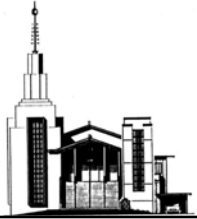


MOILIILI HONGWANJI MISSION
902 UNIVERSITY AVENUE
HONOLULU HI 96826

The White Way

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RIDING ON THE VOW ***By Rev. Blayne Higa***

Our ordinary everyday life is the practice hall where we can encounter the world of awakening. During this time of year, we celebrate Ohigan or the Autumnal Equinox which marks the transition from Summer to Fall, when day and night are perfectly in balance. Ohigan means “Other Shore” and refers to the Buddha’s world of awakening. This celebration reminds us that our lives are a constant journey towards enlightenment, that each moment is an opportunity to find balance and awaken to the working of great wisdom and compassion in our lives.



I recently read *The Buddha Walks into a Bar: A Guide to Life For a New Generation* by Lodro Rinzler. While this book is based on the principles of Tibetan Buddhism, I found a wonderful story which explains the essence of Ohigan and travelling to the Other Shore.

“Imagine sitting on a hot, crowded beach. As you look around, you see people bickering, lustful indiscriminately after one another, trying to find the best six-by-four strip of sand to claim as their own, rebuffing others’ advances to come near them. The shore itself is littered with trash, and even sitting on it makes you uncomfortable. After dwelling on this dirty, gross beach for a while, you make a conscious effort to leave it behind.

You enter the ocean and swim vigorously away from the beach. You keep going, despite whatever waves come at you and try to knock you back. When a large wave approaches, you dive into it, utilizing it as a refreshing experience as opposed to treating it like an obstacle. When you do get turned around and see the beach, you feel only revulsion, which further propels you along your path away from it.

You begin to glimpse another shore in the distance, which inspires you to swim faster and harder than you ever have before. Eventually you make it to this new beach. The sand is beautiful, the air cool and crisp, and you delight in having left the shore of suffering behind.

As you look back where you came from, though, your heart breaks because everyone is still on that beach, looking even more anguished than when you left them. You think, “If only the people over there realized they are suffering and exerted themselves, they too could come to this cool, pleasant shore.” You wish to aid them in that process, and begin to swim back in an attempt to show them this other shore. This is the journey of the enlightened bodhisattva.”

Amida Buddha’s greatest wish is for each of us to travel to the world of awakening and has provided the Vow as a means to get there. Shinran writes in the *Kyogyoshinsho*: “Now, as I ride on the ship of the great compassionate vow and sail on the expansive ocean of wondrous light, the breeze of highest virtue blows peacefully and calms the waves of pain and sorrow. Quickly shall I reach the land of Immeasurable Light and attain unexcelled nirvana.”

This reminds us that we should rely on the Dharma to help us clearly see the world of delusion, aspire for the world of awakening and depend on the Vow of Amida Buddha as our life-raft to get us across the ocean of life. Ohigan is an opportunity to rededicate ourselves to the practice of the Dharma in our daily lives so that all beings can travel together to the world of awakening. Namo Amida Butsu.

HIGHLIGHTS FROM THE 52nd STATE LAY CONVENTION

By Nancy Shimamoto

Moiliili Hongwanji members who attended the State Lay Convention at the Hawaii Betsuin were involved and highly visible during the two days, Sept. 12-13. Raymond Takiue and Karen Kikukawa served on the Event Planning Committee which I had the privilege of co-chairing with Jerry Tamamoto from Hawaii Betsuin. A total of 53 delegates, 38 observers and two guests attended the convention hosted by Honolulu District. My appreciation goes to Emma Kie for assisting with forwarding communication, receiving registration/payments, and printing tasks.

As a delegate or observer arriving at the event, you were greeted by Mari Fukuya, Midori Kiso, Roy Masuda, Hudson Fukuki and Karen at the reception tables. They worked efficiently checking in the attendees, giving them their name tags, Lay Convention Booklets, answering any questions, as well as directing them to their seating sections.

As you wandered through the Social Hall there were bulletin board exhibits set up by the various temples, sharing good ideas and actions in photos, descriptions and examples. Our exhibit was “uniquely Moiliili.” Raymond had an on-going slide show of all our temple activities which captured the interest of many, and Kerry Kiyohara set up a tri-fold display board.

The opening day of the Convention included a service, business meeting, Fellowship/Happy Hour and a dinner program. Featured in the evening’s entertainment were performances by PBA Taiko Drummers, Hawaii Betsuin Youth Ukulele Group and the BWA World Convention Hula Dancers. The entertainers represented all age groups – from elementary school students to high school students to senior BWA members.

Sunday’s events included an excellent



presentation by keynote speaker Gwen Fujie. Her talk centered around the Convention’s theme: “Cultivating Our Garden of Gratitude.” Gwen is the author of 101 Ways to Say Thank You – A Guidebook on Appreciation, Motivation and Validation. She offered many insights and inspired the audience. At her workshop sessions Gwen answered questions and suggested ways to spread gratitude and aloha at temples. If you would like to purchase a copy of her book, please see me.

Rose Nakamura arranged, and along with Dr. Michael Cheang, facilitated one of the five workshops held Sunday morning - “Caregiving is Faith in Action: It’s Everybody’s Business.” MHM members Irwin Kurashige and Karen Kikukawa shared and reflected on their experiences and sentiments of family caregiving. In another workshop – “Sharing Model Temple Programs,” Raymond represented MHM as one of the temples with exemplary programs that attract, encourage and involve new members.

