



WAIPAHU HONGWANJI BUDDHIST TEMPLE
(A Shin Buddhist Temple)

GOLDEN CHAIN

Monthly Newsletter

JULY & AUGUST 2022

Building Healthy Sanghas: Connecting with Others.



OBON (The origin of Obon Service/Dance)

Reverend Jeffrey Soga, resident minister

On Saturday, July 9th, the long-awaited Bon Dance will be held at Waipahu Hongwanji Temple.

After enduring two years of inactivity and patience, we finally had the opportunity to build a YAGURA at the Temple, and We do Bon Dance in person again. The other day, June 4th, there was a bon dance at the nearby Plantation Village. Even when I did a rough count, there were always about 200 dancers in the circle, and there were about 500 people watching them. While watching the dance, I suddenly heard a voice calling me, "Hey, Reverend Soga. I looked around and found Bon Dance Group from Hilo, Big Island of Hawaii. The 15 members of Bon Dance Group from Hilo had bought airplane tickets and booked a hotel at Ala Moana, and came to dance only for the one night at Plantation Village. I was so grateful to meet friends from Hilo, and I was delighted to be thinking about the power of Bon Dance. All people were looking forward to this Bon Dance to resume. I am looking forward to having many people join the Waipahu Hongwanji Bon Dance which will be held on Saturday, July 9 as well.

This month I will write about origin of Bon. It is said that the Obon is originally derived from "URABON KYO" Sutra. It starts like this:

"It is written in the URABONKYO (Sutra). Master Mokuren gained a power to see through the six worlds of suffering, and with that eye power he found his late mother in the world of Gaki (hungry ghost). When Mokuren prepared some food in a bowl and offered it in front of his mother, she took it with her left hand and put the food in her mouth with right hand, but it quickly became a fire and she could not eat it. With tears of heartbreak, the Master Mokuren went to Shakyamuni Buddha and asked him why, and what to do.

At that time, the Buddha explained to Mokuren the reason why she entered the realm of Gaki suffering, and Mokuren could not do anything by himself alone. Buddha told to Mokuren, on July 15, end of the summer seminar, to make an offering of food to all great masters. With that virtue, you will be able to save people of his family of seven generations back and gain happiness and relief from the suffering of the three world (hell, hungry ghost and beast)." As Buddha advised, Master Mokuren did offer foods to all great masters who attended the session. After he looked for his mother in Gaki (hungry ghost), she was saved from there."

(Continued to Page 5)

MEMORIAL SERVICE FOR 2022

Month of July

1st (2021)

July 14 Masanori Ohara

July 15 Chikashi Saito

3rd (2020)

July 4 Faye Yasuko Sakihara

July 25 Masaaki Nii

7th (2016)

July 24 Derrik Matsumoto

13th (2010)

July 29 Molly Kiyono Yamaguchi

July 31 Ronald Hidemi Shimabukuro

17th (2006)

July 4 Ronald Asaki Kondo

25th (1998)

July 18 Masami Takamoto

July 21 Keith Yoshimi Matsumura

July 30 Setsuyo Miyamoto

33rd (1990)

July 23 Kana Tsukayama

50th (1973)

July 16 Makato Ishihara

Month of August

1st (2021)

August 8 Kazuko Ikeda

3rd (2020)

None

7th (2016)

August 9 Lois Takako Matsumoto

13th (2010)

17th (2006)

August 24 Haruko Higa

August 27 Isamu Morimoto

25th (1998)

August 4 Nobuji Maeda

33rd (1990)

50th (1973)

August 25 Seiichi Nobunaga

Month of September

1st (2021)

September 6 Edna Umeyo Saito

3rd (2020)

September 22 Ronald Hitoshi Nagata

September 27 Osamu "Guava" Fukeda

7th (2016)

13th (2010)

17th (2006)

25th (1998)

September 5 Hiroshi Nakamoto

33rd (1990)

September 6 Raymond Kazuo Umetsu

September 30 Choei Oshiro

50th (1973)

September 8 Rokuro Uyeno

September 10 Katsujiro Tamura

September 12 Kiyome Nitta

September 22 Paul Yasuyoshi Tomita

September 30 Mitsuso Nitta



PRESIDENT'S MESSAGE
Evan Watarida, President of Waipahu Hongwanji

Dear Waipahu Sangha,

During the 1st weekend in June we held our mini-bazaar and ohana day. Thank you to all our volunteers and our event co-chairs who worked extremely hard. We made about \$4,200 for our temple. But more importantly, it was our first public event in over 2 years. Those that attended had a great time, enjoyed good food, and listened to youth performances led by the Shiota's.

