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Announcement regarding Temple Opening

We are excited to announce that on Sunday, June 6th, we will begin holding in person services again. We will continue to follow the CDC and State of Hawaii Department of Health guidelines of using masks and hand sanitizer, social distancing, and refraining from singing or chanting in the Hondo, as we did before the cessation of in person services last year. We will also continue our online Zoom services, so we highly encourage attendees to our in-person services to be fully vaccinated, meaning you are 2 weeks past your final vaccination. If you are not vaccinated, we kindly suggest you continue to join us on our Zoom online services. To join our inperson services, please call the office to reserve your space. In order to maintain safe distances between attendees, we can only accommodate a limited number, and we also need to plan safe seating arrangements in the Hondo. We will make every effort to accommodate walk-ins, however if we cannot do so within safety guidelines, you may not be able to attend without a reservation. At this time, we will not have socializing after the service, except for our regular Talk Story and Dharma School online via our Zoom breakout rooms. Of course, in the unlikely event that the State or County declare that we must return to Tier 2 status due to increased infections, we may have to cancel services again. So we do ask for your understanding and patience in this regard. In order to resume services at the temple, we will need 4 volunteers: 2 Greeters to check in members to the service, 1 usher to show attendees to their seats, and 1 person to help with cleaning and disinfecting after the service. If you can help by volunteering for any of these roles, please call the temple office.

We are excited to take this step toward resuming our normal weekly temple services and hope to see many of you there. Remember to call the office to reserve your spot (808)949-1659.



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) 949-1659mhm@moiliilihongwanji.orgwww.moiliilihongwanji.orgMoiliili Hongwanji Preschool: (808) 946-4416moiliilihongwanjipreschool.comProject Dana: (808) 945-3736info@projectdana.org

Lady Eshinni, the Wife of Shinran Shonin



During the 6th World Buddhist Women's Convention, held in Sao Paulo, Brazil in 1978, the resolution to establish Eshinni Day in remembrance of Lady Eshinni was adopted. Later, at the 8th World Buddhist Women's Convention, which was held in Kyoto, Japan in 1986, the resolution to promote world peace and to designate Eshinni Day as Peace Day was adopted. Today, the Hawaii BWA joins the Buddhist Women's Federation of Japan and observes April 25 as Eshinni Day and Kakushinni Day.

The Jodo Shinshu lineage began with Shinran Shonin (1173-1263) and Lady Eshinni (1182-

unknown *probably around 1268). Shinran Shonin is our spiritual father who illuminates our lives with wisdom, and Eshinni is our spiritual mother who embraces us with compassion.

The Letters of Eshinni (*"Eshinni Shosoku"*) were discovered in 1921 at the Nishi Hongwanji in Kyoto. This is a collection of ten letters which Eshinni addressed to her youngest daughter Kakushinni who was living in Kyoto with Shinran Shonin. These letters reveal to us several facts such as: 1) Eshinni was the wife of Shinran Shonin, 2) confirms Shinran Shonin's existence, 3) how Shinran Shonin and Lady Eshinni lived their lives through the Nembutsu teachings, 4) about their children, 5) about Eshinni's life at Echigo, and 6) about Eshinni herself.

The life of Eshinni at Echigo was not a luxurious one. Eshinni returned by herself to her native Echigo, leaving behind her husband in Kyoto, to oversee the property that she had inherited and to look after the welfare of her grandchildren. The letter states that Eshinni "added years and my hand shakes", "the whole society suffered a poor harvest", "I live with the orphaned girl and boy, so I feel like I have become a mother again", "I sold all the clothes trying not to starve children and many others in number", "I am 83 years...I always want to hear everything from you", "I want to erect the five-tiered stone pagoda while I am still alive", "we are living so far apart from each other... especially since you are my youngest offspring, I think of you fondly", "I shall probably never have the opportunity of seeing you again", "I never thought that I would be able to live to this year, but I have already reached the age of 87... but to this day I have never had to have my back and legs massaged. I work like a dog everyday; this year I am becoming forgetful."

Even when Eshinni was informed of the passing of Shinran Shonin, she had "no doubt that your father was born in the Pure Land", and "I am ready to go to the land of bliss at any moment. In the land of bliss we will be able to know everything clearly, so I hope that you shall live the life of Nembutsu and come join me there."

