

# JIKO - "Compassionate Light"

JUNE, 2024

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Monthly Newsletter of  
The Aiea Hongwanji Mission

Building Healthy Sanghas: Sharing Nembutsu Moments



## MINISTER'S MESSAGE

### Graduation, a Time to Honor and Appreciate Teachers and Students



Shinran Shonin towards the very end of his major work "The True Teaching, Practice and Realization of the Pure Land Way" quotes the words of Tao-chao/Doshaku, the 4<sup>th</sup> Great Master of Shin Buddhism

*I have collected true words to aid others in their practice for attaining birth, in order that the process be made continuous, without end and without interruption, by which those who have been born first guide those who come later, and those who are born later join those who were born before. This is so the boundless ocean of birth-and-death be exhausted.*

I have selected this quote as my message for June, traditionally the month in which graduation ceremonies are held (though increasingly May also hosts many commencement exercises). At temples too, June is when temple Dharma Schools also take a short break as we enter Summer and at the last service of the year, which is sort of like a graduation, we recognize our Dharma School Students who came to Temple for the whole year. However, to me, it is also a time that we should honor our Dharma School Teachers. From a Buddhist perspective, graduation is a time to honor and appreciate both teachers and students!

Normally, most people think it would be enough to honor just the students, but our Buddhist Teaching would encourage us to acknowledge both teachers and students. According to the teaching of dependent co-origination or interdependence, nothing exists all by itself or alone in isolation. If we apply this principle, then, there are teachers because there are students who learn, and there are students because there are teachers who teach. Similarly, parents are parents because of the children and the children exist because of parents. Thus, both are a very important part of the whole. One would not exist without the other.

Therefore, at Temple Preschools, Hongwanji Mission School and Pacific Buddhist Academy, it is not only students that are acknowledged, but also the school faculty and sometimes even the student's parents/families. This is especially prominent at Pacific Buddhist Academy's Commencement Exercises when students honor and show their appreciation to

*continued on page 2*

### FOR ASSISTANCE OF THE MINISTER

Please call:

**Reverend**

**Eric Matsumoto**

808-487-2626 (AHM  
office)

If he is not  
available, leave a  
message on the  
answering  
machine.

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For religious  
Emergencies  
(Makuragyo or bedside  
services), please call  
Rev. Matsumoto on his  
mobile phone:

808-488-5685

\*\*\*

**Aiea Hongwanji  
Mission,**

99-186 Puakala St,  
Aiea, Hawaii 96701  
Phone: 808-487-2626

**Email:**

[aieajiko@gmail.com](mailto:aieajiko@gmail.com)

**Website:**

[aieabuddhisttemple.org](http://aieabuddhisttemple.org)

their parents/guardians by giving their families a lei and having them come up onto the stage as part of commencement. Therefore, in this graduation season, "Thank you to teachers who taught and students who learned including parents and grandparents/families who support their children, grandchildren, great grandchildren with their secular education and religious education!"

From a religious perspective, what is the purpose of learning? In the words of Shinran Shonin,

*"If one truly studies, one will come to see more clearly the intention of the Buddha. Realizing the boundlessness of true compassion, such a person will teach those who are unsure of being born in the Pure Land...of the Primal Vow (which) does not discriminate between good and evil, pure and impure. Only then will learning be meaningful."*

What I say next may surprise you, but even our relationship with Amida Buddha and you and me reflects interdependence. On one hand, to be sure, it is Amida Buddha who enables sentient beings to attain birth in the Pure Land of Enlightenment (and instantaneously become enlightened with our birth there at the end of our finite life), but, on the other hand, it is through the attainment of enlightenment of every sentient being that Bodhisattva Dharmakara/Amida Buddha's Vows are finally, in the truest sense of the word, fully realized and become complete. The profound and noble aspiration of Amida Buddha is fulfilled only when all sentient beings are no longer lost in suffering and eventually received in the Pure Land of Enlightenment.

I am very touched by the sentiments of Ms. Terry Jean Arakaki. She wrote in an article "A Mother at Temple" which appeared in the book "Joyful Thoughts."

*"My children were in the third grade and had never attended church. In a few years I wouldn't be able to make them go to church just because "I said so." Why had I waited so long? As a working mother, I thought I needed those Sunday mornings to do the laundry, go grocery shopping, or buy them new shoes. I thought I needed family time so they could practice climbing the special rainbow jungle gym at the park, learn to ride their new bikes, or read books together. Most of all, I thought I needed those Sundays to rest, get up a little later, and eat a leisurely breakfast with the family instead of rushing to the babysitter and work.*

*Yet I felt they needed something more-something that would sustain them during those difficult days and despairing nights I knew would visit them in the future. Times when inner strength, peace, and calm would bring them some comfort and understanding. They needed something besides the confidence which comes from being able to climb to the top of the jungle gym, ride a two-wheeler without training wheels, and read with sill and enjoyment. It was the religious foundation my parents had given to me. So I went back to the temple with my two children.*

