

B  
O  
N  
O  
D  
O  
R  
I



## inside your Jushin

2016 Bon Dance Events ..... 1  
Minister's Message - "Presence" ... 2

---

**Bon Odori Special Section** ..... 4-5  
*Bon Odori Details* ..... 4  
*Our Call for Volunteers* ..... 4  
*June 5 Kaneohe Library Bon Dance* 5  
*June 12 Yukata Dress-up* ..... 5  
*June 28 Free Lecture Bon Odori* ... 5

---

June & July Temple Schedule .... 7



Jushin publication is published  
bi-monthly by the  
Kaneohe Higashi Hongwanji  
45-520 Keaahala Road  
Kaneohe, HI 96744  
Tel (808) 247-2661

Resident Minister  
Rev. Hiroko Maeda  
Board Chairperson: Walt Herring  
Editor: Jim Dote

Temple email:  
kaneohe@hhbt-hi.org

Temple website:  
www.kaneohe.hhbt-hi.org

## Kaneohe Higashi's 2016 Obon "Playlist Calendar" of Events

By Jim Dote, Bon Dance Chair

Aloha Jushin readers and friends, just like the local termites swarming on summer nights, it's Bon Dance Season again! This year your Kaneohe Higashi Hongwanji has an educational and enriching calendar for you and your family to enjoy! Details are on pages 4 and 5. **\*\* Denotes help needed.**

- June 5** 1:30PM Kaneohe Library Bon Dance Lesson
- June 25\*\*** 8:00AM Temple Yagura Setup
- June 28** 6:30PM Bon Dance Talk  
7:15PM Temple Dance Practice
- June 30\*\*** 9:00AM Kitchen Volunteers
- July 1\*\*** 8:00AM Kitchen Volunteers  
\*\* 6:00PM Manpower Volunteers
- July 2\*\*** 8:00AM Kitchen Volunteers  
\*\* Manpower Volunteers  
5:30PM Food Concession Opens  
6:00PM Obon and Hatsubon Service  
6:30PM Welcome and Bon Dance Begins
- July 3\*\*** 9:00AM Take Down and Store

## How Best Shall I Donate to Help the Bon Dance?

By Jim Dote, Bon Dance Chair

We do appreciate every donation towards our Bon and Hatsubon service. We are enclosing a return envelope for remembering your loved ones, and, for donations towards our food operations. As for our bon dance, to make the BEST use of money, time and volunteers, the Kaneohe Higashi Hongwanji would appreciate donations of money instead of any food or drink items.

Cooking and staging our entire Bon Dance for about 450+ hungry persons is a tremendous and careful operation – because our event runs only four-and-a-half hours on one night only.

We have centralized all food and beverage purchases for several years now. We keep track of our bon food items and quantities, according to our past three-year sales and our best-guess estimations for 2016.

Therefore, if you would like to donate to our temple, to remember your loved ones who have passed, as well as donate to our operations, we suggest that you do so by check.

*In Gassho, Mahalo and Arigato!*

Minister's Message

# Presence

Recently, I was able to attend a great study session with other churches and temples. The Pacific Health Ministry, which provides chaplaincy services in Hawaii, hosted six classes of Spiritual Care Volunteer Training at St. John Lutheran Church in Kailua. This training was mainly for lay people who were willing to volunteer for spiritual care visitations at hospitals or in their own congregations as spiritual care volunteers. Each class had specific topics - identifying spiritual distress, the art of listening and communicating, spiritual needs of elderly people and mental illness, and the spiritual needs of the dying and bereaved.

Speaking for myself, until this point in my life, I haven't had any special training or a class that taught about spiritual pain, needs, or comfort. So, most of the time, I have had to challenge myself to handle the hospital and day-care center visitations with my limited knowledge on a case-by-case basis. I always felt a sense of doubt – *am I really helping the patients or not!?*

But what exactly is spiritual distress? Many researchers have attempted to define it from various viewpoints, but I think that spiritual distress is very complex. It's a matter of our whole being - body, mind, and spirit. Here is one explanation that I found through the lessons:

