

LESSONS FROM THE GUMYO BIRD

By Rev. Bert Sumikawa



We have many visitors at the Moiliili Hongwanji, including most recently some Iolani School eighth graders, and all are fascinated when they see a depiction of this bird on the altar table. It is the gumyo bird, a mythical bird that is described in the Amida Sutra. It has one body, a long neck and looks like a peacock, but has two heads.

“Sariputra, in the Buddha Land there live a number of wonderful birds of different colors—crane, peacock, parrot, myna, Kalavinka, and Gumyo bird, or the bird of double lives. Six times each day and night, these birds sing melodious tunes.”

They can easily find food because the two heads have each other to help find the food. However, quarrels become intense when their opinions differed. If one wanted to go West and the other East, there was a quarrel. Similarly, if one wanted to drink water from the pond and the other wanted to eat fruits off of a tree, they would fight. They were always quarreling.

One day, one head thought that if the other head disappeared, he would be able to do whatever he wanted to. So the one head planned to give poison to the other head. He put poison on some fruit and told the other head that the fruit was delicious and since he always ate first, he told the other head to go ahead and start eating. After eating the fruit, the hungry bird died. A few seconds later, the other head started to struggle and it too died.

What we learn from this story is that we must cooperate with one another because we are all connected to each other, and that everyone must help one another. The gumyo bird sends this message: to harm another is to harm yourself, to give life to others is to give life to yourself as well.

Our life is like the gumyo bird. We cannot live alone and need each other's help. Oftentimes we insist on living independently. We criticize others and show our selfishness. In this story, if we are unkind to others, this unkindness comes back to us. What goes around, comes around, so it is said. In any given day, we have the opportunity to practice patience, do acts of pure kindness and forgiveness.

We have the time to think loving thoughts embracing others and practicing gratitude. We can try to be compassionate, particularly with difficult people. Good or bad, what we do to others sooner or later will return to us. We are all interconnected in Indra's Net, realizing the preciousness of everyone and everything. That is the Buddha's teaching.

We learn many lessons from the gumyo bird and express our appreciation and gratitude by reciting the Nembutsu while we are on the path to become a true human being. Namo Amida Butsu.

BON DANCE SEASON COMING SOON

By Nancy Shimamoto, President



SAVE THESE DATES – Friday and Saturday, July 1 - 2. Get your kimono or happi coat ready for Moiliili Hongwanji's Bon Dance at Varsity Circle. The tentative schedule is as follows:

MOILIILI HONGWANJI MISSION (MHM) BON DANCE:

- Friday, July 1, 2016
- 5:00 p.m. – our Food Booth opens
- 6:00 p.m. – Service by Rev. Bert Sumikawa
- 6:15 p.m. – Moiliili Hongwanji Preschool children will perform two dances
- 6:30 – 10:00 p.m. - BON DANCE

MOILIILI SUMMER FEST (MSF):

- Saturday, July 2, 2016, 5:00 to 10:30 p.m.
- 5:00 p.m. – our Food Booth opens
- 5:00 – 6:15 p.m. – Entertainment planned by MSF
- 6:15 – 6:30 p.m. – Service by Rev. Bert Sumikawa
- 6:30 – 10:30 p.m. – BON DANCE

Please know that MHM is the main and only host of the Bon Dance Friday night. We will have our food concession, as well as retail booths and an information center. Chairs and committee members are busily planning at this time. We welcome anyone who wishes to volunteer and help in this major event. Please contact the office. Be on the lookout for the Bon Dance flyer with more information.

On Saturday night, MHM is one part of the larger Moiliili Summer Fest (MSF) which is a collaborative community event. The following community groups are involved in the MSF: Kamehameha Schools Bishop Estate, The Kalaimoku Group, MHM, JCCH, MCC, Old Town Moiliili Business Association (OTMBA), UH, and staff members from the offices of Councilwoman

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.

A. Kobayashi, Senator B. Taniguchi and Rep. S. Nishimoto. Our Bon Dance is the centerpiece that draws people to the MSF. There will be entertainment, many other vendors and food offerings by Street Grindz and others.

Your enthusiasm, interest, support and help are truly valued. Please come on out to participate, get involved, and dance the night away! Enjoy the festivities!