I was honored to be the MC for Sunday’s Closing Service, while Raymond set up his laptop and screen for the attendees as he does at MHM. The Sutra Chanting “Junirai” was led by Rev. Tomioka and assisted by two Minister’s Lay Assistants from Hawaii Betsuin, Dexter Mar and Wayne Yoshioka, and two Tokudo Aspirants from Moiliili, Raymond and Kerry. In my closing remarks I shared an adapted verse entitled “How to Plant Your Garden” with the help of our “Moiliili Farmers” – Mari (peas), Roy M. (squash), Midori (lettuce), Hudson (turnip), and Karen (thyme). As I shared the verse (see accompanying article) and talked about peas (peace), Mari stepped forward and held up the peas. This was to demonstrate that Dharma Messages can be made exciting and fun with visuals. Raymond also flashed the various vegetables on the screen. After the service there (cont. on p. 6)

MISSION STATEMENT:

Mo‘ili‘ili Hongwanji Mission is a center of Shin Buddhist spiritual growth, learning, and compassionate service to our community.

VISION STATEMENT:

Mo‘ili‘ili Hongwanji Mission is a growing inclusive Buddhist community seeking spiritual growth, learning, and compassionate service, living our values and preserving them for future generations.

The White Way is the newsletter of the Moiliili Hongwanji Mission, 902 University Ave., Honolulu, HI 96826. It is printed seven times a year in January, March, May, June, August, October and November. The deadline for submission is the 15th of the month prior to the issue date.

The opinions expressed by individual contributors are their own and do not necessarily reflect those of Moiliili Hongwanji Mission.

Mark Your Calendar!



REMINDER—CHICKEN & SUSHI PICKUP ON SUNDAY, OCT. 11

Please don't forget to pick up your chicken and sushi on **Sunday, Oct. 11, from 9 a.m. to 1 p.m.** Tickets were mailed to members and friends at the end of August—4 Chicken tickets at \$11 each for a whole hot Hoku chicken, 2 Zippy's tickets at \$9 each and 1 makizushi ticket at \$6 for a total of \$68. If you have not yet sent in your payment, we hope you will do so as soon as possible to help us with our count. We ask that you return all unsold tickets since the temple must pay for any Zippy's tickets that we do not return. This year, we will have a limited supply of takuan (pickled daikon) available at \$4 for an 8-oz container.

Zippy's tickets may be redeemed through Nov. 1 (5 day grace period) for chili (regular, vegetarian or no-bean), Portuguese bean soup, meat sauce or Napoleon's cookies dough. Thank you so much for your support and your kokua with our annual fundraiser!

BWA-SPONSORED HOONKO SERVICE

The BWA-sponsored Hoonko Service, the memorial service for Shinran Shonin, will be held on **Sunday, Nov. 1, at 9 a.m.** The guest speaker will be Rev. Satoshi Tomioka of Honpa Hongwanji Hawaii Betsuin. Everyone is most cordially invited to attend.

SAVE THE DATE—MUSIC SEMINAR

A fun music seminar with BJ Soriano of Hilo Hongwanji will be held at our temple on **Saturday, Nov. 14, from 8:30 a.m. to 12:30 p.m.** Watch for more information!

Honolulu District Dharma School Pumpkin Patch Activity

Sunday, Oct. 18. at Waimanalo Country Farm

The day's schedule is as follows: Meet at Kailua High School for a short service @ 9 a.m.; Ride the bus to the pumpkin patch and return for pumpkin carving @ 11:15 a.m. with lunch, games, and pumpkin carving contest to follow; Clean-up & leave by 1:30 pm. Sign up with your Dharma School or temple by Oct. 11! Cost: \$2.00 per person for bus (if occupying a seat) and lunch.



WITH DEEPEST SYMPATHY

Moiliili Hongwanji Mission extends its deepest sympathy and condolences to the families of the following who have recently passed away:

Frederick Yasushi Fukunaga, 81, on July 29
Robert Masaji Sumitomo, 65, on July 31
Harry Yukiharu Kida, 92, on Aug. 4
Duane Natsuo Morita, 64, on Aug. 10
Esther Yukie Kaiura, 94, on Aug. 14
Emily Yaeko Murai, 93, on Aug. 16
Kenneth Masao Koseki*, 93, on Aug. 20
Eleanor Hanaye Uyeoka, 92, on Aug. 21
Ruth Kiyono Kogasaka, 77, on Sept. 13

May the Onembutsu provide solace to family members during this time of sorrow (*indicates Temple Sustaining Gojikai Member).

TEMPLE OFFERS MANY SERVICES

Many services are available at Moiliili Hongwanji including:

Infant Initiatory Rites Service
Weddings
Home or Business Dedication Service
Home or Hospital Visitations
Bedside Service
Funeral Service
Graveside/Inurnment Service
Memorial Service
Private Home Service

To schedule an appointment, please call the temple at 949-1659. Rev. Sumikawa is very happy to make home and hospital visitations, so please don't hesitate to call the office if you would like him to visit. In the event of an emergency after normal business hours, Rev. Sumikawa can be reached at 492-7254.

