



# Wahiwahongwanji Mission

FEBRUARY 2013

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President: Mr. Glenn Hamamura \* Minister: Rev. Kojun Hashimoto



## New Year's Greeting

*Immeasurable Light and Life.*

Reciting the Nembutsu, we welcome the new year. I express my warmest greetings to you. Following the East Japan Great Earthquake, one year and ten months has passed. More than a hundred thousand people continue to live in evacuation center housing, unable to return to their homes. Personally, I find the events of the Seven hundred fiftieth Memorial for Shinran Shonin and East Japan Great Earthquake to be inseparable. I am sure that each person directly affected by the natural disaster has his or her own sufferings and is being faced with various problems and tasks. It goes without saying that support and recovery efforts are important. However, with this as an opportune time, as a fellow earthly being, I would also like to reflect on the fundamental issues we all have in common. What we need to reconsider is how we have easily come to accept our common values and ways of perceiving things, regardless of whether we are conscious of it or not. For example, there is the notion that development in science technology and economic competition increases happiness. Although technological advancements and economic strength may be immediate solutions for simple issues at hand, stopping there can result in something else becoming overlooked. That is our infinite humanly cravings, our limited intelligence, and our lack of harmony with the greater nature. This is an issue that is deeply connected with Buddhism. The beauty of Mt. Fuji and other mountains and valleys are all results of volcanic activity and earthquakes. Although nuclear energy may appear to be an efficient prescription for the immediate situation, not only does it become a problem when an accident occurs, but with our current technological skills, we are unable to safely dispose of radioactive wastes. We cannot simply pick and choose just what is convenient nor do we have the power to control nature. It is my hope that the measures we take will not simply end up as temporary solutions. But rather, they will help to make a positive change in our social values and reflect on our own standards and realize a sustainable society.

OHTANI Koshin  
Monshu, Jodo Shinshu Hongwanji-ha

## Bishop's New Year's Message

With the Nembutsu upon my lips, a Happy New Year to All! As we begin a new year, I extend my most sincere best wishes to you. As we start the year, let us take a moment to ponder our 2013 Slogan and Theme which reads "Path of Entrusting: Living the Teachings." Rennyō Shōnin shared "Ever in sight of Amida Buddha's Teachings, let us always humbly reflect." When I think about it, much of Buddhist Teachings is not really so extraordinary, although there are exceptions. In a way, it can be said that the extraordinary part of Buddhist Teachings is how ordinary it is and yet as I reflect "How difficult it is to live this Teaching." As an example, interdependence, we have heard this word over and over and yet how hard it is to truly, one hundred percent, live interdependency. Go-monshu says "*Among the basic tenets of Buddhism is the teaching of pratitya-samutpada: all things are interdependent, interconnected, and intricately joined together. While this is true of human life, it is also true of life outside the human sphere, as well as things outside of life itself, with nature as a whole being connected in this way-this is the truth of pratitya-samutpada.*" "Pratitya-samutpada, thus, offers a valuable way of looking at things when we seek to address today's problems of environmental destruction, armed military conflict, and other events where countless lives are lost; not merely human lives alone." If we are truly guided by this Teaching of Interdependency, we should feel a connection with all existence and happenings around us. We should not think "That has nothing to do with me" or "That's not my problem." Of course, practically and realistically, we cannot be fully involved in everything, but the Dharma does promote within us this feeling of being connected with all others and thus makes a big difference in how we perceive what is happening in life and the world. The perspective is "We are in this together. How can I make a difference?" Whether it is a problem and/or solution, we see our relationship with it. We are not totally disconnected with anything or anyone. Everything and everyone exists in an intricate web of existence each affecting and being affected by the other.

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It is this feeling of oneness and togetherness that the Buddha-Dharma fosters within us.