In her book "The Life of Eshinnni – Wife of Shinran Shonin," Lady Yoshiko Ohtani wrote, "Both Shinran and Eshinni, being human, may have had a number of human frailties, but embraced by the boundless compassion of Amida Buddha, they were made to be fully aware of them and ultimately to live a life of deep gratitude and quiet joy. Thus, while they were physically separated late in their life, they lived strongly and fully, manifesting the ideal of nembutsu practitioner."

Beside Eshinni's tomb (five-tiered pagoda), there was originally a tree of *kobushi* (Magnolia Kobus) standing humbly right next to it. This tree blooms beautiful white flowers in the spring, earlier than other flowers. It seems like this flower is guiding other flowers by saying, "Spring has come! Now is the time to bloom your flower!" As I see this *kobushi* flower, I feel as if Shinran Shonin and Lady Eshinni are admonishing me saying, "Now is the time for you to listen to the Onembutsu. Now is the time to bloom your inner peace and joy in Amida Buddha's Compassionate embrace."

In Joy and gratitude I recite "Namo Amida Butsu", the voice of Amida Buddha's Compassion completely embracing and affirming us just as we

are.

Rev. Toshiyuki Umitani



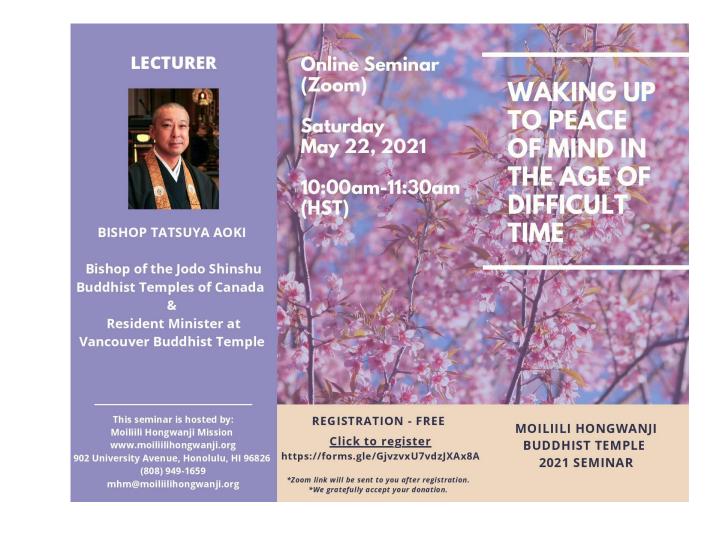
Moiliili Hongwanji Mission

| Year of passing | Type of memorial service | | |
|-----------------|--------------------------|--|--|
| 2020 | 1 st year | | |
| 2019 | 3 rd year | | |
| 2015 | 7 th year | | |
| 2009 | 13 th year | | |
| 2005 | 17 th year | | |
| 1997 | 25 th year | | |
| 1989 | 33 rd year | | |
| 1972 | 50 th 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.





"Waking Up to Peace of Mind in the Age of Difficult Time"

Moiliili Hongwanji's Gotan-E Seminar on Saturday, May 22, 2021 by Bishop Tatsuya Aoki of Jodo Shinshu Buddhist Temples of Canada proves to be an interesting one. His topic is "Waking Up to Peace of Mind in the Age of Difficult Time." Public is invited. Lecture will be held via zoom.

Bishop Aoki is Bishop of Buddhist Temples of Canada and also resident minister at Vancouver Buddhist Temple. He is passionate about Jodo Shinshu and has many goals for the propagation of Buddhism.

Those who are unable to log onto zoom may view the seminar from the temple hondo. Please notify the temple office if you wish to attend. Social distancing with facemasks will be practiced.

Please register at <u>https://forms.gle/GjvzvxU7vdzJXAx8A</u> by May 16th or call the temple office at 949-1659 for more information.

Moiliili Hongwanji is also observing the Gotan-E Service on Sunday, May 23, 2021 starting at 9:00 am. Rev. Toshiyuki Umitani will officiate the special ritual, and the Dharma Message will be given by Bishop Tatsuya Aoki. The Sunday service zoom link is bit.ly/MHMSundayService. Everyone is welcome!