ADDED SECURITY FOR COLUMBARIUM

Due to recent incidents of break-ins and tampering, a combination lock has been installed on the columbarium door. You may call the temple office at 949-1659 to request the combination which you will need whenever you enter the columbarium. We apologize for the inconvenience. As a reminder, columbarium hours are **8 a.m. to 4:30 p.m.** on weekdays, except holidays, and from **8 a.m. to 1 p.m.** on weekends and holidays.

The columbarium has been air-conditioned so services may be held there in comfort.



PROJECT DANA NEWS

Project Dana Recipient Survey

Project Dana conducts surveys to assure quality services are offered to homebound elders with trained volunteers. This past May through June a recipient survey was conducted with Project Dana elders on Oahu. A three-question survey took into consideration the great percentage of Project Dana's homebound frail elders who were forgetful, had memory loss, Dementia and/or Alzheimer's; language barriers; and it was easy to read. The results were: Elders reporting volunteers as "very helpful" – 97%; Elders reporting being "very comfortable" in talking with their volunteers – 96%; Elders reporting being "very satisfied" with help from Project Dana – 97%.

The top three services used by Project Dana recipients were: transportation, shopping, and friendly home visits.

Some comments from the elders were: *"So glad my friend suggested Project Dana," "K is a bright spot in Al's week," "When L is out of town with her singing group, I can tell the difference in my loneliness"*.

Thank you to Dr. Dan Anderson, Project Dana Advisory Council member, who assisted with this survey. A big Mahalo to all the volunteers for their continued support and Dana to help the frail homebound elders in our communities.

Experiences with Service Learning

Throughout the years, Project Dana has been fortunate to collaborate with students of high schools, colleges and universities, who encourage service learning or community service as part of the curriculum for their classes. Every semester the Project had been invited to participate in various institutions' service learning fairs with a display board and information about Project Dana.

The Project has welcomed students from all levels of various learning institutions. For this semester, an 8th grader from Iolani School is volunteering his Saturdays and says *"I like meeting these older people and helping them."* A student from Kapiolani Community College, a mother of two young children, has committed to be a volunteer. A native Hawaiian student from the University of Hawaii, Manoa, majoring in Law has begun offering respite to a son caring for his 98-year-old mother

who is terminally ill.

The following comments are from two service learning students of their volunteer experiences with The Project.

"Key concepts in my course work have helped me understand the different stages of human development, the aging process and the body and mind of late adulthood. This program (Project Dana) helped me to understand the different varieties and dynamics of people, their culture, and grasp a familiar understanding of how other people and cultures think and work. I have learned to become more sensitive to diverse cultures and traditions."

"Service learning has really helped me grow as a person because it has taught me to come out of my comfort zone and talk to a complete stranger. At the beginning of the semester, I was just another volunteer helping a stranger, and as weeks passed I see myself becoming more of a friend rather than a volunteer."

Project Dana welcomes students and all who are interested in volunteering with the homebound elders.

Caring for the Elderly

In a booklet titled The Buddhist Responsibility of Caring for the Elderly (1988), Rev. Ronald Nakasone submitted an article to the Buddhist Churches of America, Social Issues Committee stating *"Buddhists, as members of the human community, are mandated to reach out and help."*

Rev. Nakasone in his summary reveals how *"the process of aging – our own and others – can be used to further explore our humanity and deepen our concern for others...."*

"The Buddhist vision of an interdependent universe means that the dignity of man rises and falls with our individual acts. By providing the elderly in our community with an opportunity to minimize his or her losses, and by working to maintain in each a sense of self-worth are exercises deserving of the Bodhisattva. Medical science cannot restore failing eye sight or memory loss, nor can we compensate for all the socio-economic losses an older adult suffers... we can find the means to intervene and maintain the dignity of a fellow human being."

Rev. Nakasone has just announced publication of an encyclopedia titled Asian American Religious Cultures available October 2015. One of the many articles is about Project Dana.



HEADQUARTERS NEWS

Ministerial Assignments

Rev. Tatsuo Muneto, Rimban (Chief Minister) of Hawaii Betsuin will retire as of Dec. 15.

Rev. Toyokazu Hagio, Fuku-Rimban (Assistant Chief Minister) of Hawaii Betsuin, will be assigned as Rimban as of Dec. 16.

Rev. Joshin Kamuro will arrive in Hawaii on Oct 1, and will receive orientation under the supervision of the Bishop's Executive Assistant through Dec. 15. He will be assigned to Hawaii Betsuin as Associate Minister as of Dec. 16.

Headquarter Bookstore Update HQ bookstore is selling new items—Honpa Hongwanji Mission of Hawaii original Grocery Tote Bag (\$3) and Insulated Tote Bag (\$8). Both bags are big and very useful for your grocery shopping. Also available is a Life is Wabi-Sabi, Dharma Cat Tote Bag (\$5).

“Headquarters Update” may be found in its entirety on the Headquarters website www.hongwanjihawaii.com

2015-2016 SOCIAL CONCERNS FUND DRIVE

We celebrate gratitude in the month of November. The Thanksgiving holiday and the Eitaikyo observance are reminders of the countless blessings in our lives and how we live deeply connected to the world around us. It is in this spirit of gratitude that we begin our Annual Social Concerns Fund Drive.

Through the generous contributions of Sangha members, the Honpa Hongwanji Mission of Hawaii is able to support worthy organizations and programs with funding to continue their work in our community. Your support also allows us to provide compassionate action during times of disaster and the ability to respond to social issues affecting our community.