A perfect example of this oneness is Amida Buddha. Amida Buddha does not distance itself from the bonbu/foolish being and instead totally embraces the foolish being who entrusts. As Gomonshu says *“To save all, is the reason for Amida Buddha’s existence. This is how Shinran Shonin thinks and feels.”* Well, this may be the extraordinary part of Shin Buddhist Teachings in which the foolish being “as-we-are” is promised enlightenment with birth in the Pure Land as Rennyō Shonin shared. What greater expression of Compassion is there than being accepted “as-we-are”, imperfection and all and thus the reason why we respond in gratitude by trying to be better persons by living with the Dharma as our guide.

To conclude, our trying to live the Dharma is also a means by which others can come to know and appreciate the Buddhist Teachings. Let us provide the opportunity for others to encounter the Buddha and share the Dharma with others. I believe, whether we are Buddhist or not, we can all avail ourselves to Wisdom and Compassion and be guided and inspired by it. It is my hope that 2013 will be a year in which we, who do call ourselves Buddhists, will truly see the significance of “Living the Teachings.” Let us reflect “Am I saying the Nembutsu? Am I praising the virtues of the Buddha?” Like Shinran Shonin and many before us may we continue to recite the Nembutsu of Gratitude for Amida Buddha’s Unconditional Compassion and praise Amida Buddha’s Virtue so all may hear about Great Compassion. A very Happy New Year to all and I encourage you, your family and friends to listen to the Dharma and may we be active in our community so all lives may be enriched by Wisdom and Compassion. Namo Amida Butsu and Happy New Year!

In Gassho,  
Eric Matsumoto

### **PRESIDENT’S NEW YEAR’S MESSAGE**

Aloha and best wishes for a happy and peaceful New Year! 2012 was special in that it was the kick-off for our strategic planning committees. While it has taken us two years to organize and get enough volunteers for this important effort, it will take a lot more work to develop and implement plans to meet our strategic goals. We experienced more shortage of ministers and the closing of Kahuku Hongwanji.

While these incidents can be viewed in a negative way, they can result into positive actions. The shortage of ministers has increased the interest of the lay members to participate in programs to assist the ministers. The closing of a temple is similar to a company downsizing to stabilize itself before expanding once more. As we downsize we must also have a plan to invest and expand in the future. Our strategic planning committees are working on that plan. There are also positive indications that things are turning around. PBA is close to meeting its initial capital campaign goal and start construction of a new building. While it has taken longer than desired to raise the funds because of the economic times, the interest and support of PBA’s program has steadily increased. It has truly been a team effort of the PBA staff and Board of Trustees; however, it wouldn’t have been possible without the leadership and creativity of our Head of School Pieper Toyama, who will be retiring at the end of this school year. We are truly grateful for his vision and leadership and hope he will continue to be active in other roles/positions. We all understand that our organization cannot function without volunteers. Temples are finding it difficult in finding members willing to be on the board of directors and/or officers. It is difficult to get people into leadership positions at the temple level and even more so at a statewide level. The length of time it took to get volunteers for our strategic planning committees indicates that our members are busy and the temple/organization is not a priority in their lives as it was with the Issei and Nissei. It is a Catch 22 situation. The long range goal of the strategic plan is to make the temple/organization a priority in our members’ lives. But not enough members are willing to take leadership roles. Therefore all we can do is to ask you to believe in our strategic plan and get involved in all levels of the organization, especially in leadership roles. Without your help, we will be unable to grow for our future generations.

We are truly grateful for the many hands that help us at all levels of our organization. Let us show our gratitude and lessen their burden by offering our help. I would like to extend my heartfelt gratitude for your patience, understanding, cooperation and support. Your participation is crucial in our leadership role for the international propagation of Jodo Shinshu.

In Gassho,  
Alton H Miyamoto,  
President Hawaii Kyodan



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WHM newsletter is published by friends of the Dharma. Volunteers are welcome to serve on the committee. Please send comments and change of address to WHM office or email at [news@wahiawahongwanji.org](mailto:news@wahiawahongwanji.org). Roy Higa, Editor



## President's Message

Glenn Hamamura

This year is off to a fast start. We have started planning for our family oriented events, almost one per month, for the year.

