



Jushin 樹心

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Announcing Da Plant Hui

For plant lovers, a new group is being formed to care and prepare plants for our annual plant sale to be held in the spring. The first meeting will be on Saturday, November 7, 2015, 10 am in the temple's garage. All are invited!

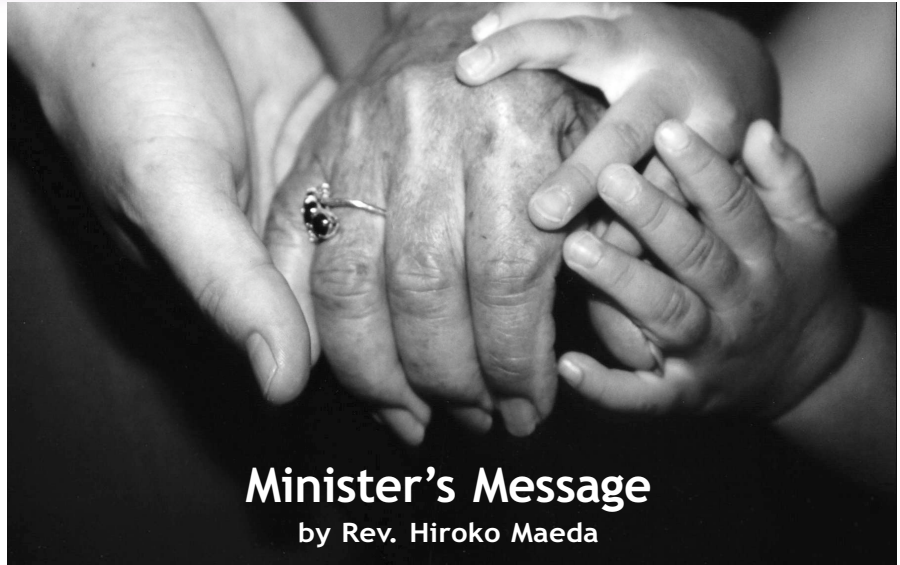


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Minister's Message

by Rev. Hiroko Maeda

*“At the very moment of our entrusting, says
Vasubandhu, we are enabled to see the truth of
things-as-they-are, of suchness, so that we
instantaneously become an avenue for the wisdom
and compassion of the Buddha.*

*And, though we can now burst free from the
thicket of our passions, having become this avenue,
in this transformed state, we freely plunge back into
the garden of birth and death.”*

An excerpt of Shoshinge translation from the book of
“Shoshinge-The Heart of Shin Buddhism” by Dr. Alfred Bloom

Recently, my brother, his wife, and their two-year-old child visited Hawaii and stayed briefly with me. Although he and I usually don't get along well, it was still good to see them -especially my niece, Akari. Since I've lived here by myself, it was quite enjoyable to be awakened by Akari in the EARLY morning. She was very active from morning to night, and I enjoyed playing with her. She is such a lovely little Maeda monster. Even Akari has an important role in the family - bringing smiles to people and making the adults reflect upon their own childhood.

Obviously, I don't have any memory of when I was Akari's age. But now I can imagine how I must have received enormous support from my parents, grandparents, and many other people in order to be who and what I am today. I was born as a completely

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Minister's Message

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naked being that had to depend on other human beings in order for me to be human. I didn't know how to speak as a human being, to walk as a human being, or to eat as a human being. I had to learn these things from other human beings.

When I think deeply, I think that life itself is miraculous and irreplaceable. As you may know, the significant concept in Jodo Shinshu, "Amida," contains two Sanskrit meanings. One is Amitabha or Infinite Light, and the other is Amitayus or Limitless Life. My life has come from Limitless Life (Amitayus) and it is bounded by Infinite Light of Wisdom (Amitabha). How rare that I am here as a human being. I am here to experience life fully and have opportunities to listen to the Dharma teachings.