Because of your commitment to promoting the Buddhist values of compassion and loving-kindness, we were able to lend our support to such organizations as Project Dana, The Interfaith Alliance Hawaii, Samaritan Counseling Center Hawaii, Family Promise of Hawaii and the various food banks on each island. We were also able to raise over \$38,000 to help support relief efforts in the aftermath of the devastating earthquake in Nepal last April.

Because of your kokua over the years, we have also been able to help with recovery efforts after natural disasters and assist members of our Sangha affected by misfortune and other emergency situations. We have also been able to establish the Golden Chain Grant program that promotes compassionate action through community service. Your generosity directly helps those in need and promotes a more humane world.

Your continued support is greatly appreciated. Please make all checks payable to **(your temple.)** The suggested donation is the cost of just one meal per person. Any donation you are able to give will make a difference in the lives of others. Your help is needed to continue our mission of sharing the Dharma through compassionate action. Mahalo!

Committee on Social Concerns

Honpa Hongwanji Mission of Hawaii

ALOHA FOR NEPAL UPDATE

The outpouring of aloha from our friends and supporters allowed the Honpa Hongwanji Mission of Hawaii to raise a total of \$38,552.92 in addition to the initial donation of \$10,000 to Kathmandu Hongwanji and \$5,000 to Mercy Corp. following the devastating earthquake on April 25, 2015. Of this amount \$38,471.64, the net after online processing fees, were distributed as follows: Mercy Corps: \$25,716.64+\$5,000=\$30,716.64; Kathmandu Hongwanji: \$12,755+\$10,000=\$22,755



WHITE WAY RADIO BROADCAST

Please tune in to Radio KZOO (1210AM dial) for Moiliili Hongwanji's White Way Radio Broadcast each **Saturday** from **7:45-8 a.m.** Here is the upcoming schedule with speaker's name followed by sponsor's name:

- 10/3** Ms. Jamie Itokazu (Miyasaki Family)
- 10/10** Rev. Shingo Furusawa (Shigefuji & Matsumoto Families)
- 10/17** Mr. Dana Kohut (Edith Noriko Horii)
- 10/24** Rev. Tomo Hojo (Chris Kanazawa)
- 10/31** Rev. Daido Baba (M. Kimiko Okano)

Mahalo to our speakers, our sponsors and our volunteer staff for making this broadcast possible. Volunteers to help as announcers and technicians are most welcome. Past broadcasts can be found on our website www.moiliilihongwanji.org.

REGISTER TODAY! “DHARMA BY DOING”

Seats are going fast for the **2015 Nembutsu Gathering: “Dharma by Doing”** to be held on **Nov. 7, 8 a.m. to 3 p.m.**, at Hongwanji Hawaii Betsuin. This year’s **Nembutsu Gathering: Dharma by Doing** is about giving everyone a chance to experience and thus appreciate the practice of Jodo Shinshu rituals, a direct connection to more than 750 years of tradition.

Through a series of guided **experiences**, you’ll learn the theory and then you’ll spend lots of time hands-on practicing ringing the **kansho**, solo/lead **chanting**, quiet **meditation**, and group activities to inspire **self-reflection** and sharing.

SPACE IS LIMITED TO THE 1ST 100 SENTIENT BEINGS, so **register today** to ensure your experience at 2015 Nembutsu Gathering: Dharma by Doing. **Registration Deadline is Oct. 23.** Recommended donation is \$15 to help offset event costs, and additional donations to support Hongwanji programs are always welcome. Financial support is available for students, seniors, and anyone who needs a hand.

Lunch will be served and is included in the registration fee (potluck contributions also welcome!). To register, please mail the Name, Email, Mailing Address, Telephone, and Temple Affiliation (if any) of each participant to: **Nembutsu Gathering, c/o Moilili Hongwanji, 902 University Ave, Honolulu, HI 96826.** Donation of \$15 per person may be paid at the door. Please make checks payable to Moilili Hongwanji Mission.

Contributed by Kerry Kiyohara

ANNUAL TEMPLE PICNIC

On Aug. 9, members and friends enjoyed a relaxing and fun-filled day at the beautiful beach at Bellows Air Force Station. A gorgeous array of potluck items including salads, casseroles, musubi, fruit, desserts and more loaded the picnic tables while the grill was fired up for hamburgers, hot dogs, gardenburgers and Portobello mushrooms.

Innovative “brain” games, favorites such as 3-legged race, balloon toss, lawn toss, bingo, and lucky numbers made for wonderful fellowship and much laughter. This year we had a tsukemono contest, and the winners were Karen Kikukawa (pickled vegetable) and Christine Jordan (pickled fruit).

Mahalo to co-chairs Shirley Renard and Wendy Harman and their committee members for a great picnic, to Wes Henry for securing the location, to those who donated generous prizes, and to everyone for the delicious food! Bellows, 2016, here we come!

CONT. FROM P. 2—LAY CONVENTION

were many requests for the verse which indicated that an impact was made. In “cultivating my garden of gratitude,” I am truly grateful to Moilili Hongwanji and for the nine members who played major roles at the Lay Convention this year. It is my hope that many others will step up to attend this event in the future. We all learned a lot from other temple members and enjoyed the fellowship of meeting old friends and making new friends. As Midori so aptly put it, *“I enjoyed meeting so many wonderful, cordial people who are Shin Buddhists.”*

HOW TO PLANT YOUR GARDEN

Adapted by Nancy Shimamoto

Lay Convention – Sept. 12-13, 2015

Go to your garden alone while the dew drops are still on the leaves, and take a moment to smell the roses. Next, find an open space to plant your very own “garden of daily living.”