This includes the movie night (which may move depending on other activities), our annual participation in the Veteran's Day Parade, and many other activities. We will also be working on educational activities, both lecture and discussion. The goal is to provide members value through a broad range of events, so that our members can choose the ones that fit their interest and time frame. Although the events will be varied, they will all be aligned with the goals of this temple, to provide opportunities for our members to live rich and full lives, and grow through interaction of the Sangha.

If you are interested in conversation about Shin Buddhism in a very informal setting, please consider participating in Roy Higa's monthly Dharma sessions. Roy has run this group for a number of years, and its typical format is a video about some aspect of Buddhism, followed by a very informal discussion. This is usually held on the first Wednesday of the month at 7 pm. We also have Dr. George Tanabe lecturing after the February 24<sup>th</sup> Sunday Service on Buddhist Temples in Hawaii.

The cherry blossoms started blooming in December, and when the Kailua Hongwanji comes to visit in early February, hopefully, there will be blossoms still on the trees.

Please help me welcome new members to the temple who have transferred from the Kahuku Hongwanji, which held its last service on December 31, 2012. Andy and Frances Abe, Shigeo Abe, Nancy Kunimitsu, Isamu and Barbara Tatsuguchi, Wallace and Sandra Abe, Nora Fukuyama, May Logan-Phillips, Amy Abe, and Shiro Miota. Thank you for choosing Wahiawa as your temple. And please let me know if there are things we can do to make this temple of value to you.

Don't forget the New Year's Party to be held on Sunday, February 17. If you reached 75 years of age last year, let us know, so we can acknowledge your milestone and provide you with a free lunch. If you are 88 or older, you can come for free, just let us know that you are coming. For the rest of us it will be \$10. Register at the office, and you can pay on the day of the event, or pre-pay at the office.

As we have done for a few years, we will be having board and officer training in the next month. Serving as a leader for the temple provides the Hongwanji with your expertise and energy, but hopefully there is also a mutual benefit in learning organizational leadership processes, as well as having access to periodic training on group dynamics, strategic planning, project management, and interpersonal leadership. I encourage those starting in their careers, as well as those who have completed their professional careers to consider volunteering for board related activities, if they are interested in further personal growth in these areas. The Wahiawa temple may be the only one that has such periodic training for the officers and board members. Let me know if you want to help in some way, and also get the benefit of this type of personal development.

Our calendar is filling up— get involved in the activities that you are interested in.

— In Gassho —

Glenn Hamamura



# REVEREND'S MESSAGE

## Dana Service

Dana Day is held on the second Sunday of February. It was set aside by the BWA at a world convention. So, we call the second Sunday in February a special Sunday, but for us Dana Day should be every day.

Dana is one of the six paramitas or perfections. Dana means the perfect practice of selfless giving or the act of giving coming from the heart of the person involved. If all people of the world can practice Dana, wars or battles will disappear. So, we have to try practicing Dana as Buddhists. The act of Dana seems hard for us, but it should be easy for us if we all aim for it as Buddhists.

Let me introduce the seven things that we can do to say we are practicing Dana.

First, 「眼施 (Gense)」 “Giving by eyes” means not to give sharp or mean looks to people. It is always good to have a twinkle in your eyes.

Second, 「和顔悦色施 (Waganetusjikise)」 “Giving by face” means to always have a gentle smile. The smile brings happiness to everyone around you.

Third, 「言辞施 (Gonjise)」 “Giving by mouth” means to use soft and gentle words. Don't use harsh or bad words.

Forth, 「身施 (Sinse)」 “Giving by body” means to give of yourself and if someone asks you to do something, say “Yes” gently. It is like volunteering of time and effort for a worthy cause. This act of volunteerism may be to your family and friends and to the community.

Fifth, 「心施 (Sinse)」 “Giving by heart” means to have a deep feeling or compassion in your heart. If you don't have that feeling in your heart, you will have a difficult time doing anything positive. Helping after the Tsunami in Southeast Asia and Hurricane Katrina are two recent acts of giving from the heart.