*That was seven years ago. I still believe attending temple provides a solid foundation for my children when they find life painful, confusing, and uncertain. I hope being familiar with the Dharma will provide them with the support it provided me during my first years away from home. What I didn't realize seven years ago was how much being reacquainted with the Dharma would benefit me. I thought I was coming back to temple for the kids, but I was the one who needed to hear the Four Noble Truths and the Eightfold Path again. Yes, the Dharma continues to support me when life is painful, confusing, and uncertain. It has helped me to continue to live each day with gratitude in my heart for what I have, guiding me not to dwell too long on what I don't have in my life. And realizing this brings joy into my life."*

To conclude, today, please join me in gassho/anjali for the words of Shinran Shonin,

*"How joyous I am, my heart and mind being rooted in the Buddha-ground of the universal Vow, and my thoughts and feelings flowing within the dharma-ocean, which is beyond comprehension! I am deeply aware of the Tathagata's (Buddha's) immense compassion, and I sincerely revere the benevolent care behind the masters' teaching activity. My joy grows ever fuller, my gratitude and indebtedness ever more compelling. Therefore, I have selected [passages expressing] the core of the Pure Land way and gathered its essentials. ...May those who see it and hear this work be brought-...to manifest shinjin (the Awakened Mind of True Entrusting) within the power of the Vow and reveal the incomparable fruit of enlightenment in the land of peace."*

Namo Amida Butsu/Entrusting in All-Inclusive Wisdom & All-Embracing Compassion  
Reverend Eric Matsumoto

## Honpa Hongwanji Mission of Hawaii - HEADQUARTERS UPDATE

1727 Pali Highway, Honolulu, Hawaii 96813 \*\* Phone: (808) 522-9200 Fax: (808) 522-9209  
Web: [www.hongwanjihawaii.com](http://www.hongwanjihawaii.com) Email: [hqs@honpahi.org](mailto:hqs@honpahi.org)

### MESSAGE FROM THE BISHOP

The graduation season has arrived, a time of celebration and reflection. The Pacific Buddhist Academy, the high school of the Jodo Shinshu Hongwanji-ha tradition, conducted its Baccalaureate Service at Hawaii Betsuin on May 17 and the Commencement Ceremony at the Moanalua High School Performing Arts Center on May 19. This year marks the 18th graduation at PBA, and we are proud to announce that 13 students have successfully graduated from their Alma Mater, ready to embark on their next journey.

Mr. Joshua Hernandez Morse, the Head of School at PBA, asked me to come up with an appropriate Kanji phrase for the cover of the Baccalaureate/Commencement Program for their graduation. After careful contemplation, I chose the Kanji phrase "白色白光 (Byaku-Shiki-Byak-Ko)," which translates to "White Color, White Radiance." This phrase comes from the Amida Sutra, and here is a part of the sutra that includes the phrase I chose.

*"Again, Sariputra, in the Land of Perfect Bliss there are many pools of seven kinds of jewels, full of water with the eight excellent qualities. ... There are lotus flowers, as large as chariot wheels, growing in the pools. Those of blue color emit blue radiance; those of yellow color emit yellow radiance; those of red color emit red radiance; and those of white color emit white radiance. They are exquisite, wonderful, fragrant and pure. Sariputra, the Land of Perfect Bliss is filled with such splendor and adornments."*

In the rich tapestry of life, every flower and every life, no matter how different, adds to the beauty of the whole. Buddha-Dharma teaches us that the essence of life is interconnectedness. This truth of interconnectedness goes beyond race, religion, gender, and any other distinctions that may seem to divide us. This specific section in the Amida Sutra tells us that each flower shines with its unique color and contributes to the beauty of the whole. Its message of "you are beautiful just the way you are" affirms our individuality and, at the same time, encourages us to recognize and value the unique qualities that each person brings to the collective human experience. By embracing differences, we not only enrich our own lives but also contribute to a more harmonious and peaceful world.

I hope that the graduating students will discover the beauty in every aspect of life and strive to create an inclusive environment where everyone feels accepted, valued, and empowered to contribute their unique skills and experiences.

Congratulations and Best Wishes to the Class of 2024!

Namo Amida Butsu

Bishop Toshiyuki Umitani



Calligraphy of  
"Byaku-Shiki-  
Byak-Ko"  
written  
by Mrs. Mina-  
ko Kamuro

### PRESIDENT'S MESSAGE FOR 2024 PBA BACCALAUREATE

#### Congratulatory message to the Pacific Buddhist Academy Class of 2024 on behalf of the Honpa Hongwanji Mission of Hawaii



Bishop Toshiyuki Umitani, Head of School Josh Morse, ministers, teachers, parents and most importantly, the graduating class of 2024, good evening. It is my privilege to offer congratulations on behalf of the Honpa Hongwanji Mission of Hawaii to you, the Pacific Buddhist Academy Class of 2024. We, the Honpa Hongwanji Mission of Hawaii, consider ourselves to be a parent or a partner organization to the Pacific Buddhist Academy. We are proud and happy that you chose the Pacific Buddhist Academy.

