Moʻiliʻili Hongwanji Mission 902 University Avenue Honolulu, HI 96826

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The White Way, Vol. 65- No.2

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# The White Way

Mo'ili'ili Hongwanji is the center of Shin Buddhist spiritual growth, learning, and compassionate service to our Community.

Temple Office: (808) 949-1659 <u>mhm@moiliilihongwanji.org</u> <u>www.moiliilihongwanji.org</u> Moiliili Hongwanji Preschool: (808) 946-4416 <u>moiliilihongwanjipreschool.com</u> Project Dana: (808) 945-3736 <u>info@projectdana.org</u>



## "The Buddhas' mind is great compassion. It is with this unconditional compassion that they embrace all beings."

(Contemplation Sutra)

In Buddhism, we think that the devil (evilness) does not live outside of us but lives inside of us. Hell does not exist as a place; it is created by each individual's thought, speech, and action. We may say, "I am not evil. I am always a good person." I think so too. But when we carefully look within our hearts, we realize that the reality of life is that we all live by thinking/speaking/ doing both good and bad things. Probably we cannot live by doing only good things. Also, we cannot live by doing only bad things. When there is a condition that brings us to do good, we may think/speak/act wonderful things. Such actions bring peace and happiness not only to

oneself but also to the people around. On the other hand, when there is a condition that brings us to do bad things, we might commit an evil. Such actions bring sadness and disharmony. The truth is that we are human beings who are liable to do anything, whether it is good or bad, depending upon the condition we are in. We may not wish to harm anyone, but when there is a karmic cause inducing us to do bad, we end up hurting people around us. Shinran Shonin said we are "sentient beings burdened with deep and heavy karmic evil (Zaiaku Jinju no Bonbu)." It means that we have a devil (evilness) living inside of us.

Saichi was one of the devoted Jodo Shinshu Buddhists who we call "Myokonin" – a person who has a rare fragrance of the Nembutsu. Saichi's spirituality was well known and well respected by the people in his town. One day, an artist told Saichi that he would draw Saichi's portrait. When he was done, this artist showed his work to Saichi. It was such a beautiful portrait of Saichi sitting and placing his hands in Gassho with his Onenju. It was a portrait of a person who was rejoicing in the Nembutsu. But as soon as Saichi saw this portrait, he said, "This does not look like me at all." But it was such a beautiful portrait of Saichi, so this artist asked, "What do you mean by that? This is you." Then Saichi said, "I look too good. I am not a good person like this. I have a devil in my heart. I hate people. I envy people. I grudge people. That is my true nature, and I don't see it in this portrait. So, please draw two devil's horns on my head." This artist reluctantly added two horns on the portrait.

For Saichi, the teaching of Amida Buddha was like a mirror: a mirror that showed his inner self. The more he looked deep in his mind through this mirror, Saichi saw himself not as a "good person" but as a "person filled with shameful and ignorant mind". Through this mirror of the Dharma, at the same time, Saichi rejoiced that Amida Buddha's Vow has been established to affirm and embrace such a person just as is.

It is like a relationship between a mother and her child. When a mother sees her child suffering from sickness, she takes care of her sick child unconditionally. It is not because a child behaves well. It is not because a child has been beneficial for her. No matter who a child is, when a mother sees her child suffering, she cannot help but move forward to care and comfort her child. In the same way, Amida Buddha's Light of Compassion illuminates us because of our shameful, self-centered, and ignorant mind. We do not need to ask for help, we do not need to practice hard to be a "good person", and we do not need to accumulate a certain number of good deeds to be accepted by Amida. We are already embraced just as we are. No condition is attached. Amida Buddha cannot help but embrace those of us who are suffering in the ocean of blind passions. How joyful I am for Amida Buddha's embrace.

Namo Amida Butsu Rev. Toshiyuki Umitani The City and County of Honolulu moved into Tier 3 on February 25, 2021. According to the Honolulu Reopening Strategy, "Funeral, mortuary, cremation, burial, cemetery, and related services, provided that each death-related event (funeral, etc.) is limited to twenty-five (25) individuals maximum..." Moiliili Hongwanji Mission now holds in-person memorial/funeral services at the temple for families of no more than 25 people. If you would like to make an appointment, please contact our temple office at 949-1659. We ask that you follow all the applicable safety and good hygiene practices (masks, social distancing, no singing or chanting by attendees, using hand sanitizer, etc.) for the safety of those who use our facility.