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

(continued from last issue)

7. Don't take naps after 3 p.m. Naps late in the day will reduce adenosine buildup in the brain, which can make it hard to sleep at night.

8. Relax before bed. Schedule unwinding time before bed. Choose a relaxing activity that is unrelated to anything that might be stressful.

9. Take a hot bath before bed. The bath can serve as a relaxing activity, but it can also aid to drop your body temperature. This will increase your feelings of sleepiness.

10. Make your bedroom dark, cool, and gadget-free. Get rid of anything in your bedroom that might distract you from sleep, such as noises, electronics, bright lights, an uncomfortable bed, and warm temperatures.

11. Have the right sunlight exposure. Daylight is key to an in sync circadian rhythm. Try to get natural sunlight for at least 30 minutes daily. Matthew recommends that you either wake up with the sun, or use very bright lights in the morning.

12. Don't lie in bed awake. Many people have trouble falling asleep, due to the power of association. To help combat this issue, avoid using your bed for anything but sleep. Anxiety caused by not being able to fall asleep can also lead to sleep disruption. If you find yourself still awake after staying in bed for a period of time, get up and engage in a relaxing activity until you feel tired.

My Young Days

By Kathleen Komo (Moiliili Hongwanji Mission Lotus Club) Hawaii Hiroshima Heritage Study Group Printed in HFBWA Newsletter (September 1987)

I used to always go to my neighbor's house to play with my girl friend, Yoshiko san. Her brother made an indoor swing for us which we enjoyed. It was made out of rope tied to a beam above. The McWayne's place was a short ways up the road where Yoshiko san and I used to go to pick mulberries. It was fun picking and eating them right off the tree. We also played with paper dolls. We would cut out the dresses, shoes, hats and attach to the paper doll by folding the notches at the shoulders of the dresses.

Our *kumiai* (association) from Keopu where we lived, went on picnic to Kailua one year. Dressed in some old clothes, we would wade in the water. We enjoyed picking little opihis from the rocks. We took them home and mother boiled them for us and we ate them by using toothpicks to dig out the meat.

Once in a great while, Japanese silent movies were shown in our area. We would have an early dinner and walk over to Nakahara's garage where the movies were shown. It was a size of a four-cargarage. We would sit on mats laid on the garage floor. Mother used to take zabuton to sit on. The movies were in black and white accompanied by a *benshi* (orator). This type of entertainment was quite rare in our area and everyone looked forward to them so the "Nakahara Theater" always used to be standing room only.

Note: Kathleen Komo made 102 yrs. old this year.



During the month of April the preschoolers are learning about plants! We are planting seeds and discussing the life cycle of plants and the different elements they need to survive.

We have read books like <u>The Tiny Seed</u> by Eric Carle and <u>Planting a Rainbow</u> by Lois Ehlert and the children discover new words like parts of a plant as well as names of many flowers.

The children also enjoy the language and imagery in songs such as "I'll Plant a Little Seed" which is sung to the tune of "I'm a Little Teapot". The children love acting it out:

I'll Plant a Little Seed

I'll plant a little seed in the dark, dark ground.

Out comes the yellow sun, big and round.

Down comes the cool rain, soft and slow.

Up comes the little seed, grow, grow, grow!

As we learn about plants we are grateful for the ways that they bring us nourishment, a shady spot to sit, provide homes for creatures big and little and also help to keep the air clean. April 22nd is Earth Day and will celebrate by planting seeds.















Submitted by: Cori Uwaine

2021 Virtual Bon Dance

In 2020 due to Covid-19, Moiliili Hongwanji had to cancel its Moiliili Hongwanji Bon Dance & Moiliili Summer Fest. However, we had our first ever Virtual Bon Dance! Now it's 2021, and to be safe, we will again have a Virtual Bon Dance. Here's what is in the plans.

On Saturday, July 3rd we plan to have Bon Bentos & Andagi pick up followed by a Virtual Bon Dance. You have the option of enjoying your Bon Bento and watching the Virtual Bon Dance! The committee is still finalizing plans so be on the look out.

In addition, there will be "In Memory of" chochin lantern tags like last year. You can memorialize a loved one by purchasing tags that will be hung from a chochin lantern. The chochins will be illuminated in front of the temple so you are welcome to view and take photos at night.