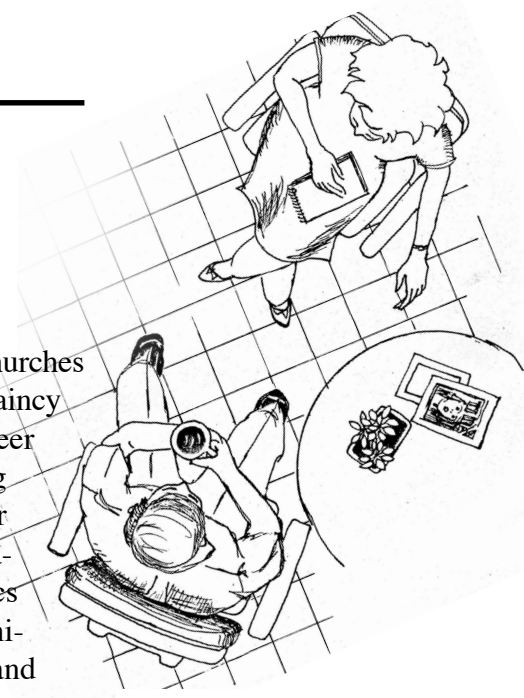
*"...Spiritual distress and spiritual crisis" occur when a person is "unable to find sources of meaning, hope, love, peace, comfort, strength, and connection in life or when conflict occurs between their beliefs and what is happening in their life..."*

(National Center for Cultural Competence website)

In our classes there were about 25 participants, and many of us came from different faiths and backgrounds. Each class was only two hours, but all of the classes were like speed-learning to me. Much sensitive information was shared by Rev. Anke Flohr, the executive director of the Pacific Health Ministry, and by other chaplains who are now helping people all over the islands.

Here are some of the points that I learned at the classes, which I would like to share. First of all, I understood the importance of finding the still-point in myself. I believe this says it is important to find inner peace. Without the stillness, or our whole being's inner peace, how can we truly feel others' deep spiritual pain? My mind is always racing: uncountable bubbles of past, present, and future thoughts and concerns come and go constantly inside my mind. Even though I am physically in the presence of a person, it doesn't mean I am really listening to the person's story; I could be traveling the wonderland in my mind. When we reach to the core of our inner peace or our still-point, it opens our hearts to the world around us.

*Continued on page 6.*



*"First of all,  
I understood the  
importance of finding  
the still-point in  
myself.  
I believe this says  
it is important to find  
inner peace.*



*Without  
the stillness,  
or our whole being's  
inner peace, how can  
we truly feel others'  
deep spiritual pain?"*

# Donations Accepted For Victims of Two Japan Earthquakes

By Mary Matsuda

The Hawaii District Higashi Hongwanji has appealed to its membership and Kaneohe members to donate to two significant projects. One is the “Helping Fukushima Children to Recover” project in which the Hawaii Higashi temples invite and sponsor a group of children who have lived through and are still suffering the effects of the tsunami and the nuclear plant meltdown that devastated their communities on March 2011. Some towns will not be safe and returnable for another 40 years. This kind of disaster in one’s life causes serious health issues, unimaginable suffering and sometimes immeasurable psychological damage that children and parents may not know they suffer.

This July 25 to August 1, eight children and one adult chaperone from the Fukushima area will spend an activities-filled week on the Big Island to regenerate their young immune systems in our great

Hawaiian environment.

Activities are designed to have fun, learn about our unique culture and a little about Buddhist principles. It is our hope that the children will be able to just be kids again and forget their life stresses if even for just a week.

The second program for which the Hawaii District is asking for donations is to help those who have suffered the devastating effects of the 7.0 magnitude earthquake which shook Kumamoto on April 16, of this year. Many are homeless and must begin to rebuild their lives.

The Kaneohe Higashi Board of Directors has decided to donate \$250 to each respective project on behalf of its temple members.

Members and ’ohana of the Kaneohe Higashi Hongwanji Mission may also donate independently. Simply write a check to the Kaneohe Higashi Hongwanji *with* your handwritten note on the check which project(s) your contribution is for. *Arigato gozaimasu!*



file photo Rev. Takafumi Bansaka

Above, two young Fukushima girls totally enjoy the beautiful beach on Kauai during their 2015 brief stay as participants of the Hawaii Higashi District’s “Helping Fukushima Children to Recover.”

