



The Messenger

Building Healthy Sanghas: Embracing Generosity & Openness

Calendar of Events

UPDATED March 2023

05 Sun 8:00 am - 1:00 pm Sangha Day at WHM
 12 Sun 9:00 am Sunday Service (Dharma Speaker: Ho'ala School)
 19 Sun 9:00 am Sunday Service (Dharma Speaker: Carolyn Uchiyama)
 19 Sun 10:00 am WHM Board Meeting in Social Hall
 26 Sun 9:00 am Ohigan Service

April 2023

02 Sun 9:30 am Hawaii Buddhist Council Hanamatsuri Service at Jodo Mission of Hawaii and on YouTube Live - HBC YouTube channel.
 09 Sun 9:00 am WHM Buddha Day/Hanamatsuri Service
 16 Sun 9:00 am Sunday Service
 23 Sun 9:00 am Sunday Service
 30 Sun 9:00 am Sunday Service

COLUMBARIUM CLOSED UNTIL FURTHER NOTICE

Due to heavy rain, the columbarium roof and ceiling needs emergency repairs. For everyone's safety, the columbarium will remain closed until repairs are completed. Thank you for your understanding.

Pet Memorial Service



On Sunday, February 19th, WHM held its annual Pet Memorial Service. Thank you to all who attended for being a part of this meaningful and heartwarming service to remember our pets who have enriched our lives with their companionship and love.



HO'ALA SCHOOL PTSO EVENT

VENDOR & CRAFT

Spring FAIR

SATURDAY, MARCH 11

9 AM - 2 PM

FREE!

ADMISSION FOR SHOPPERS

Scan for more info or to apply today!

HOALA_PTSO

1067 California Avenue Wahiawa
www.hoalaschool.org

Ho'ala School

Many of you have seen their signs when coming to temple since we share the campus. Come find out what they are all about on Sunday, March 12th at our Sunday Service.

Looking for Spring gifts or something to put a little "spring" in your step? Stop by and support Ho'ala School by shopping at their Spring Fair on Saturday, March 11th from 9:00am - 2:00pm.



Aikido

Wahiawa Aikido Dojo is currently accepting students from ages 7 years and up. Practice is on Thursdays from 6:30pm -7:30pm Please contact Reid at 808-783-4411 for more information.

Minister's Message - Music



When I was in Kauai, I attended the Kauai Dharma Music Workshop at Lihue Hongwanji. Mrs. Mitsuyo Saito and Mr. Francis Okano came to teach some Gathas. We learned some music, chorus, and dance. My children were so happy. Music has many forms of entertainment. Not only is it for adults, but also for children. Therefore, we all could enjoy the same music. Music gives us wonderful power.

We have many Gathas representing the teachings of the Buddha. If we listen only to doctrines of the teachings, I think some lose interest. However, if we sing Gathas as a teaching, it is easier for us to understand the teachings of the Buddha or the Jodo Shinshu teachings. Let me introduce my favorite song.

“Many, but one”

*Like a triangle, circle, square, like a triangle, circle, square,
We may well differ in how we look, oh, the wonder of this life!*

This song expresses Amida Buddha's view of us. This song teaches us that we are all different. And if we think that we compare ourselves with others, we never feel joy. Even if our shapes are different, each of us has a precious life as well as others.

One of the Jodo Shinshu practices is to chant the “Shoshin-Ge”. It is difficult to understand all the Kanji meanings, but still we read it. “Shoshin” means true faith and “Ge” means a song. So, Shoshin-Ge is a song of joy.

When we understand what Shoshin-Ge says, we can understand Shinran Shonin's feeling of joy for the Amida Buddha, and we can understand people who have read and have enjoyed the Shoshin-Ge. That is why our ancestors handed it down from generation to generation.

Please read the Shoshi-Ge with joyfulness. Feelings of joy can spread everywhere. That is what Shinran Shonin wanted to tell all the people.

Namo Amida Butsu

In Gassho,

Reverend Kojun Hashimoto



Spring Ohigan



Please join us for Spring Ohigan on Sunday, March 26th at 9:00 am. Spring Ohigan (Spring Equinox) means the "Other Shore." It is when we can see and feel the harmony in the world around us. Jodo Shinshu Buddhist gather to welcome in a new season. Ohigan occurs twice a year in the Spring and the Fall, generally in March and September. The sun rises directly from the East and sets directly in the West. The length of day and night are equal and the weather tends to be very mild. This is when conditions are right for the practice of selfless sharing, discipline, diligence, patience, loving kindness and wisdom. As Jodo Shinshu Buddhist it is a time for deep self reflection on all that we have received from others as well as from the world.

We hope you will join us!

President's Report



“What is Buddhism?” Can you explain to a nine-year-old what Buddhism is? Rev. Bob and Patti Oshita of the Sacramento Betsuin were the featured speakers at the Rap Session Thursday evening kicking off the 111th Giseikai 2023.