Today I would like to share with you a quote which is credited to Mr. Nainoa Thompson, one of the original navigators aboard the sailing vessel Hōkūle'a (Star of Gladness). You may have learned about the sailing vessel Hōkūle'a, first built and launched in the 1970s (way before you were born) as a way to preserve the voyaging heritage of the Polynesian people and help to restore their cultural identity.

Mr. Nainoa Thompson learned the ancient way of navigating (also called wayfaring) the open ocean using the waves, currents, wind and stars. Hōkūle'a has sailed throughout the Pacific and recently completed a round-the-world voyage. Imagine sailing thousands of miles across the open ocean without modern instruments. This is an incredible feat.

Headquarters Update continued on page 4

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Mr. Thompson, in speaking about the art of wayfaring has said, “**You only know where you are when you navigate by memorizing where you have come from.**” Imagine that you are in the middle of the Pacific Ocean: “You only know where you are when you navigate by memorizing where you have come from.”

I am using this phrase as a metaphor that can apply to any of us here today. But especially for you, graduates, as you navigate your way through life. The person that you are today is a result of everything that has happened to you and around you. It includes the skills, knowledge and values that you have gained through your hard work, nurtured by your parents and your school community. And, it includes the qualities of diligence, patience, dana (selfless giving), compassion and gratitude that you have developed. All of these are “where you have come from.”

We know that the journey of life doesn’t always go exactly the way that we plan. Plans change. You will have your own challenges. The saying goes, “Life is a bumpy road.”

If, at sometime in the future, you are disoriented or unsure of your path, then remember Mr. Nainoa Thompson’s words, “**You only know where you are when you navigate by memorizing where you have come from,**” because “where you have come from” is a wonderful place.

Aloha and Best Wishes,

Namo Amida Butsu.

Dr. Warren Tamamoto, President, Honpa Hongwanji Mission of Hawaii

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## MINISTERIAL ASSIGNMENTS

**Rev. Joshin Kamuro**, an Associate Minister of the [Honpa Hongwanji Hilo Betsuin](#), will be relieved from his current assignment and will be transferred to the Mililani Hongwanji Mission as its Resident Minister as of August 1, 2024.

**Rev. Blayne Nakasone Sakata**, an Associate Minister of the Honpa Hongwanji Hawaii Betsuin and the Chaplain of the Pacific Buddhist Academy, will be relieved from his current assignments and will be transferred to the Honpa Hongwanji Hilo Betsuin as its Associate Minister as of August 1, 2024. He will also oversee the Hamakua Temples (Honohina-Papaaloa, Honomu, and Papaikou Hongwanji Missions) with Rimban Kazunori Takahashi.

**Rev. Barbara Brennan**, a Kaikyoshi-ho (Minister’s Aide) assigned to the Kailua Hongwanji Mission (DBA Windward Buddhist Temple), will resign from the active ministry at the Honpa Hongwanji Mission of Hawaii as of July 31, 2024. Rev. Barbara has been serving Hawaii Kyodan as a Kaikyoshi-ho Minister since November 2022.

**Rev. David Fujimoto**, currently serving at Moiliili Hongwanji Mission as its Resident Minister and overseeing Ewa Hongwanji Mission as its Oversee Minister, will be assigned as the School Chaplain at the Pacific Buddhist Academy as of August 1, 2024.

## INTRODUCING OUR COMMUNICATIONS COORDINATOR

Aloha, *HQ Update* readership! I am Honpa Hongwanji Mission of Hawaii’s Communications Coordinator, a new position created through a resolution approved at the 2023 Legislative Assembly. As currently configured, the position is a half-time, salaried position and my regular workdays are Monday, Tuesday, Thursday, and Friday.

Previously, I contracted with HHMH to maintain the hongwanjihawaii.com website, which I rebuilt in 2016 in collaboration with Pieper Toyama. Maintaining this website as well as the Buddhist Study Center (BSC) website is now part of the Communications Coordinator job. I also work with Reverend Baba, the Executive Assistant to the Bishop, in managing Facebook pages and YouTube channels for HHMH and BSC as well as the HHMH Instagram account. Duties are evolving for the new position, but so far, they have also included writing and editing, setting up online registration forms and payment, assisting with hybrid meetings and events, updating statewide calendars, video editing, and advising Hongwanji temples and organizations on issues related to websites and domain names.



A half-time Communications Coordinator cannot fulfill everyone’s wish list. I do invite you to reach out, however, for thoughts, assistance, and advice in the communications arena. The more I know of your needs and challenges, the more I and our Social Media Team (an HHMH “special committee” facilitated by Rev. Kerry Kiyohara) can help. My email address is [datcheson@honpahi.org](mailto:datcheson@honpahi.org) or you can leave a message for me by calling HHMH at (808) 522-9200. Looking forward to working with you!