First, plant 3 rows of “peas” –

- Peace of mind
- Peace of heart
- Peace of soul

Be sure to plant 4 rows of “squash” –

- Squash greed
- Squash anger
- Squash ignorance
- Squash grumbling

Plant 4 rows of “lettuce” –

- Lettuce be compassionate
- Lettuce be mindful
- Lettuce show gratitude
- Lettuce show aloha

No garden is complete without “turnips” –

- Turnip for meetings
- Turnip for statewide conventions
- Turnip for temple services
- Turnip for events and activities of your Sangha
- Turnip to help and support each other

Finally, to add the finishing touch, we must have “thyme” –

- Time to build positive relationships
- Time to learn and be guided by the 3 Treasures (Buddha, Dharma, Sangha)
- Time to put our hands together in gratitude; namu amida butsu

Be sure to water freely with patience and care, then cultivate with wisdom and compassion. May your “garden of daily living” bloom and grow.





OPEN HOUSE & BAZAAR

Thanks to everyone's hard work and help, the 4th annual Open House and Bazaar held on Sept. 26, was a success. The number one attraction was the rummage sale, treasures, and Quilters Club's home-sewn items. However, food items went out quickly, from spam musubi, chili, gon lo mein, and mochi to mini chicken bento, hot dogs, and baked goods. Holiday shopping with the crafters was brisk, plants were popular, bounce house and games for the kids were fun even though it showered intermittently in the morning. The curious and interested got a lot out of the mini tour of the altar in the temple and preschool. There were informational displays, books, Keiki and Kapuna ID, beautiful flower arrangements, and more. Outside, the fire truck was a big hit.

If you missed this year's Open House and Bazaar, be sure to watch for it next year! Thank you to the committee, volunteers and everyone for your kokua! Hana Hou!

SOFTBALL NEWS

The Moiliili Hongwanji softball team in the Kawananakoa (YBA) Softball League are the champions once again in 2015! This title was clinched on Aug. 9, at Kawananakoa Field. This is a fellowship league and although very competitive, all games are conducted with fairness, respect, and much humor. Truly, it is a fun league. This league was originally formed by the Young Buddhist Association and all participating teams were somehow connected to the Hawaii Kyodan and its affiliates. Over the years however, many temple connections have waned and Moiliili is the only team which is actually sponsored by the temple we represent. The team members themselves follow their own respective faiths but this team respects each other's differences and works well as a unit. Casting labels and stereotypes aside, our members communicate well, person to person, as well as any of the various groups with whom I am in contact in my activities.

The team wishes to thank Moiliili Hongwanji for sponsoring the team. To show their appreciation, softball teammates came to help in the Andagi booth at this year's Bon Dance this past July as they have done in previous years.



We may not win the championship every year but, in my opinion, every team in this league is a champion every year!

Contributed by Ernie Morikubo

HEALTH & WELLNESS

Ten Best Snacks for "Stress Eaters."

We tend to crave sweets when under pressure, but did you know that sweets leave you hungrier? The September 2015 edition of Prevention Magazine stated that instead of sweets, snack on goodies that are high in fiber, fat and protein. Ten (10) best easy-to-make snacks are listed below:



1. Ants-on-a-log - Celery sticks with almond butter and raisins.
2. Energy Bites - Mix 1/2 cup chopped dates, 1/2 cup nut butter, and 1/4 cup rolled oats in a bowl, forming 12 - 14 balls.
3. Herbal teas - Chamomile eases anxiety. It contains amino acid which provides a focused tranquility.
4. Peanut butter & banana - Peanut butter on toast with sliced banana calm and comfort your nerves.
5. Dark chocolate almonds - Dark chocolate curbs cravings; 1 ounce a day reduces stress hormones.
6. Veggies and dip - Veggies give you good fiber and hummus or avocado gives you a healthy fat.
7. Mini parfait - Dairy packs calcium and protein, both of which help your body release feel good chemicals.
8. Seltzer with sliced fruit - Dehydration is often mistaken for hunger. Make drinks interesting so you're more incline to sip. Water with sliced lemon or lime is easy to make.
9. Trail mix - Walnuts help the body respond to stress. Pair it with dried fruit and chocolate, like M&M.
10. Roasted chickpeas - Toss chickpeas with oil and spices on a sheet pan and bake at 400 degree Fahrenheit for 30 minutes.

Try any of the above snacks when you're stressed out. They'll make you feel better.

Contributed by Helen Hamasu

GO GREEN!

If you would like to receive The White Way by email, please notify the temple office at mhm@moiliilihongwanji.org. Mahalo for going green!



Buddhist Women's Association



Moiliili's BWA joyfully celebrated our 90th anniversary at Waialae Country Club on Aug. 15 with the theme: “かんしゃ” (*Kansha*) or gratitude. Many dedicated women have served and continue to serve the temple and the BWA movement with leadership, care and vision. Forty-nine of us gathered together, seven of whom were 90+ years of age! The gathering also included past resident ministers and their wives (our past honorary presidents) who have served at Moiliili Hongwanji. A heartfelt thank you to all who attended and to the 90th Anniversary Committee members who put together such a memorable and relaxing day!