KEIKI DAY ON MAY 1

Keiki Day, an intergenerational event, is for all Dharma School families and friends. Honolulu Hongwanji Dharma Schools will hold Keiki Day at Wahiawa Hongwanji on **Sunday, May 1**. Service starts at **9:00 a.m.** Games and fun activities, such as a paper airplane flying contest, are being planned. Light lunch will be served. A bus is being reserved so sign up early!

Let's join Wahiawa Hongwanji for a day of fun and fellowship. Please notify the temple office at 949-1659 or Dharma School teachers by April 24th!

The schedule is as follows:

8:00 a.m.: Bus departs Hawaii Betsuin

9:00 a.m.: Service

10:00-11:30 a.m.: Games, activities

11:30 a.m.-12:30 p.m.: Lunch, fellowship

1:00 p.m.: Bus leaves Wahiawa

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!



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.

Mark Your Calendar!

HAPPY MOTHER'S DAY!

Please join us on **Sunday, May 8**, as we honor mothers at our **9:00 a.m.** service. Following the service, the men will prepare a wonderful Mother's Day brunch! We look forward to seeing everyone on this special day.

TASTE OF MOILIILI HONGWANJI

Please join us for a day of multicultural food and fun at "Taste of Moiliili Hongwanji" on **Saturday, May 14, 10:00 a.m. to 2:00 p.m.**! See flyer below.

Donations of baked goods, drinks (Coke, Diet Coke, Ito En green tea, bottled water), sugar, shoyu, vinegar, rice, or monetary contributions to purchase supplies are greatly appreciated. Please call the temple office to see what is needed. Mahalo and see you on May 14!



Taste of Moiliili Hongwanji

Saturday
May 14, 2016
10:00am to 2:00pm
902 University Ave.

Multi Cultural Ono-Kine Food
Japanese - Korean - Chinese
Hawaiian - Filipino

Takoyaki

Jamha Juice.

Mochi

Tsukemono

Flying Saucer

Cultural Activities & Demo
hanafuda - origami making - sunka (filipino traditional game) & more!

SHINRAN SHONIN'S BIRTHDAY (GOTAN-E) SERVICE ON MAY 29

Our Gotan-e Service commemorating the birth of Shinran Shonin will be held on **Sunday, May 29**, at **9:00 a.m.** Our guest speaker will be Rev. Yuika Hasebe of the Hawaii Betsuin. Please join us!

Deepest Sympathy

WITH DEEPEST SYMPATHY

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

Suwako Murashige*, 101, on Mar. 5

Merry Kimiko Okano,* 98, Mar. 14

Bessie Mitsue Yoshimura,* 102, on Mar. 17

Barbara T. Watari, 91, on Mar. 29

Chieko Nomura,* 87, on Apr. 3

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 usually 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. [For the month of May, the Monthly Remembrance Service will be held on **May 8**, the second Sunday.]

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

Alzheimer's Navigator Training

The Hawaii's Alzheimer's Disease Initiative (HADI) is a project administered by the U.H. Center on Aging (COA) in collaboration with Project Dana. The Project's coalition members were asked to strengthen the dementia capability of Hawaii's communities to assist elders and family caregivers in offering education and greater access to long term services. On March 8, 9, and 10, 35 Project Dana staff, site leaders, and volunteers statewide attended a three-day workshop with over 100 persons from various agencies assisting those who are experiencing memory loss, their caregivers, Alzheimer's disease, or related dementias. The two main speakers, experts in the area of aging and dementia, were Dr. Terry Barclay and Michelle Barclay. The information shared was informative, educational and eye opening. We learned of the medical aspect of normal brain aging, various types of dementia, emerging research and science, treatments, and strategies to living well with memory loss. Representatives of local resources available to help medically and socially spoke on their particular agencies/organizations. Here are just a few facts we learned from this session:

- Of those 60 years and older, with memory loss or confusion, 34.6% live alone with no other adults or children in the home.
- Only 11.2% discuss their memory loss or confusion with a health care provider
- There are activities to "love your brain" and it's never too late or too early to start healthy habits to achieve maximum benefits for the entire body.
- Seek out advice, assistance, and help.

There will be more information shared on this ever growing disease. Watch for future articles in the White Way. Project Dana welcomes calls and we will be happy to share more details of the Hawaii's Alzheimer's Disease Initiative.

It's Just Aging – A Story About Growing Up!