**David Atcheson, HHMH Communications Coordinator**

# KAHUKU HONGWANJI MISSION SCHOLARSHIP

The Kahuku Hongwanji Mission closed its doors in February 2013 after serving its membership for 111 years.

To maintain the legacy of the Kahuku Hongwanji Mission and to develop the future generations of the Hongwanji, Kahuku Hongwanji Mission established a scholarship to support students at the college level.



## Eligibility:

- The applicant must be a student attending or registered for enrollment in an accredited university, college, or a post-high school program in the State of Hawaii.
- The applicant must show interest in Buddhism, and be active in a Hongwanji program, either at the Hawaii Kyodan level or at a branch temple.
- The applicant must be a full-time student and registered for a minimum of 12 college credits per semester.
- The applicant, at the time of the application, must have a required minimum high school, college, or university in Hawaii GPA of 2.5.  
(\*Those who registered for enrollment and not yet received Hawaii college/university GPA must submit their GPA after the first semester.)
- The applicant must submit the application form with an essay on "Dharma and My Life".

**Application Deadline:** July 31 of the year of application

**Scholarship Amount:** \$2,000.00 each / two recipients

*Revised on March 28, 2022*



**HONPA HONGWANJI MISSION OF HAWAII**  
SCHOLARSHIP COMMITTEE

1727 Pali Highway, Honolulu, HI 96813

(808) 522-9200

[hqs@honpahi.org](mailto:hqs@honpahi.org)

**FOR APPLICATION FORMS, PLEASE CONTACT THE AHM OFFICE VIA EMAIL AT [AIEAJIKO@GMAIL.COM](mailto:AIEAJIKO@GMAIL.COM) OR LEAVE A VOICEMAIL WITH YOUR NAME AND EMAIL OR POSTAL ADDRESS AT (808) 487-2626.**

## PROPAGATION PROGRAM GRANT

Honpa Hongwanji Mission of Hawaii "Propagation Program Grant Committee" would like to announce to all of you that "Propagation Program Grant" is available to all of you for "New and wonderful ideas for propagating Nembutsu teachings into our community." Would you like to share your wonderful and creative Dharma projects with all of our community? If so, take action right away! We all are looking forward to seeing your innovative ideas!

The committee reviews all grants applications, which meet the following criteria:

New, innovative, creative ideas or activities focusing on Buddhist Education and the propagation of the Dharma.

Each project may be funded only once within 5 years.

The maximum amount of the grant must not exceed \$10,000.00


The project would have statewide implications/potential.

For more information regarding this program or to apply, please check with your resident minister or HQ.



*Pacific Buddhist Academy Class of 2024*






**Mō'ili'ili Hongwanji**  
A Jodo Shinshu Buddhist temple

**PROJECT DANA**

Invite you to this Seminar

## TALKING ABOUT COMMUNITY TRAUMA AND PATHWAYS TO HEALING

**KEVIN Y. KAWAMOTO, MSW, PH.D.**  
UNIVERSITY OF HAWAII AT MĀNOA CENTER ON AGING



**SATURDAY, JUNE 8, 2024**  
**9 TO 10:30 A.M.**  
**MO'ILI'ILI HONGWANJI MISSION**  
**902 UNIVERSITY AVENUE**

We live in a world where bad news travels fast. Throughout the day and for weeks if not months on end, we often hear stories about traumatic events such as natural disasters, acts of violence that cause death and suffering, and human conflicts that turn residential communities into war zones. How does repeated exposure to bad news affect our emotional health as individuals and as a community? Let's talk about community trauma and pathways to healing at this free community event open to the public.  
For more information please contact Mō'ili'ili Hongwanji at (808)949-1659 or Email [mhm@mollilihongwanji.org](mailto:mhm@mollilihongwanji.org)



**soul shop**  
2024


Soul Shop Hawai'i 2024 is a free training for interfaith and youth leaders to develop skills and strategies for the prevention of suicide.

**Location:** Tseu Presidential Suite  
Saint Louis School  
3142 Waiālae Ave.  
Honolulu, HI 96816

**Dates:** Friday, July 19, 2024  
9AM to 4PM  
Saturday, July 20, 2024  
9AM to 12PM

**Friday, July 19 - 9AM to 4PM for Community & Interfaith Leaders**  
This is a one-day workshop designed to equip faith community leaders to minister to those impacted by suicide. This includes the creation of worship resources, training congregation members in suicide awareness and basic conversation skills, and then how to extend the invitation to those who have been suicidal in the past to share their stories. This workshop engages the question of how to cultivate a soul-safe culture within your congregation.

**Saturday, July 20 - 9AM to 12PM for Youth Leaders**  
This half-day workshop will equip youth pastors, youth leaders, camp directors, coaches and anyone else who works with young people to minister to those impacted by suicide. Special attention will focus on youth-specific issues of impulsivity, contagion, social media, mandated reporting and confidentiality.



