



Telephone: 949-1659 ~ Website: www.moiliilihongwanji.org



SPRING O-HIGAN: HOW DO WE LIVE OUR LIVES?

By Rev. Bert Sumikawa

On March 20, 2016, Moiliili Hongwanji will be celebrating the Spring O-Higan Festival with Rev. Hiroko Maeda of the Kaneohe Higashi Hongwanji as our guest speaker. O-Higan is a time during which we can reflect upon the profound harmony and oneness of the universe, a harmony that becomes apparent when we are able to see beyond our limited self-centered views.

O-Higan means the “other shore” of enlightenment and traditionally is a week-long observance during which the Six Paramitas or “perfections” are studied and contemplated. During this time, we can bring to mind these perfections and consider how they relate to our lives.

O-Higan is celebrated every spring and fall during the equinoxes when the lengths of both day and night are equal. In the Buddhist philosophy, this balance of light and darkness symbolizes the Middle Way, an expression of Buddhist Awakening.

When the Dharma is applied to our daily lives, it is called the Middle Way, avoiding the extremes of suffering and pleasure, pessimism and optimism, as well as the extremes of purely material perceptions of the world versus mental perception, and thereby walk the practical path in between. A Buddhist scripture, I am told, likens the Middle Way to tuning the strings of a harp which can neither be too tight nor too loose to create a melodious note.

Shinran explains the state of ordinary beings as such: *“As for ordinary beings, we are full of ignorance and blind passions. Our desires are countless, and anger, wrath, jealousy, and envy are overwhelming, arising without pause; to the very last moment of life they do not cease, or disappear, or exhaust themselves.”* (Notes on Once-Calling and Many Calling [*Ichinen tanen mon'i*])

It is very difficult to define the true Middle Way because of man's ego and ignorance. It is not a path of compromise, but a path that does not assume right or left. Thus, this O-Higan, celebrating the equinox is a reminder to all Buddhists that our aim is to discover the True Middle Way and to walk carefully through life on the narrow path to Awakening. It is for that reason that Mahayana Buddhism reminds us to practice the Six Paramitas every day for a more creative life.

In the Dhammapada, the Buddha says: *“Few are there among men who arrive at the other shore (para); the other people here run up and down the shore.”*

O-Higan, therefore, is the Middle Way, that of enlightenment or the world of the Pure Land. The great Pure Land master Shan-tao (Zendo, jpn.) said, *“There is the person (Amida Buddha) who is calling us from the other shore saying, ‘Be mindful. Live the truth single-mindedly and come here immediately. Leave everything to me. I will uphold you.’”* Amida Buddha's wish is fulfilled and his name became the Nembutsu and reached all. Embraced by Amida Buddha and guided by our ancestors we are walking the path of Nembutsu. Namo Amida Butsu.

**EMBRACE CHANGE:
“NEW VISION, CREATE
ENGAGEMENT”**

The 104th Legislative Assembly (Giseikai) took place on February 12-13 with full day sessions dedicated to running the business of the Honpa Hongwanji Mission of Hawaii. Moiliili Hongwanji was represented by Rev. Bert Sumikawa, Nancy Shimamoto, Karen Kikukawa, Kerry Kiyohara and Rose Nakamura.



State Kyodan President Pieper Toyama presided over all the proceedings. The agenda was lengthy for both days. There were 14 Resolutions that were tackled one at a time from “Green Hongwanji Initiative,” “Technology for Remote Communication” (authored by Raymond Takiue), to “Strengthening Hongwanji Districts for Sustainability and Growth,” among others, plus several Resolutions of Condolence and Appreciation. Voices were heard as questions were raised, responses given, support expressed and motions made. It was gratifying to see the smooth passage of the budget unlike previous years. Pieper mindfully controlled the proceedings in a very concise and professional manner, resulting in a minimum of disruptions. This resulted in closure of the meeting earlier than expected.

There were several heart-stopping, tearful moments during this Giseikai. One was the showing of a short film of Katsu Goto presented by Honokaa Hongwanji Temple. Katsu Goto was a Japanese labor leader who was lynched to death in Honokaa in 1889. The film is an effort to document his story and to begin a fundraising project.

At the conclusion of business on Friday, Bishop Eric Matsumoto, on behalf of the Social Concerns Committee, arranged to screen three short film presentations. “A Surrender Call” and “The Herbert Yanamura Story” featured Mr. Yanamura and WWII efforts in helping civilians on Okinawa. The third feature focused on Takejiro Higa, Jikoen member,

who was also involved in the aftermath of the Battle of Okinawa. Both gentlemen were invited to the Giseikai, and it was heartwarming to hear their personal stories shared with such humility.

President Toyama embraces change and anticipates a new vision for the future as we create engagement with our members and the public. He suggests that we remain focused as we:

- shape a responsive and relevant Jodo Shinshu message;
- share the message with all, so they may live in harmony, peace and gratitude;
- improve our capacity to share the message as often as possible.

The banquet at the Hilton Hawaiian Village Coral Ballroom celebrating the 2016 Living Treasures Honorees capped the 2016 Legislative Assembly. The event showcases Honpa Hongwanji Mission of Hawaii as we recognize and honor individuals for their devotion to preserving the spirit, traditions, and values of our island home for future generations.

