke Aloha, was held at the Hawai'i Betsuin Annex Temple and Lounge on February 15-17, 2024. Organizer Susan Foard with Forgiveness for Good partnered with Hawai'i Betsuin to hold the event. Sponsors included the Stanford



Forgiveness Project, Attitudinal Healing International, and the Maitreya Institute. The conference attracted over 100 registrants from a broad cross-

section of people from Hawai'i and abroad. Key speakers included author Frederic Luskin, Talat Habib, Diane Cirincione Jampolsky, Thao Le, Merton Chinen, Roy Sakuma, Maya Soetoro-Ng, Lili Li, Rev. Ryan Keali'i Souza, and Rev. Tatsuo Muneto. Presentation topics included Forgiveness and Restorative Justice, Principles of Attitudinal Healing, Tools for Empower Recovery, Building Bridges for Compassion, Guide to Overcoming Divisiveness, and Forgiveness and Jodo Shinshu Buddhism. The conference provided an opportunity for Hawai'i people to engage and bond with leading experts and researchers in the field of forgiveness psychology, and to build of local community of forgiveness practitioners.

## Huaka'i to the Wai'anae Coast

*From Pōka`i Bay to Mākua Valley with a visit to Wai'anae Hongwanji*

**Friday March 15, 2024**

**Guided by Uncle Glen Kila**

Educator and Cultural Practitioner, Lifelong Wai'anae Resident & Founder of Marae Ha'a Koa

Bus transportation available leaving from Hawai'i Betsuin at 8 am, returning around 2pm (must make a reservation)

Bus transport + bento lunch from Tamura's \$25 per person

Bento lunch only (non-riders) \$15 per person

*The funds will be used to cover bento, the bus rental & provide an honorarium for Glen Kila and the Wai'anae Hongwanji.*

*Sponsored by Honpa Hongwanji Hawaii Betsuin, Honolulu Hongwanji Council & Mary Mikahala Foster Legacy Committee*



Please Scan to register or drop off a check made out to: HHHB before 5pm Wed, 3/13 (space is limited)

For more information, please contact  
Jon Matsuoka at: [jmatsuoka@hawaiibetsuin.org](mailto:jmatsuoka@hawaiibetsuin.org)  
(808) 536-7044



**Buddhist Study Center**

# Spring Festival

## "Nurturing Mind & Body"

Workshops, vendors, food, and activities.  
Welcome to all students, faculty, and community members.  
Located across the street from UH Manoa music department, at the corner of University and Dole.

**April 6, 2024 9:30 am - 2:00 pm**  
**1436 University Ave.**

<p><b>Workshops</b></p> <ul style="list-style-type: none"> <li>10:00 am Coping Skills</li> <li>11:00 am Yoga</li> <li>12:00 pm Healthy Cooking</li> <li>1:00 pm Sustainable Living</li> </ul>	<p>... with booths and activities from</p> <ul style="list-style-type: none"> <li>Samaritan Counseling Center Hawaii</li> <li>Buddhist Study Center Fellowship Club</li> <li>Hawaii Federation of Jr. YBAs</li> <li>Honpa Hongwanji Bookstore</li> <li>Matcha with a Minister</li> <li>Minister Lay Assistants</li> <li>Flower Arrangement</li> <li>Children's Games</li> </ul>
---	---

Free Parking at the Lutheran Church  
Overflow Parking at UH Manoa Lot 20 \$5/day

**Food booths and live entertainment!**

**PACIFIC BUDDHIST ACADEMY**

# March 17, 2024

**YARAMAIKA! GO FOR IT!**  
**18th ANNUAL TAIKO FESTIVAL**

**Moanalua Performing Arts Center**  
**2825 Ala Ilima St, Honolulu, HI 96818**  
**4:00 p.m.**  
Doors open at 3:15 p.m.

Visit [pacificbuddhistacademy.org](http://pacificbuddhistacademy.org) or call (808) 532-2649 for more information.

**RESERVE YOUR SEAT TODAY!**

## The Greatest Gift You Can Give Your Family When You Pass

Annette Kam

**On January 28, 2024, Annette Kam was the guest speaker at the 9:30 am, hybrid, Betsuin service. The 1/28/24 service is available on our YouTube channel. Shortcut link: [hnhb.link/youtube](https://hnhb.link/youtube)**

caregiving advice and more, all in one place.