Scan the QR code to register or visit [bit.ly/SoulShop2024](https://bit.ly/SoulShop2024)

Soul Shop is presented by Samaritan Counseling Center Hawai'i, with support from St. Louis School and the City and County of Honolulu Grant-in-Aid program.



**AIEA HONGWANJI MISSION**  
**GOING GREEN DAY #239**  
**E-WASTE RECYCLING**  
**JUNE 29, 2023**  
**9:00-11:00 AM - 99-186 Puakala St.**  
***We're Back! Everyone is Welcome!***

- Acceptable Items**
- Computers, printers, scanners – no limit
  - TVs - no limit
  - HI-5 beverage containers
  - Batteries, AUTO & LEAD ACID ONLY
  - Canned goods for Hawaii Food Bank
  - Gently used clothing ONLY
  - Used eye glasses and hearing aids
  - Prom dresses, accessories
  - For pets - towels, blankets, food
  - Free towing of unwanted cars, call 291-6151



**T&N**  
Computer Recycling Services.

**INTERSTATE BATTERIES**

**UCP**  
United Community People  
Association of Hawaii

**SOARES TRUCK RENTAL**

"Where there's a need, there's a Lion"



**HAWAIIAN MEMORIAL LIFE PLAN**  
HAWAIIAN MEMORIAL LIFE PLAN

**SORRY, WE CANNOT ACCEPT: METAL, TIRES, PAINT, MICROWAVE OVENS, COOKING OIL, MOTOR OIL, INK CARTRIDGES, TONERS, HAZARDOUS FLUIDS, CARDBOARD, PAPER, PLASTICS, WOOD, AND BULKY ITEMS. NO HOUSEHOLD ITEMS, ONLY CLOTHING.**

For questions contact: [Renemansho @ 291-6151 / renemansho@hawaii.rr.com](mailto:Renemansho@hawaii.rr.com)

**Mahalo for recycling from the AIEA HONGWANJI MISSION OHANA!**

**HONPA HONGWANJI MISSION OF HAWAII**  
**TRIPLE CELEBRATION**  
**ONLINE BUDDHIST EDUCATION SERIES 2024**

**JUNE 22, 10 AM**  
REV. KYONOBU KUWAHARA  
**8** Kyogyoshinsho: Entrusting Heart


**JULY 20, 10 AM**  
REV. HENRY ADAMS  
**9** Kyogyoshinsho: Realization

**AUGUST 24, 2 PM**  
REV. GENE SEKIYA  
**10** The world is waiting for Buddhism and Shinran Shonin: Joy of the Nembutsu

Scan to register **September 7 & 8**

850th Anniversary of Shinran Shonin's Birth  
800th Anniversary of the Establishment of the Jodo Shinshu Teaching  
135th Anniversary of the Honpa Hongwanji Mission of Hawaii

Email: [triple.celebration@honpahi.org](mailto:triple.celebration@honpahi.org)



**Sooriya Kumar (inset) and his copper whale sculpture at the Nanakuli Village Center**

## More Information about the Documentary “Carving the Divine” by Yujiro Seki

The title of the documentary is “Carving the Divine - Buddhist Sculptors of Japan.” It is directed by Yujiro Seki who was born in Japan and became enamored with the imaginative possibilities of cinema and thus traveled to the United States. He earned a BA in Film from the University of California, Berkeley. He, then, moved to Los Angeles to work as a director of the video department for Intermarket Design, and as a film instructor at Montecito Fine Arts College of Design. After attaining permanent U.S. residency, he began studying full time in the Cinematography program at UCLA Extension. Upon graduating from that program, he embarked on the journey of making his feature documentary project. It contains English subtitles.

“Carving the Divine” is a documentary film that offers a rare look into a 1400-year-old Buddhist woodcarving tradition and the practitioners struggling to preserve its legacy in a rapidly changing Japan.

Determined to pass his craft down to future generations, Master Koun Seki, the former apprentice of renowned Busshi, Kourin Saito, interviews a candidate applying to be his new apprentice. Quickly though, we discover this apprenticeship and the Busshi’s life to be far less glamorous, and much more austere, than we (or the Candidate) would’ve likely imagined.

Once Master Seki makes his selection, we’re taken on a trip through a guild culture unlike anything existing today in The West: From the growing pains of a novice apprentice, to the entire guild working together as one body to create breathtaking works of art, to the monkish practice of the famed, Grand Master Saito himself, alone on his quest to “leave nothing but great works behind.”

“Carving the Divine” has become the official selection for 29 film festivals, showing a total of 22 countries, and won the awards at 12 festivals worldwide, such as winning the Best Director Award of a Foreign Language Documentary at World Cinema Milan and premiering at the famous Raindance Film Festival in London, to name just two.