When all was said and done, Kerry Kiyohara said it best: “I was very impressed by the passion and commitment of the Kyodan leadership and delegates to face the challenges facing Hongwanji in Hawaii, and by the incredible friendliness and aloha spirit that characterizes Hongwanji people.”

By Nancy Shimamoto, President



SAVE THE DATE!

TASTE OF MOILIILI HONGWANJI: MAY 14

Something new! A “Taste of Moiliili Hongwanji” fundraiser will be held on **Saturday, May 14**. Please save the date and come to the temple and buy some really ono food. Please watch for more information in the next issue.

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!

MOILIILI HONGWANJI SPRING SEMINAR

Speaker: Dr. Carl Becker, PhD

of Kyoto University

Saturday, March 19, 2016

8:30 a.m.-12:30 p.m.

"Reducing environmental damage through lifestyle--Ideas from Japan" & "Dealing with stress in a busy lifestyle—Ideas from Japan"



Refreshments & light lunch will be served. Please call 949-1659 or email mhm@moiliilihongwanji.org. Registration fee of \$10 is due by March 16.

SPRING EQUINOX (OHIGAN) SERVICE

Moiliili Hongwanji's Spring Equinox (Ohigan) Service will be held on **Sunday, Mar. 20**, at **9 a.m.** Our guest speaker will be Rev. Hiroko Maeda of Kaneohe Higashi Hongwanji Mission. You are most cordially invited to attend!

MHM & HBC BUDDHA DAY OBSERVANCES

Moiliili Hongwanji's Buddha Day Service will be held on **Sunday, Apr. 3**, at **9 a.m.** Mrs. Myra Ikeda will be our speaker. Following the service, there will be a book-signing session for her recently-published book A Harvest of Hawai'i Plantation Pidgin: The Japanese Way. Please join us to welcome Mrs. Ikeda and to celebrate Shakyamuni Buddha's birth in Lumbini Garden more than 2,500 years ago.

The following **Sunday, Apr. 10**, the Hawaii Buddhist Council Buddha Day observance will be held at **9 a.m.** at Higashi Hongwanji Mission of Hawaii at 1685 Alaneo Street. The speaker will be Mrs. Chizuko Endo, co-founder of Taiko Center of the Pacific. Entertainment will include Japanese court music and dance and children's performances. There will be no service at Moiliili Hongwanji, and everyone is encouraged to attend this joint service.

BWA ESHINNI & KAKUSHINNI DAY & TEMPLE VOLUNTEER APPRECIATION SERVICE

On **Sunday, Apr. 24**, at **9 a.m.** the Moiliili Hongwanji Buddhist Women's Association cordially invites you to the annual Eshinni and Kakushinni Day Service honoring Lady Eshinni, wife of Shinran Shonin, and Lady Kakushinni, their daughter. Our

guest speaker will be Rev. Mary David, former resident minister of Mililani Hongwanji. Please join us! At this service, the temple will also extend its appreciation to all of its hard-working volunteers.



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

Leslie Masaru Nishimura, 72, on Dec. 11

George Hiroshi Nagao, 85, on Dec. 22

Fusako Umeda, 89, on Dec. 25

Toraki Fukushima, 89, on Dec. 29

Takashi Tanaka*, 94, on Jan. 6

Maureen Suemi Higuchi, 80, on Jan. 9

Yusei Matsui*, 91, on Jan. 14

Bessie H. Tanaka*, 104, on Jan. 16

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

REMEMBRANCE (SHOTSUKI MEMORIAL) SERVICE

Our *Shotsuki* Memorial Service is a general memorial service held on the first Sunday service monthly to remember members and friends of our Moiliili Hongwanji and others who passed away during the month in which it is held.

Memorial services are held often according to our Buddhist tradition. There are also the services at pre-described intervals (49th-day, 100th-day, 1-yr., 3rd-yr., 7th-yr., 13th-yr., 17th-yr., etc.) for individuals called *Nenki Hoyo*, held privately by families. The *Shotsuki* is primarily for observing the memorial of an individual that does not fall on any of those special years.

The Memorial Service in our Jodo Shinshu tradition, although held in honor of the deceased, is received as an opportunity given to us by the persons we honor, to encounter and to listen to the teachings of the Buddha. Through remembrances of our family members and friends who have passed on, and through the Dharma, we are able to reflect on our daily life.

Please call the Moiliili Hongwanji at 949-1659 to take part in this service. You may also come on that Sunday to be included in the service. Names of those remembered will be called, and the families will have the opportunity to come forward to offer incense.