I discovered something else when I was with Akari. I was amazed at how fast she is growing. She was speaking words and calling my name with her charming voice. I was happy. Then, I thought of myself and realized that growing is aging. But, I try to ignore the law of nature when it applies to me. I tend to believe that I can stay young and healthy always. Wait a minute . . . growing is agreeable, but aging is bad? Perhaps there is something that I have to consider more deeply about my life.

At the last ministers' retreat, Dr. Nobuo Haneda introduced to us a modern Shin Buddhism teacher, Rev. Rijin Yasuda. Rev. Yasuda said, "If there is a concept of sin in Buddhism, it would be 'Kuuka' or living in vain." Recalling these words, I now know what I must consider other than being happy or, in turn, being anxious. I have to awaken to how I live and spend my time in this mortal life.

"...the significant concept in Jodo Shinshu, 'Amida,' contains two Sanskrit meanings. One is Amitabha or Infinite Light, and the other is Amitayus or Limitless Life..."

search for the path of Buddhahood, Shinran found an Indian Mahayana Buddhist monk, Vasubandhu, who lived in the fifth century. Vasubandhu clarified the path to a fulfilled life by Boundless Light. Vasubandhu also expounded the truth in accordance with the Larger Sutra and earnestly took refuge in the teaching of Nembutsu - taking refuge in Amida, the true and real light.

Even though we can't see the sun at night, it doesn't mean the sun disappears from the world. The sun is always shining no matter who we are, where we are, or what we are doing. The Light of Wisdom is the same. It is Limitless Life and Light that is always calling and shaking us from within: "You, awake to the truth! The unified and joyful world of Buddha is always with you."



Young children on a school excursion, Hiroshima, Japan

Photo by Jim Dote



Reaching Towards the Buddha

Our Kaneohe temple attendees received a special treat at the end of the September 6th Sunday Service, literally reaching and stretching towards the Buddha. Ms. Ayaka Maeda, shown in middle above, a licensed exercise instructor in Chiba, Japan, gave a pilates movement demonstration designed for more mature participants. Featuring slow-movements, flexing, and stretching, the exercises should help increase circulation and breathing capacity, retain muscle strength, and may help mental health. One of our ardent members, who is 96-years-young, completed every set and repetition - and even smiled afterwards.



Kaneohe Higashi Ho-on-ko Service October 25, 10 AM

Ho-on-ko is the memorial service for our founder, Shinran Shonin, who died on November 28, 1226 in Kyoto, Japan.

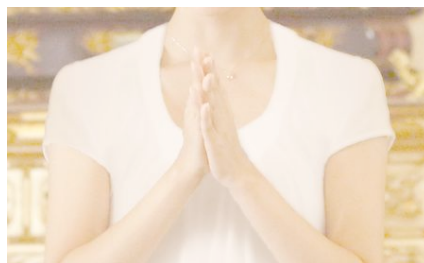
Literally, “Ho-on” means “to express gratitude,” and “-ko” means “learning and gathering.” Therefore, the Ho-on-ko service is the most important opportunity in the year for followers to listen to the teachings thoroughly and sincerely express our gratitude to our religious predecessors including

Ho-on-ko Service at Kaneohe Higashi

Date: Sunday, October 25

Time: 10 o'clock

**Guest Minister: Former Hawaii Bishop Hosen Fukuhara
(Please note the special time!)**



Shakyamuni Buddha, who fulfilled their lives and clarified the Namu-Amida-Butsu for us in this present time. Every year all

Hongwanji temples observe this special service in Japan and in the Higashi's three overseas districts. At this time the followers review their Shinjin awareness in their everyday lives while reflecting on the teachings. Please come and join the service.

Refreshments will be served after the service.

LIVE L-O-N-G-E-R BETTER

by Blue Zones® Project, Hawaii and HMSA

What's THE Secret to a Longer, Healthier Life?

If you were offered a chance to live an extra five, ten or more years, and remain healthy and active, wouldn't you take it? The great news is you have that opportunity - and you don't have to overhaul your entire life to do it. The secret to living longer and better can be found in the simple things you do each day, like the foods you eat, the company you keep, and your overall outlook on life.