We also continue providing a memorial service for your family via online (Zoom). The service format is the same as the regular memorial service at the temple. Everything will be held online so you can participate in the service from your home. If you would like to hold an online service, please go to www.moiliilihongwanji.org and complete the request form.

Sunday Service will continue to be held via online (Zoom) until further notice. We meet every Sunday at 9:00am. You are welcomed to join us. If you are interested in our online Sunday Service, please contact the office at 949-1659 or email <a href="mailto:mhm@moiliilihongwanji.org">mhm@moiliilihongwanji.org</a> and we will send you the link to the service.

If you need any ministerial assistance, please feel free to contact Rev. Toshiyuki Umitani at the temple. For more information about our temple activities, please go to <a href="https://www.moiliilihongwanji.org">www.moiliilihongwanji.org</a>.

Year of passing	Type of memorial service			
2020	1 <sup>st</sup> year			
2019	3 <sup>rd</sup> year			
2015	7 <sup>th</sup> year			
2009	13 <sup>th</sup> year			
2005	17 <sup>th</sup> year			
1997	25 <sup>th</sup> year			
1989	33 <sup>rd</sup> year			
1972	50 <sup>th</sup> year			

#### **2020** Memorial Service information

Buddhists consider the memorial service a significant occasion to remember the deceased with feelings of gratefulness and love. For Jodo Shinshu practitioners, the significance of a memorial service is not for appeasing or consoling the spirits of the deceased, but is rather, the opportunity to pay tribute to and recall cherished memories of the departed while listening to the Buddha-Dharma. In other words, the service is not for the sake of the deceased, but is indeed, for the sake of the living. In remembering the deceased, we acknowledge the influence of the deceased on our lives. Those who passed away in the year of passing will observe the memorial service indicated in 2020. Please contact the temple office to make an appointment.



#### With Much Gratitude

## SLEEP HABITS CHEATSHEET – BY THE MINDSET WARRIOR SUMMARIES

### THE 12 SLEEP HABITS FOR HEALTHY SLEEP

from "Why We Sleep" by Matthew Walker

www.mindsetwarrior.com

NOTE: These are also the habits recommended by the National Sleep Foundation

1. Sleep on a schedule. Go to bed and wake up at the same time every day. The body likes cycles. Set an alarm for both bedtime and waketime. Matthew says this is the most important habit of all 12 habits list.

2. Exercise. Avoid exercising two to three hours before bedtime.

3. Avoid caffeine and nicotine. The stimulating effects of caffeine can last up to 8 hours. Avoid coffee, colas, certain teas, and chocolate, as best you can. If you're going to consume them, make sure you do it early in the day. Nicotine should also be avoided; both due to the nature of the substance (i.e. a stimulant), and the withdrawals that come along.

4. Avoid alcoholic drinks before bed. While alcohol can produce feeling of relaxation, it is a sedative, and should not be used as a sleep aid. Studies on sleep and alcohol show sleep fragmentation and an overall decrease in REM sleep.

SLEEP HABITS CHEATSHEET – BY THE MINDSET WARRIOR SUMMARIES

5. Avoid large meals and beverages late at night. Meals can cause indigestion—a common disruptor of sleep. Digestion alone will work against your attempts to lower your core body temperature too. As for beverages, you want to limit them. They'll increase the likelihood of you waking up in the middle of the night to pee.

6. If possible, avoid medicines that delay or disrupt your sleep. Some medications for certain heart, blood pressure, asthma, allergies, colds, and coughs, can disrupt sleep patterns. Consult with your doctor or pharmacist if you find that you are having problems sleeping, and you suspect its related to your medications.

Continued in next issue. Sleep tight.

## Preschool Happenings.....



Wow! The month of January has come and gone. The Bubble classrooms have been busy as a bee since we returned to school in January.

Kung Hee Fat Choy! 2021. Chinese New Year in Hawaii.

The Year of the Ox.

The celebration begins on the first day of the Lunar New Year, which is determined by the phases of the moon.