PROJECT DANA NEWS

27 Years of Caring – Thank You!

On Sunday, Jan. 31, Project Dana at Moiliili Hongwanji observed its 27th Volunteer Appreciation Service. There was a nice mixture of guests, temple members, Advisory Council Members, Site Leaders, volunteers, and friends of The Project in attendance. Rev. Sandra Hiramatsu, Advisory Council member, led a chant she had written especially for this 27th Anniversary Service. In her Dharma message entitled “The Joy of Giving” Rev. Hiramatsu expressed appreciation for the 27 years of caregiving by volunteers with support from the Advisory Council and Moiliili Hongwanji Mission. The Happy Strummers cheerfully accompanied on their ukuleles, singing of the two Project Dana songs “Do You Really Care?” and “Dana Rainbow.” Certificates were given to the new volunteers of 2015. Betsy Nishioka, long time Moiliili Hongwanji Member and Project Dana volunteer (over 18 years) shared her inspirational story of helping elders with compassion and kindness. Here is an excerpt of her talk:

“... Presently I have been assigned to Mrs. T. She is originally from Japan and has no relatives in Hawaii. It’s been 8 years since then and we have developed a deep friendship and trust. She tells me many experiences of her youth in Japan. During the war her home and neighborhood were all burnt and they had lost everything. In her 20’s she married an American soldier and moved to New York, then to Hawaii. She likes living in Hawaii and has no intention of going back to Japan. She was a caregiver to her husband who passed away from Alzheimer’s and pneumonia at the age of 97. That was 14 years ago... We shop every Wednesday for groceries and other errands. She is now 87 years old and is a pancreatic cancer survivor. She has refused any medical treatment, drinks this mineral water and amazes her doctors. She is always grateful for Project Dana. ...

Now I am living with the words that my mother shared with me a long time ago—kokoro no mochikata—how I see things around me makes the difference in living a full and happy life.

Always be positive, life will go on, time helps to heal. Be one with the Onembutsu.”

Project Dana at Moiliili Hongwanji expresses much appreciation to all the volunteers for their 27 years of DANA and looks forward to 2016 with the “Joy of Giving”.

Assistance Available

Do you live alone or know someone who does? Have they experienced a fall? Is help needed in getting groceries or rides to medical appointments? Project Dana collaborates with organizations to offer assistance through volunteers to elders and caregivers to age in place. Qualifications will vary with each grant.

The Persons in Need (PIN) grant from the Hawaii Community Foundation provides financial assistance for respite for the caregiver if a loved one is attending an Adult Day Care or Day Health Center. Volunteer assistance is provided for transportation requests to medical or therapy appointments. The grant provides for assistance with decluttering in the home or providing assistive devices, i.e., grab bars, raised toilet seats, and requires a home safety assessment from The Project.

The Honolulu Police Community Foundation and Project Dana have partnered for the past 3 years to offer the Response Alarm Program. With a home safety assessment completed by Project Dana, the elder (who lives alone and at risk for falls) may be eligible for a one-year, no-charge, response alert system. They will be responsible to pay monthly fees after the first year is over.

Project Dana continues to provide friendly visits and respite in the homes through caring and compassionate volunteers. The Home Safety Assessment is being offered to all elders and family caregivers in the important area of fall prevention. The Caring for the Caregiver Support Group has been offering for the past 16 years educational and rap sessions with occasional outings to help educate and relieve the caregiver in taking care of their loved ones at home.

If you are interested or know someone who might benefit from any of these services, please don’t hesitate to contact the Project Dana office at 945-3736 for further information.

ADOPT-A-PLOT

Medical journals often state the importance of sunlight and fresh air and the wonder each does for our mind, body and spirit. A way to become healthier each day is to Adopt-A-Plot. Here's how Adopt-A-Plot can work:



- Choose an area in our temple side parking lot or grounds.
- Plot sizes vary but are usually two to three parking stalls wide.
- It is easy access and maintenance convenient, any day during sunlight hours. Whether you weed, trim, weedwack, plant, or lay gravel, it's your choice. Tools are readily available especially when returned after each use.
- Plant anything complementary and compatible to neighboring plots.
- As a free introductory offer, help will be given as you prepare your plot. "But you must act now."

Come join your fellow temple members—Patrick, Mari, Shirley, Emma, Joanne S., & Hudson are already enjoying their "Adopt-A-Plot." Plots are going rapidly. "When they're gone, they're gone." "So don't delay another moment. Sign-up today."

Our temple office staff is standing by to take your call. Call 949-1659. "So act, NOW!" Adopt-A-plot! Adopt-A-Plot! Adopt-A-Plot!



WELCOME TO NEW MEMBERS

A warm and hearty welcome is extended to the following who have recently joined our temple Sustaining (Gojikai) Membership:

Rev. Thomas and Mrs. Michiko Okano
Dorothy Colby

We look forward to their participation at our temple services and activities and express our deep appreciation for their membership pledge.

HAWAII BETSUIN TASTE OF HONGWANJI

The Hawaii Betsuin's Taste of Hongwanji will be held on **Sunday, Apr. 17, from 8:30 a.m. to 1 p.m.** There will be lots of food, produce, plants, rummage items, treasures, and more. You'll be sure to find lots of wonderful things to buy. Be sure to look for the Moiliili Hongwanji booth!

ANNUAL MEETING & SHINNENENKAI 2016

The day of our Annual Meeting and New Year

Luncheon, Feb. 21, began with our 9 a.m. service which included an inspiring Dharma message by Rev. Sumikawa, recognition of the members turning 80 in 2016, and introduction of new members who have joined our temple Sustaining Membership during the past year.

The Annual Membership Meeting conducted by President Nancy Shimamoto followed the service. There was a moment of quiet reflection as we remembered members who passed away during the past year. The agenda also included the President's report, Treasurer's report and financial reports of organizations, and the election and installation of the temple's Board of Directors for 2016 and 2017.