It was a wonderful presentation! They were ministers at Sacramento for over 33 years! Their key focused strategy was to attract kids! They started with 75 and are currently over 420 Dharma School students! Simply explaining Buddhism so people are comfortable, they grew Sacramento Betsuin into one of the largest congregations in the United States. Their focus was to grow from within by getting to know the members.

“Buddhism is the religion of Kindness and Gratitude!”

Easy to remember and easy to understand! Building activities and discussion groups are about learning more about the details and gaining people's interest. Our website refers to the Maui Nembutsu Seminar in November where Rev. Bob is featured. Please spend the time to watch it: <https://tinyurl.com/yx785cd7>

Following Oshita's basic rules for meaningful programs:

- Programs must fill a void
- Programs have more meaning when members request them
- Need people with positive energy and passion to make them a success
- Involve others to help...many are willing to help but shy away from leadership.
- Food draws people together
- Someone must take the lead!!



Many worthwhile topics and programs were discussed. Some ideas were:

- Health Series...once/month regarding different health foods, music therapy, yoga, and exercise
- Contest at the District level who makes the best _____ (chili, chicken teriyaki, etc)
- Youth Advocacy Committee...ideas for etiquette, how to do a Dharma Talk, developing leadership amongst the children
- Question box to minister...getting feedback
- Developing a social consciousness and partnership with the community
- Getting to truly know each other as a family!
- Having FUN!!

After three years, the 2023 Giseikai was a welcome reunion of old friends from all over the state. The stirring Opening Service was truly an inspiring experience...a Nembutsu moment!

Capping the two full days, my family also attended the new version of “Peace on Your Wings.” As anticipated, it was a moving and joyful experience. Meeting the cast after was also very special. We saw so many “family” friends there too!!

We have another exciting month ahead, please participate!!

In gassho (gratitude),

Rodney S. Moriyama, President

Wahiawa Hongwanji Mission Office Hours:
Tuesdays, Thursdays and Saturdays 9:00am - Noon
808-622-4320
www.wahiawashinbuddhists.org
Columbarium Hours: Daily 10:00am - 3:00pm

Universal Meditation

by Glenn Hamamura

Reprint from Hozo December 2012

“My respected friend, Dr. Aiyoshi Kawahata, wrote a book in Japanese titled Meiso no Susume to encourage spiritual and physical health through meditation. It became a bestseller in Japan. I am pleased to introduce the English version of his book, Universal Meditation, Key to Mental and Physical Health, which I believe will guide us toward improving our daily life...” Reverend Hozen Seki, Buddhist Churches of America.

Many sects of Buddhism use meditation as a primary practice for their members. Shin Buddhism does not require meditation as a practice, but to help Americans enrich their mental and physical well being in daily life, many temples are exploring the use of these practices. When Reverend Kevin Kuniyuki was the resident minister at the Wahiawa Hongwanji, a meditation session based on Dr. Kawahata’s method was conducted. This practice only requires 7 minutes (although you can meditation for longer periods), and is comfortable – you can sit on a chair if you like. Dr. Kawahata was a medical doctor in Kyoto but also a Nembutsu follower, and developed this method to help his patients and others in their daily lives.

“I hope by taking seven minutes per day in meditation, you will be freed from tension and stress. During meditation it is my hope that you will find yourself and enjoy getting to know yourself. Most of all, I hope that you will find life worth living today.” Dr. Kawahata

What is Meditation?

From Dr. Kawahata: “Meditation is simply an act of concentrating one’s mind and body and reflecting upon one’s life, which is supported by all things around him. This is the essence of meditation... Meditation, reflecting upon oneself, is the source of one’s strength in developing a tranquil, healthy, and balanced mental life. Meditation can be done anytime, anywhere, and by anyone. It does not matter whether one sits, stands, or opens or closes the eyes. What matters is that one opens the inner eyes – the mind.”

Meditation for Intelligent Living

“Meditation can help to calm the emotions or a restless mind... Through meditation, a totally different self is discovered, ...” “The goals of meditation are to expand vision, to see beyond immediate concerns and beyond this mortal life. Should we attain this goal, we can be assured of happiness, a life without grudges, greed, complaints, ... This is the light of meditation.”

Dr Kawahata also discusses meditation and health, from his medical perspective. He has recommended this practice to his patients even if they are unable to sit up, and to meditate while lying down.

Here is a description of the 7 minute meditation practice from an information sheet used at the Wahiawa Hongwanji during Reverend Kevin’s time there.

The 7 Minute Meditation

Meditation is a way to develop a peaceful, healthy, and balanced life. This method of Buddhist meditation has many advantages, one of which is its short length, which allows us to practice it every day. Although it can be extended, 7 minutes is the recommended starting duration for its practice. It uses 3 different forms of meditation, and can be performed in a comfortable sitting position. Its maximum benefit is obtained through daily practice.