**Special Film Showing**  
**“Little Voices from Fukushima”**

*You are invited to attend a July 10 special viewing of a touching documentary of Fukushima mothers who protect their children from radiation exposure. Learn about their daily struggles and challenges with doubt and uncertainty as they do everything in their power to protect their children’s well-being.*

## Local Dharma Gathering May 22

The Kaneohe Higashi Hongwanji celebrated the birth of Shinran Shonin at its May 22nd Gotan-e Service. Immediately following the service, Rev. Noriaki Fujimori of the Palolo Hongwanji led the Local Dharma Gathering with about 25 participants attending. Rev. Fujimori spoke about a wide range of topics including the age of five impurities such as the declining of living beings, the impurity of economics becoming the overriding criterion of our modern-day decisions and actions, people losing sight of the value of life, disrespect of our environment, and impure ways of thinking.



Rev. Noriaki Fujimori

## Our Plant Sale Brought Peace and Joy to Many Plant Lovers

The story of a burly Robert of Kaneohe said it all: “When I first saw those bonsai masterpieces it was love at first sight. I bought several very beautiful bonsai plants, took them home and even built a canopy for them. Now, each day I come home after a hard day’s work and quietly tend to my bonsai. They bring peace to my life. Even my wife says I’m more mellow and peaceful now. She just asked me to build her a canopy, too, so she can raise orchids. Thank YOU! See you next year!” This year our plant sale was blessed by having hundreds of great plants and about 15 bonsai, all of which led to our plant sale success. We had dozens of happy plant lovers – some from West and Central Oahu – giving our plants new homes. *Arigato to our growers and buyers!*

### July 2 Tentative Schedule

- 8 am Work Volunteers Needed
- 5:30pm Food Concession Opens
- 6 pm Obon & Hatsubon Service
- 6:30 Welcome
- 6:35 Dancing begins
- 10 pm All Pau

### Master List 2016 Obon Activities

- Jun 5 1:30p Kaneohe Library
- Jun 12 10a Yukata Dressing
- Jun 25 8:30a Yagura Set-up
- Jun 28 6:30p Bon Odori Talk
- 7:15p Bon Practice
- July 2 Bon Dance (see left graphic)
- July 3 9am Take-down



# Sat July 2

Please bring the entire family and carload of relatives down to participate in our Obon and Hatsubon service and then have lots of fun and yummy grinds at our Bon Dance on Saturday afternoon, July 2.

Kaneohe's famous Koolau Sukiyaki Odori Kai in their bright pink happi coats will be joined by the energetic Okinawan troupe the Hawaii Eisa Shinnyu Kai, and the spirited Iwakuni Aiko Kai.

By popular request about 6:45 PM we will have a 10-15 minute lesson for toddlers to grandparents to learn the popular Tanko Bushi. So-much-fun!

The fun lesson is to give the whole family confidence to join the other dance tunes throughout the night.

This year free parking will

## YES!! Volunteer Help Needed!

*We need adult volunteers who can work shifts in our food concession, cashiering, even washing pots. We also need men who can move tables, chairs, set-up and take-down tents, etc. Please volunteer by emailing Jim Dote (2016 Bon Dance Chairperson) at*

**2016kaneohehighibondance@gmail.com**

be at the Benjamin Parker Elementary School's two parking lots on Waikalua Road.

Please find the convenient Obon donation envelope inserted with your Jushin. We are able to spread Buddhism because of your kind support.

This year marks our temple's 62nd bon dance! It's a great Kaneohe tradition. Please join us with your families this year and have fun!

We just keep getting better and better... we have exciting events coming up highlighted on the next page!

### Tentative Menu

- Chicken & Pork Nishime
- Curry Rice with Beef
- BBQ Sticks
- Edamame Rice (vegetarian)
- Spam Musubi, Hot Dog
- Assorted Pie Slices
- Creamy Ice Cake
- Freshly-Made Andagi

## June 28th Presentation on Obon's Tradition and Music

The Kaneohe Higashi Hongwanji Mission is very proud to host noted local musician and recording artist Keith Haugen to speak at our temple on "Obon: A Community Event." Haugen's informative presentation is scheduled for 6:30 PM on Tuesday, June 28, in our temple's dance ring.