Our annual New Year Luncheon at the Willows was thoroughly enjoyed by close to 100 attendees! What an honor it was to welcome our guests and to see our former resident ministers and their wives, to enjoy a delicious buffet, to laugh abundantly during the Legends III entertainment, and to have the opportunity for warm fellowship with fellow Sangha members. Mahalo to event coordinators Cheryl Yasunaga, Emma Kie and Richard Oka, entertainment coordinators Ann Nakata and Kerry Kiyohara, and all the Legends III stars for a very festive Shinnenenkai!

MOILIILI HONGWANJI BOARD OF DIRECTORS FOR 2016 & 2017

Minister: Rev. Bert Sumikawa

Counselors: Toshiyuki Hiranaga, Yoshiaki Matsuoka,
Michiko Motooka, Lily Muraoka, Kimiko Okano,
Ethel Shintaku

President: Nancy Shimamoto

Past President: Blayne Higa

1st VP: Raymond Takiue

2nd VP: Phyllis Nakasone

3rd VP: Karen Kikukawa

Treasurer: Jay Hamai

Asst. Treasurer: Joanne Kealoha

Secretary: Mari Fukuya

Asst. Secretary: Robin Meade

Auditors: Bert Matsuoka (Head), Paul Nitta

Directors: Walter Ebisu, Hudson Fukuki, Wes Henry, Bryson Ho, Kerry Kiyohara, Patrick Komo, Alisa Kondo, Roy Masuda, Ernest Morikubo, Rose Nakamura, Ann Nakata, Bert Ogasawara, Cynthia Ogasawara, Susan Okano, Cyndi Osajima, Ernie Oshiro, Martha Samson, Sharen Uyeunten, Jeanne Watari, Cheryl Yasunaga



HEADQUARTERS NEWS

104th Legislative Assembly The 104th Giseikai, the Legislative Assembly of the Honpa Hongwanji Mission of Hawaii, was held at Hawaii Betsuin on Feb. 12-13. A total of 148 delegates and observers from across the state gathered to discuss the resolutions including the Kyodan budget for 2016.

Jinji (Ministerial Assignment) Rev. Jay Shingo Okamoto, Resident Minister of Waipahu Hongwanji and Oversee Minister of Ewa Hongwanji and Waianae Hongwanji, will resign from HHMH as of Mar. 31. Ministers of Oahu District will assist the temples.

Accession Ceremony (Dento Hokoku Hoyo) Honzan has designated two dates—Oct. 21, 2016 and Mar. 31, 2017—for overseas members (BCA, HHMH, and Canada) to participate in the Accession Ceremony commemorating the accession of the newly-inducted Head Priest, 25th Gomonshu Kojun Ohtani. HHMH has arranged two “HHMH Spiritual Enrichment and Fellowship Tours” as follows:

Oct. 14-23, 2016: Tour arranged by Kintetsu International Hawaii to attend the ceremony on Oct. 21. Deadline has been extended to Mar. 31, 2016. Rev. Toshiyuki Umitani and Rev. Kazunori Takahashi will serve as chaperones. (You may also make your own travel arrangements and join the group in Kyoto from Oct. 20-22. Two nights’ accommodation at Kyoto Shin Miyako Hotel with 2 breakfasts & 1 dinner will be arranged by Kintetsu.)

Mar. 29-Apr. 7, 2017: Tour arranged by JTB USA to attend the ceremony on Mar. 31. Registration deadline is May 13, 2016. Bishop Matsumoto and Rev. Yuika Hasebe will serve as chaperones. (You may also make your own travel arrangements and join the group in Kyoto from Mar. 30-Apr. 1. Two nights’ accommodation at Rihga Royal Hotel with 2 breakfasts & 1 dinner will be arranged by JTB.)

Please see <http://hqs963.wix.com/hmhhdhhtour> for more information and registration, or contact your resident minister or Rev. Toshiyuki Umitani at hqs@honpahi.org or at 522-9200.

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

HAWAII FAITH-BASED SUMMIT ON HOMELESSNESS

A public event, “Hawaii Faith-Based Summit on Homelessness,” will be held on **Monday, Mar. 14**, from **8 a.m. to 5 p.m.** at the Central Union Church, 1660 S. Beretania St. It is co-sponsored by the Institute for Human Services (IHS) and The Interfaith Alliance Hawaii (TIAH). The Honpa Hongwanji Mission of Hawaii’s Committee on Social Concerns will be participating. Information can be found by Google search “Hawaii Faith-Based Summit on Homelessness”.

YESS CAMP

YESS (Young Enthusiastic Shinshu Seekers) Camp for youth ages 13-23 will be held at Camp Timberline from **Mar. 19-21**. The theme is “Through the Mirror” and the guest speaker will be Mr. Pieper Toyama. Late registration deadline is Mar. 4 (\$110). Contact Jamie at 973-6555 for more information

CHORALFEST 2016

The Honpa Hongwanji Mission of Hawaii’s Choralfest 2016 will be held at the Hawaii Betsuin on **Sept. 24-25**. Registration forms and fee of \$30 per person is due by Apr. 30. Please call the Office of Buddhist Education at 522-9202 for more information.