Sixth, 「床座施 (Shyozase)」 “Giving by position” is seen when one gives up one's seat to the elderly and handicapped.

Seventh, 「房舍施 (Boshyase)」 “Giving by

hospitality” means to offer the best to your guest. It need not only mean your special guests but also being nice to everyone whom you meet or come in contact with.

These are the seven acts of Dana. I think you understand that all the acts aim at you giving to another person. They don't depend on actions done to you by another person. This is so difficult for many of us to accept. For example, if I say “Hello”, but no one say “Hello” in return, my feeling will be sad or angry. “How come, he doesn't say Hello, in spite of my saying so.” You do something for a person and he doesn't say “Thank you”. How do I feel? How would you feel?

Dana is to just do or just give. Do not think about it after you have done it. Shinran Shonin said, “Never remember that you gave something. Just forget it. But never forget that you received something.” We are given so many things in life. We should never forget that. Though the acts of Dana may be hard to do, we must never forget these actions as we move toward peace, make society a beautiful place to live, and aim toward becoming true humans.

At West Kauai Hongwanji, I have been told, there is a program in Dana called Project Karuna, Aloha with Love and Compassion. It was started 5 years ago with a grant from the Hawaii Kyoudan. It's main focus has been moving West Kauai Hongwanji into the larger community—showing the people of the community that they care.

The activities of Project Karuna, I have been told, have focused on Act 4 “Giving by body”, Act 5 “Giving by heart”, Act 7 “Giving by hospitality”. But it should not be difficult to include Act 1, Act 2, and Act 3. So, let us all, together, go out into the larger community to do one of the six paramitas or perfections—Dana.

In Gassho,  
Rev. Kojun



# Buddhist Thoughts

## Memories

This past week I attended my cousin's funeral. She was 62 years old. Like my brother who died at age 61, she had a relatively short life filled with so many memories. Many friends attended and related their fond memories of my cousin. Wouldn't it be neat if all the nice things that are said at funerals were documented and recalled every so many years? Generations of grandchildren and great grand children would have some document...or website...to go to and reflect on that person's life for a moment. They could even have people talking about that person's life if they were still alive to remember it.

I always thought memorial services were supposed to be like that. It would be a time for families and friends to get together and reminisce about "the good ole times." It's a time for reflection and gratitude for the simple idea/fact that we wouldn't be here if it weren't for this person, or as a friend, we wouldn't have that memory to reminisce about if that person hadn't lived.

At our annual Eitaikyo service, I had a similar feeling as family members honored their ancestors. What was really special was the time available for refreshments and people just seeing old friends. Mr. Nagai came up to me and said, "Are you Francis Moriyama's son? I used to know your father very well! He and I taught Sunday School at the Hongwanji!" I had no idea! I hadn't even known half the things about my dad until I read about them in the newspaper when he died suddenly. It was enough for me that he was a good man of integrity and a terrific dad! But it's always good to hear from others who knew him as a peer.

So the Hongwanji has this tradition of having memorial services. But I thought it was just a ritual that was institutionalized. Being "institutionalized" is not a bad thing, but sometimes the meaning behind the event is forgotten, and it is viewed as a "burden." When that happens, the fun is taken out and the services become a meaningless exercise. A memorial service for your loved ones is what you make of it. It isn't about going to the temple and listening to the minister chant the sutra and offer incense. It's a time for reflection and it doesn't have to be so serious. It's a chance for family and friends to get together and maybe even go over those good things that were said

at funerals about the person(s) being remembered.

As Reverend Makino once said in reference to Shinran Shonin's 750th Anniversary:

*"In Buddhism we die two times. The first time is when we actually die physically. The second time is when we are totally forgotten. Shinran Shonin is lucky that he is still remembered after 750 years. He is still alive and well in our hearts."*

Perhaps we should think of ways to creatively make our memorial services more valued, and document those nice words about our family and friends who have passed so they can be remembered for generations to come.