That same weekend, we also recognized recent high school graduates

Tamlyn Horiuchi and Lawrence Ujimori. Guest speaker, Dr. Cedric

Lorenzo gave an inspiring and heartfelt speech to our graduates. We congratulate them and their families and wish them success as they begin their next life chapter.

These events were a great warm-up to our bon dance celebration coming up on July 9. Our first public one since 2019 so we are looking forward to the return of our volunteers once again. We are expecting a lot of pent-up excitement as people long for some sense of normalcy. Everyone experienced disruptions in their lives during Covid and they desire to reconnect with others and enjoy themselves. But just as restrictions finally lift, we can still find ourselves burdened with new circumstances that cause additional challenges such as inflation, high gas prices, more crime, and increased polarity in people's views.

Times are challenging and many people struggled mentally and emotionally these last few years. I, myself, struggled with anxiety and feeling overwhelmed when my wife was laid-off, my children couldn't go to school, and all the plans I had made got derailed. I was frustrated that life was not turning out how I wanted it to be. That's when I turned to the nembutsu. Reflecting on the Buddha's teachings I let go of my attachment and desire to control everything around me. Accepting the teachings of impermanence and imperfection was liberating. I was able to accept that life is not perfect, and that is ok, because perfect is just an illusion.

Recently I was watching the Westminster dog show. I really enjoy watching the interesting and vastly different breeds as they parade around. What always perplexed me, is how the judges can select one dog as best in show when they all look amazing to me. The judge is tasked with comparing each dog to the "ideal" standard of their breed and to select the most "perfect" dog as the champion. But isn't this breed "perfection" simply the opinion of one judge, I thought to myself? I bet you to each owner, their own dog is the most "perfect" to them.

Similarly, during the last temple service, I was noticing the beautiful flowers adorning the altar. As I gazed and reflected, I marveled at how each flower is unique and that no two are exactly alike. Yet, I could enjoy the beauty of each one and each one seemed "perfect" to me. There was no flower that was "better" or "more desirable". Each flower simply "is" as it is. And they were already perfect in their own way just as they are.

(Continued to Page 5)

WAIPAHU HONGWANJI NEWS

June Activities

2022 Baccalaureate Service and Celebration

Date and time: Sunday, June 5, 2022, 9 a.m.



Left: Tamlyn Horiuchi (graduate), Dr. Cedric Lorenzo (guest speaker), Lawrence Ujimori (graduate)
Center: Ujimori Family,
Right: Horiuchi Family and Mrs. Matsushige (grand mother)

Mini Bazaar and Ohana Day Festival

Saturday, June 4,
2022



Top left:
Janet Kaya &
Taeko Braden

Top right:
George Sawa,
Frances Uyeno &
Leroy Braden



(Obon, From Page 1)

From this Urabon Sutra, the service is called "Obon" and officiated on July 15, and it became an event to think about ancestors.

There are various theories as to the origin of Bon Dance, such as that at that time Master Mokuren danced out of joy that his mother had been saved, or that the Hongwanji Temples started to call this Obon Service as 'Kangie' (gathering of rejoice) and that Bon Dance began from Hongwanji, but I have not yet come across anything that proves which one is correct.

In Japan, this Bon Dance is held on July 15, and in some regions it is on August 15, but in Hawaii every weekend at a Buddhist temple somewhere, Bon Dance has been held now. And also, every temples observe the 'Hatsu Bon service'. 'Hatsu means first, the service is for the families who lost their loved one from a year before Obon to this year's Obon service. This means all families who attend the service can realize that they went through same sad experience of separation and the loss of a loved one. All people understand and can help each other to overcome this sorrow together.

It is not only a painful farewell, but it is also a joyful and grateful feeling that people were able to have a wonderful meeting as family or friend, and this rejoicing would be shared with their children, grandchildren and friends of next generation.

I hope that everyone will join the Waipahu Hongwanji Obon Service and enjoy dancing together, and dancing together with ancestors.