Celebrating members who are over 90 years of age!

Mahalo also to all who helped with the Temple Open House on Sept. 26. Members sold chili, spam musubi, gon lo mein, microwave mochi, and notecards.

On Saturday, Aug. 22, some of us attended the Honolulu United BWA Board meeting that was hosted by Kailua's BWA at their temple. It is always so nice to visit and work together with other BWA units (Hawaii Betsuin, Jikoen and Kailua). Next up for the Honolulu United is the Joint Membership/Education Conference which will be held on **Saturday, Oct. 17, from 8 a.m. to 2 p.m.** at the Hawaii Betsuin Annex Temple and main social hall. We hope that you will come out and re-energize at this gathering which draws together about 100 women. Sign-up deadline is Oct. 4.

Mark your calendars: The BWA-sponsored Hoonko Service and our general meeting will be held on **Sunday, Nov. 1.** Our guest speaker for the **9 a.m.** service is Rev. Satoshi Tomioka from the Hawaii Betsuin. At this service, we also remember the

dedicated BWA members who are no longer with us. Our meeting will follow at **10:45** in the hondo and will include the election and installation of officers. Please be sure to join us.

Contributed by Lois Ohta



Many thanks to BWA Past Honorary Presidents & Past Presidents



HAPPY STRUMMERS NEWS

We are aware that music on many occasions has given us comfort and pleasure. During Mr. Thomas Kondo's funeral service, the gatha was “Splendor of an Evening Sky,” a song that gave Tom comfort and solace.

This song has given much happiness to the elders who sang the Japanese version, “Seiya,” during the Japanese morning services. The Strummers have been practicing this song for some time along with Hawaiian, American, Japanese songs and gathas. So Strummers, let's remember not only the new tunes, but also the many old songs that Bucky Matsuoka-san had prepared for us.

Contributed by Michiko Motooka










JOURNEYS TO WELLNESS IV

Sunrise Ministry Foundation presents “Journeys to Wellness IV” on **Saturday, Oct. 31, from 8 a.m. to 3 p.m.** at the Community Church of Honolulu, 2345 Nuuanu Avenue. The keynote address “The Healing Power of Voice and Silence” will be delivered by Frances Kakugawa. Respondents will be Bishop Eric Matsumoto and Rev. Ron Williams. Workshops on wellness will follow. The cost, \$25 (pre-pay) \$30 (pay at the event), \$15 for students & military, includes lunch and material. To register contact Manu Naeole 728-3762 or Ron Yamauchi 839-6910 or sunriseministryinfo@gmail.com. Website: sunriseministryfoundation.com

2015 Slogan: "Embrace Change:
Awareness (Seek Opportunities)"

October 2015

Temple.....949-1659
Pre-School.....946-4416
Project Dana.....945-3736

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4  9:00 AM - English Service (Monthly Remembrance Service) Speaker: Rev. B. Sumikawa	5  5:15 PM - Zumba Class	6 9:10 AM - Preschool Keiki Service 4:00 PM - Karate 6:30 PM - Meditation Svc.	7  7:30 PM - Boxing/Fitness Class	8 9:30 AM - Ikebana 10:00 AM - Franciscan Visit 4:00 PM - Karate	9 10:00 AM - Craigside Visit 5:30 PM - PBA "Lighting Our Way" Recognition Banquet Wai'alae Country Club 7:30 PM - Boxing/Fitness Class	10 
11 Mo'ilili Hongwanji Chicken & Sushi Fundraiser 9:00 AM - 1:00 PM No Sunday Service Today	12 Columbus Day  5:15 PM - Zumba Class	13 9:10 AM - Preschool Keiki Service 4:00 PM - Karate 6:30 PM - Meditation Svc.	14 10:00 AM - Japanese Dharma Class 6:30 PM - Temple Board Meeting 7:30 PM - Boxing/Fitness Class	15 9:00 AM - Kyogakkai 9:30 AM - Ikebana 4:00 PM - Karate	16 10:15 AM - Oahu Care 2:00 PM - Arcadia Visitation 7:30 PM - Boxing/Fitness Class	17 8:00 AM - HUHHBWA General Mtg. & Education Workshop at Betsuin
18 8:30 AM - Dharma School Pumpkin Patch Activity to Waimanalo Country Farm 9:00 AM - English Service Speaker: Rev. B. Higa	19 5:15 PM - Zumba Class	20 9:10 AM - Preschool Keiki Service 11:00 AM - Arcadia Residence Service 4:00 PM - Karate 6:30 PM - Meditation Svc.	21  7:30 PM - Boxing/Fitness Class	22 9:30 AM - Ikebana 4:00 PM - Karate	23 10:00 AM - Maunalani Visitation 7:30 PM - Boxing/Fitness Class	24 
25 9:00 AM - English Service Speaker: Masuo Kino	26  5:15 PM - Zumba Class	27 9:10 AM - Preschool Keiki Service 10:30 AM - Hawaii Kai Visitation 4:00 PM - Karate 6:30 PM - Meditation Svc.	28 9:00 AM - Oteire 6:00 PM - Preschool Mtg. 7:30 PM - Boxing/Fitness Class	29 9:30 AM - Ikebana 4:00 PM - Karate	30  7:30 PM - Boxing/Fitness Class	31 Happy Halloween 8:00 AM - Journey to Wellness IV, Community Church of Honolulu

In Appreciation

The following donations were received for the period
July 18, 2015 to September 24, 2015.