In Gassho,  
Rod Moriyama

## HQ Update

When we strive to live the Teachings of Wisdom and Compassion while entrusting ourselves to the embrace of Amida's Buddha's Light and Life, a whole new world unfolds before us. We become empowered by the Other Power of Amida, our source of strength to live life to its fullest. But this happens only when we take responsibility for our own life and strive to understand what it means to be compassionate, open to the possibilities of life and to live interdependently in this world of constant change. The life of a Shin Buddhist is dynamic and requires actively engaging life in the context of the Teachings. The moment we deeply realize that we are loved unconditionally by the Buddha and accepted just as we are, we can then focus our attention to building a full and wonderful life together with our family and friends.

Rev. Kevin Kuniyuki,  
BSC Director



Pictured are your 2013 WHM Board of Trustees . Starting from left to right: Arlene Ogata, Carolyn Uchiyama, Rod Moriyama, Dale Shimaura, Alan Kakazu, Glenn Hamamura, Elaine Kawamoto, Brian Kimura, Barbara Ladao, Alfred Paulino, Damon Bender, Vernon Yamamoto, Rusty Nakagawa. They are all volunteers serving you and the temple. Please thank them for their dedication and work. Namo Amida Butsu.



**Isamu and Barbara Tatsuguchi**

Wahiawa Sakura



# WELCOME TO WAHIAWA



**Abe Family**  
**Frances Andy Shigeko Wally Sandy Amy**

We would like to welcome the following Kahuku Hongwanji members who will be joining Wahiawa Hongwanji: Frances and Andy Abe, Shigeko Abe, Wallace and Sandra Abe, Amy Abe, Nora Fukuyama, Nancy Kunimitsu, May Logan-Phillips, Shiro Miota, and Isamu and Barbara Tatsuguchi.

Wahiawa Hongwanji thanks you for joining the Sangha and looks forward to getting to know you all in the new year.

# Temple News

## **Santa's Workshop - December 16, 2012**

All of you may think that Santa's workshop must be a bustle with all the last minute details before the BIG DAY. Well, Santa's helpers must have some time off for a little relaxation.

On Sunday Head Elf Terry Arakaki and her helpers went into Santa's kitchen to bake up a storm with the other elf families. They worked on gingerbread cookies that everyone got their fingers into. You may think that they made gingerbread men, but you would be surprised to see bold writings, cute kisses, pretty flowers, and a few images.

We had the Hashimoto family with mother Takako and elf children Kano and Shoshi. Tagging along was the Acohido family with elves Tre, Cy, and Jay. Newcomers were the McGough family with parents James and Yukie with their elf children Kaliee, J.J., Cameron, and Maile. Of course, any venture would not be successful without Santa's helpers Ethel Yamamoto, Tsuki Kitagawa, and George Terao.

After relieving the holiday stress, they returned to work diligently for the BIG DAY that was only 10 days away.

## **Special Dharma Speaker**

On December 23 our Dharma speaker was Lt. Col. Lynn Ishii. We found out some important information from her talk. She is a citizen soldier and her job is to maximize citizen awareness of the challenges to freedom. Presently, 1% of the population serves in the volunteer military.

Attending War College seems incongruous with Buddhist practice. However, she explained that studying there was difficult but raised her level of understanding. Her studies are to help her:

1. become a strategic thinker on the national level by securing our nation and dealing with our allies.
2. become a critical thinker by analyzing information through the reading of books, understanding different perspectives, and asking questions.
3. reflect on the readings.
4. dialogue with others and share opinions to heighten understanding, and discuss how to achieve our goals.

At the understanding of the core interest at the strategic level, she saw Buddhism at work in:

1. securing our nation and our partners,
2. working towards a strong, innovative economic relationship among nations,
3. Respect universal values around the world, and establishing and promoting peace and opportunities in an arena with limited resources, global change, and economic instability.

This is INTERDEPENDENCE at the core of their thinking. Let's hope that our nation's leaders will take this to heart in dealing with issues that beset our nation and the world.

