



WAIPAHU HONGWANJI BUDDHIST TEMPLE
(A Shin Buddhist Temple)

GOLDEN CHAIN

Monthly Newsletter

OCTOBER 2022

Building Healthy Sanghas: Connecting with Others.



JODO SHINSHU, Teaching of Pure Land
“Amida Buddha’s Vow #12 (5th Vow) 10/2022
Reverend Jeffrey Soga, resident minister

October is here. Corona worries continue, and "monkeypox" seems to be gradually increasing. I hope all Waipahu and Waianae Hongwanji members are safe.

The pandemic are still active and many people are suffering with the illness. It means many doctors, nurses, and medical staff aren't able to take it easy. When I went to get an injection of the vaccine for this corona epidemic at Queen's West Medical Center, I saw many people working hard. Not only Covid-19, there are many people suffering with illness and injury. To help such patients, many people are working hard in visible and invisible places. How many times do you go to the doctor in a year? We must give thanks to doctors and nurses, people who are developing new drugs to cure diseases, people who are studying to become doctors and nurses and those who want to save sick people in the future. In Japanese, there are words "ARIGATAI" and "OKAGE SAMA". ARIGATAI means, "ARI" is being here, "GATAI" means it is so difficult. "ARIGATAI" means, it is really difficult to be here, or simply, "we can't take it for granted." "OKAGE SAMA" means "OKAGE" is shadow, "SAMA" means something special. OKAGE SAMA means, I can't see (just like shadow) but surely stay by me and working for me. Both words simply mean that we are not able to take it for granted, and express my gratitude.

I'd like to continue to write Amida Buddha's Vow. I would like to quote the fifth vow this month.

If, when I attain Buddhahood, the humans and devas in my land should not remember all their former lives, and thus be unable to know at least the events of the previous hundred thousand kotis of nayutas of kalpas, may I not attain the perfect enlightenment.

(The Three Pure Land Sutras, Volume II, Page 20)

Isn't it precious that today you are living each and every day? When you wake up in the morning, your eyes open and you can see things, you can hear the sound of cars and birds chirping outside, and you can stand up on two legs. You may think it's obvious, but is it? If you read this story of mine, please touch your left breast first tomorrow morning before you open your eyes. You can feel that the heart carries blood throughout the body. Next, put both hands on your chest and take a

(Continued to page 2)

MEMORIAL SERVICE FOR 2022

OCTOBER

1st (2021)

October 7 Amy Yoshie Tanabe

3rd (2020)

October 30 Jane Yoshie Kanda

7th (2016)

October 15 James Haruichi Koizumi

13th (2010)

17th (2006)

October 9 Mitsuko Sato

October 15 Matsuko Miyashiro

25th (1998)

October 11 Hatsue Baba

October 11 Toyoko Furukawa

October 12 Sue Tsuneko Kuwaye

October 27 Masatoshi Katahira

33rd (1990)

October 8 Masao Yoshikawa

October 13 Wakida Satoyo

October 24 Sasayo Ishihara

50th (1973)

October 17 Nobuko Sugimoto

October 26 Yuki Kochi

NOVEMBER

1st (2021)

November 21 Carol Ayako Fujita

3rd (2020)

November 30 Masunori "George"
Morimoto

7th (2016)

November 27 Henry Kameichi Oshiro

13th (2010)

17th (2006)

25th (1998)

November 9 Fred Katsuyoshi Tamura

33rd (1990)

November 4 Niichi Saiki

November 12 Ralph Minoru Saito

November 16 Goro Murakami

November 23 Hiroshi Takatani

50th (1973)

November 2 Kiju Higashi

November 10 Kazuto Ogasawara

(SODO SHINSHU, from Page 1)

deep breath. Your lungs are bulging, and the breath is riding on the blood and carrying oxygen all over your body. Put your hand on your stomach. When you have breakfast as you start your day, this stomach takes in all that you eat, takes out the nutrition, puts it in the blood and carries it all over your body. Everything in your invisible body is working hard so that you can enjoy your day today and every day.

Also, please imagine, when you were born, someone changed your diaper, wiped your body, put on dry and clean clothes, prepared a nutritionally balanced meal, and if you let out even a little cry, they would fly over and worry about you, and in this way you can continue to live the life you have protected to this day.

Isn't it precious? This expression is "ARIGATAI" and "OKAGE SAMA".

To be continued...



PRESIDENT'S MESSAGE

Evan Watarida, President of Waipahu Hongwanji

Dear Waipahu Hongwanji Sangha,

It's been exciting to have everyone back at temple after a brief August break as we resume our normal activities and head into fall. Here are some of the highlights that occurred in September.

Rev. Soga held our first ever pet obon service which was well received. It's something we can build upon and we intend to make at an annual event going forward.

September 21 was Peace Day. The BWA made several origami crane displays with peace messages and set them up at various Waipahu businesses to spread the aloha. Our temple participated in a virtual "ring your bell for peace" event featuring Jake Shimabukuro as ambassador. Participants from all over the world and from all faiths rang their kansho bells in unison. Preschool and elementary school students from local schools zoomed in. Also featured on the call was a displaced Ukrainian family who is being hosted by the Honokaa temple that shared their message. In light of current world events and seemingly negative news, there is much hope that prevails as many people are eager to share in the message of compassion.