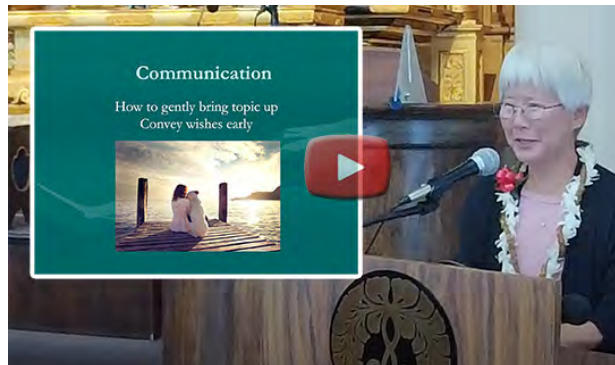
What is it worth to you knowing when you pass you can leave your family in peace with time to grieve rather than running around doing things that you had no idea needed to be done?

So many of us are convinced that as long as we have our will, trust, advanced directives, and power of attorney, our family will avoid probate and is the best gift we can leave them. But this is a fallacy that many have fallen for. There is so much more that needs to be done and this is why I educate by using my experience so others can avoid the pain I went through.

My name is Annette Kam and I am an author and speaker. My mission for the last 3 years has been to travel and speak to our seniors to encourage, motivate and empower them to get their affairs in order while they still can. I equip them to do so easily through my book "WAIT – Don't Die Yet!". Why would I do this instead of relaxing in retirement?

I retired in 2015 as an RN and thought I would run my 17 year old nonprofit organization assisting fibromyalgia sufferers for the rest of my life. But in 2018 I found my life turned upside down when I was forced into the role of taking over all of my father-in-law's affairs when he passed. Little did I know this would lay the groundwork for a new purpose in life.

The next 2 years were filled with overwhelming challenges, of "wish I had knowns". His paperwork was in order so we did not have to go through probate, but that alone was not enough to avoid the painful heartwrenching tasks that consumed me from sunup to sundown daily.



How could he have known something as simple as not having his wife on the telephone bill meant not being able to fix her phone when it broke 10 days after he passed? Or forgetting to pass on his computer password? Or not labeling his 20 plus keys, one of which opened up the safe with his important papers? Or the headaches that would be caused not knowing who to call directly to handle his insurance and pension so things could transition to my mother-in-law easily? Had he ever thought about how difficult it would be for his family to clean up 70 years of his accumulated "stuff"?

Having gone through over 115 "wish I had knowns" caused me to look at our community and realize not only are there so many of us who have not started any planning at all for our inevitable death one day, but just as disastrous is we who truly believe we have done all we can, only for our family to discover this is not true.

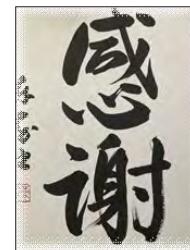
My reward is to see them take action after I share my personal experiences of things that never crossed their minds and also guide them through the broad spectrum presented in an easy to understand way on how to communicate with their loved ones regarding this sensitive topic as well as sound

I've been very encouraged to be supported by companies such as HMSA, Alzheimers Association, City & County Elderly Affairs Division, Midweek, Generations Magazine, KITV Aging Well and more because they believe how important my message is. By preparing now, you can truly leave your loved ones the last and greatest gift of love...knowing you leave them with peace of mind when your time comes.

For more information, go to:  
[annettekam.com](http://annettekam.com)

### Your family name and Buddhist concepts in Kanji

Makes a great holiday gift and family keepsake for younger generations. Standard custom artwork on 12x10" sheet is \$60. A scroll from Japan is an additional \$28.



Hiromi Peterson, Master Calligrapher and 2023 Living Treasure of Hawaii honoree, has generously offered her services as a fundraiser for Hawaii Betsuin.

For more information, please contact Jon Matsuoka at  
808-536-7044 or  
[jmatsuoka@hawaiihetsuin.org](mailto:jmatsuoka@hawaiihetsuin.org)



# Dharma School News

## Debbie Kubota

We kicked off our 2024 Dharma School year with a Pizza and Fun Night on Saturday, January 13. What a great turnout! The evening started with a service conducted by Reverend Shingo Furusawa who talked about the importance of pizza dough. You can have many different toppings for pizzas but it is the dough that is the most important because it holds everything together. Groups were divided up by different categories – sports, colors, fruits, planets, ministers, and the Hawaiian Islands. The groups had so much fun making their own pizzas with sausage, pepperoni, mushrooms and spinach toppings and red/white sauce. We even had one of our Dharma School Dads, Steve Ritchey, take charge of the oven and baking the pizzas based on his expertise from former job at Dominos Pizza. The pizzas were baked to perfection! We had some fun activities for everyone to play throughout the night – bouncing ping pong balls on the table to get them into plastic cups, paper airplane making, Bear hug game – gathering into groups with specific number of people, dropping pennies into a large jar of water–trying to get them to land in a shot glass, playing Twister, and organizing chocolates into piles while blindfolded. What fun everyone had!