More details will be forthcoming about Bon Dance 2021 so please stay tuned for more news!

Moiliili Hongwanji BWA

By Donna Higashi, President

Since the COVID 19 pandemic began more than one year ago, the MH BWA continues to be in touch with its members the best way possible. Phone calls, letter writing, White Way newsletters, flyers are mainly for those without internet service. Fortunately 73% of our BWA membership can receive notices by email and many join the MHM Sunday service regularly at 9:00am via ZOOM. Here I would like to recognize *David Motooka* and *Keith Hamao* who assist their mothers *Michiko Motooka* and *Michie Hamao* to log in on Sundays. Another son *Rod Sonoda* who is visiting for three weeks from California is arranging this also for his mother, *Sumie Sonoda*. What great sons! We welcome others to ask for help from your children/grandchildren to keep you connected with Moiliili Hongwanji until we too re-open, tentatively set for June 6, 2021.

On April 18th, the MH BWA hosted the Eshinni and Kakushinni Day service at the Sunday morning ZOOM service with Mrs. Carol Valentine of Lihue Hongwanji as our guest speaker. Thanks to Robin Meade, this service was recorded and will be made available at a later date on YouTube. The MH BWA would also like to thank our members for generously donating to our Eshinni Fund. This is our policy for usage: The purpose of the Eshin-ni Fund is to assist and support the youth of Moiliili Hongwanji Mission, including providing subsidies for Hongwanji-sponsored educational activities such as YBICSE, YESS Camp, Dharma Educators' Conference, State Jr. YBA Convention, etc. The amount per person may include but is not limited to the registration fee and plane fare and not to exceed \$250. The Eshinni Fund may also provide support to a worthy cause or charity for the benefit of youth in an amount not to exceed \$1,000.

Looking ahead, the Hawaii Federation of BWAs is planning the 14th BWA State Conference on April 23-24, 2022 at Wailuku Hongwanji. Registration cost is \$150 and lodging will be at the Maui Beach Hotel. The following year, the World Buddhist Women's Convention is slated for May 11-12, 2023 in Kyoto, Japan. More information on both of these events will be forthcoming.

The Honolulu United BWA is planning a Joint Education Seminar and Membership Meeting on August 14, 2021 at the Hawaii Betsuin social hall. We hope to gather in-person by that time so until then be safe and get your vaccine shots. Feel free to contact me by email or phone.

Dana Day Donations

Dorothy Colby Chiyono Ebisu Donna Higashi Nancy Hironaka Anne Kawabata Joanne Kealoha Karen Kikukawa Kathleen Komo Sumie Makino June Matsumoto Noriyo Morikubo Susan Morishige Michiko Motooka Karen Murakami

Wendy Nakanishi Ann Nakata Lynn Nakata Betsy Nishioka Evelyn Noguchi Ethel Oda Cynthia Ogasawara Lois Ohta Yaeko Onuma Ruby Saito Joanne Sakata Jean Sato Kiyoko Sato Ethel Shintaku Sue Sonoda Linda Takai Yoshiko Umitani Edna Wada Jeanne Watari Grace Yamamoto Ken Yamasaki

BWA 95th Anniversary Donations

Grace Yamamoto

BWA Donations

June Matsumoto Karen Murakami



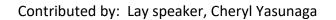
Twice a day, Cheryl makes it a point to go outside and ground herself by touching the earth with her bare feet, while getting some vitamin D via sunshine and make pretty rainbows for happiness while tending to nature during these hot summer months.



Raising pollinators is not only fun and rewarding but when you take care of pollinators, you're really taking care of everyone as they help make our food.



Grandpa's ginger reminded me to not let life get too busy where you don't pay attention to the important things happening in front of us.





Learning about orchids taught me that at minimum, it should be repotted once a year. Just like people, we can live a long life but to thrive and bloom, we need to give ourselves a fresh environment with room to grow. We should all strive to thrive and not just be alive.

"What is the Future of Jodo Shinshu Buddhism in the West?"