The classes have worked on Transportation projects for January and for February they are currently working on projects for Grandparents day, Chinese New Year's and for February's theme Zoo Animals.

Ms. Nagata's Class-

Worked on Sea, Land and Air.



Ms. Cori's Class-

Read and did a project on Don't Let The Pigeon Drive the Bus by Mo Williams.

They also created their game, Race to the ABC's. They had to call out the letter their car rolled on.





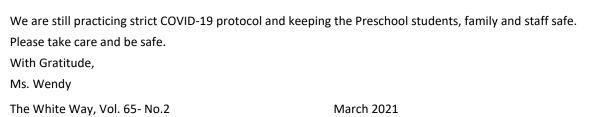


Made their own vehicle and learned how to drive and even go to a car wash.

Ms. Candace's Class-

Made a Lexus Sports Car with keys and a Driver's License. They also learned how to drive.







### Shinnen Enkai New Years Party 2021



Shinnen Enkai 2021 certainly took a different turn this year because of Covid-19. Our Sunday service and Annual General Membership meeting were both via zoom. In addition, our usual gathering of a New Year's Luncheon at a restaurant became instead, a bento drive-thru pick-up. There was even a Silent Auction and a virtual Shinnen Enkai program! This was a first ever for Moiliili Hongwanji!

Thanks to the planning committee headed by Arlyne, Robin, Ann N., Cheryl, Emma & Lily and with the help of many others, we had a successful event! The service, ably emceed by Bert M., culminated with the recognition of Thomas Nishioka (keirokai) and Ruby Saito & Laura McWhorter (new members), who were in attendance. The Annual General Membership Meeting was conducted by President Raymond Takiue via zoom.

Bento Drive-thru was headed by Bert M. (traffic controller), Amanda, Joshua, & Luke (runners), and Reid Y. as lead bagger. Roy M. & Ryne picked up the delicious bentos from Musubi Café Iyasume. Bentos also included brownie mochi made at the temple by mochi makers Noriyo, Mrs. Umitani, Emma & Lily.

Silent Auction was coordinated by Arlyne & Cynthia O. with valuable input on the website by Robin M. There were donations of gift cards, PPE essential items, paintings, framed puzzles, and wines, among other great items! Many were able to bid anonymously a few days prior to the event with a last minute bidding war, before closing at 12:30 pm. Thank you to many supportive members and friends of Moiliili Hongwanji! Mahalo for your generous support!

The best part of Shinnen Enkai was the entertainment! With Cheryl Y. at the helm with her casual and spontaneous emceeing, we had flute and piano performances by talented Amanda and Riho, the Umitani family with their superb Buddhist jokes, Dharma School students, with the help of Ann N. and Ann M., staging a string puppet show entitled "The Cow with the Cracked Bucket," (a hit!), Betsy N. doing a karaoke rendition of "Jongara Onna Bushi" with lively shamisen music, Nicholas reciting Shinran's poem that was recited at 9 years of age before formally entering the priesthood and monastery, and the Sangha Singers with Rev. Muneto, Rev. Sumikawa, Rev. Umitani, and Osamu Kawabata singing "Koko ni Sachi Ari, Here is Happiness"! What an array of talent by everyone! They were all winners!

Cheryl Y. thought of a Mad Libs interactive story where guests were asked to provide random words, woven into our own "Bon Dance 2021" story. It featured BWA women having a cooking contest using exotic ingredients like peacock and shoes, and a Men of Moiliili fundraising calendar! We hope everyone enjoyed the interactive finale to close the Shinnen Enkai.

If you missed the events of the day, wish you were there. The program wouldn't have been all possible without the creative ideas of Ann N. and Robin M., who did a professional job putting the video program together!

Here'a comment from a viewer – "It was so entertaining, engaging and fun. One of our best Shinnenenkais! What talent we have in our sangha too!" Be sure to join us for next year's New Year luncheon! Have a great Year of the Ox!

### OUR LIVING LEGENDS – 2021

## **By Nancy Shimamoto**

One of the highlights of our annual Shinnen Enkai Program is the recognition of our Living Legends. Since 2017 we have honored individuals who use their special skills, talents, expertise, and life's experiences, making major contributions to Moiliili Hongwanji. They volunteer their time, energy, and effort with great compassion and gratitude. This year our honorees are Eugene Makino and Osamu Kawabata.