Back at our temple, thanks to a \$10K grant from Hawaii Energy, we also upgraded our fluorescent lighting to more energy efficient LEDs. In addition to the temple and adult day care, the outdoor lighting in the parking lot were all upgraded. Not only is it brighter and will save electricity, it will also last much longer and reduce maintenance.

Coming up in October, we congratulate Rev. Soga who completed his certification as a Honolulu police chaplain and will be inducted at an October 3rd ceremony. He will have a bigger platform to spread the dharma and share compassion to those in need.

On October 23 at 1:00pm, there will be a Zoom nembutsu seminar with Koichi Mizushima who will share what they do to "create dharma moments" in his Sacramento temple. We'll be displaying it in the social hall for those that want to view it there.

As I reflect, there is much to be grateful for. And each time I come to the temple I am filled with positivity from being around the most amazing people who selflessly give of their time and resources to help each other and make sure the temple is cared for. The temple has served as a gathering place for the community. But when I ponder about it, the temple and altar are really just symbols. They are mere physical things. And the Buddha taught us that "things" do not last forever. They could possibly all be gone in a moment. But even if it does, that's OK. Because, in reality, the true temple is in each of our members. This is where the dharma and compassion reside and manifests. This becomes the true "living dharma". And we spread that love to everyone we encounter. We are the living, breathing, mobile temples. And through our daily actions and simple acts of kindness, the nembutsu lives forever.

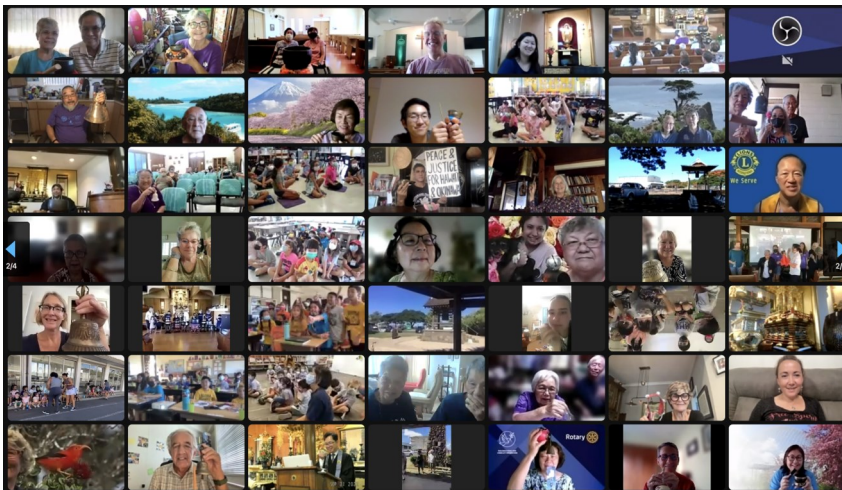
In Gassho,

WAIPAHA HONGWANJI NEWS



PEACE DAY
 September 21
 We had a peace day bell hitting on Wednesday, 9/21, all over the world.
 Prior the day, Ms. Sekine delivered peace day ornament to: George's Auto Parts, Restaurant Kuni, and Nii Store
 Thank you Ms. Sekine

OBON SERVICE FOR FAMILY PET
 Six families, 7 pets, joined the service.



FUJINKAI (Buddhist Women's Association) NEWS

Recently, we lost three Fujinkai members, Ms. Shizuko Yamauchi, Ms. Nancy Inouye and Ms. Sumiko Ishimaru. They were very involved with Fujinkai and very influential in many positive ways. We miss them very much.

Sunday October 2: October board meeting

Saturday October 8: Oahu United Buddhist Women's Association
General Membership meeting and Conference at Aiea Hongwanji.

Please look our flyer and let's attend this annual program.
Have a safe Autumn with your Ohana.

Kumika Soga, President
Waipahu Hongwanji Fujinkai

Services for Caregivers By Maria Raiza Morales, Project Dana

How did you become a caregiver? There are many reasons or ways someone became a caregiver to their loved one. It could have been an expected role. You knew you were going to be a caregiver because of what your culture dictates as family tradition and roles. The caregiving role may have been unexpected. It crept up on you – starting with transporting your parents to appointments and errands which eventually led to you moving into your parents' home or they move into your home. It could be that you have always valued being able to give back to your parents for the care they provided to you as a child. You have always known that you will be their caregiver.

Regardless of how or why you are a caregiver, learning what is involved in the role and what you can prepare for early on can ease stress and burden in the future. Educate yourself on what community resources are available. Connect with others going through the same journey or even further along in theirs. Learn about your loved one's condition and what type of care they need.

Project Dana's "Caring for the Caregiver" Support Group program aims assist caregivers through education and social connection. One-on-one counseling with program staff is available to address caregivers' individual concerns or issues. Group meetings with other caregivers are also available and held every second Saturday and every second and third Wednesdays. Caregivers can join meetings in-person or online by Zoom. In October, the meetings scheduled are:

Saturday, October 8 at Waipahu Hongwanji Buddhist Temple,

Topic: Preparing for Caregiving.