On Saturday, April 17, 2021, there was a Center for Buddhist Education Seminar sponsored by the Buddhist Churches of America. The topic was "What is the Future of Jodo Shinshu Buddhism in the West?" featuring the three Bishops: Rev. Eric Matsumoto of HHMH, Rev. Marvin Harada of BCA, and Rev. Tatsuya Aoki of Jodo Shinshu Buddhist Temples of Canada. Over 250 participants were logged onto the virtual seminar.

Nancy S. said, "It was gratifying to hear optimism expressed by all three Bishops regarding the future of Jodo Shinshu Buddhism in the West. We will need to move with the times and make the website and social media key components of spreading the Dharma. The future is now! As one minister participant from BCA stated, "Covid is teaching us something. Zoom should continue to be used even after the pandemic. It has a wider appeal and encourages inner propagation. Online seminars and services should become a permanent and integral part of our efforts in sharing the Dharma."

Nancy continues, "If we are to spread Buddha's teachings, it needs to be through the messages given by ministers or lay people. It needs to resonate with older members as well as with young/new members. It has to have practical application to everyday lives, i.e., how to deal with stress, anxiety, and problems we face daily. How to live a meaningful, fulfilling life struck a spark in me."

The seminar as shared by the three Bishops was very positive and gives much hope for the future of Buddhism. We all need to do our part in spreading the teachings starting with family and friends. Buddhism can certainly help bring peace and harmony to this world.

Spring Ohigan Donations

Thelma Ando Frances Aoyama **Dorothy Colby** Chiyono Ebisu Mari Fukuya Wesley Henry Donna Higashi Jeanette Hiranaga Joyce Hong Anne & Osamu Kawabata Joanne Kealoha Karen Kikukawa Robert & Hatsue Kinoshita Yuriko Matsui Glen & June Matsumoto Raymond & Violet Mimaki

Elaine Miyamoto Michiko Motooka Karen Murakami Doris Muraoka Wendy Nakanishi Ann Nakata Lynn Nakata Thomas & Betsy Nishioka Ethel Aiko Oda Bert & Cynthia Ogasawara Lois Ohta Marsha Okada Rev. Thomas & Michiko Okano Francis & Susan Okano Ernest Oshiro & Kazuko Takamatsu Thomas & Leatrice Sakamoto

Joanne Sakata Kenneth & Jean Sato Linda Sesoko Roy & Nancy Shimamoto **Ethel Shintaku** Jean Ayako Shintaku Sumie Sonoda Michael & Wendy Sorakubo Karen Sumida Tom & Jane Tamura Satsuye Tanaka Iris Wasa-Uehisa Jeanne Watari Katsumi & Mayumi Yamamoto Gene & Joann Yokota Gale & Yoshiko Young



Richard Abe Dennis Asato Hudson Fukuki Ichiro & Jean Fukumoto IMO Yukio Fukumoto's 25th memorial yr Keith Hamao Hawaiiana Management Co. Wesley Henry Donna Higashi IMO Katsumori Higashi Alice & Craig Hirashima Wallace & Nancy Hironaka Deane Kadokawa William & Kathleen Kaneshige IMO Thomas Jiro Kaneshige L Tsurue Kaneshige Edith Kato IMO Susumu Kato Anne & Osamu Kawabata IMO Tayeko Kayahara L Atsuko Kawabata Joanne Kealoha IMO Barbara Nomura Lynette Kida IMO Barbara Nomura

Isao Kitagawa Kerry & Mimy Kiyohara Kathleen Limbaga IMO Barbara Nomura Bert & Hazel Maedo IMO Haruyo Maedo Glen & June Matsumoto Claudia McCloskey IMO Barbara Nomura Joel Merchant Miles Miyasaki John & Laura Moriyama Wendy Nakanishi

Mahalo

Temple Donations

Ann & Lynn Nakata IMO Robert Nakata Francis & Susan Okano Christine Omine IMO Barbara Nomura Cyndi Osajima Ruby Saito Renee Sakata Martha Samson Kenneth & Dorothy Sorayama IMO Fusae Shinohara



T. Taketa Sheet Metal Inc. Linda Takai **Raymond & Susan Takiue** Raymond & Arlyne Takiue, Jr. Satsuye Tanaka Alice Tando 33rd yr IMO Hatsu Tando George & Ruth Tokumi Allen Tom IMO Barbara Nomura Kirk Uejio Sandra Urata IMO Rosalyn Urata L husband Sharen Uyeunten Iris Wasa-Uehisa IMO Shinichi Wasa L Yuu Fujishige Aiko Watanabe ІМО Кіуопо Киво **Terilyn Watanabe** Jeanne Watari **Drew Wilson** Katsumi & Mayumi Yamamoto Atsushi & Ruth Yashiki Shelley Young