This is the catchy title of a book written by two students, Eliah Takushi and Carly Tan, of I'olani School's One Mile Project and Colby Takeda, an administrator with The Plaza Assisted Living. This

brightly illustrated (by Jamie Meckel Tablason) book tells of a young girl, Lily and what valuable and meaningful lessons she learns from her Tutu and Papa. Between Lily and her grandparents, they talk about things such as graying hair, hearing loss, and using a cane or walker. Her Tutu lovingly gives Lily advice when there are questions about growing old as "*it's just aging*". This cheerful and colorful book is available in various book stores. *The bonus in the story* – Tutu teaches Lily how to bake delicious banana bread in a rice cooker with the recipe provided! The proceeds from the sales of the books are being donated to Project Dana. Thank you to the authors, illustrator, I'olani School and The Plaza Assisted Living for this wonderful book of celebrating what our kupuna has to offer and supporting Project Dana. Contact Project Dana for more information or to see the book.

Available For Your Information

There are two booklets available which are informative and valuable for elders, family caregivers or those looking for resources to contact. The first booklet is the Senior Information and Assistance Handbook 2015-2017 issue. This booklet is used almost daily here at Project Dana and has a brief description of agencies or organizations, phone numbers, addresses and email addresses (if available). The second booklet is the handbook "Deciding What's Next and Who in The World Cares? A Legal Handbook for Hawai'i's Older Persons, Families and Caregivers" written by James Pietsch, JD and Lenora H. Lee, PhD of the University of Hawaii Elder Law Program, William S. Richardson School of Law. This booklet will "guide you in a simplified way through several areas of legal concerns affecting older persons as well as their families and those who care for them." This book covers topics such as planning for a lifetime, for medical treatment and health care decisions, and end of life issues. There are samples of important forms and checklists which we all can learn from. An important reminder and caution: this book is not intended to serve as a do-it-yourself legal guide or as a substitute for professional legal advice. Seek advice of an attorney if you have any legal questions. There are copies of these two booklets in the annex hall of Moiliili Hongwanji or contact Project Dana for details. They are available for all and at no charge.



LOOKING AHEAD

BON DANCE & MOILIILI SUMMER FEST

Moiliili Hongwanji's Bon Dance will be held on **Friday, July 1**, and **Saturday July 2** at Varsity Circle. The Moiliili Summer Fest will be held on **July 2**. Please see President Shimamoto's article on page 2. Be sure to mark your calendars and join us on both evenings!

BON SERVICES

Our Joint Bon Mairi Services for families will be held on **Friday, July 8**, at **7:00 p.m.** and **Saturday, July 9**, at **10:00 a.m.** Everyone is invited to all of our Bon services.

The Joint Hatsubon Service for families observing the first Bon since the passing of a loved one will be held on **Saturday, July 9** at **7:00 p.m.**

Our major Bon Service will be held on **Sunday, July 10**, at **9:00 a.m.** and a Columbarium Service will be held at **11:00 a.m.**

The annual Moiliili Cemetery Bon Service (ohakamairi) will be held on **Sunday, July 10**, at **4:00 p.m.**



WELCOME TO NEW MEMBERS

A warm and hearty welcome is extended to Kunito and Ritsuko Kunimura who have recently joined our temple Sustaining (Gojikai) Membership.

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

HAWAII BOOK & MUSIC FESTIVAL

The Hawaii Book & Music Festival, a celebration of books, storytelling and music will be held on **Saturday, April 30**, and **Sunday, May 1**, at the Civic Grounds at Honolulu Hale. Sessions run from **10:00 a.m.** until **5:00 p.m.** For information, check www.hawaiibookandmusicfestival.com

On Sunday, there will be a series of seven panels on "Buddhism in Hawaii." Rose Nakamura will speak at **2:00 p.m.** on Panel 5: "Socially Engaged Buddhism", Rev. Bert Sumikawa will speak at **3:00 p.m.** on Panel 6: "Buddhist Meditation and the Rise of Mindfulness", and Bishop Eric Matsumoto will speak at **4:00 p.m.** on Panel 7: "Japanese Buddhist Adaptations for the Future."