Of course, many people are working so hard preparing for this bon dance, and the expenses are also large. If possible, please come to the temple as time permits, work together, and help with preparation. And I sincerely ask for your donation for this event.

In gassho,

(President message, From Page 3)

In Japanese design and art, there is the concept of "wabi sabi". It is based on the Buddhist tenets of impermanence and imperfection. Everything in nature, such as trees, mountains, flowers, etc., are not perfect in symmetry or form. But because they are imperfect, that is the reason why they are beautiful. And when we can truly appreciate that fact, we are awakened to see its even greater spiritual beauty.

Because what is "perfection"? Perfect is an imaginary construct of my own mind and ego. I'm comparing things I see with the fabricated "ideal" that I created in my mind. Just like the dog show judge that's comparing each real dog to the "perfect" dog in his imagination.

So, there is no "perfect" life. There is no "perfect" person. There is no "perfect" circumstance. When I accept that everything in my life is already "perfect", then I am able to appreciate life for what it is. I am able to find peace. I am able to glimpse nirvana.

In Gassho,

Waipahu Hongwanji Ohana Day Event

The "2022 Summer Ohana Day with Mini Bazaar" held on June 4, 2022, was a successful event considering it was our first public activity since Covid-19 pandemic started. We would like to extend our heartfelt gratitude to everyone who supported our efforts and helped make the Ohana Day a fun and enjoyable event. We want to thank Mr. Musashi Shiota for organizing their children's music group performance and games. We are grateful to Ms. Annette Sekine and Ms. Caren Iwata for their dedicated work ethic in setting up the rummage sale in a very organized manner.

We were encouraged to pursue this event as we welcomed generous monetary and food donations along with baked goods and other food contributions from members and friends. We are also grateful to the many contributors including The Kon family, Mr. Francis Uyeno, Ms. Laverne Goto, Ms. Hana Furukawa, Ms. Kimi Koizumi, Mr. & Mrs. Calvin Sumida, Ms. Ann Saruwatari, Ms. Joyce Oshita, Ms. Caylene Valdez, Ms. Kirana Soga, Ms. Mae Matsushige, Ms. Lori Noborikawa, Ms. Pat Narusawa, Mr. Haruo Shigeta, Ms. Flora Minemoto, Mr. & Mrs. Taeko Braden, and Mr. Adrian Koizumi. We also value the many volunteers who helped with food preparation, cashiering and other essential duties.

We are most appreciative to our invaluable "KOKUA" crew who conscientiously worked hard in the construction and general cleaning portion and accommodated all our requests until the very last minute.

Finally, our special thank you goes out to our President, Mr. Evan Watarida for your support and to Rev. Jeffrey Soga for your spiritual advice and contribution. We are happy to announce that our Waipahu Hongwanji (temple) made over \$4,000 for this event.

Please have a safe and happy summer with your "OHANA".

Kumika Soga & Janet Kaya
Co-Chair, Ohana Day Event

Waipahu Hongwanji Fujinkai News

How have you been?

Waipahu Hongwanji Bon service and Bon dance is around the corner. Let's enjoy Bon dance together.

Sad news, We lost an honorary members, Mrs. Shizuko Yamauchi. We would like to express our heartfelt condolences to her family and friends.

We would like to say thank you to Ms. Lynda Imada. She made nice wrapping clothes (Furoshiki) for our elderly members visitation gifts.

Next Our Fujinkai meeting will be Sunday, September 11th.

July and August meeting will be canceled.

Have a safe and happy summer with your Ohana.

Kumika Soga

Emotions and Physical Health
By Maria Morales, Project Dana

A variety of emotions naturally come up in caregiving. You may be feeling ambivalent – feeling frustrated your parents’ health keeps deteriorating despite your efforts to keep them healthy, while feeling grateful at the same time for the opportunity to reciprocate the care you received from them as a child. There may be times when you may be feeling the built-up resentment as you think of missed events, parties, and trips because you cannot leave your spouse alone. Or you may be feeling joy as you bond with your mom, enjoying your shared favorite flavor of ice cream, and reminiscing on memories.

Emotions contribute greatly to the caregiver’s well-being and stress level. You may have grown up believing that emotions are meant to be hidden or must be controlled. It is also common to be reluctant in expressing emotions due to fear of being judged or not wanting to burden others with them. However, emotions left unattended or suppressed, do come up in other ways like poor sleep, stress eating, socially withdrawing, shorter temper, and others.