**Eugene Makino** is an unsung hero who truly cares for the temple and does whatever he can straight from his heart. For many years he comes 3-4 times a week, usually in the early morning to clean the temple grounds. He sweeps the frontage, waters plants, weeds, and keeps the temple and campus looking clean and presentable. He is our unofficial Security Guard. He keeps a sharp eye for loiterers, and reports any unusual activities. He patrols the area and shares his opinions about safety and security matters.

He grew up in Keaau on the Big Island and attended Puna Hongwanji as a young boy. Eugene graduated from Hilo High School, and earned his accounting degree from a Business School in Honolulu. He remembers residing in the Moiliili Hong-

wanji Dormitory on Isenberg Street, which was later sold. Eugene understood the value and history of the dormitory and property. He served on Moiliili Hongwanji's Finance Committee for a period of time to ensure that the investment from the sale of the property remained secure and profitable.



**Osamu Kawabata** and his wife Anne and two daughters joined the Moiliili Hongwanji Sangha in 1982. He participated in many activities, including the Dharma School PTA, Bon Dance and Concession, Karuna Group, Moiliili Makule League team, and the Happy Strummers. With his gifts of translation and love of music, he has helped translate many Japanese gathas into English. He teaches our Japanese Language class, serves as a Project Dana volunteer, is our consultant and handyman for repairs/maintenance of the buildings. An excellent cook, he helps the Buddhist Women's Association with cooking rice; also, created a prototype 9-Spam Musubi block maker.

Osamu was born in Amagasaki, Hyogo Prefecture, located in a major industrial suburb of the Osaka-Kobe metropolitan area. He graduated from Kobe High School, Fukui University in Civil Engineering, and the University of Hawaii, Manoa, in Horticulture, where he did research work. He is passionate about his three grandchildren, hiking mountains in Japan, and skiing. He dabbles in woodwork, making sourdough bread, playing soccer, and training for the Honolulu Marathon.

CONGRATULATIONS! THANK YOU TO EUGENE AND OSAMU, OUR 2021 LIVING LEGENDS, for your selfless dedication and valuable contributions to Moiliili Hongwanji.

(Special acknowledgement to Mari Fukuya and Lynn Nakata for information on Eugene; to Jeanne Watari and Anne Kawabata for information on Osamu.)

## **Hoonko Donations**

Dorothy Colby Chiyono Ebisu Hudson Fukuki Mari Fukuya Wesley Henry Donna Higashi Jeanette Hiranaga Joyce Hong Anne & Osamu Kawabata Joanne Kealoha Robert & Hatsue Kinoshita Chiyono Kinoshita Kathleen Komo Glen & June Matsumoto Elaine Miyamoto Michiko Motooka Karen Murakami Doris Muraoka Wendy Nakanishi Ann Nakata Ethel Aiko Oda Bert & Cynthia Ogasawara Lois Ohta Marsha Okada Rev. Thomas & Michiko Okano Kimiko Okano Francis & Susan Okano Thomas & Leatrice Sakamoto Joanne Sakata Kiyoko Sato Kenneth & Jean Sato Linda Sesoko Roy & Nancy Shimamoto Jean Ayako Shintaku Ethel Shintaku Sumie Sonoda Karen Sumida Tom & Jane Tamura Satsuye Tanaka Iris Wasa-Uehisa Jeanne Watari Katsumi & Mayumi Yamamoto Gene & Joann Yokota Gale & Yoshiko Young

## **Nokotsudo Donations**

Alan & Mui Arakaki Mildred Au Linda Au Karen or Victor Goto Helen Hamada **Doris Hasegawa** Ethel Higa Judith Higa Wayne & Betty Inayoshi Brenda Kanae Lillian & Ronald Kaneshiro Susan Lange Sheri Maeda Bert & Hazel Maedo IMO Yoshiko Maedo Alfred & Marlene Makino Nobuko Maruyama

Steve & Kim-Anh Mason Calvin Masuoka Ken Matsumoto Lynne Mitani Stanley & Sadako Miyamoto Lois Murasaki Dennis Nagatani Alvin & Hyo Jung Nakamura Beatrice Nakaoka IMO Mr. & Mrs. Tsuii James & Norma Nekota Lynda Nishihara Doris Okamoto Hiroko Okubo Irene Ouchi **Raymond & Rachel Sakumoto** Roy & Nancy Shimamoto Carol Shiraki

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The Happy Strummers donated \$500 to MHM. This will help the temple to purchase some AV equipment which will allow for better online quality during our weekly Zoom Sunday Services and online memorial services. Thank you to the members of the Happy Strummers for your generous donation.