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 to 8 a.m.** Here is the upcoming schedule with speaker’s name followed by sponsor’s name:

- 3/5 Rev. Sandra Hiramatsu (Alice Shiroma)
- 3/12 Rev. Shigenori Makino (Donna Higashi)
- 3/19 Rev. Toshiyuki Umitani (John & Laura Moriyama)
- 3/26 Rev. Shigeaki Fujitani (Takako Oda)
- 4/2 Rev. Yuika Hasebe (Wendy Nakanishi)
- 4/9 Rev. Joshin Kamuro (Rose Nakamura)
- 4/16 Rev. David Fujimoto (Michiko Motooka)
- 4/23 Rev. Kojun Hashimoto (Thelma Ando)
- 4/30 Mr. Ernest Morikubo (Hirai Family)

Mahalo to our speakers, our sponsors and our volunteer staff for making this broadcast possible. The following dates are still available for sponsorship: **May 28 and July 23**. If you would like to sponsor either of these broadcasts, please contact the temple at 949-1659. A donation of \$65 is requested to help cover the costs associated with the broadcast. Past broadcasts can be heard on our website www.moiliilihongwanji.org.



Buddhist Women's Association



Going, going, gone...is the month of February!

On Jan. 17, our ladies worked together to put together the otoki for refreshment hour and to send home to elders who can't come out to temple services. This year's otoki consisted of mazegohan, kuromame, yokan and kanten. Family members at temple as well as some BWA ladies delivered the special lunch to 24 elders. A very special thank you to those who came out in the early morning to prep the goodies: Anne Kawabata (^ . ^)



kitchen matriarch, Nancy Hironaka, Donna Higashi, Joy Fujita, Jeanne Watari and Susan Okano. We are also so very grateful to all the ladies who brought even more goodies and served at the BWA-hosted refreshment hour that day. A big hug to Osamu Kawabata, one of our BWA "dreamboats" who helped with clean up.



Our first general meeting was held on Feb. 14. A quick look ahead at our BWA calendar for this year: **Wednesday, Mar. 16** from 9 a.m. – oteire (light dusting of the onajin and the columbarium altar). Things don't magically stay clean! Thanks to hoshia teams and the BWA oteire folks, the altar areas are beautifully kept up.

Sunday, Apr. 17—BWA fundraiser at Betsuin's Taste of Hongwanji. This is one of two opportunities that the BWA is able to make some money for our treasury.

Sunday, Apr. 24—Eshinni/Kakushinni Day service hosted by the BWA which will be followed by general meeting #2. Our speaker will be Rev. Mary David who was formerly at Mililani Hongwanji.

We are saddened to announce the passing of two long time BWA members, Mrs. Bessie Tanaka who was 104 years old and Mrs. Vivian Nakamura who was 97 years old.

Contributed by Lois Ohta



HAPPY STRUMMERS NEWS

After a busy morning service and the annual meeting of Moiliili Hongwanji was completed, Ann Nakata, a Happy Strummer, helped present the best entertainment following the ono lunch at Willows. The Happy Strummers were happy to be a part of the program beginning with "Hamabe no Uta" with the audience singing along. It is a tune that brought back nostalgic memories of yore to many of the members. Then the Strummers played the snappy lilt "Buddha Loves You" as birds, dogs, cats and fish, all dressed in colorful attire, danced and sang. It was wonderful to have had the children's participation.

A date that the Strummers will remember was the visitation to 15 Craigsides, a quiet senior residence in Nuuanu. We played 6 melodies that were well-received, as many of the residents were clapping and singing along. We hope to visit them again in the near future, so Strummers, gear up for the next sing-along session at Craigsides.

Contributed by Michiko Motooka

HEALTH & WELLNESS

The February 2016 issue of Harvard Heart Letter suggested five activities you should do, beginning this month.








1. Buy a home blood pressure monitor and learn how to use it. It is recommended that you take your blood pressure in the morning and evening. Keep a record and show it to your doctor.
2. Try swimming. The buoyancy that water gives will place less stress on your joints and muscles, adding to cardiovascular benefits.
3. Do you or your partner snore loudly and gasp for breath while you're sleeping? The Heart Letter suggests that you go online to MyApnea.Org and click "check your risk now." If you're worried you might have apnea, ask your doctor about a home overnight sleep study.
4. Do your heart a favor by reducing excess sugar from your diet. The American Heart Association advises women to consume less than 100 calories, or 6 teaspoons of sugar per day, and men less than 150 calories or 9 teaspoons of sugar per day. A 12-oz. can of soda contains 9 teaspoons of sugar! Instead, try a cup of tea or coffee without added sugar, or iced water with a slice of lemon, lime or orange.