## **Visit to Japanese Cultural Center of Hawaii**

On Saturday, January 19 we visited the Japanese Cultural Center of Hawaii to view the Japanese Temples in Hawaii exhibit. We were fortunate to join George and Willa' Tanabe's group who had just returned from the temples tour. Hearing about the differences between Shingon, Tendai, Soto Zen, Nichiren, Jodo Shu, and Jodo Shinshu lead to a meaningful understanding that we are Buddhists but differ in some ways. For some of us, it was a reminder of the past. We saw a huge nenju hanging on the wall. Doris Matsuoka remembered that in Waialua, they would gather at temple in a circle, and everyone would hang onto the giant nenju and pass it around. The diverse exhibit will be up until February, so try to attend to view the artifacts from the different sects all in one place.

## **February Activities; Dharma Sunday**

February 3 will be Dharma Sunday and our MC will be Kano Hashimoto. We encourage you to have your children and grandchildren attend service to be able to participate in this wonderful opportunity. We will also have the members of Kailua Hongwanji Mission visiting us to view Wahiawa's sakura.

## **Dharma Speaker - February 10**

We are fortunate to have Eunice Watanabe as our Dharma speaker on Sunday. She is a member of Waialua Hongwanji and has even appeared in the movie "Aloha Buddha."

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### **Dharma School News**

Dharma School will be held on February 17 and 24 for students as they work towards fulfilling the requirements to receive their Dharma pin.

### **St. Stephen's Food Collection**

Let us continue to show our gratitude for how much we have by helping others in need. Please turn in your canned goods on February 3, Dharma Sunday, for the St. Stephen's Food Pantry. We work together to help the people in the Wahiawa community.

### **Second Session Classes at WHM**

New classes in Japanese conversation and calligraphy have just begun. Classes are taught by Takako Hashimoto and are open to all who are interested. There are day classes and also night classes to accommodate everyone. Cost is \$40 for eight (8) classes. Enrollment is still open. Call the temple office Monday through Thursday, 8:30am to 12:00 noon to sign up.

Beginners and advanced levels will be accommodated .

### **Dr. George Tanabe to Speak at WHM**

Mark your calendars for Sunday, February 24, 2013. At 10:00am, immediately following Sunday service, Dr. George Tanabe, Professor Emeritus, Department of Religion, University of Hawaii, and Dr. Willa Jane Tanabe, Professor Emeritus, Department of Art and Art History, and former Dean of the School of Hawaiian, Asian and Pacific Studies, University of Hawaii, who have just published their book entitled, *“Japanese Buddhist Temples In Hawaii: An Illustrated Guide”* will have a brief power point presentation and question and answer period followed by a guided tour of our temple altar. Do not miss this rare “behind the scenes” opportunity!

Wisdom and Compassion at the End of Life. Participate in learning and conversation with:  
 Lani Leary, Ph.D. **NO ONE HAS TO DIE ALONE**  
 February 16, 2013, Saturday Registration: \$20.00 (Checks to HHMH) 8:30am – 12:30pm Questions?  
 ernieoshiro@gmail.com Honpa Hongwanji Hawaii Betsuin Annex 1727 Pali Hwy, Honolulu  
 Keynote Speaker: Lani Leary, Ph.D., specializes in work with chronically ill, dying, and bereaved clients. She has worked as a psychotherapist, hospital chaplain, and hospice counselor. Dr. Leary has served as professor of Death Studies at George Mason University and as researcher at the National Cancer Institute. She has spoken nationally at over 250 conferences across the nation, is the author of *Healing Hands* and *No One Has to Die Alone: Preparing for a Meaningful Death* (2012) and is now working on a sequel book, tentatively titled *No One Has to Grieve Alone*.

