



America is waking up to the Shin Buddhist path of gratitude. 60 years ago, meditation and mindfulness were considered exotic practices of a foreign religion. Today, stripped of their spiritual origins, they are accepted as effective means of emotional and health benefits. Shin Buddhism has been neglected because of the perceived similarity to some Western religions. We will clarify this misunderstanding.

In ancient times, the unknown world was explained in mythical form with deities and the afterlife being prominent. Relating traditional myths to our modern life has its limits. We will reverse this method of going from the past to the present. By using our current knowledge from science and psychology, we will reveal the practical and spiritual benefits of Shin. For those seeking solutions to common concerns, Shin has provided a path for ordinary people for 800 years. Rev. Akahoshi's retreats and workshops use innovative methods that he learned from leading philosophers, psychologists, and Buddhist teachers. Using these interactive methods, he will share an effective, simple practice of gratitude, which guided the thoughts and conduct of

our Issei Buddhist pioneers through lives filled with hardships. Come learn how to bring joy into the flow of ordinary life.

PROGRAM SCHEDULE

Friday evening, October 7

- 5:30 Registration
6:00 Lecture One:
Meditation, Mindfulness, & Gratitude I
6:45 Discussion & Dr. George Tanabe comments
7:00 Break
7:15 Lecture Two:
Meditation, Mindfulness, & Gratitude II
8:00 Discussion & Dr. George Tanabe comments
8:30 Closing

Rev. Dr. Kenji Akahoshi

Rev. Akahoshi's unique style of presenting the Shin Dharma comes from his background in Transpersonal (spiritual) psychology and other mind/body/spirit disciplines. He graduated from UCSF Dental School

(DDS), Institute of Transpersonal Psychology (MATP), and the Institute of Buddhist Studies (MBS). He served 3 years as a USAF Capt. In Misawa, Japan. He had a private practice for 30 years in San Jose. At the San Jose Betsuin, he served as Board President, chaplain at the Santa Clara Co. Juvenile Hall, led Education discussions, and conducted Vision Quests for high school students. He has conducted Shin retreats since 1998. He recently retired as the minister of the Buddhist Temple of San Diego. He now leads the Ministerial Support Pillar for the Dharma Forward Campaign and gives classes for the MAs of BCA. He has had two recent articles in *Tricycle Buddhist Magazine* and also contributed to Morgan Freeman's "Story of God" in *USA Today*. He is writing a book which interprets Shin in a way that is relevant in 21st century America.



Dr. George Tanabe (respondent)

Professor emeritus in the Department of Religion at the University of Hawai'i. Dr. Tanabe is also President of BDK America. Bukkyō Dendō Kyōkai, the Society for the Promotion of Buddhism, which promotes an understanding of Buddhist wisdom through sponsoring activities and programs around the world.

Kenko Futaba & Alfred Bloom

The Futaba Lecture Series is endowed by Dr. Alfred & Ms. Dorothy N. Bloom to honor the memory of friend and mentor, Professor Kenko Futaba. Dr. Futaba, a noted Shin Buddhist scholar, served as President of Kyoto's Ryukoku University from 1983 to 1995 and then became Chancellor of Kyoto Women's University. A pioneer in what today is called "engaged" Buddhism, Kenko Futaba campaigned passionately for the rights of minorities and was a prolific writer.



Rev. Dr. Alfred Bloom is widely regarded as one of the most significant scholars and educators in American Shin Buddhism. Al fervently hoped that this lecture series would be a continuing inspiration for the nurturing of American Buddhism and for the social participation of Buddhists in the quest of social justice and peace. His website continues to serve as a resource for students today: <https://bschawaii.org/shindharmenet/>



Mahalo to our Sponsors:
Futaba Memorial Lecture Fund
UH Foundation, Milander Fund
Honpa Hongwanji Hawaii Betsuin



Mahalo to:

Friends

Rimban TBD, Chief Minister
Dr Jon Matsuoka, Executive Director HHHB
Colleen Kunishige, Office Manager HHHB

Committee

Dorothy N. Bloom-Convener,
Faye F Mar, Event Arrangements

NOTE:

***In-person attendance
may be limited for
COVID safety.***

For reminders, updates, and Zoom link:

Free Registration Advised

<https://forms.gle/kjSAZ3bCugc29ih97>

**No program fees Donations
Appreciated**

23rd Annual
Bloom-Futaba Memorial Lectures

Meditation, Mindfulness, & Gratitude

The Natural Path to Awakening and Joy



Friday, 6-830pm

October 7, 2022

In-person and Livestreamed

Honpa Hongwanji Hawaii Betsuin

1727 Pali Highway
Honolulu, HI 96813