It is F-R-E-E and open to the

### Yukata Dressing for Obon Class Sunday June 12 10AM

Do you have a yukata in your closet or clothes chest that you would like to wear this bon dance season? Or, would you like to just have the experience of wearing an authentic yukata the proper way, just for fun or a selfie photo?

If you don't have a yukata, Jeanne Kawawata might be able to dress you in one of her outfits for this once-a-year class held before obon. She will give expert instructions and help dress you in a yukata the proper way. This dressing is for men and women.

#### Please bring, if you have...

*Yukata, Obi,  
2 Kimono ties\* each 6 feet long or 2 elastic bands,  
Zori or geta,  
Camisole\* or tank top, Kimono slip\* or bicycle shorts  
(\*Denotes for female wear.*

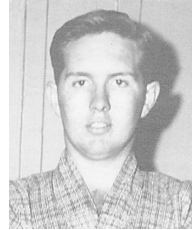
Please also bring your camera or cell phone. There is no fee for this class, however, donations will be gratefully accepted.

public. Our Obon Odori practice will begin right after his talk.

Haugen became interested in the obon celebration in the 1950s, while stationed in Japan as a U.S. Army photographer. He recalled that it was a fun event, and no one seemed to



Keith Haugen today



Keith Haugen stationed in Japan

care if you were Japanese or not, or Buddhist. Years later, he researched obon and the toro nagashi, floating of lanterns that takes place at the end of the obon season.

He will talk about the tradition, origins of some of the popular tunes, and our local adaptations.

Haugen's voice may be familiar: he wrote, narrated and produced an hour-long special for Hawaii Public Radio in 2006. We hope you and your family will be able to attend the presentation and the bon dance practice to follow!

### Kaneohe Library to "Bon Dance" Higashi Style on June 5

*Hey! Who said Librarians are stuffy, "Shhhh! and sit down quietly" types?*

Certainly not your Kaneohe Branch Librarians! In fact, on Sunday, June 5, they asked us to hold a mini-Bon Dance with loud music inside the library!

The Kaneohe Higashi Hongwanji will give a short presentation and members of the Koolau Sukiyaki Odori Kai will teach patrons the Tanko Bushi.

The public is invited to this free event kicking off its summer reading program. It's not a full bon dance but it will



Librarians Alexis Cheong (seated) and Sara Ajifu are having fun constructing the yagura tower for the June 5 event.

be fun. The library will decorate the Childrens' and Young Adult section using our lanterns and banners but they are building their own yagura tower! The Kaneohe Branch Public Library is located at 45-829 Kamehameha Highway. *(At least this time, they won't be telling patrons "Shhhh and sit quietly.")*

Minister's Message

# Presence

Continued from page 2.

Rev. Anke quoted a beautiful saying of Helen Keller; "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

Another point that I would like to mention is the art of listening - compassionate listening. As you might know, chaplains are great listeners. Chaplains noted that "just being with those who suffer" is a significant key to supporting those in spiritual distress - let them express their anger. Let them express their sadness. Chaplains added that they are not there to judge, advise, fix, or solve people's problems. The role of chaplains and spiritual care volunteers is to snuggle close to the person's spiritual distress.

Recalling my own experience before I became a minister, when I lived with my friend who was in the midst of spiritual pain from the loss of her father, I said tons of words that I thought that would help her recover from her pain. I was scared of silent moments with her, so I kept saying things that filled the quiet.

But I failed. Nothing could replace her beloved father. I was trying to find something else to fill the empty spot in her heart and I ended up feeling helplessness instead. Now that I think of it, I

should have been a deep listener instead of being like a broken record.

As I studied at the class, I recalled the ancient Buddhist story about Prince Ajātashatru and Shakyamuni Buddha.

Briefly, the Prince killed his father king and felt tremendous guilt afterward. He was suffering severe sickness which originated from his deep spiritual distress. Through receiving support by his dear physician, he decided to visit Shakyamuni Buddha. The nirvana sutra states that at Prince Ajātashatru's arrival, Shakyamuni Buddha was still and said not one word to the Prince. It is said that at this time the Buddha entered this moon-praising Samadhi. (Samadhi is the state of intense concentration.) Then, the whole body of Prince Ajātashatru was covered by the tender light which was coming from the Buddha.