(continued on p. 11)

March 2016

2016 Slogan: "Embrace Change:
New Vision (Create Engagement)"







Temple.....949-1659
Preschool.....946-4416
Project Dana.....945-3736

Sun	Mon	Tue	Wed	Thu	Fri	Sat
  Happy Girl's Day	1 9:10 AM - Preschool Keiki Service 6:30 PM - Meditation Serv.	2 10:00 AM - Japanese Grief Support Group 7:00 PM - Boxing/Fitness Class	3 <i>Girl's Day</i> 9:30 AM - Ikebana 5:00 PM - Karate	4 1:00 PM - Conversational Japanese Class (closed) 7:00 PM - Boxing/Fitness Class	5 1:00 PM - Conversational Japanese Class (closed) 7:00 PM - Boxing/Fitness Class	
6 9:00 AM - English Service (Monthly Remembrance Service) Speaker: Jake Chang	7 10:00 AM - The Plaza Service 5:15 PM - Zumba	8 9:10 AM - Preschool Keiki Service 6:30 PM - Meditation Serv.	9 6:30 PM - Temple Board Meeting 7:00 PM - Boxing/Fitness Class	10 9:30 AM - Ikebana 10:00 AM - Franciscan Visitation 5:00 PM - Karate	11 11:00 AM - Craigside Svc. 1:00 PM - Conversational Japanese Class (closed) 7:00 PM - Boxing/Fitness Class	12 
13 9:00 AM - English Service Speaker: Rev. Bert Sumikawa	14 5:15 PM - Zumba	15 11:00 AM - Arcadia Residence 6:30 PM - Meditation Serv.	16 9:00 AM - Oteire 7:00 PM - Boxing/Fitness Class	17 <i>St. Patrick's Day</i> 9:00 AM - Kyogakkai Mtg. 9:30 AM - Ikebana PRESCHOOL SPRING BREAK (3/14- 3/18)	18 1:00 PM - Conversational Japanese Class (closed) 2:00 PM - Arcadia Visitation 7:00 PM - Boxing/Fitness Class	19 8:30 AM - MHM Spring Seminar with Dr. Carl Becker YESS CAMP 3/19 - 3/21
20 9:00 AM - Spring Equinox (Ohigan) Service Speaker: Rev. Hiroko Maeda YESS CAMP	21 5:15 PM - Zumba	22 9:10 AM - Preschool Keiki Service 10:30 AM - Hawaii Kai Visitation 6:30 PM - Meditation Serv.	23 7:00 PM - Boxing/Fitness Class	24 9:30 AM - Ikebana 10:00 AM - Maunalani Visitation	25 <i>Prince Kuhio Day</i> <i>Preschool Closed</i> 1:00 PM - Conversational Japanese Class (closed) 7:00 PM - Boxing/Fitness Class	26 1:00 PM - Conversational Japanese Class (closed) 7:00 PM - Boxing/Fitness Class
27 9:00 AM - English Service Speaker: Barbara Brennan 4:00 PM - Vesper Service	28  5:15 PM - Zumba	29 9:10 AM - Preschool Keiki Service 1:45 PM - Preschool Mtg. 6:30 PM - Meditation Serv.	30 7:00 PM - Boxing/Fitness Class	31 9:30 AM - Ikebana		

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April 2016

2016 Slogan: "Embrace Change:
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 April Showers	 Bring May Flowers					
3 9:00 AM - MHM Buddha Day Service Speaker: Myra Ikeda Book Signing	4 5:15 PM - Zumba Class	5 9:10 AM - Preschool Keiki Service 6:30 PM - Meditation Svc.	6 10:00 AM - Japanese Grief Support Group 7:00 PM - Boxing/Fitness Class	7 9:30 AM - Ikebana 5:00 PM - Karate	8 <i>Buddha Day Office & Preschool Closed</i> 1:00 PM - Conversational Japanese Class (closed) 7:00 PM - Boxing/Fitness Class	9
10 9:00 AM - HBC Buddha Day @ Higashi Hongwanji	11 5:15 PM - Zumba Class	12 9:10 AM - Preschool Keiki Service 6:30 PM - Meditation Svc.	13 10:00 AM - Japanese Dharma Class 6:30 PM - Temple Board Meeting 7:00 PM - Boxing/Fitness Class	14 9:30 AM - Ikebana 10:00 AM - Franciscan Visitation 10:15 AM - Oahu Care Visitation 5:00 PM - Karate	15  2:00 PM - Arcadia Visitation 7:00 PM - Boxing/Fitness Class	16 Dharma Educators' Conference (Hilo) April 16-17
17 9:00 AM - English Service Speaker: Rev. T. Okano Taste of Hongwanji at Betsuin Dharma Educators' Conference (Hilo) April 16-17	18 5:15 PM - Zumba Class	19 9:10 AM - Preschool Keiki Service 11:00 AM - Arcadia Residence 6:30 PM - Meditation Serv.	20 7:00 PM - Boxing/Fitness Class	21 9:00 PM - Kyogakka Mtg. 9:30 AM - Ikebana	22 7:00 PM - Boxing/Fitness Class	23
24 9:00 AM - BWA Eshinni & Kakushinni Day and Temple Volunteer Appreciation Service Speaker: Rev. Mary David 10:30 AM - BWA General Meeting	25 5:15 PM - Zumba Class	26 9:10 AM - Preschool Keiki Service 10:30 AM - Hawaii Kai Visitation	27 10:00 AM - Japanese Dharma Class 7:00 PM - Boxing/Fitness Class	28 8:30 AM - Preschool Spring Program 9:30 AM - Ikebana 10:00 AM - Maunalani Visitation	29 7:00 PM - Boxing/Fitness Class	30 