Project Dana’s “Caring for the Caregiver” Support Group meeting on July 9 will cover the topic of “Caregiving and Emotions.” The group will discuss and reflect on emotions caregivers experience as they provide care to their loved ones. What are common emotions that come up in caregiving? How can you identify these feelings? Caregivers can also learn from each other. What are the things that you can do to cope with and express strong emotions?

Physical health is another crucial factor contributing to a caregiver’s well-being and stress. Often, caregivers get caught up in making sure their loved one’s health problems are resolved or maintained that they forget to tend to their own. They may start cancelling their own appointments or forget taking their own medications. Then one day, the caregiver themselves is in the hospital and taking even more medications than their loved ones.

Taking care of your own health is an important responsibility in caregiving. On August 13, Dr. Janet Onopa will be presenting about “Caregivers and Taking Care of Their Health.” She will cover common health conditions experienced by older adults and what caregivers can do to tend to their own physical health.

Please contact Project Dana if you would like to attend the meeting by emailing cgsg@projectdana.org or call (808)979-5365.

MEDITATION CLASS (New Event)

The first Thursday of each month, Reverend Jeff will conduct class. Please arrive about 6:45 a.m. please come to main temple
7 a.m. class starts.

Wear loose, comfortable clothes.
Please call Waipahu Hongwanji if you plan to attend.

OBON CHOCHIN

The display of CHOCHIN tags with the names of loved ones who have passed away will be done in July for Obon.

Please send your donation per tag:
\$10 for tag

Deadline: June 30, 2022

Please contact Reverend Jeff at (808) 677-4221 by July 2.

WAIPAHU HONGWANJI BON SERVICE/DANCE IN PERSON

Saturday, July 9, 2022

HATSUBON SERVICE: 6 P.M.

BON DANCE: 7 P.M.

Everyone welcome!

We need your help for preparations. Please look at time schedule and choose the days you can come and help.

Thursday, July 7:

9 a.m. Kokua Gangs set up
Tent, Yagura decoration
such as Flowers, etc.
Cooking preparation,
Cutting vegetables, etc.
(Lunch will be served to volunteers)

Saturday, July 9

8:30 a.m. Last Set Up
(tables, chairs, Chochin, etc.)
10 a.m. Cooking starts
3 p.m. Make Spam Musubi, etc.

SPECIAL DONATION

Peggy Tsukida ... \$100
In memory of Barbara Duarte

Nagaji Family ... \$1,300
Funeral for Michael Nagaji

Serikaku Family ... \$300
Funeral for Emiko Serikaku

Gertrude Takemoto ... \$300
Funeral for James Takemoto

Glenn Yamauchi ... \$1,000
Funeral for Shizuko Yamauchi

Musashi & Miyako Shiota ... \$300
Special (Musashi International)

GOTANE Adrienne and Ellen Ayakawa, Jasmine & Daniel Morrison, Lilly Tokuhara,
Craig & Megumi Uyeno

BACCALAUREATTE Leeann Hanabusa, Wilfred & Mae Matsushige

OHANA Day Francis Uyeno

Membership 2022:

Kimiko Kanno, Thomas & Fay Shimizu, Gertrude Takemoto, Vanassa Tanouye,
Norman & Laurie Tochiki, Craig & Megumi Uyeno,

There will be no August Golden Chain since this news letter combined July and August. Thank you for your understanding.
Golden Chain News Letter Committee

お盆の起こり

駐在開教使 曾我大圓

来る7月9日土曜日、待ちに待ったボンダンスがワイパフ本願寺で催されます。

二年間の辛抱を乗り越えて、やっとワイパフ本願寺ではヤグラを組んで、そこで踊るボンダンスが戻ってきました。先日6月4日、近くにありますプランテーションビレッジでボンダンスがありました。ざっと数えても常に輪の中には200人くらいの踊り子さん、そしてそれを見ている人たち、ざっと500人くらいいたかと思います。そんな時「へーい曾我せんせーい」と呼ぶ声が聞こえました。誰だろうとよく見ていると、ハワイ島のヒロの街にあるボンダンスの踊り会の方15人が、わざわざ飛行機に乗って、アラモアナのホテルを予約して、このボンダンスに踊りに来られていました。私がハワイ島のヒロにおりました時の懐かしいお友達に出会い、嬉しく思いながら、この飛行機に乗って来られた人たち、またここにいる人たち皆がこのボンダンスを楽しみにされていたのだなー、とボンダンスパワーを思うことです。7月9日土曜日に催されるワイパフ本願寺のボンダンスが楽しみです。