Nokotsudo Donations

Hanamatsuri Donations

Ann Nakata Lynn Nakata

COVID-19 Relief Fund

Roy & Nancy Shimamoto Howard & Marjorie Yuen Brian & Wendy Handa William & Kathleen Kaneshige IMO Thomas Jiro Kaneshige & Tsurue Kaneshige Bert & Hazel Maedo IMO Haruyo Maedo Hideko Okimoto

Gotan-e Donation

Lynn Nakata

CALENDAR OF EVENTS

May 2021

- 2 9:00 AM State Dharma School Virtual Gathering
- 9 9:00 AM Zoom Remembrance & Mother's Day Service
- 16 9:00 AM Zoom Service with Raymond Takiue, Jr.
- 23 9:00 AM Zoom Gotan-E Service with Bishop Tatsuya Aoki
- 30 9:00 AM Zoom Service with Rod Moriyama June 2021
 - 6 9:00 AM Temple Reopening & Remembrance Service
- 13 9:00 AM DS Students' & Teachers' Recognition Service
- 20 9:00 AM Father's Day Service
- 27 9:00 AM Sunday Service by Dharma School

July 2021

- 4 9:00 AM Sunday Service
- 11 9:00 AM Obon Service with Rev. Kevin Kuniyuki
- 18 9:00 AM Sunday Service
- 25 9:00 AM Sunday Service

With Heartfelt

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

| Yayoi Wasa | | 2/11/2021 |
|-----------------------------|--|-----------|
| James Masayoshi Yamada | | 2/15/2021 |
| Carl Shigeo Hamamoto | | 2/16/2021 |
| Albert Satoshi Murakami | | 2/18/2021 |
| Theodore Michiharu Kawamoto | | 2/20/2021 |
| Kimiye Momoki | | 2/22/2021 |
| Bessie Sueno Kida | | 2/25/2021 |
| Claire Michiko Nakagawa | | 3/6/2021 |
| Dr. William Mitsugu Ohara | | 3/12/2021 |

May the Onembutsu provide solace to family members during this time of sorrow.

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.

May 2021

- 1 Bishop Tatsuya Aoki /The Hirai Family
- 8 Rev. Kazunori Takahashi /The Yoshimura Family
- 15 Rev. Masanari Yamagishi/Mr. & Mrs. M. Sorakubo
- 22 Rev. David Nakamoto /Mr. & Mrs. Edgar Hamasu
- 29 Mrs. Irene Nakamoto /Mr. & Mrs. Roy Abe

June 2021

- 5 Dr. George Tanabe /Mrs. Thelma Ando
- 12 Rev. Shawn Yagi /The Hirai Family
- 19 Rev. David Fujimoto/The Miyasaki Family
- 26 Rev. Mariko Nishiyama /MHBWA

July 2021

- 3 Mr. Joshua Hernandez-Morse/The Matsumoto Family
- 10 Rev. Kojun Hashimoto /Mr. & Mrs. Gene Yokota
- 17 Rev. Jeffrey Soga/Mrs. Jo DesMarets
- 24 Dr. Benjamin Bruch/Mrs. Edith Horii
- 31 Rev. Toshiyuki Umitani/The Yoshimura Family

White Way Radio Donations

Thelma Ando

Donna Higashi

- Moiliili Hongwanji BWA
 - Wendy Nakanishi
 - Nancy Shimamoto
 - Alice Shiroma
 - Rev. Bert Sumikawa
 - Raymond Takiue, Jr.



Hanamatsuri with the Umitani Family



Rev. Umitani & Eugene Makino



Cherry blossom (sakura) flower arrangement



Happy Strummers



Pickle mango crew



Kaleo & Martha Samson

Kaleo was the guest speaker at Moiliili Hongwanji on March 28 and talked about Long Spoon Farms, a nonprofit that encourages neighbors to grow home based vegetables, fruits and herb gardens.

Go to longspoonfarms.com for more information.