DONATIONS TO TEMPLE:

Doris Aoyama, Iris Aurio, Anonymous, James & Jennie Fujii, Ralph & Gladys Fukumitsu, Rona Fukumoto, Mari Fukuya, June Hamada, Doris & Hideo Hamada, Fumie Hamamura, Tracy & Julie Hatta *Hatsubon & 1 yr in memory of Carrie Hatta*, Toshiyuki Hiranaga, Masaji & Judy Hirashima, Wallace & Nancy Hironaka, Sue Ida, Janet Ikei *in memory of Richard, Bertha, Daisy & Bert Okawa*, Robert Imaino, Joyce Inao, Yuka Ishida, Tom Joyce, Peter Kanazawa, Kay Kawaguchi, Stanley & Carol Kawaguchi, Linda Kawahara, Karen Kikukawa, Stanley & Doris Kitadani *in memory of Zenichi & Hatsue Sunada*, Fusae Kiyokawa, Clayton Koseki, Calvin Kuniyuki, Tetsuya Kurosawa *in memory of Sachiko Tateishi*, Laurie Ann Miyano & Linda Au, Daniel & Isabelle Matsumoto, Yoshiaki Matsuoka *in memory of Katherine & Carol Matsuoka*, Suzie Morikawa, Takeo & Peggy Morita, Michiko Motooka *in memory of Grace & Jana Morisada*, Evan Murakami, Patricia Nakaji & Craig Kinoshita, Miles Nakamura, Myrtle & George Nakasato, Machiko Nekotani *in memory of David Nekotani*, Lynda Nishihara *in memory of Betsy, Carl & Earl Matsuda*, Thomas & Betsy Nishioka, Lois Ohta, Gloria Okimoto *in memory of Hideo & Tomiko Okimoto*, Robert Okimoto, Patsy Petersen *in memory of Derrah Yashiki*, Mabel Saruwatari *in memory of Tameichi Tanaka & Family*, Linda Sesoko, Kiyoshi Shigefuji, Douglas Shiraki, Lillian Shiraki, Joyce & Gayle Sueda *in memory of Larry Ishida*, Thomas Sugahara, Robert Sumida, Melvin & Ruth Takemoto *in memory of Janet Ogasawara*, Kenneth Takeuchi, Raymond & Arlyne Takiue, Sumie Tanaka, R. Tsukayama, Rieko Tsukazaki, Gary Watanabe, Wesley Henry & Christine Jordan, Yumiko Yamamoto, Joni Young.

DONATIONS TO NOKOTSUDO:

Kazuko Choy *in memory of Yaiko Tsuchiya*, Winona Coleman *in memory of Mosaku & Shizuyo Nakamoto*, Gwen Ito, Sharon Katada *in memory of S. & T. Katada*, Suyeko Koyanagi, Suyeko Koyanagi, Bert & Hazel Maedo *in memory of Usa Maedo*, Andrea Sakamoto *in memory of Jane Yamaguchi*, Gerald & Kathy Sakamoto, Lea Uehara *in memory of Ken & Kikuyo Nishita*.

DONATIONS TO PROJECT DANA

Organizations: Microsoft Matching Gifts Program, Oahu Charity Walk.

Others: Anonymous, C. Arakaki, A. & R. Barbozo, H. Chun, W. & N. Hironaka, S. Kanazawa and J. Young *in memory of Takeo Maruyama*, A. & O. Kawabata, B. Lee, M. Morales, L. Mow, B. Nishioka *in honor of Gwen and Rose Nakamura*, H. Uyeno, G. Watanabe, S. Emerson *in memory of Hiroshi and Peggy Daikoku*.

DONATIONS TO WHITE WAY:

Patricia Yoseda

ADDITIONAL OBON DONATIONS:

Yoshiko & Tulane Ebisu, Glenn & Lillian Fujihara *in memory of Motohachi Matsumoto*, Masashi Fujino, Michie Hamao, Kazuo Hiranaka, Chaz Hiroko, Wallace & Nancy Hironaka, Gwen Ito, Neil & Victoria Kajioka, Stanley & Carol Kawaguchi, Suyeko Koyanagi, Stanley & Evelyn Masuoka, Yusei & Yuriko Matsui, Izuko Mikuni, Tomie Nakahara, Wendy Nakanishi, Ann Nakata, Hideko Okimoto, Thomas & Leatrice Sakamoto, Saiei & Kiyoko Sato, Carol Shiraki *in memory of Frank & Natsuko Kunimune*, Earl Matsuoka & Annette Kunimune, Tatsuki & Sachiko Shiramizu, Kenneth Takeuchi, Sumie Tanaka, George Tsugawa, Jeanne Watari, Katsumi & Mayumi Yamamoto.