YOU ARE INVITED TO A FREE SHOWING OF

# CARVING THE DIVINE

6:30 PM-9:00 PM | FRIDAY JUNE 14 | AIEA HONGWANJI SOCIAL HALL

99-186 Puakala St. Aiea, HI 96701

Carving the Divine is a documentary film directed by Yujiro Seki that offers a rare look into a 1400-year old Buddhist woodcarving tradition.

Milan International Filmmaker Festival 2019 - Best Director of a Foreign Language Documentary Award & more!

Meet the Director, talk story, view displays and enjoy popcorn!

Donations accepted

Yujiro Seki has kindly allowed Aiea Hongwanji Mission to show his documentary so the people of Oahu could come to know of this 1,400-year-old tradition of carving Buddhist images. If you want to view the 1-minute trailer for it, please use the following link <https://www.youtube.com/watch?v=ZBtdhue11UA>

Please join us at Aiea Hongwanji on Friday, June 14, 2024 from 6:30pm-9pm for our first Movie Nite in our Social Hall with popcorn, a display of Buddhist images, talk story with both the Director Yujiro Seki himself (in person) and Rev. Eric Matsumoto, Aiea Hongwanji Minister and Former Bishop of the Honpa Hongwanji Mission of Hawaii for an evening of learning and fellowship which will surprise and inspire you. The showing is open to the public and free, however, donations are accepted. For more information, please call the Aiea Hongwanji Mission, 99-186 Puakala St., Aiea, HI 96701, at (808) 487-2626.



## PRESIDENT'S MESSAGE



To Our Sangha,

Thank you to all those who helped with the altar decorations for the Eshinni/Kakushinni Day Service and to those who attended the service.

Thank you also to those who joined us in celebrating the birth of our founder, Shinran Shonin, at our Gotan-e service (see photos below).

This year's Sangha Day event was sponsored by the Waianae Hongwanji Temple on April 27th. One of the highlights of this event included a tour of the Mouna Farm and Arts & Cultural Village hosted by Sooriya Kumar (HHMH Living Treasure inductee in 2016). [continued on page 10]

### ESHINNI & KAKUSHINNI DAY SERVICE—



OFFERING A LEI TO THE STATUE OF SHINRAN SHONIN (ABOVE LEFT) AND ATTENDEES OF SHINRAN SHONIN'S BIRTHDAY CELEBRATION (GOTAN-E) SERVICE (BELOW)





Last year, the BWA organized the Kupuna Safe Falling Presentation at the Aiea Hongwanji, where we shared valuable information. By signing up for their free mailing list at [www.kupunaaikido.org](http://www.kupunaaikido.org), you'll be the first to know about the upcoming course availability starting in August 2024. These classes, held at three convenient locations, Ahuimanu (Kaneohe), Higashi Hongwanji (Liliha), and the Japanese Cultural Center of Hawaii (JCCH Moiliili), offer a unique opportunity to learn safe falling techniques that can significantly reduce the risk of injuries for seniors. Here is a copy of the information presented last year.

### Kupuna Aikido Safe Falling Presentation



#### Why Safe Falling Training

- Falls are the leading cause of injuries for older Americans.
- Falls generate enormous economic and personal costs and threaten seniors' safety and independence.
- Awareness and lifestyle adjustments can reduce the number of falls and the potential for significant injury.

#### What does Safe Falling mean?

- Falling to protect your head from injury.
- Falling to prevent or reduce significant injury such as broken hips, pelvis, arms or shoulder.

***Falling is not an inevitable result of aging!***

#### Statistics

- 1 in 3 seniors will fall each year. 1 out of 5 falls will result in a serious injury such as broken bones or head injury.
- Every 11 seconds a senior is seen in an emergency room for a fall-related injury. Every 19 minutes a senior will die from a fall.
- More than 2.8 million fall injuries are treated in emergency rooms annually, including over 800,000 hospitalizations.
- In 2018, The National Center for Health Statistics reports 67,961 unintentional injury deaths among seniors in the US. Over 52% (or 34,097) were fall related deaths. Motor Vehicle (Traffic) deaths was second at 15% or 10,327.
- Annually, Hawaii has 900 auto accident related injuries compared to 2,600 fall related accidents.
- Each year, 90% of all hip fractures are due to falls. About 25% of hip fracture patients make a full recovery. 40% will require nursing home care. 15-25% will die within a year.

***The safest fall is the fall that never happens!***

**To reduce the risk of falling, our prevention formula is ... ABC.**

#### Awareness: Be aware of your environment and what you are doing.

- Scan for potential hazards and avoid them.
- Be aware and focus when walking.
- Lift your legs as you walk.
- Develop a different mindset by walking "heel to toe". Land on your heel, and push-off with your toes.

#### Balance: Train your brain and your body to get better balance.

- Take classes that can improve your balance such as tai chi, balance exercises, yoga, strength training, flexibility training, and core training.
- If you have a minute, practice simple balance movements while you wait.