Mahalo!



**Richard Abe** Shunji & Jane Adachi Dennis Asato Linda Au Dorothy Colby **Gladys Fukumitsu** IMO Ralph Fukumitsu Ichiro & Jean Fukumoto 17th memorial for Hatsune Fukumoto Mari Fukuya Michie Hamao Keith Hamao Edgar & Helen Hamasu Brian & Wendy Handa Happy Strummers Wesley Henry Donna Higashi **Hirashima Family** Arnold Hori Laverne Imori Walter & Ellen Inouye Japanese Class Deane Kadokawa Mark Kashiwamura Edith Kato Kayleen Kawamura Joanne Kealoha IMO Phyllis Wilhoite Nakasone Joanne Kealoha IMO Joy Fujita **Charlene Kihara** IMO Barbara Nomura Rev. Kerry Kiyohara Germaine Kiyomoto-Isara Clayton Koseki

Mahalo **Temple Donations** 

Bert & Hazel Maedo

IMO Yoshiko Maedo **Eugene Makino** Anonymous IMO Barbara Nomura Calvin Masuoka Glen & June Matsumoto in appreciation for birthday greeting Elizabeth Matsumoto Isabelle Matsumoto Bishio Eric & Tamavo Matsumoto Joel Merchant **Raymond & Violet Mimaki** Craig Mitani Shizue Miyasato Susan Morishige Edward "Popeye" Morishima Stanley & Ethel Murakami Patricia Nakaii Wendy Nakanishi IMO Walter Nakanishi Ann Nakata IMO Ryo, Lester, Dorothy Nakata, Marlene Sasaki, Keith Higashi Lynn Nakata Joy Nishida Lynda Nishihara Fred & Nancy Nonaka IMO Rose Nakamura Ethel Aiko Oda **Cheryl Oeda** Lois Ohta Francis & Susan Okano Stephen & Charlene Okano Gail & Russell Okata IMO Seiji Tokeshi & Russell Saigo



Kenneth & Janice Okumura Alfred & Ruth Ono IMO Ryoshin & Kimiko Okano Laura Rubv Reid & Lorelei Saito **Thomas & Leatrice Sakamoto** Joanne Sakata Renee Sakata Martha Samson Jean Ayako Shintaku Carol Shiraki Alice Shiroma Judith Suzurikawa Linda Takai **Raymond & Arlyne Takiue** Lynn Tam Stanley & Marilyn Tamamoto IMO Melvyn & Sumie Hamamoto Tom & Jane Tamura Satsuye Tanaka Janice Tashiro IMO Warren & Beatrice Nakamura Willard Teague Sharen Uyeunten Edna Wada Iris Wasa-Uehisa Gary Watanabe Katsumi & Mayumi Yamamoto Dee & Harvey Yamane Dale Yashiki Atsushi & Ruth Yashiki Albert & Jane Yazaki IMO Rose Nakano Gene & Joann Yokota **Shelley Young** 

## **Capital Improvement Donations**

Bert & Cynthia Ogasawara Sumie Sonoda

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**COVID-19 Relief Fund** Leonard Hoshijo

Tomoe & Fusae Ishiyama

Roy & Nancy Shimamoto

March 2021

### **CALENDAR OF EVENTS**

#### March 2021

- 7 9:00 AM Zoom Remembrance service
- 14 9:00 AM Zoom Service
- 21 9:00 AM Zoom Ohigan Service with Rev. Thomas Okano
- 28 9:00 AM Zoom Service with Kaleo Samson April 2021
- 4 9:00 AM HBC Buddha Day Service No MHM Zoom Service
- 11 9:00 AM Zoom Buddha Day & Remembrance Service
- **18 9:00 AM** BWA Eshinni Kakushinni day Zoom Service with Carol Valentine
- 25 9:00 AM Zoom Service with Cheryl Yasunaga

