



The Messenger

Building Healthy Sanghas: Embracing Generosity & Openness

Calendar of Events

REVISED October 2023

01 Sun 9:00 am Sunday Service
 07-08 Sat. - Sun. Ministers Lay Assistant Retreat - No service
 08 Sun 9:00 am NO Sunday Service
 15 Sun 9:00 am Sunday Service
 15 Sun 10:00 am Ko Discussion Group
 15 Sun 10:00- noon Virtual Dharma School Gathering
 21 Sat 9:00 am - noon Halloween Festival - Leilehua/ Wahiawa Hongwanji
 22 Sun 9:00 am Sunday Service
 29 Sun 9:00 am Tsuito-E Service

November 2023

05 Sun 9:00 am Sunday Service
 12 Sun 9:00 am Sunday Service
 19 Sun 9:00 am Eitaikyo Service
 26 Sun NO Sunday Service

Sponsored by the Oahu District Buddhist Education Committee



Oahu District Halloween Festival

When: Saturday, October 21, 2023

Time: 9:00am-12:00pm

Where: Leilehua High School (LHS) & Wahiawa Hongwanji

Join your fellow Oahu Hongwanji youth/families at this fun Halloween/Fall event that includes:

- **Pumpkin Patch: Each family gets a pumpkin to take home & carve**
- **Halloween-themed games/crafts & bento lunch at Wahiawa Hongwanji**



- 1) Meet at the LHS Fall Festival event entrance at 9am & enter as a group. Please bring 1 canned good/per person to donate to the event.
- 2) Pick your pumpkin & enjoy the rest of the activities like food booths, produce sale, games, train ride and more (9-10am)
- 3) Go to Wahiawa Hongwanji to enjoy games, crafts (10-11am) & lunch (11am-12noon) small bento (fried chicken, pancit noodles, rice) & water

- RSVP by Friday, October 13th to susanoshiro@hawaii.rr.com -
(Please include: adult names, children names/ages & home temple)

LHS: 1515 California Ave A, Wahiawa • Wahiawa Hongwanji: 1067 California Ave



ZIPPY'S

Do you wish you purchased more tickets? Did you miss the deadline? We still have a limited amount of tickets left! Tickets are \$10 each and may be redeemed at any Zippy's location until **NOVEMBER 5, 2023** for one of the following:

- Meat & Egg Breakfast with Small Coffee or Regular Soft Drink (redeemable during breakfast hours only. Orange Bang and Lilikoi drinks are not included.)
- Cornbread (5 pieces)
- Portuguese Bean Soup (1.5 lbs.)
- Zippy's Chili in Original, Vegetarian or No-Bean (1.5 lbs.)

If you wish to purchase tickets please call Carolyn at (808)255-5758 or email carolyn2048@gmail.com. Thank you for your support!



Minister's Message -The Middle Way



“To those who choose the path that leads to enlightenment, there are two extremes that should be carefully avoided. First, there is the extreme of indulgence in the desires of body. Second, there is the opposite extreme of ascetic discipline, torturing one’s body and mind unreasonably. The noble path, that transcends these two extremes and leads to enlightenment and wisdom and peace of mind, may be called the Middle Way.” (The Teaching of Buddha P112)

The thought of the middle way was a key for Shakaymuni Buddha’s enlightenment.

How can we use this thought in our daily life?

My Kendo sensei always says at Kendo practice. “It is better we do some exercise for just 30minuts in the daily life. Do not sit on the couch all the time with popcorn or potato chips.”

Do you think so?

My grandmother used to say that an idle life is an enemy to health.

The key to a healthy life is maintaining a balance in our body. This can be accomplished through massage.

When I was going to massage school, I learned a unique massage. The therapist presses many places on the client's body to find the place where the client feels pain. Pain is a sign that the body is trying to cure that point. This method of massage is to communicate where your body is getting weak and in need of a cure.

When I heard this massage technique, I recalled the middle way.

We sometimes forget what true happiness is. It is not having a lot of money or having an idle life. Happiness is being aware of the joyfulness of the present moment in life.

The stimulation to your mind is the Teachings of the Buddha, Sutra Chanting and Dharma message. When we listen to the teaching, we reflect on what we receive from others and realize what we should do. That is the key to feeling true happiness.

Our founder, Shinran Shonin says our primal practice is listening to Buddha’s words.

Let us listen to the teachings to be aware of the joyfulness.

Namo Amida Butsu

In Gassho,

Reverend Kojun Hashimoto



On September 17h, Rev. Irene Nakamoto delivered her Dharma Message at our Fall Ohigan service



Everyone who attended our Fall Ohigan got a sweet treat, ohagi made by Vivian Murayama and Karen pang.