#### Control: Control your environment to ensure safety.

- Take the safer path even if it takes longer.
- Use handrails wherever available. Add handrails in the home.
- Remove anything that can lead to tripping or falling e.g., loose rugs, things in hallways or on the floor.

#### HOW TO FALL:

- DO NOT BRACE with your hands! Control the fall; **don't** let the fall control you.
- Hands up to protect your face.
- Lower your hips getting as close to the ground as possible.
- REACHING for the ground with one hand extended in front of the other, head tucked in or chin to your chest.
- Extend your arms and slide forward, lowering your hip and rotating.
- Contact the ground with the side of your calf, thigh, and then buttocks to the ground, and turn.



KUPUNA AIKIDO  
HAWAII

**More information:** Kupuna Aikido is a 501(c)(3) tax exempt nonprofit organization incorporated in the State of Hawaii. In addition to providing safe falling presentations to the community, we offer 8-week training classes. The classes progress from awareness and stretching exercises to **realistic falling methods**. Additional information is available on our Facebook page (Kupuna Aikido) or our webpage at [www.kupunaaikido.org](http://www.kupunaaikido.org). You can also contact us directly from our website.

#### ***Our Mission:***

***To empower Hawaii's Kupuna with Aikido-based philosophies to preserve and protect their mobile independence.***

Sooriya, a master copper-work artisan, teacher, and peace activist who founded Mouna in Waianae Valley, shared with us his story on how he brought the community together by engaging the children and adults of all walks of life in the process of creating the world's largest copper whale sculpture which adorns the wall of the Agnes Kalaniho'okaha Community Learning Center at the Nanakuli Village Center (see photo at bottom right of page 6.) Next time you're in Nanakuli, check this out along with his other artwork.

Coming up in June on Friday the 14th is the "Carving the Divine" movie that will be shown in the AHM hall (see page 7 for details.) Also in June will be the E-Waste collection with drop-off at AHM from 9:00AM to 11:00AM on Saturday the 29th. Refer to the flyer on page 6 for more details.

Enclosed is an insert listing the 2024 HHMH Obon Schedule for the various temples. The insert also includes the 50th Annual BSC Summer Sessions featuring Rev. Dr. Kenji Akahoshi.

In closing, I would like to welcome new member, Caran Iwata, to Aiea Hongwanji. Learn more about Caran in the article by Gayle Yamaguchi on page 11.

In Gassho,  
Boyd Marumoto

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### Family Memorial Service

Buddhist consider the memorial service a significant occasion to remember the deceased with feelings of gratitude and love. The memorial service provides an opportunity to pay tribute and recall cherished memories of the departed, while listening to the Buddha Dharma. The service is not for appeasing the spirits of the deceased or for the sake of the deceased, but rather for the sake of the living. In remembering the deceased we acknowledge their influence on our lives as well as the importance of living the Buddha Dharma.

If your family would like to arrange a memorial service for your loved one, please call Reverend Eric Matsumoto at (808)-488-5685, or leave a message on the office phone: (808)-487-2626. You may schedule the service either before or after the memorial date.

#### **June 2024**

<b>1 st</b> Roy Takayuki	Kunimune	<b>13 th</b> Hazel Kikue	Matsumoto
<b>1 st</b> Ernest Haruo	Yamanoha	<b>13 th</b> Fusae Mildred	Marumoto
<b>1 st</b> Shizue	Tanaka	<b>17 th</b> Haruo	Murata
<b>7 th</b> Rodney Iseo	Oka	<b>17 th</b> Mitsuo	Funatsu
<b>7 th</b> Gail Emiko	Morimoto	<b>33 th</b> Kazuo	Ikeda
<b>7 th</b> Suzanne Shizuko	Mishima	<b>33 th</b> Saburo	Harada
<b>13 th</b> Ethel Yoshiko	Sudo	<b>50 th</b> Yoshio	Ookoga
<b>13 th</b> Doris Mitsuko	Shimizu		

#### **July 2024**

<b>3 rd</b> Shigeo	Asato	<b>25 th</b> Kay Kiyoko	Tokushige
<b>7 th</b> Yoshito	Yamamoto	<b>25 th</b> Raymond Takeich	Tanaka
<b>7 th</b> Lillian Setsuyo	Sakata	<b>33 rd</b> Junichi	Ukita
<b>7 th</b> Lillian Setsuyo	Sakata	<b>33 rd</b> Asako	Saito
<b>7 th</b> Betty Hatsuko	Nakahara	<b>50 th</b> Haruyo	Makihira
<b>17 th</b> Herman Katsumi	Sakata		



## Welcome to Aiea Hongwanji Mission, Caran Iwata

Caran Iwata is our new BWA member. She is traditional, old-fashioned, knowledgeable, talented, and hard-working. Caran retired from the Department of Health in 2014. She served as a statistician and IT specialist. She grew up in Honouliuli in Ewa. She attended Sunday services at the Ewa Hongwanji, was in the Jr. YBA, and served as an advisor to the temple. As a teen, she had to attend Sunday services if she wanted to watch Elvis movies with her friends on the weekends. (Does that sound familiar?) She knows most of the gathas by heart but humbly holds the books up, not wanting to show off. She continues to serve as an advisor and maintains the temple grounds every week with a small group of dedicated members.