IN MEMORY OF MRS. MERRY KIMIKO OKANO



We extend our deepest condolences to the family of the late Mrs. Merry Kimiko Okano who passed away peacefully at her home on March 14 at the age of 98. Mrs. Okano served at Moiliili Hongwanji Mission with her husband, the late Rev. Ryoshin Okano, our Resident Minister for 11 years from 1964 to 1975. Mrs. Okano contributed greatly to our temple, sharing the Nembutsu teaching through her warm and gracious manner, her wise guidance and strong leadership. After her husband's retirement, she continued to be an active member here at Moiliili for many years. She is the mother of former Bishop, the Rev. Thomas Okano, Grace Mayumi Yamamoto, and Francis Okano. A temple-sponsored private funeral service was held on March 28 at Hosoi Garden Mortuary. The Ingo (Posthumous title) E-Gen-In was presented to Mrs. Okano by Jodo Shinshu Hongwanji-ha in recognition and gratitude for her many years of dedicated and exemplary service to the Hongwanji Sangha.



WHITE WAY RADIO BROADCAST

Please tune in to Radio KZOO (1210AM dial) for Moiliili Hongwanji's White Way Radio Broadcast each **Saturday** from **7:45-8:00 a.m.** Here is the upcoming schedule with speaker's name followed by sponsor's name:

- 5/7 Rev. David Nakamoto (Yoshimura Family)
- 5/14 Mrs. Irene Nakamoto (M/M Michael Sorakubo)
- 5/21 Rev. Shinji Kawagoe (Alice Shiroma)
- 5/28 Rev. Kevin Kuniyuki (Ethel Aiko Oda)
- 6/4 Rev. Richard Tennes (M/M Roy Abe)

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 heard on our website www.moiliilihongwanji.org.

FACEBOOK CONNECTION VIA WEBSITE

You may connect to Moiliili Hongwanji's Facebook through our website moiliilihongwanji.org. Click on the Facebook connection and see upcoming events, photos and many interesting posts!



Dear Members & Friends,

Mo'ili'ili Hongwanji Mission has been a center of Shin Buddhist spiritual growth, learning, and compassionate service to our community since 1906. From its immigrant roots as a spiritual and cultural center of Mo'ili'ili's Japanese community, we have evolved to become a diverse 'Ohana reflecting the rich tapestry of people, cultures and traditions in Hawai'i. Thank you for being a valued member of our Mo'ili'ili Hongwanji 'Ohana.

Our 110th Anniversary will be celebrated this year. A banquet to include a program is planned for Sunday, November 20, following the Eitaikyo (Sangha Remembrance) Service. In preparation for this commemoration, we have undertaken several significant renovation and improvement projects. We now have air conditioning in the Annex and Columbarium, as well as new chairs and carpeting in the main hall (Hondo). Recently new roofing replaced the old over the Hondo. Altar restoration was completed in three phases and a Photovoltaic System has been installed over the Annex. All of these projects have been carefully budgeted and have improved the comfort, utility and sustainability of our temple.

Several additional projects are being planned. Major renovations and upgrades are necessary in the kitchen for safety and utility of space where our Buddhist Women's Association (BWA) and other groups prepare food for various temple events. A tenjo-e (ceiling tile art) project will enhance the beauty and spiritual significance of our altar. A high-tech audio-visual system for temple services is on our wish list. Our goal is to raise \$200,000 for the 110th Anniversary.

Our Anniversary theme "Honoring our Legacy – Embracing our Future" signifies gratitude to those who laid the ground work and had the foresight to keep Mo'ili'ili Hongwanji vibrant. In this spirit we embrace our future with high hopes that Mo'ili'ili Hongwanji can continue to thrive and be sustainable for another 110 years. This is only possible through your support and generous donations.

Members and friends of our temple who contribute \$2,000 or more will be recognized on a permanent plaque that will be displayed in the Hondo. Your gift can be arranged as a multi-year pledge and paid in installments over time. Please see the following pages for recognition opportunities. If you have any questions, please contact the temple office at 949-1659 or mhm@moililihongwanji.org.

Thank you very much for your continued support of Mo'ili'ili Hongwanji.

In Gassho,

Handwritten signature of Rev. Bert M. Sumikawa in black ink.

Rev. Bert M. Sumikawa
Resident Minister

Handwritten signature of Nancy Shimamoto in black ink.

Nancy Shimamoto
President

Handwritten signature of Rose Nakamura in black ink.

Rose Nakamura
Anniversary Co-Chair

Handwritten signature of Raymond Takiue, Jr. in black ink.