今月はお盆ということを書きます。お盆は元々「盂蘭盆経」というお経の「目連救母」の段が元と言われています。それは次のように始まります。

「盂蘭盆経にこう書いてあります。目連尊者というお方が六通りの欲の世界を見渡せる力を得て、その眼力をもって亡き母をガキの世界に見つけました。鉢に食べ物を入れて母に差し出すと、それを左手で受け取って右手で口に食べ物ははこんでいきますが、たちまちに火となって食べることができませんでした。目連尊者は悲痛な涙を流しながらお釈迦様の所へ、なぜなのか、どうしたらいいのか、尋ねてゆかれました。

その時お釈迦様は目連尊者一人の力ではどうしようも出来ない、7月15日に全ての徳のあるお方に食事の供養をなささい。その徳を以って七世に渡って三途（地獄、ガキ、畜生）の苦悩から福楽（仕合わせ）を得るでしょう、云々」とあります。

この盂蘭盆（うらぼん）経から「おぼん」というお勤めが7月15日になり、このお経から祖先のことを思う行事となりました。

ボンダンスの起源は、その時目連尊者がお母様が救われたという喜びのあまり踊りを踊った、とか、いつしか本願寺ではこのお盆法要を歓喜会（かんぎえ）と呼ぶようになり、本願寺からボンダンスが始まったとか、諸説がありますが、どれが正しいのかそれを証明するものにはまだ出会っていません。

日本ではこのボンダンスは7月15日、また地方によっては8月15日にされますが、ハワイでは毎週週末にどこかの寺でボンダンスをするようになり、今に至っています。ただ、どの寺も初盆（はつぼん）の法要をお勤めいたします。これは前の年のお盆からその年のお盆までの一年間に亡くなられた方のご家族にお寺で集まって頂いて、愛するご家族との悲しい別れを経験された、その辛い思いを共有することで、一緒にこの悲しみを乗り越えて行って欲しい。また辛い別ればかりではない、この人に出会え、沢山の思い出を頂かれ、その喜びを分かち合い、そしてその思いを次の世代の子や孫に伝えて行って欲しい、とそんな思いをこめてのお勤めでもあります。

皆さんもどうぞワイパフ本願寺のお盆にお参りし、一緒にダンスを楽しんでいただきたいです。

勿論、このボンダンスのために多くの人が準備をされ、また出費も大きいです。出来れば時間が許す限りお寺に来て頂き、準備や片付けを手伝って下さい。そしてまたこのためのご寄付をいただくことを心から願います。

合 掌

Waipahu Hongwanji Mission

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Resident Minister: Reverend Jeffrey D. Soga

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Condolence

Waipahu Hongwanji extends deepest sympathy to the families of

James Takemoto
Michael Michio Nagaji
Shizuko Yamauchi
Tammy Naomi Tamura

CALENDAR OF EVENTS

Every Sunday: 9 a.m. Family Service
All are welcome.

Every Thursday: 9 a.m. Kokua Day

Saturdays , 8:30 a.m. Hoshia Day

1st and 3rd Thursday: 12:30 p.m.
Karaoke Club Everyone welcome

1st Sunday: after the Family Service
Bon Dance Exercise in Social Hall

1st Thursday: 7 a.m.
Meditation Class Everyone welcome

**ANNOUNCEMENTS
(Masks are recommended)**

OBON SERVICE/DANCE
(in person)
July 9, Saturday
6 p.m. Hatsubon Service
7 p.m. Obon Dance

Preparation:

Thursday, July 7, 9 a.m.
Yagura and cooking preparation

Saturday, July 9,
8:30 a.m. Last set up for Yagura
10 a.m. Cooking starts

OBON SERVICE FOR FAMILY PET
Sunday, September 4, 2022, 9 a.m.

It is a very sad occasion to lose a family pet.
If you want to have memorial service for
your pet, please join this service.
Please call Rev. Soga at (808) 677-4221 a
head of time if you plan to attend.