On Sunday, January 21, for our Ho'onko service, we had 4 Dharma School students help with the service. Kenji Bren-

nan and Sarene Bradshaw offered flowers and Kainoa Brennan and Dean Tse-Castro offered candles. Reverend David Fujimoto gave a short Dharma message for children with a lesson on sharing. For the first time, we divided the Dharma School students into 2 classes, so that our Dharma lessons could be more age-appropriate. The younger students were with Debbie and took a walking tour of the temple grounds to show that Dharma is Everywhere – talking about the significance of the sagarifuji with an explanation of the wisteria flower and where this symbol is found around the temple, the stupa, the lotus flower, the Bodhi tree, and the statues of Bishop Yemyo Imamura and Shinsran Shonin. The older students (age 11 and above) were with Alan Kubota who shared 2 things for the students to remember – don't forget their AGE (attitude, gratitude, effort) which can lead to happiness and "Practice

Makes Permanent." Buddhism is all about practice. The students also had to write down something for which they are thankful.

Throughout 2024, we hope to continue our Sunday Dharma School classes with occasional Saturday night services and activities. Please join us for continued Dharma lessons, fellowship and fun.



Radio Programs  
KZOO (1210 AM)  
Japanese Language,  
SATURDAY AT 7:30 AM  
MARCH 2024

02...Rev. Daido Baba  
09...Rev. Yuika Hasebe  
16...Rev. Satoshi Tomioka  
23...Rev. Shingo Furusawa  
30...Rev. Toyokazu Hagio

### Information Regarding Sunday Services

Attendee limits for in-person funerals and memorial services are now based on room capacity and families' comfort levels. Other service options are available. Please call the Betsuin office at (808) 536-7044 for current information and to plan for your family's needs.

Services are open to in-person attendees and a Zoom option continues to be available for the 9:30 a.m. English-language Family Services. The 8 a.m. Japanese language services continue in person only.

Many past services are available for replay on the Hawai'i Betsuin YouTube channel. For current information on Betsuin services, including Zoom connection details, see the online calendar at [hawaiibetsuin.org](http://hawaiibetsuin.org). You may also check the Betsuin Bulletin sent by email on Fridays (subscribe at [hawaiibetsuin.org/email-signup/](http://hawaiibetsuin.org/email-signup/)). Or, you can call the Betsuin office at (808) 536-7044.

## In Memoriam



## JANUARY 2024

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.

10/19/2023	HIGA, Norman Tamotsu (89)
10/20/2023	SHINTANI, Edwin Minoru (93)
11/25/2023	YAMURA, Fay Fujie (90)
12/24/2023	YOSHIDA, Tomoye Akita (89)

### January 2024

01 KUNISHIGE, Judith Itsumi (85)	18 TAKETA, Noboru (96)
03 KUNIMITSU, Arthur Tsuyoshi (84)	19 KIKUYA, Alvin Kazumi (85)
03 MICHIMOTO, Eleanor Tamiye (87)	27 MIYASHIRO, Jane Ayako (97)
07 TAKANE, George Morito (97)	22 OGAWA, Fujiko (91)
09 SATO, Kiyoko (96)	24 KUBOMITSU, Terumi (98)
14 MOMII, Hisako (103)	25 ENOMOTO, Wendell Haruo (78)
15 OSHIMO, Wesley Haruyuki (77)	25 TSURUDA, Thomas Tsutomu (94)

### Schedule of Monthly Nursing Home Services

#### Leahi Hospital

Service every 2nd Tuesday at 10:00 AM

#### Hale O Meleana

Service Every 2nd Friday at 10:30 A.M.

#### Hale Ho Aloha

Service Every 3rd Tuesday at 10:00 A.M.

#### Maluhia Hospital

Service Every 3rd Wednesday at 10:00 A.M.

### 2024 Memorial Service Schedule

2024 is the memorial year for those who passed away in:

2023: 1st year  
2022: 3rd year  
2018: 7th year  
2012: 13th year  
2008: 17th year  
2000: 25th year  
1992: 33th year  
1975: 50th year  
1925: 100th year

Call for Participation!

We are looking for participants to join our Triple Celebration Choir! The Triple Celebration Choir will be singing during the prelude of the 135th Commemorative Service on Sunday, September 8, 2024.

The two gathas selected are:  
"When I look Up at the Sky"  
(Ano Sora Mireba)  
"Moments Like This"  
(Sonna Toki Watashi wa Kuchizusamu)

If interested, please check "Yes" for the Choir Question on the Triple Celebration Registration Form.

Please email Francis Okano ([faokano@gmail.com](mailto:faokano@gmail.com)) or Brandi Yamamoto ([brandiay@hawaii.edu](mailto:brandiay@hawaii.edu)) with any questions or concerns!

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; mind-fulness is nembutsu; nembutsu is Namo-amida-but-su.

-Shinran Shonin