Raymond Takiue, Jr.
Anniversary Co-Chair

110TH ANNIVERSARY RECOGNITION OPPORTUNITIES



Your generous kokua is most deeply appreciated as we celebrate our 110th Anniversary. Donations will be designated as follows:

Wisteria	\$10,000+
Lotus	\$5,000-\$9,999
Chrysanthemum	\$2,000-\$4,999
Peony	\$1,000-\$1,999
Cherry Blossom	\$500-\$999
Iris	\$1-\$499



HEADQUARTERS NEWS

Condolences

Mrs. Kimiko Okano, the wife of the late Rev. Ryoshin Okano and the mother of the Rev. Thomas Okano, passed away on March 14 at the age of 98. Mrs. Okano received the Ingo (the Posthumous Title) of E-Gen-In from the Jodo Shinshu Hongwanji-ha.

Rev. Chikai Yosemori, the 14th Bishop of Honpa Hongwanji Mission of Hawaii, passed away on April 13 at the age of 84. He served at Paia/Makawao Hongwanji (10/1964-8/1981) and Jikoen Hongwanji (9/1981-2/1996) as their resident minister, and as Bishop of HHMH (3/1996-2/2007). The Hawaii Kyodan-Sponsored Funeral Service will be held at Honpa Hongwanji Hawaii Betsuin on Saturday, April 30, with visitation from 9:30 a.m. followed by the Funeral Service at 10:30 a.m.

Social Concerns Donations Bishop Matsumoto and Dean Sakamoto, Chair of the Committee on Social Concerns, presented monetary donations to Family Promise of Hawaii and to the American Red Cross toward its International Relief Fund to support relief efforts for damage caused by Tropical Cyclone Winston.

Rev. Dr. Alfred Bloom Honored by the Institute for Buddhist Studies On March 10, the Institute of Buddhist Studies (IBS) honored Rev. Dr. Alfred Bloom with the 2016 President's Award. This award recognizes an individual's support for the

Institute since its founding in 1949. Congratulations to Dr. Bloom.

PBA Graduation The Pacific Buddhist Academy will be holding its 10th Baccalaureate Ceremony on May 5 at 6:00 p.m. at Hawaii Betsuin. Seventeen students will be graduating. The Commencement Exercise will be held on May 6 at 5:00 p.m. at the Japanese Cultural Center of Hawaii.

Calendar Committee The HHMH Calendar Committee invites Hongwanji members and friends to provide creative works of art for the 2017 Hongwanji Calendar. Please encourage one another and your various temple organization to start thinking of ideas such as photos, drawings and poems. The Hongwanji theme and slogan for 2017 is "Embrace Change: Action (Open Communications)."

Accession Ceremony (Dento Hokoku Hoyo) Tour Deadline The deadline for the Spring "HHMH Spiritual Enrichment and Fellowship Tour" arranged by JTB USA (March 29-April 7, 2017) is May 13. Please see <http://hqs963.wix.com/hhmhdhhtour> for more information or contact your resident minister or Rev. Toshiyuki Umitani at 522-9200.

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

PBA CLASSROOM BUILDING PROJECT

Work has begun on the long-awaited Pacific Buddhist Academy Classroom Building with the demolition of two vacant resident buildings on the Hawaii Betsuin property. The project is expected to last between ten to twelve months. Heartfelt gratitude is extended for your support in helping to advance educational excellence and Shin Buddhism in our community.



CHORALFEST DEADLINE IS APRIL 30

Honpa Hongwanji's Choralfest 2016 will be held at the Hawaii Betsuin on **September 24 and 25**. This 6th Choralfest is open to all singers from all temples in Hawaii. Nola Nahulu will again be the conductor. The registration fee is \$30, and the deadline to register is April 30. Call the Office of Buddhist Education 522-9202 for more information.



Buddhist Women's Association



Spring has sprung and many BWA ladies are traveling! Japan definitely seems to be the favored destination this time.

The ladies were busy with planning and executing for fundraising at Hawaii Betsuin's Taste of Hongwanji on April 17. We made mazegohan, inarizushi, and spam musubi for sale, and we sold out! The ladies have been so generous with their donations of rice, sushi mix, spam and their hard working hands. We are so grateful for the quick response of support from everyone. More information and photos will follow in the next issue.