OHIGAN DONATIONS:

Thelma Ando, Chiyono Ebisu, Mari Fukuya, Sumie Hamamoto, Edgar & Helen Hamasu, Ethel Hasegawa, Wesley Henry & Christine Jordan, Donna Higashi, Toshiyuki Hiranaga, Edith Horii, Vernon Kajiwaru, Edith Kato, Anne Kawabata, Shinobu Kawano, Joanne Kealoha, Karen Kikukawa, Robert & Hatsue Kinoshita, Midori Kiso, Isao Kitagawa, Kerry & Mimy Kiyohara, Sumiko Kodama, Kathleen Komo, Patrick Komo, Suyeko Koyanagi, Satoru & Hideko Kumagai, Brian Kunimune, Eugene Makino, Yusei & Yuriko Matsui, Glen & June Matsumoto, Izuko Mikuni, Raymond & Violet Mimaki, Elaine Miyamoto, Momoyo Miyazaki, Michiko Motooka, Melvin & Karen Murakami, Fusaye Muramaru, Doris Muraoka, Rose & Gwen Nakamura, Wendy Nakanishi, Myrtle & George Nakasato, Ann Nakata, Nancy Nakatsuka, Machiko Nekotani, Mildred Nishida, Thomas & Betsy Nishioka, Ethel Oda, Lois Ohta, Marsha Okada, Kimiko Okano, Gladys Okano, Philip & Violet Okubo, Yaeko Onuma, Joanne Sakata, Kenneth & Jean Sato, Linda Sesoko, Nancy & Roy Shimamoto, Jean Ayako Shintaku, Tatsuki & Sachiko Shiramizu, Alice Shiroma, George & Sumie Sonoda, Michael & Wendy Sorakubo, Karen Sumida, Harumi Suzuki, Howard Takaki, Itsuko Takamura, Irene & Jenny Takemoto, Tom & Jane Tamura, Satsuye Tanaka, Sachie Tsukamoto, Rieko Tsukazaki, Sharen Uyeunten, Jeanne Watari, Tommie Yamamoto, Katsumi & Mayumi Yamamoto, Edward Yamasaki, Gene & Joann Yokota, Bessie Yoshimura.

Moiliili Hongwanji is most grateful for your generous donations. If you would like to have a receipt for your donation, please call the temple office at 949-1659. Ofuse for funerals, memorial services, and other services are not listed. If you prefer that your name not be listed, please include a note and we will list it as "anonymous."



Hello families! The beginning of a new school year is a busy but very exciting time. The children have all done well adjusting to new routines and making new friends. Our classrooms are buzzing with fantastic projects and activities and we are all anticipating a wonderful and exciting year ahead.

We start each day with a short morning circle where we go over the day's activities, calendar, sing songs and introduce our lessons. We began in August by talking about ourselves as we explored "Self Identification" and learned about our five senses. We also reviewed colors and shapes and talked about our families.

In September we celebrated our unique island home with an "Aloha Week Mini Luau." Many children wore aloha attire and donned handmade flower headbands and/or lei. They got to taste a variety of foods like haupia, poi, taro chips, pineapples and kalua pig. The luau was also a great way to learn about luau foods and to talk about our sense of taste. Pineapples seemed to be the hands down favorite!

Our Preschool Open House was on Friday, Sept. 18. Parents visited our temple and classrooms. This is a wonderful night to meet and greet. The children are always enthusiastic to show their families what they have been busy learning and their many accomplishments.

"Soccer Shots" is a new program that we are offering to our preschool families. Coaches come here to school and work with the children on soccer fundamentals. It is a wonderful opportunity to begin to learn the skills and to work on coordination. We had an enthusiastic response with many children signing up to participate in this program.

October brings the fall season and we will be studying the seasonal changes that fall brings. In October we will learn about the importance of fire safety and have excursions planned to the Moiliili-McCully Fire Station as well as the Aloun Farms Pumpkin Patch. Halloween means dressing up and on Oct. 30 we have a spooktacular little parade planned and many fun activities to celebrate this exciting holiday!

We will also be holding parent and teacher conferences. It is always nice to get to share and

learn valuable insight to the students we teach from the people who know them best.

What better way to begin the holidays than by thinking of those less fortunate? Our preschool will be holding a Food Drive from October through December, and if anyone would like to donate canned goods or other non-perishable items, please bring them down. We will then be distributing them to various organizations to provide assistance to needy families or individuals.

Busy, busy, busy! Classrooms are buzzing with busy children learning, growing, changing and discovering.

Submitted by Cori-Ann Uwaine

FROM THE PRESCHOOL DIRECTOR



The 2015-2016 school year at Moiliili Hongwanji Preschool will be filled with wonder and delight for the children. We started the year by incorporating a Science lesson on environmental stewardship into our daily academic schedule. Through an excursion to see "HONU" at the Hawaii Theater, the children learned about the sea and how to take care of the nature along the shore and in the water. In the classroom the classes extended this learning through an art project.

We were also involved with the Temple Open House on Sept. 26. The preschool did a bake sale, fish pond, tattoo and face painting.

Finally, for the safety and well-being of our students and staff, the Fire Department came on Sept. 30 to train the staff on the use of a fire extinguisher.

We are still providing school tours and accepting applications year round. Observations are being scheduled in the coming months.

There are so many educational and fun events happening at the preschool. Watch for more information to come!

In Gassho,
Wendy Harman

Moiliili Hongwanji Preschool Accepting Enrollment

Children 2.5 to 5 years of age
Weekdays 7:00 a.m. to 5:15 p.m.
Wendy Harman, Preschool Director
Tel: 946-4416 Cell 630-4963
email: mhps902@gmail.com
www.moiliilihongwanjipreschool.com



2015 Temple Annual Picnic



Moiiliili Hongwanji BWA 90th Anniversary at Waialae Country Club on August 15, 2015

Guest Speakers



Martha Samson



Donna Higashi



Rev. Jay Okamoto



Raymond Takiue

MHM Annual Open House and Bazaar