In Appreciation

The following donations were received for the period
Dec. 18, 2015 to Feb. 16, 2016:

DONATIONS TO TEMPLE:

Linda Au & Laurie Ann Miyano, Shunji & Jane Adachi, Robyn Akahoshi *in memory of Ralph K. Akahoshi*, Dennis & Lillian Asato, Betty Burns *in memory of Dennis Yukito Tosaki*, Yoshiko Ebisu, James & Jennie Fujii, Joy & Kiyoto Fujita, Gail Fukunaga *in memory of parents Masayo & Miyuki Shimada and brother Glenn Shimada*, Gail Fukunaga *in memory of Ralph Morita*, June Hamada, Edgar & Helen Hamasu, Hartman/Okazaki Family *in memory of Keith Okazaki*, Ernest & Sumie Hashizume, Donna Higashi, Wallace & Nancy Hironaka *in memory of Stephen Hironaka*, Perry Honjo, Edward & Jane Imamura *in memory of Hazel Takata*, Deane Kadokawa, Kenney Kajioka, Yasuhiko Kawawaki, Craig Kinoshita & Patricia Nakaji, Robert & Hatsue Kinoshita, Midori Kiso, Jimmy Kitazaki *in memory of Genji Kitazaki 17th year*, Kerry & Mimy Kiyohara, Craig Mitani, Joy Miyasaki, Suzie Morikawa, Shuku Najita, Ethel Oda, Bert & Cynthia Ogasawara, Lois Ohta, Joel Okazaki, Cheryl Okazaki *in appreciation of Mrs. Michiko Motooka*, Hideko Okimoto, Kenneth Okumura, Lillian Shiraki, Robert Sumida, Kenneth Takeuchi, Gregory & Lynn Tam, Tom & Jane Tamura, Satsuye Tanaka, Shigeko Taylor, Wayne & Eileen Uemoto *in memory of Susumi Tomishima*, Sharen Uyeunten, Yaeko Wasa, Grace & Jack Watanabe, Ayumi Kie Weissbuch, Katsumi Yamada, Dee & Harvey Yamane, Joni Young.

DONATIONS TO NOKOTSUDO:

Linda Au & Laurie Ann Miyano, Mildred Au, Dennis Cabanlet, Phyllis Cano, Rosemary & Kevin Chong, Kazuko Choy *in memory of Yaiko Tsuchiya*, Kazuko Choy, James & Jennie Fujii, Dave & Clara Fujita, Tadashi & Grace Fukumoto, Ernest & Sumie Hashizume, Judith Higa, Kazuo Hiranaka, Clifford & Yukiko Hironaka, Perry Honjo, Stanley Inase, Lois & Jeffrey Inouye, Joy & Wayne Ishihara, Michael Kajiya, Brenda Kanae, Sharon Katada *in memory of T. & S. Katada*, Edith Kato *in memory of Shinnojo, Ryu & Susumu Kato*, Robert & Doris Kawasaki, Bessie Kida, Stanley Kitagawa, Ruriko Kono, Susan Lange *in memory of Violet Yoshiko Hashida*, Florence Lau, Sheri Maeda, Nobuko Maruyama, Mildred Mawae, George & Clara Murasaki, Garrick Nagao, Dennis Nagatani, Beatrice Nakaoka *in memory of M/M Tsuji*, James Nekota, Machiko Nekotani *in memory of David Nekotani 1st year*, Thomas Noguchi, Hideko Okimoto, Robert Okimoto, Alison Richards, Raymond & Rachel Sakumoto, Nancy & Roy Shimamoto, Carol Shiraki, Kenneth & Dorothy Sorayama, Gladys Sugawa, Tom & Jane Tamura, Eleanor Teraoka, Barbara Tong, Sharon Toriki, Ty Umeda, Rodney & Kim Uyehara, Yaeko Wasa, Iris Wasa-Uehisa *in memory of George Wasa, Shinichi & Koyo Wasa, Yuu Fujishige*, Grace & Jack Watanabe, Robert & Jeanne Watari *in memory of*

Tatsuji & Ethel Watari, Judine Wing, Harold & Edna Yamaguchi *in memory of Sonae & Kinuyo Yamaguchi*, Nobuko Yamamoto, Albert & Jane Yazaki, Joan Yoshino.

DONATIONS TO PROJECT DANA:

Organizations: Anonymous Grant Hawaii Community Foundation, Iolani Schools Thanksgiving Offering, Persons In Need (Hawaii Community Foundation May Templeton Hopper Fund), Na Lei Aloha Foundation

Others: Anonymous, C. Arakaki, Y. Kaihara, F. Kapololu, T. & A. Kishimori, E. & E. Kohara, L. Lee, R. & J. Nishihara, F. Ogasawara, L. Pang *in memory of Bertha and Kim Sing Pang*, J. Shintaku, F. Shirota, J. & Y. Tanabe, N. Tokuda *in honor of Theo Matsumoto*, H. Uyeno

27th Anniversary: Hirai Family *in memory of M/M Hirai and in honor of Project Dana Staff*, E. Makino, M. Motooka, J. Nakamura, B. Nishioka C. Ogasawara *in memory of Edwin Ogasawara*, E. Shintaku, St. Marks Aloha Ministry, H. Suzuki

DONATION TO WHITE WAY:

Kenneth Okumura

ADDITIONAL EITAIKYO DONATIONS:

Patsy Ching, Edwin Tanaka

HOONKO DONATIONS:

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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."