The BWA earnestly tries to fundraise when given an opportunity so that we can upkeep our treasury. This past year, the BWA supported the PBA fundraising; donated to Ohana Arts, a non-profit organization whose mission is to promote peace and world friendship through the performing arts (Peace On Your Wings); and gave generously to the Honolulu United BWA's Dana Program which each year distributes money to worthwhile organizations in our community that help elderly, women and children.

Another BWA activity: A big thank you to Nancy Hironaka for overseeing our oteire program which 3 times a year, focuses on cleaning the temple



altars before a major service. The most recent was for Spring Ohigan. Jeanne Watari, Anne Kawabata and Lois Ohta helped "gently" dust the altar and its implements. "Dreamboat" this time: Wally Hironaka, thank you for always helping the ladies.

Eshinni and Kakushinni Day was observed on April 24th with Rev. Mary David as our speaker. It was followed by our 2nd general meeting.

We are saddened to announce the passing of Mrs. Merry Kimiko Okano, 98 years old, who died peacefully at her home on March 14th. Namo amida butsu.

Contributed by Lois Ohta



HAPPY STRUMMERS NEWS

The Happy Strummers have been practicing a song called "Hamabe no Uta". It is a pleasant song, and a few C chords suffice to make it sound beautiful.

Dharma School at one time for many years was called Sunday School. Buddha Day was called "Hanamatsuri." Every year during Hanamatsuri season we sang "Softly Blew the Breezes", a beautiful song of Shakamuni Buddha's birth in Lumbini Garden. This song also can be played very well in the C chord. With the vamp leading the way, it is a song that will be well remembered.

There is another song, "Wakare no Isochidori" written by Zanami, a local person. It too can sound perfect in the C chord.

We play each new song in slow tempo. So with the C chord we are able to strum many songs. Join us, the Ukulele Club, called the Happy Strummers. We welcome you.

Contributed by Michiko Motooka

HEALTH & WELLNESS

The March 2016 issue of Kaiser Permanente's Health Magazine contained an eye-catching article titled, Aging with Grace. It addressed four simple things we can do to stay healthy and happy as we age:



1. Get the right amount of exercise. Be sure to check with your doctor before you begin exercising. Your doctor would know your physical tolerance. (Note: I exercise at least one hour every day, except Sunday.)

2. Minimize the risk of falling. Project Dana offers an excellent program to evaluate safety hazards in and around your home. Get your eyes examined for changes in your perception. If you walk around your neighborhood or in the park, be always attentive on where you are stepping. Be watchful for cracks on the sidewalks and puka in the park.






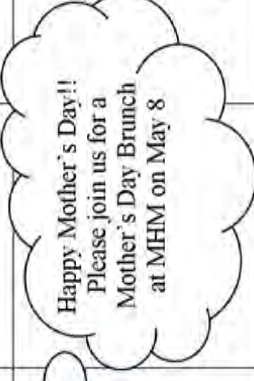

3. Improve your bladder health. When urinating, take your time: don't rush, strain or push. Empty your bladder completely. Make a schedule for yourself so you don't have to urinate too frequently. Don't wait too long; give yourself 3 to 4 hour intervals. Learn Kegel exercise to strengthen your muscles.

(continued on p. 10)