As communities age, active membership dwindles. Thankfully, that is not the case for Aiea Hongwanji. Caran found that the Aiea Hongwanji BWA is a vibrant, fun-loving, committed group of talented women. After joining a few activities held last year, she now has duo memberships in the Aiea Hongwanji and Ewa Hongwanji. She loves to cook traditional old-fashioned Japanese food, which we love eating. She enjoys sewing and knitting and recently coordinated a workshop on making haku leis. You may also see her at the mahjong table on a Sunday afternoon.

One of her fondest childhood memories is playing on her grandparents' land. Her grandfather built a small Japanese-style house on the property for them to rest in while working on the land. Back in the plantation days, open water ditches ran through their property. She enjoyed catching guppies and playing in the taro patches. Her mother made delicious taro cakes, and her grandfather sold the taro and other vegetables at the market. She was the youngest and only girl in her family, with two older brothers. She cooked, washed, and starched the clothes for her family while she was still in elementary school. What did the boys do, I wonder.

Dressing up for bon dances was a favorite time of the year. As the only girl, you can imagine her mother, a seamstress for Alfred Sheehan, dressing her up in a kimono and pinning sparkling kanzashi in her hair. She attended the Oahu District bon dances during the summer and the practice sessions before each weekend event.

She enjoyed our company and activities after participating in the Lights for Peace at Pearl Harbor and the Ohana Peace Day event at the Aiea Fishpond last year. Since then, she has been cooking, cleaning, and supporting all BWA activities. She is now on the BWA Board of Directors and will be a voting member for the United BWA meetings. Yay, Caran. Welcome to Aiea Hongwanji's BWA



*Caran—Helping out with weeding at the Oahu District Ohana Day Family Event at Loko I'a Pa'aiau Fishpond at McGrew Loop, Aiea*

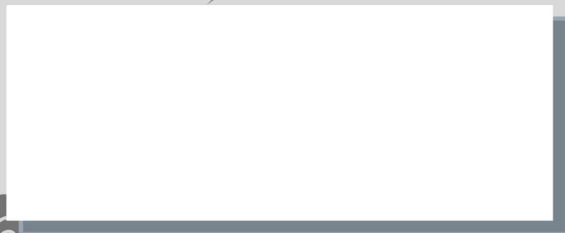
### **Special Events in August 2024:**

5 Mon thru 9 Fri	BSC Summer Session with Rev. Kenji Akahoshi at BSC.
14 Wed 7:00PM	Special Oahu District (In person) Lecture by Rev. Kenji Akahoshi at Aiea Hongwanji Mission
15 Thurs 7:00 PM	“Attracting New Members” Zoom Seminar by Rev. Kenji Akahoshi.
24 Sat 6:00PM	AHM Bon Dance Service
7:00PM	AHM Bon Dance
8:00PM	AHM Temple (Hondo/Main Sanctuary) Open House by minister.

Aiea Hongwanji Mission  
99-186 Puakala Street  
Aiea, HI, 96701

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**Temple Calendar of Events for June 2024**

1 Sat	9:30AM	Dharma-centered Living 101 hosted at Aiea Hongwanji for Oahu District
2 Sun	9:00AM	Sunday Service
9 Sun	8:00AM	Temple Beautification Day (No service)
10 Mon	7:00PM	Oahu Hongwanji Council Meeting
14 Fri	6:30PM	AHM Movie Nite: "Carving the Divine" Documentary Open to the Public w/messages by Director Yujiro Seki & Rev. Matsumoto
16 Sun	9:00AM	Father's Day Family Service
19 Wed	7:00PM	AHM Board of Directors Meeting
26 Wed	10:00AM	Lotus Adult Daycare Service & Visitation
21 Fri - 23 Sun		State Jr. YBA Convention hosted by Maui District
23 Sun	9:00AM	Sunday Service
	2:00PM	Head Regent Yasunaga Lecture at Hawaii Betsuin (registration required)
30 Sun	9:00AM	Sunday Service
28 Fri	9:00AM	Special Certification and Food Safety Workshop at AHM
29 Sat	9:00AM	E-Waste Collection & Drop-off at AHM
30 Sun	9:00AM	Sunday Service

**Temple Calendar of Events for July 2024**

7 Sun	9:00AM	Sunday Service
14 Sun	9:00AM	Major Bon Service (Open to the Public)
	10:30AM	AHM Hatsubon (First Bon) Service (Open to the Public)
21 Sun	9:00AM	Sunday Service
	10:30AM	AHM BWA Meeting
28 Sun	9:00AM	Sunday Service