**I. For all those interested in Buddhism:**  
 Walking the Eight-fold Path: How to Live the Dharma — Workshop by Dexter Mar.  
 Tuesday evenings, 8 classes, 630-830pm, Jan 22, 29, Feb 5, 12, 19, 26, Mar 5, 12, Temple Lounge.  
 Amida and Christ: Buddhism in a Christian Land – Instructor: Chaplain Sherman Thompson.  
 Sunday afternoons, 4 classes, 1230-230pm, Feb 3,10,17,24, Annex Temple.  
 Buddhism – Hawaiian Style – Instructor: Dr. George Tanabe. Thursday evenings, 4 classes, TBD

**II. For those interested in Jodo Shinshu Buddhism:**  
 How To Make A Buddha Land: A Journey Through the Larger Pure Land Sutra.— Instructor: Rev. Richard Tennes.  
 Monday evenings, 5 classes, 630-830pm, Feb 18, 25 Mar 4, 11,18, 25, Annex Temple.  
 Understanding Shin Buddhism: First Steps — Instructor: Rev. Bert Sumikawa.  
 Saturday morning, 8 classes, 10-11am, TBD

**Contact Dharma Light Project**, Buddhist Education, Honpa Hongwanji Hawaii Betsuin Office.  
 1727 Pali Highway, Honolulu 96813- Phone: (808) 536-7044. Please inquire about cost and TBD time.

## Healthy Choices

Miso soup is the Japanese version of chicken soup - a combination of soul food and comfort food. It is traditionally eaten at breakfast in Japan as a daily staple. Miso is a paste made from fermented soybeans, and is full of antioxidants like vitamin E, as well as protective fatty acids. It's healthful and delicious, and the Japanese say that the linoleic acid in miso promotes soft skin. The soybeans miso is made from also contain isoflavones and other elements that may provide protection against some forms of cancer. To preserve these properties, miso should not be boiled. Add it to a soup after it has been removed from direct heat.

Miso is a particularly valuable food for vegans. The bacteria in miso synthesize vitamin B12, a difficult nutrient to obtain from diets that contain no animal products. Miso is a concentrated protein source, with just one tablespoon containing a full two grams. Miso and other fermented soy foods may also help lower the risk of breast cancer. A team of researchers from the University of Alabama at Birmingham found that laboratory animals whose diets were enhanced with miso had a lower incidence of breast cancer and a slower growth rate of cancer cells. Cabbage, in addition to being high in vitamins K and C, is also high in cholesterol-lowering fiber - the four cups in this recipe provide almost 15 grams of fiber - making this soup a heart-healthy choice.

Miso soup

**Serves 4**

### **Ingredients**

2 teaspoons expeller-pressed canola oil  
3 slices fresh ginger root, thinly sliced

1 large onion, thinly sliced  
2 carrots, peeled and thinly sliced  
2 stalks celery, thinly sliced  
4 cups coarsely chopped cabbage  
5 cups water  
4 tablespoons miso (dark or light, available at natural-food stores)  
2 green onions, chopped  
1 teaspoon roasted sesame oil

### **Instructions**

1. Heat canola oil in large pot. Add ginger and onion. Sauté over medium heat for 5 minutes and add carrots, celery and cabbage. Stir well.

2. Add water, bring to a boil over high heat, then lower heat and simmer covered till carrots are tender, about 10 minutes. Remove from heat.

3. Place miso in a bowl, add a little of the broth from the soup, and stir into a smooth paste. Add more broth to thin the mixture, then add the miso to the soup. Let rest for a few minutes.

4. Serve in bowls with chopped raw scallions and a few drops of roasted sesame oil. You may wish to remove the sliced ginger before serving.