#### May 2021

- 2 9:00 AM State Dharma School Virtual Gathering No MHM Zoom Service
- 9 9:00 AM Zoom Mother's Day & Remembrance Service
- 16 9:00 AM Zoom Service
- 22 10:00 AM Gotan-E Zoom Seminar with Bishop Tatsuya Aoki
- 23 9:00 AM Gotan-E Zoom Service with Bishop Tatsuya Aoki
- **30 9:00 AM** Zoom Memorial Day Service with Rod Moriyama

With Heartfelt

Moiliili Hongwanji Mission extends its deepest sympathy and condolences to the family of:

Ian Liloa Rehfeldt		38	11/5/2020
Rieko Tsukazaki	*	95	11/21/2020
Ernest Kunito Yokota		92	12/10/2020
Melvin Nakano		77	1/22/2021

May the Onembutsu provide solace to family

members during this time of sorrow.

(\* Indicates Temple Sustaining Gojikai Member)

## WHITE WAY RADIO

Join us on Saturdays for White Way Radio on KZOO1210 at 7:45 a.m. for inspiring messages from a variety of speakers. We are truly grateful for our White Way sponsors who make it possible to share the Dharma on the air every week. If you missed it go to www.moiliilihongwanji.org, Buddhist Teachings.

#### March 2021

- 6 Mrs. Lois Toyama / Mrs. Alice Shiroma
- 13 Rev. Toyokazu Hagio/ Ms. Donna Higashi
- 20 Dr. Dexter Mar / John & Laura Moriyama
- 27 Rev. Shingo Furusawa / MHBWA

#### April 2021

- 3 Rev. Yuika Hasebe / Mrs. Wendy Nakanishi
- 10 Rev. Sol Kalu / The Nakata Family
- 17 Mr. Alan Goto / Mrs. Karen Murakami
- 24 Rev. Jay Okamoto / Mrs. Thelma Ando May 2021
- 1 Bishop Tatsuya Aoki / The Hirai Family
- 8 Rev. Kazunori Takahashi / The Yoshimura Family
- 15 Rev. Masanari Yamagishi / Mr. & Mrs. Michael Sorakubo
- 22 Rev. David Nakamoto / Mr. & Mrs. Edgar Hamasu
- 29 Mrs. Irene Nakamoto / Mr. & Mrs. Roy Abe

### White Way Radio Donations

Edgar & Helen Hamasu Jeffrey & Renee Kaneshiro Akiko Kie Morikubo Trust Ann Nakata Roy & Nancy Shimamoto Michael & Wendy Sorakubo

### White Way Newsletter Donations

Mickey Maedo Kenneth & Janice Okumura



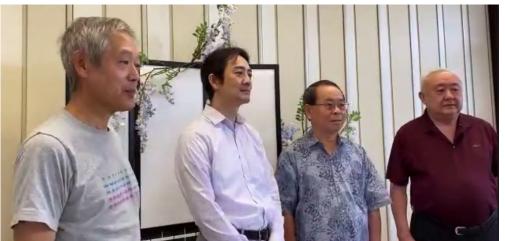
Hoonko service with guest speaker Rev. Masanari Yamagishi

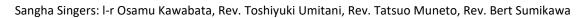


Origami leis on Shinran's statue for Hoonko & MLK Day



60" Flat Screen TV donated by Wesley Henry







Eugene taking care of the banana tree



DS students at Shinnen Enkai puppet show recording



Bento pickup preparation for Shinnen Enkai





## **Silent Auction Donors**

Wendy Harman Ann Nakata Lynn Nakata Lily & Ryne Masuda Cynthia Ogasawara Rev. Bert Sumikawa Arlyne Takiue Quilters

## **Silent Auction Winners**

Dorothy Colby Mike Farr Wendy Harman Robin Meade Faye Nakashima Ann Nakata Lynn Nakata Lisa Nakasone Cynthia Ogasawara Susan Okano Gail Okata Laura Ruby Martha Samson Nancy Shimamoto Raymond Takiue Yoshiko Umitani