Residents living in the original Blue Zones® areas share common principles called Power 9® - these are healthy lifestyle habits that help them live longer, healthier, happier lives.

Discover the Fountain of Youth

It all started when a team of researchers and scientists set out on a seven-year quest to uncover the secret to leading longer, healthier, and happier lives. They discovered five places in the world, called Blue Zones® areas, where people enjoy active lives with less illness well into their golden years. There are nine common ingredients that the people living in these Blue Zone®

communities share, which all contribute to their well-being. These nine powerful, but simple lifestyle behaviors (see sidebar list, right) focus on moving naturally, eating wisely, knowing your purpose, and belonging to a social community. And even being a part of a spiritual community helps.

The Power 9® is simple: You, too, can boost your own well-being by applying the Power 9® Principles to your daily life; easy tips to help you get the most enjoyment out of life. The great news is, you don't have to take on all nine of these lifestyle behaviors at once to enjoy their benefits. After all, improving your well-being is not about adding more to your "to do list," or restricting yourself to "do this, not that." It's about simplifying and doing the little things that add more meaning to your life - like slowing down, spending time with the people you love, eating foods that give you energy, and doing activities you enjoy.

Ko'olaupoko is one of only three communities in the state selected as



Photo courtesy of HMSA

a Blue Zones® Project demonstration site. Blue Zones® Project by Healthways is brought to Hawaii by HMSA. This is a well-being improvement initiative designed to make healthy choices easier through permanent changes to environment, policy, and social networks. Working with Healthways Hawaii, HMSA is bringing Blue Zones® Project to Hawaii.

The Power 9® Principles

1. **Move Naturally** (be active without having to think about it)
2. **Know Your Purpose**
3. **Down Shift** (slow down daily, rest, take vacation)
4. **80% Rule** (stop eating when you are 80% full)
5. **Plant Slant** (eat more veggies, less meat and processed foods)
6. **Wine @ Five** (one beverage per day if you have a healthy relationship with alcohol)
7. **Right Tribe** (create a healthy social network)
8. **Community** (be part of a spiritual community)
9. **Loved Ones First** (make family a priority)

LET'S CELEBRATE! OCT. 16 IS KO'OLAUPOKO'S BLUE ZONES® PROJECT KICK-OFF @ WCC

Friday, October 16, 2015, 5 to 8 p.m.
Windward Community College, 45-720 Kea'ahala Rd.

Meet the New York Times' best-selling author Dan Buettner as he unveils the secrets to creating a healthier, happier Ko'olaupoko! Enjoy a FREE Keiki Zone, local entertainment, bike rodeo, games and activities, 'ono food, and plenty of family fun!

Questions: (808) 220-0510.

Learn more: blueszonesproject.com

Follow: [Facebook.com/BlueZonesProjectKooolaupoko](https://www.facebook.com/BlueZonesProjectKooolaupoko)



Dan Buettner
Photo courtesy
Blue Zones

*It is Limitless Life and Light
that is always calling and shaking us from within:*

*“You, awake to the truth! The unified and joyful world
of Buddha is always with you.”*

Update

Nokotsudo News Column by Jim Dote

Announcing Joint Special Service December 13 - Bodhi Day Observance and Ihai Commemoration Service

The Kaneohe Higashi Hongwanji is announcing that it will hold a December 13 service for the Nokotsudo families who agreed to let the temple commemorate their loved ones' ihai (memorial tablet). An announcement letter will be sent shortly to the families. This service will also celebrate the Observance of Bodhi Day, the day that the historical Buddha, Siddhartha Gautama (Shakyamuni), experienced enlightenment. It is hoped that holding the two ceremonies together would encourage mutual support and positive inter-change among temple members and ihai families. Refreshments will be served after the service.