May 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
1 9:00 AM - Sunday Service Speaker: Rev. T. Muneto Keiki Day at Wahiawa Hongwanji	2 5:15 PM - Zumba 6:30 PM - Bon Dance Mtg.	3 9:00 AM - Adult Fitness & Falling Safety Class 9:10 AM - Preschool Keiki Service 6:30 PM - Meditation Serv.	4 10:00 AM - Japanese Grief Support Group 6:00 PM - Taste of Moiliili Meeting 7:00 PM - Boxing/Fitness	5 <i>Boy's Day</i> 9:30 AM - Ikebana 10:00 AM - Plaza Service 4:00 PM - Karate	6 1:00 PM - Conversational Japanese (closed) PBA Commencement	7 9:00 AM - Hi Kyodan Board of Directors Meeting 9:00 AM - Project Dana Advisory Council Meeting
8  9:00 AM - Sunday Service Speaker: Rev. Sumikawa (Monthly Remembrance Service) Mother's Day Brunch	9 5:15 PM - Zumba	10 9:00 AM - Adult Fitness & Falling Safety Class 9:10 AM - Preschool Keiki Service 6:30 PM - Meditation Serv.	11 10:00 AM - Japanese Dharma Class 6:30 PM - Temple Board Meeting 7:00 PM - Boxing/Fitness	12 9:30 AM - Ikebana 10:00 AM - Franciscan Visitation 4:00 PM - Karate	13 11:00 AM - Craigside Svc. 1:00 PM - Conversational Japanese (closed)	14 10 AM - 2 PM - Taste of Moiliili Hongwanji (ethnic foods & cultural activities) 
15 9:00 AM - Sunday Service Speaker: Rev. S. Makino 5:15 PM - Zumba 6:30 PM - Honolulu Hong- wanji Council Mtg.	16 5:15 PM - Zumba	17 9:00 AM - Adult Fitness & Falling Safety Class 9:10 AM - Preschool Keiki Service 11:00 AM - Arcadia Resi- dence 6:30 PM - Meditation Serv.	18  7:00 PM - Boxing/Fitness	19 9:00 AM - Kyogakkai Mtg. 9:30 AM - Ikebana 4:00 PM - Karate	20 1:00 PM - Conversational Japanese (closed) 2:00 PM - Arcadia Care Visitation	21
22 9:00 AM - Sunday Service Speaker: Ann Miyasaki 4:00 PM - Vesper Service at Craigside	23 5:15 PM - Zumba	24 9:00 AM - Adult Fitness & Falling Safety Class 9:10 AM - Preschool Keiki Service 6:30 PM - Meditation Serv.	25 10:00 AM - Japanese Dharma Class 7:00 PM - Boxing/Fitness	26 9:30 AM - Ikebana 10:00 AM - Maunalani Visitation 5:00 PM - Karate	27 9:00 AM - Preschool Graduation 1:00 PM - Conversational Japanese (closed)	28 9:00 AM - United BWA Meeting at MHM
29 9:00 AM - Gotan-e Service Speaker: Rev. Y. Hasebe 	30 Memorial Day (Holiday) <i>Office and Preschool Closed</i>	31 9:00 AM - Adult Fitness & Falling Safety Class 6:30 PM - Meditation Serv.			Congratulations/ Class of 2016 	



In Appreciation



The following donations were received for the period
February 19, 2016 to April 11, 2016

DONATIONS TO TEMPLE:

Carl Becker, Ralph & Gladys Fukumitsu, Hawaii Betsuin Choir, Kay Higa, Sue Ida, Howard & Joyce Inao, Fusae Ishiyama, Tomoe Ishiyama, William & Kathleen Kaneshige *in memory of Thomas Kaneshige & Tsurue Kaneshige*, Craig Kinoshita & Patricia Nakaji, Midori Kiso, Fusae Kiyokawa, Sylvia Koike *in memory of Kimiko Okano*, Tomiko Komoto, Yoshiko Maedo, Joyce Makino *13 yr in memory of Walter Kaoru Makino*, Janet Matsumoto, Miles Miyasaki, Chris Nakahara, Wallace Ohta, Hiroshima Kenjin Kai, Alice Tanaka, Alice Tando *in memory of Hatsu Tando*, Alice Tando *in memory of Kimiko Okano*, Joy Teraoka *in memory of the Teraoka family & Denis*, Craig & Fran Tsutsui, Duane & Cori Uwaine, Gene & Joann Yokota.

DONATIONS TO NOKOTSUDO:

Kori Itamoto, Gwen Ito, Peter Kanazawa, William & Kathleen Kaneshige *in memory of Thomas Kaneshige & Tsurue Kaneshige*, Sharon Katada *in memory of T. & S. Katada*, Sharon Katada *in memory of Charles Koyanagi*, John & Trudy Kaukali, Bert & Hazel Maedo *in memory of Haruyo Maedo*, George Miyamoto, Stanley Murakami, Alvin & Hyo Jung Nakamura, Machiko Nekotani *in memory of Yuki Nekotani*, Alice Shiroma, Kathy Takahata, Elaine Tanaka, Paul & Linda Tanoue, Atsushi & Ruth Yashiki.