The sutra describes that it was like the moonlight, which brings peace of mind and ease to the hearts of all travelers on the path in the dark night. My understanding of this scene is that Shakyamuni Buddha released all thoughts to be in the total presence of Prince Ajātashatru and be completely one with the Prince's pain. The Buddha bore no judgment or forgiveness. Thus, as the Buddha

emptied himself entirely he could reach out to help the Prince.

Physical pain can be treated by medicine, but medicine is powerless to treat spiritual distress that especially emerges from conflicts in the reality of human nature - aging and death.

However, Buddhism has been focused on a significant matter of the inevitable reality for over 2,600 years.

The Buddha prescribes the medicine of dharma - the teachings of continuous changes, the law of Co-arising, and the truth of interconnectedness in life - to each person's varied spiritual distresses and the Buddhist community (Sangha) to walk along close to one another.

As I am writing this, I am slowly digesting the mega-insights learned in the classes. What I need to do next is to apply these insights to my everyday life.

I truly wish that the Kaneohe Higashi Hongwanji temple will be the gathering place where not only joy and happiness, but also mourning and sadness will be one in the presence of Buddha's compassion and wisdom.

*Namu Amida Butsu.*

## Nokotsudo is Now Available

By Nokotsudo Committee

The Kaneohe Higashi Hongwanji now offers space for urns in its Nokotsudo for the families of its Gojikai members and also to non-Gojikai families. As a benefit to maintaining the annual Gojikai membership there will be no Nokotsudo fee. Please call Reverend Maeda at 246-2661 for information and arrangements if you are interested.

# Jushin 樹心

Volume 6 Issue 4 June-July 2016

## BON DANCE EVENTS & SCHEDULES

June 5 .....1:30pm Kaneohe Library Bon Dance

June 12 ...10am Yukata Dressing

June 25 ...8:30am Yagura set-up (help needed)

June 28 ...6:30-9pm Bon Talk & Dance Practice

July 2 .....Obon See Schedule on pages 4-5

## Temple Service & Activities Calendar

### June 2016

1	Wed	10:30a	“The Reading Circle” – 1 hour
4	Sat	8:30	Flower Arrangement
5	Sun	10	Betsuin Local Gathering No Kaneohe Service
		1:30	Kaneohe Library Mini Bon Dance
11	Sat	8:30	Flower Arrangement
12	Sun	9	Sunday Service
		10	Yukata Dressing Class
18	Sat	8:30	Flower Arrangement
19	Sun	9	Sunday Service Bishop Ken Kawawata Sangha Talk
21	Tues	7-8:30p	Oko Night at Betsuin
25	Sat	8:30am	Set-up Yagura, electricals – till pau
		8:30am	Flower Arrangement
26	Sun	9am	Omigaki Cleaning for Obon Ceremony
28	Tues	6:30	Keith Haugen Talk on Obon Tradition
		7:15-9p	Bon Dance Practice
30	Thur	9am	Obon Dance Food Preparation

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

### July 2016

1	Fri	9am	Obon Dance Food Preparation
		6pm	Move tables and chairs for Saturday set-up
2	Sat	8am	Furniture, food concession set-up
		8am	Obon Food Preparation
		5:30pm	Food Concession Opens
		6pm	Obon & Hatsubon Service
		6:35-10	Obon Odori
3	Sun	9am	No Service - Store tables, chairs, tents, etc.
6	Wed	10:30a	“The Reading Circle” – 1 hour
9	Sat	8:30	Flower Arrangement
10	Sun	9am	Special Movie Showing: “Little Voices from Fukushima”
16	Sat	8:30	Flower Arrangement
17	Sun	9am	Sunday Service
18	Mon	6pm-7	Ukulele Stars
19	Tues	7-8:30	Oko night at Kaneohe
20	Wed	10:30a	“The Reading Circle” – 1 hour
23	Sat	8:30	Flower Arrangement
		9am-12	Da Plant Hui
24	Sun	9am	Sunday Service
25	Mon – Aug 1		“Helping Fukushima Children to Recover” Project
30	Sat	8:30am	Flower Arrangement
31	Sun	9am	Sunday Service - Bishop Kawawata Sangha Talk

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