Wahiawa Hongwanji Mission Office Hours: Tuesday, Thursday & Saturday 9:00am - noon

808-622-4320

www.wahiawashinbuddhists.org

Columbarium Hours: Daily 10:00am - 3:00pm

President's Report



The month of August ended with a very thoughtful presentation by Michiko Inanaga, BCA Director of Development on 8/25, and a Nembutsu Seminar from the Big Island featuring Rev. Dr. Jeffrey Wilson on “Living Nembutsu.” Michiko talked about BCA’s (Buddhist Churches of America) effort to promote Buddhism and develop funding sources to augment donations from the membership. Rev. Wilson spoke for 1.5 hours about Pureland Buddhism and its historical evolution. His fundamental message is that all religions change with the ebb and flow of circumstances in society. Jodo Shinshu is a product of centuries of thinking and changing times. His talk can be viewed on YouTube.

In September we held our first “Ko Discussion” group after service. We had ten people participating. Ko groups are the essence of how Jodo Shinshu can be better understood. It is a safe environment for people to question and learn from each other. We were exposed to a broader perspective of each person’s life. Developing deep friendships within the temple community is a good place to practice gratitude and develop interpersonal connections. It was so successful, we decided to continue to meet monthly. If you’re interested, please let me know.

The Maui Wildfire Disaster in August has brought so many organizations together. A detailed Social Concerns status report is available for viewing online. Over \$400,000 was collected providing some funding to members who lost almost everything in the fires. Please go to: www.wahiawashinbuddhists.org for details.

The 60th Annual Statewide Lay Association Convention was held in Kona on September 16,17. The following are highlights of the “Sharing the Joy” event:

- Bishop Umitani’s Message:
 - In the midst of so many conflicts and tragedies in the world and on Maui, understanding Jodo Shinshu helps all of us to understand the positive joys like meeting new friends, enjoying good foods, helping each other, and understanding that we are all fellow travelers in this journey of life.
 - 850/800 Jodo Shinshu Celebration in Kyoto truly demonstrated the power of interconnectedness with the chanting of the sutra with hundreds of others.
 - We have the responsibility to create a society without fear and anxiety.
 - Let us celebrate this “Joy” together!
- Key Resolutions passed
 - Electronic meetings were approved and all previous minutes were updated to accommodate this change.
 - Restructuring of Lay Association organization passed. Next year Lay Association Convention will be the Honolulu District’s responsibility. Subsequent conventions will be sponsored at the state level.
 - Special recognition for former Bishop Matsumoto and his family passed.
 - Resolution in support of Maui Wildfire Relief passed.
- Keynote speaker, Miles Okamura from Honokaa Hongwanji
 - Miles talked about his long journey as President of Honokaa transforming the organization into a community-based series of events. Public relations and marketing with media is key to his success.
 - His focus was to be more inclusive and minimize the Japanese ethnic orientation at the temple.
 - By partnering with the other organizations in Honokaa, he was able to hold the highly successful Honokaa Peace Day Parade, adopt a family from Ukraine, monthly cleaning of their cemetery, and have a WEEKLY free food program with over 50 volunteers serving 450 meals. These are events that amount to having an Obon festival weekly!
 - He pointed that radical change was necessary! The predicted drop in membership over the next ten years would be 60%. The strategy is to expand the SANGHA, not “membership.”
 - Publicity is more important than the actual event itself. TV coverage provides tremendous monetary support!

President's Report - continued

- Changing traditional names for services is important:
 - Hatsubon - Community Memorial Service
 - Hanamatsuri - Buddha's Birthday Party
 - Mindful Meditation
 - Pet Appreciation Service
 - 49-day Memorial Service for major events
 - Baccalaureate Service for all graduates, not just members of the temple. Public Schools are prohibited from mixing religion into their campuses.
 - Feeding Keiki and Kupuna Program
- Financial Stability
 - Membership dropping at an alarming rate!
 - 2000 8000 members
 - 2010 6000
 - 2020 4000
 - 2030 2000
 - 2040 0
 - What is Wahiawa's plan to change? Appreciate your ideas and participation!
 - What can we do to transform the temple into the Third Place in our lives.
 - Community Center - a place to just hangout
 - Dharma must be relevant, welcoming, and nurturing
- Active Shooter Situation - Lt. Aaron Carvalho
 - Change the mindset that THIS CAN ACTUALLY HAPPEN!
 - Playing Dead doesn't work...get out!
 - AVOID, DENY, DEFEND
 - Police's primary responsibility is to STOP THE KILLING. They won't help you while others are still in danger
 - First Aid training for everyone is important.
 - The average police response time to 911 is 3 minutes!
- Project Dana - started by Moilili Hongwanjiget involved. Many are already doing this. Cyndi Osejima - 88-945-3736
- Green Hongwanji - Steve Lohse <https://honpahi.link/greenplan>
 - Mililani Hongwanji - eWaste recycling - Nov. 24 15 volunteers and a parking lot.
- Social Concerns - Golden Chain Grant to help the community- many school projects do not need much money to get started. Get involved!