DONATIONS TO PROJECT DANA:

Organizations: Iolani School Thanksgiving Chapel Offering

Others: Anonymous, C. Arakaki, C. Becker, W. Hironaka, R. Kuriki & Pfizer Matching Gifts, L. Ono, L. Sakamoto *in memory of Mr. Kiso Sakamoto*, L. Takagi, R. Takemoto *in memory of Mr. Edwin Ogasawara*, J. Tamura, A. Tanabe, E. Tokunaga *in memory of Mrs. Helen Yanagi*, K. & A. Tonaki *in memory of Mrs. Bessie Tanaka*, H. Uyeno, J. Young *in memory of Ruth Yamauchi*



OHIGAN DONATIONS

Thelma Ando, Chiyono Ebisu, Yoshiko Ebisu, Mari Fukuya, June Hamada, Edgar & Helen Hamasu, Wesley Henry & Christine Jordan, Donna Higashi, Toshiyuki Hiranaga, Wallace & Nancy Hironaka, Perry Honjo,

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HANAMATSURI DONATIONS:

Bert & Cynthia Ogasawara, Gene & Joann Yokota.

ADDITIONAL HOONKO DONATION:

Mari Fukuya



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 (continued from p. 8)

4. Have an attitude of gratitude. This attitude will not only lower your stress and improve your health and vitality but also contribute to your longevity. How to do it? Write down each day all the things which made you feel thankful and happy. It may include such things as listening to the chirping birds, giving direction to a stranger, viewing the Honolulu sunrise, or talking stories with friends. And, whenever you see the list, you will feel thankful and happy. Namo Amida Butsu

Contributed by Helen Hamasu

Preschool News

"In all things in nature there is something of the marvelous." -Aristotle

Spring time is the perfect time to celebrate the exciting happenings in nature. Outside the weather is bright and blowy and perfect for cloud gazing. At preschool we studied insects and other creatures which share our earth. The children loved studying the life cycle of the butterfly and witnessing the marvelous transformation.

In March, we visited the butterfly garden exhibit at Pearlridge Shopping Center. It was amazing to be surrounded by so many fluttering Monarch butterflies and to see their tiny yellow eggs. Parker said, *"I saw the tiny caterpillar. I like the caterpillar because they are so small."*

We also studied zoo animals and their similarities, differences, needs and habitats. In April, we had a wonderful excursion to the Honolulu Zoo where we got to see so many animals.

Visiting the zoo animals develops curiosity, compassion and responsibility. The animals also make children smile! The preschoolers share some observations they made at the zoo. Lizzy said, *"I saw the elephant. It was covered in dirt. I think it was taking a dust bath!"* While Tanner said, *"I heard the monkey or bird squawk."* Honzo replied, *"There was lots of stink stuff at the zoo. It was super gross."*



Children love animals, grass, rocks, dirt and puddles. Earth Day is celebrated on April 22nd. Through stories, songs and crafts the preschoolers learn to honor Mother Earth and the many creatures that inhabit our planet.

Our Spring Mini Program will be held on April 28th and the preschoolers have been practicing their songs and are so excited to dazzle the crowd. They are bubbling with excitement and so proud to perform and show how much they have blossomed!

Submitted by: Cori-Ann Uwaine

FROM THE PRESCHOOL DIRECTOR

Aloha Everyone!

Hope this article finds all of you well!



New and exciting things are happening at the Preschool! Several extracurricular activities have been arranged to enrich our preschool program. Soccer Shots teaches our children soccer fundamentals every Wednesday. In June the children will again start swimming classes with Leahi Swim School on Tuesdays and Thursdays. Beginning in May, Kiso-sensei will be teaching our children Japanese music and short Japanese phrases. The preschool strives to educate the whole child.

Did you notice our newly resurfaced playground? Many thanks to Wally Hironaka, Patrick Komo, and Alan Nakasone for spending hours in the hot sun upgrading our play area. We truly appreciate the support we receive from our Temple members.

We conduct school tours and accept applications year round. We are gearing up for the summer and fall and welcome inquiries from prospective families. Please call our office at 946-4416 for more information.

In gassho,
Wendy Harman

Moilili 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.moililihongwanjipreschool.com



Jake Chang is speaker at service conducted by United Jr. YBA members.



Dr. Carl Becker, Spring Seminar guest speaker



Happy Strummers joyfully playing at Buddha Day Service



Rev. Hiroko Maeda



Barbara Brennen



Myra Ikeda book signing



Dharma Bunny hopped in with Dharma School Children



Honolulu Dharma School Children sing at the HBC Hanamatsuri Service



MHM participants at Dharma Educators' Conference in Hilo