Preparation

1. Sit comfortably in a chair, relax your shoulders
2. Assume the hand mudra of palms facing up in front of your body, left palm over right, thumbs touching at the tips (Tenchinin)
3. Eyes half open / half closed recommended

Continued on the next page

Universal Meditation (Continued from previous page)

Stage 1 – Adjusting Breathing – Chosoku (3 minutes)

1. Begin by silently counting your breath cycles (kansoku). One cycle is an exhale and an inhale. Just focus on the counting, if you lose count, just start over.
2. Breathe slowly and deeply, from the abdominal area.
3. Continue this for approximately 3 minutes. In the beginning, you may have 25 or more breath cycles, but over time they will reduce to 18 or less. There is no right number, just breathe, focusing on the counting.

Stage 2 – Meditation (No Thought) – Meiso (3 minutes)

1. After three minutes, begin ‘no thought’. No more counting in your head. The practice is to have no thinking, no thought. Just let any thoughts that enter your mind leave without fixating on them. 2. Eventually, you can sit with no thoughts entering your mind.

Stage 3 – Nembutsu Chanting – Shomyo (1 minute)

1. Change your hands to gassho (palms together fingers facing upward in front of the chest), and close your eyes completely
2. Following the leader, chant the name of the Buddha of Infinite Wisdom and Compassion, Namo Amida Butsu. When chanted, this becomes ‘NAM MAN DA BU’. It is repeated a number of times. 3. Listen deeply, harmonizing with the leader and others in the group.

End of Session

1. The leader will signal the end of the session, and you can open your eyes, and remove your hands from gassho.

At this time, each member of the group may share their thoughts on their meditative experience.

References

1. Reverend Kevin Kuniyuki, Buddhist Study Center, Honolulu, HI
2. Universal Meditation Key to Mental and Physical Health, Aiyoshi Kawahata, M.D., Heian International Inc 1984

If you are interested in this meditative practice, try it once or twice a day. We know that to build a habit (good or bad) we need about 30 to 45 days of repetition, and you might consider that as you begin this.

Every other creature on the face of the earth seems to know how to be quiet and still.

A butterfly on a leaf; a cat in front of a fireplace; even a hummingbird comes to rest sometime.

But humans are constantly on the go.

We seem to have lost the ability to just be quiet,

to simply be present in the stillness that is the foundation of our lives.

Honpa Hongwanji Hawaii Betsuin - Jodo Shinshu Lecture Series I From Basic Buddhism to Shin Buddhism

Date: February 18, March 4, 18, April 1, 2023

Time: 11AM-12 Noon

Speaker: Rev. Kevin Kuniyuki

All classes are held In-Person and Zoom

Place: Honpa Hongwanji Hawaii Betsuin

1727 Pali Highway, Honolulu, HI 96813

808-536-6044

Zoom Link: <http://hhhb.link/JSzoom> Meeting ID: 845 5642 2890

Passcode: HHHB



Spring

**Buddhist Study Center
2023 Spring Virtual Session
Saturday, March 25, 2023
10am-12pm**

**“FELLOW TRAVELERS IN SHIN BUDDHISM”
Presented by Rev. Jon Turner, Orange County Buddhist Church**



Let's hear about the journey of a fellow Shin Buddhist traveler, Rev. Jon Turner. Rev. Turner was introduced to Shin Buddhism when his family began attending the Orange County Buddhist Church (OCBC) in 1999. Later he joined the Minister's Assistant Program. In 2010, Rev. Turner graduated from the Institute of Buddhist Studies at Berkeley with a master's degree in Buddhist Studies and received his Tokudo ordination. In 2017 became a fully ordained Kaikyoshi minister at OCBC.

Our founder, Shinran Shonin referred to his followers as equal companions and “fellow travelers” (Ondobo Ondogyo) in the Dharma. Shinran taught us that, without exception, we are all “brothers and sisters” embraced by Amida Buddha's Wisdom and Compassion.

The program will explore this unique Shin Buddhist understanding that developed from Shinran's life experience as a monk and then a lay teacher. We urge all Jodo Shinshu followers (ministers and members) to become fellow travelers and listeners of the Buddha-Dharma.

Everyone is Welcome! Register online at: <https://forms.gle/CvXJCZhsKe4Gguv17>
Or, fill in form below & mail to the BSC. Please register by **Saturday, March 18, 2023**.

Donations Welcome: All gifts received will be donated to the BSC & go toward furthering Buddhist education. Give online at <http://bit.ly/hhmhdonate> Or, checks can be made payable & mailed to the Buddhist Study Center. **Questions?** Call the BSC office at (808) 973-6555.



~ **Registration Form for 2023 BSC Spring Session** ~

Name: _____ Temple (if applicable): _____

Email/Phone: _____

Mail to: Buddhist Study Center • 1436 University Ave. Honolulu, HI 96822