Hawaii District Ho-on-ko Service, Nov. 14 & 15

This year the Higashi Hawaii District will observe a two-day, Ho-on-ko Gathering and Service November 14 and 15.

Kaneohe Higashi followers are cordially invited to attend. We will arrange carpooling to the Betsuin on both days. Kaneohe Higashi will not hold a Sunday Service on November 15. Please call Kaneohe Higashi 247-2661 to make carpooling arrangements.

“Ho-on-ko Gathering” Saturday, November 14

- 1pm to 6pm Gathering
- 6 to 8pm Refreshment (Dinner)

Saturday's Gathering plans include Kupuna (elder) guest speakers from our local community whom have overcome difficulties through their spiritual aspirations. An evening Ho-on-ko Service follows. After the evening service, refreshments (dinner) will be served in Otani Hall for

participants. More details will be announced on our Kaneohe Higashi website and Facebook page. For people without Internet access, please telephone the temple at 247-2661.

“District Ho-on-ko Service” Sunday, November 15

Ho-on-ko Service at the Betsuin will begin at 10 am to Noon. *Reminder, there will be no Sunday service at Kaneohe.



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Temple Service & Activities Calendar

October 2015

3	Sat	8:30am	Altar Flower Arranging
		10-Noon	Fukushima Project Meeting @ Betsuin
4	Sun	9am	Perpetual Memorial Service
5	Mon	6-6:30pm	Ukulele Stars - Beginners
		6:30-7pm	Ukulele Stars - 2nd Year
7	Wed	10:30am	“The Circle” (Dharma Breeze readings)
10	Sat	8:30am	Altar Flower Arranging
11	Sun	9am	Service Bishop Ken Kawawata, Sangha Talk
14	Wed	6:30pm	Board Meeting
17	Sat	8:30am	Altar Flower Arranging
18	Sun	9am-pau	Omigaki & Temple Grounds Cleaning
19	Mon	6-6:30pm	Ukulele Stars - Beginners
		6:30-7pm	Ukulele Stars - 2nd Year
20	Tue	7-8:30pm	Oko Night @ Betsuin
21	Wed	10:30am	“The Circle” (Dharma Breeze readings)
24	Sat	8:30am	Altar Flower Arranging
25	Sun	10am	Kaneohe Higashi Ho-on-ko Service (Please note special 10am time)
31	Sat	8:30am	Altar Flower Arranging

November 2015

1	Sun	10am	Palolo Ho-on-ko (<i>no Kaneohe Service</i>) <i>We will set-up carpool to Palolo. Please call 247-2661 in advance to arrange.</i>
4	Wed	10:30am	“The Circle” (Dharma Breeze readings)
7	Sat	8:30am	Altar Flower Arranging
		10am	Da Plant Hui Meeting (<i>Meet Temple Garage</i>)
8	Sun	9am	Sunday Service
14	Sat	8:30am	Altar Flower Arranging
		1-4:30pm	Ho-on-ko District Gathering @ Betsuin Ho-on-ko Eve Service to follow
		6-8:00pm	Ho-on-ko Dinner @ Betsuin <i>We will set-up carpool to Betsuin. Please call 247-2661 in advance to arrange.</i>
15	Sun	10am	District Ho-on-ko Service @ Betsuin (<i>No Kaneohe Service. We will set-up carpool to Betsuin. Call 247-2661 for info.</i>)
17	Tue	7-8:30pm	Oko Night @ Kaneohe
18	Wed	10:30am	“The Circle” (Dharma Breeze readings)
21	Sat	8:30am	Altar Flower Arranging
22	Sun	9am	Sunday Service
28	Sat	8:30am	Altar Flower Arranging
29	Sun	9am	Service Bishop Ken Kawawata, Sangha Talk

Editor’s note about our calendar: Because the Jushin is compiled and printed every 2 months, events and dates appearing on our calendar might not be ready in time for our printing deadline or may change. Please check our website for current information, or telephone our temple at 247-2661. Mahalo