Health & Wellness (cont. from p. 7)

5. If you're walking for exercise (especially seniors), increase your pace to 3 mph. To estimate your walking speed, about 113 to 120 steps per minute equals a speed of 3 mph. Start slow and increase your pace. Before you start exercising, please check with your doctor.

Contributed by Helen Hamasu



February is a busy month for the Preschool with many fun-filled activities planned. On Feb. 5, much to the delight of the children, a magical storyteller, Yasu Ishida, visited our school. He entertained everyone with a Japanese tale and coins and flowers appearing out of his hand.

In preparation for Chinese New Year, the children were hard at work creating fierce lions and colorful dragons. On Feb. 8, Chinese New Year, the Gee Yung International Martial Arts, Dragon and Lion Dance Association performed with two lions. Each child was given an opportunity to "feed" lycee to the lions. The children also did their own lion dance with smaller lions, cymbals, and drums in their classrooms.

Valentine's Day is all about friendship and getting along with others. Stories are read, songs are sung, and Valentine crafts are made to reinforce this feeling throughout the month.

Our first Grandparent's Day on Feb. 12 was a huge success! Grandparents were treated to a mini program where the children sang "Grandma, Grandpa" and "We Are Family". Then everyone dispersed to their grandchild's classroom. Each class had their own make and take. It was nice to see grandparents and their grandchild working diligently together on their Valentine craft. Lunch followed where grandparents could help themselves to a delicious spread. Needless to say, a good time was had by all.

A walking excursion through Chinatown on Feb. 18 was a great way to experience the Chinese culture. There is much to see, touch, and taste with ethnic clothing, toys, and food displayed in shops along the way.

February is also dental health month. On Feb. 23, we had a presentation by Rev. Sumikawa, who is

a retired dentist. He introduced his dragon puppet, which is a mascot for dental health. The children received useful dental health information the fun way!

Contributed by Linda Nagata

FROM THE PRESCHOOL DIRECTOR

Aloha Everyone!

As we are in the midst of February, I hope everyone had a nice Valentine's Day and a restful President's Day holiday.

In the month of March the Department of Human Services (DHS) will be conducting our biennial school inspection. The inspection addresses health and safety issues such as compliance with fire drills and emergency situations and adherence to procedures related to medical issues. DHS will also inspect our preschool facilities.

The teachers are working diligently on a number of thematic units throughout the year. As part of holidays and celebrations, they engage the children in learning about Chinese New Year's, Valentine's Day, Girl's Day, and Easter. As part of health and wellness, they cover National Dental Health Month in February and National Nutrition Month in March.

An animal unit includes the study of insects and zoo animals. The children also learn about seasonal changes through lessons about Spring and reflect upon taking care of our environment through Earth Day activities.

The temple is creating a garden project for the preschool. Members will be planting fruits and vegetables in the back of the preschool where the tree was located. The preschool is looking forward to helping tend this garden.

Our Grandparent's Day event that was held on Friday, Feb. 12, went really well. We had a total of 47 grandparents who joined us on that day. A terrific turnout! They all participated in a Valentine's make-it-take-it craft. The children sang songs for them, showed them the learning centers and explained what they do and learn. Then a delicious lunch was served. The grandparents, children, and staff all had a great time.

In Gassho,
Wendy Harman

MARCH-APRIL 2016

PEACE ON YOUR WINGS

A New Musical

April 1st, 7:30 PM
 April 2nd, 2:00 PM
 April 2nd, 7:30 PM
 April 3rd, 2:00 PM

Mamiya Theatre
 3142 Waialae Ave.
 Honolulu, Hawaii

TICKETS: \$30/\$24/\$18/\$12
 peaceonyourwings.com

Honpa Hongwanji members
 receive a 10% online discount when
 using the code: **HONPAOHANA**

#POYWworldtour

Ohana Arts unveils a new, tour-ready version
 of Peace On Your Wings at Mamiya Theatre
 this April 1st-3rd, featuring new songs, a new
 and improved script, and Japanese translations!

Opening Night KANPAI RECEPTION!
SUSHI + SAKE #POYWkanpai
 20% Ticket Discount through Feb. 15th!
 TICKETS: ohanaarts.ticketleap.com

ohanaARTS
 performing arts for all
 ohanaarts.org

Ohana Arts presents a new tour-ready version of “Peace on Your Wings” on April 1-3 at Mamiya Theatre. They will be performing in New York and Japan in August and in Japan in October.



HHMH Federation of BWA participated at the Martin Luther King, Jr. Parade



Mochitsuki on Sunday, January 3.



BWA singing “YMBA” at Shinnenenkai



Rev. Thomas Okano

Aloha and Mahalo to Rev. Blayne Higa



Rev. Alan Urasaki



Rev. Sandra Hiramatsu



Betsy Nishioka



Welcoming new members



Keirokei honorees



Jr. YBA Federation meeting aboard the USS Missouri