It was exciting to see all the possibilities! Please call me if you're interested in starting something!

Coming Events:

- Lay Ministers Retreat - Oct 8-9
- Jr. YBA - Manju Fundraiser - See last page for more information
- Virtual Dharma School Gathering - Sunday Oct 15, 2023 10:00 a.m. - noon. Register by 10/1 at <https://forms.gle/2pEt3azy5qkwSmPb7> . If you have any questions, contact Debbie Kubota (dekub88@gmail.com)
- Halloween Festival - Oct. 21-Leilehua High/ Wahiawa Hongwanji (see front page for more info)

In gassho (gratitude),



Rodney S. Moriyama, President



Caregiver Training Workshop

Date: Saturday, October 28, 2023

Time: 10:00 a.m. to 12:30 p.m.

Location: Aiea Hongwanji Mission Social Hall
99-186 Puakala St., Aiea, HI 96701
Timeline

9:30 a.m. Registration

10:00 a.m. Community Cardiopulmonary Resuscitation (CPR) with Capt. Keith Endow, Honolulu Fire Department (HFD)

11:00 a.m. Break (30 minutes)

11:30 a.m. Practice Communicating with Your Care

Recipient with Joni Kamiya, Occupational Therapist and Maria Morales, MSW

Free workshop for caregivers who meet the following criteria:

- Caregiver provides unpaid care to an individual at least 60 years old.
- Individual receiving care lives in the community and not in a nursing home or care home.

Seating is limited. Registration is required by Monday, October 16. Please call or email if you are interested in attending or need more information about the workshop:

Maria Morales
Program Coordinator
(808) 945-3736
cgs@projectdana.org

This training is funded under the Title III Older Americans Act, administered by the Executive Office on Aging, State of Hawaii through the Elderly Affairs Division, City and County of Honolulu.

Join Project Dana's Public Presentation Meetings!

Upcoming Events:

Meeting Date: Wednesday, October 11, 2023

Time: 9:30 am to 11:30 am

Location: Zoom and Honpa Hongwanji Hawaii Betsuin (1727 Pali Highway, Honolulu, HI 96813)

Topic: "Adult Day Health Centers (ADHC)" – Learn about adult day health centers and the services & resources offered for older adults and caregivers. Explore how adult day health can help benefit those with chronic medical conditions, Alzheimer's disease, and Dementia.

Speaker: Stacy Honma and Sanford Sasaki, Maluhia Adult Day Health Center

Meeting Date: Saturday, October 14, 2023

Time: 9:30 am to 11:30 am

Location: Zoom and Waipahu Hongwanji Buddhist Temple (94-821 Kuaulua Street, Waipahu, HI 96797)

Topic: "Part 2: Conversation on Advance Care Planning" – learn about documents to support wishes for care, including the Advance Health Care Directive (AHCD) and the Physician Orders for Life Sustaining Treatment (POLST). Also learn about palliative care for serious illness, and hospice care for end-of-life.

Speaker: Hope Young, Kokua Mau

*Zoom links will be provided by inquiry

Please call or e-mail if you are interested on attending public presentations or need more information about the program:

Maria Morales
Program Coordinator
(808) 945-3736
cgs@projectdana.org

United Jr. YBA of Oahu HBY Month Fundraiser



In October, the United Jr. YBA of Oahu will sell Baked Manju filled with Koshian (red bean paste) to fundraise for our HBY (Hawaii Buddhist Youth) Month project. This year, we will be donating a portion of proceeds to Honpa Hongwanji's Maui Wildfire Disaster Relief Fund and/or Reverend Ai Hironaka and his family. Please see the information and order form below. Thank you for your continued support!

ORDER DEADLINE: October 11th, 2023

Please email orders to: jrybaofOahu@gmail.com

(Include name, address, contact number, temple pickup location, and number of orders)

OR

Mail order form (bottom) to:

Mililani Hongwanji Mission, attn: Jr. YBA

P.O. Box 89330, Mililani, HI 96789

Pick-up/Delivery date: October 22nd, 2023

Pick-up locations: Aiea, Wahiawa, or Waipahu Hongwanji

Payment: Cash (exact change) or checks payable to United Jr. YBA of Oahu

Please enclose payment or pay at the time of pick up/delivery.

Name: _____

Contact Number: _____

Pick up temple location: _____

OR

Delivery Address: _____



Manju: one order is 5 pc for \$5

TOTAL: ___orders x \$5 = \$_____

Payment enclosed: Yes ___ No ___