### **Nutrients Per Serving**

Calories: 107.6

Fat: 5.4 grams

Monounsaturated Fat: 2.3 grams

Carbohydrate: 12.9 grams

Cholesterol: 0.0 mg

Vitamin E: 0.8 mg/IU

Calcium: 46.3 mg

Protein: 3.2 grams

Saturated Fat: 0.7 grams

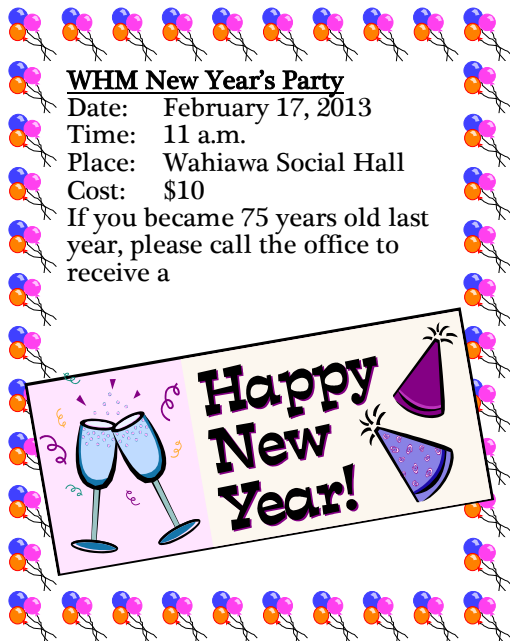
Polyunsaturated Fat: 2.1 grams

Fiber: 3.3 grams

Vitamin A: 8,180.3 IU

Vitamin C: 6.5 mg

Magnesium: 19.8 mg



# WHM CALENDAR FEBRUARY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<u>1</u> 8:3am-Quilt Club	<u>2</u>
<u>3</u> 9-Dharma Sunday Kailua Hongwanji visit 10-Board Mtg.	<u>4</u>	<u>5</u> 9-10am-Calligraphy Class	<u>6</u> 7p-Dharma Gp. 7:3-8:3pm- Calligraphy Class 6-7pm-Japanese Class	<u>7</u> Hosha 9-10am-Japanese Class Pre-Giseikai	<u>8</u> Giseikai	<u>9</u> Giseikai/Living Treasures
<u>10</u> 9-Dana Day Serv Spk.-Eunice Watanabe 10-BWA Mtg	<u>11</u>	<u>12</u> 9-10am-Calligraphy Class	<u>13</u> Aloha Visit-Rev Kojun. Other areas 7:3-8:3pm- Calligraphy Class 6-7pm-Japanese Class	<u>14</u> 7p-Club Asoka Mtg. 9-10am-Japanese Class	<u>15</u> 8:3am-Quilt Club	<u>16</u>
<u>17</u> 9-Eng. Serv 11-WHM New Year's Party	<u>18</u> President's Day	<u>19</u> 9-10am-Calligraphy Class	<u>20</u> 7:3-8:3pm- Calligraphy Class 6-7pm-Japanese Class	<u>21</u> Hosha 11a-Hosp Visit 9-10am-Japanese Class	<u>22</u> Aloha Visit-Rev Kojun. Wahiawa	<u>23</u>
<u>24</u> 9-Eng. Serv- 10a-George Tana- be	<u>25</u>	<u>26</u> 9-10am-Calligraphy Class	<u>27</u> 7:3-8:3pm- Calligraphy Class 6-7pm-Japanese Class	<u>28</u> 9-10am-Japanese Class		

Wahiawa Hongwanji Mission  
 1067 California Avenue  
 P.O. Box 860265  
 Wahiawa, HI 96786-0265  
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Wahiawa Hongwanji Mission

MARCH 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<u>1</u> 8:3am-Quilt Club	<u>2</u>
<u>3</u> 8-Sangha Day	<u>4</u>	<u>5</u> 9-10am-Calligraphy Class	<u>6</u> 7pm Dharma Grp 7:3-8:3pm-calligraphy Class 6-7pm-Japanese Class	<u>7</u> Hosha 6-7pm-Japanese Class	<u>8</u>	<u>9</u>
<u>10</u> 9-Dharma Sunday 10-BWA Mtg	<u>11</u>	<u>12</u>	<u>13</u> 7:3-8:3pm-Calligraphy Class	<u>14</u> 7pm Club Asoka Mtg	<u>15</u> 8:3am-Quilt Club	<u>16</u>
<u>17</u> 9-Eng Serv 10-Board Mtg	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u> Hosha 11-Hosp visit-	<u>22</u>	<u>23</u> 8:30am- Altar Awareness
<u>24</u> Ohigan 8:3-Japanese 10-Eng Serv	<u>25</u>	<u>26</u> Kuhio Holi-day	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
<u>31</u> 9-Eng Serv						