Wednesday, October 12 at Honpa Hongwanji Hawaii Betsuin,

Topic: Family Dynamics – the Good, the Bad, and the Ugly.

Wednesday, October 19 at Honpa Hongwanji Hawaii Betsuin,

Topic: Cognitive Decline and Hearing Difficulties.

If you are interested in services, please contact Maria Morales at (808)979-5365 or at cgsg@projectdana.org.

SPECIAL DONATION

Susan Asai ... \$250
In memory of Michiko Asai

Ayabe Family ... \$300
Funeral for Alice Ayabe

Kimura Family ... \$100
Yukan Service for Masako Kimura

Nomura Family ... \$800
Funeral for Hisaye Nomura

Musashi International ... \$200
Special

Tomie Ohara ... \$50
In memory of Masa Ohara

Takeko Shinsato ... \$300
Special

Koshin/Megumi Soga ... \$1,000
Special

Peggy Tsukida
In memory of Michael Nagaji ... \$100
In memory of Michiko Takara ... \$100
In memory of Kazuko Ikeda ... \$100
In memory of Edna Umeyo Saito ... \$100
In memory of Shizuko Yamauchi ... \$100

Ruth Wakimura ... \$50
In memory of Nancy T. Inouye

Cynthia Tomita ... \$500
Funeral for Nancy Inouye

PET OBON: Susan Shiratori, Kumika Soga, Craig & Christi Tadaki

AUTUMN OHIGAN:

Adrienne & Ellen Ayakawa, LK & BK Doi, Milton Fujioka, Marjory & Henry Funasaki, Daniel & Lois Hanaoka, Roy & Dorothy Hirata, Steven & Jan Honda, Edith Ihori, Robert & Margaret Itagaki, Caran Iwata, Doris Kakugawa, Yoshito Kamikawa, Thomas & Sachie Kaneshiro, Janet Kaya, Judith Kishimoto IMO Katsujiro Tamura, Richard & Sueko Kodama, Frances Matsumoto, Wilfred & Mae Matsushige, Jasmine & Daniel Morrison, Masumi Murakami, Lori Noborikawa, Jenny Nomura, Richard Nomura, Lisa Okada, Emiko Onaga, Clarence & Edna Otsuka, Jan Ro, Tsunako Sakata, Ann Saruwatari, George Sawa, Annette Sekine, Thomas Sekine, Thomas & Fay Shimizu, Beatrice Sonoda, Harriet Sugimoto, Wilma & Calvin Sumida, Jane Tanaka, Victor & Helene Tanimoto, Barbara & Felix Torricer, Robert Tsumoto, Kuniomi & Akemi Uehara, Ellen Ujimori, Masao & Yukiko Uyeda, Francis Uyeno, Setsuko Uyeno, Evan & Cristina Watarida, Amy Yamamoto, Helen Yonashiro, Janet Yoshida

Membership 2021: Kimura, Masako

Membership 2022: Kanda, M/M Allen Kimura, Masako Tanouye, Vanassa

REMINDER
2022 ANNUAL MEMBERSHIP DUES \$300
Please send your check PAYABLE TO :
Waipahu Hongwanji Mission
And state: membership dues for 2022

浄土真宗の教え 2022年10月 「阿弥陀様の願いその12（第五願）」

駐在開教使 曾我大円

10月となります。まだまだコロナの心配が続き、そして「猿痘（さるとう）」というのがじわりじわりと増えているようです。皆様ご無事でお過ごしでしょうか。

しかし、このコロナ伝染病のためのワクチンの注射を打ちに行った時にも思ったのですが、多くの人たちが関わっています。コロナに限らず、目に見える所、見えないところで私たちの病気や怪我のために本当に多くの人々が働いて下さっているのだなあ、と思うことです。皆さんは年にどのくらいお医者様へ行かれるでしょう。お医者や看護師、また病気を治すために新しい薬を開発している人々、また将来病気になる人を救いたいと、お医者や看護師となる為に勉強しておられる人々、まだまだ私の思いの及ばないところで、多くの人たちが病気で苦しむ人を助けようと働き、勉強しておられます。日本語で「有り難い（ありがたい）、お蔭様（かげさま）」という言葉を使います。これはあたりまえじゃあないなあ、私の見えない所（蔭）でしっかり支えていて下さっている人がいるんだなあ、という感謝の思いをこめた言葉です。

続いて阿弥陀様の願いを書かせていただきます。先月は第四願を書かせていただきました。ここにはその次の第五願について書かせていただきます。

設我得仏 国中人天 不識宿命 下至不知 百千億那由他諸劫事者 不取正覚

（私の意識）「もし私（阿弥陀）が仏として覚りを得る時、私の国の人たちが、その身に宿る不思議な命を識（し）ることができなければ、悟りを得ることはありません。」

皆さんは今日一日を生きることが不思議ではないですか。朝起きて目が開き、物が見え、外では車の音や小鳥のさえずりが聞こえ、二本の足で立ち上がることが出来る。あたりまえじゃあないかと思われるかもしれませんが、そうでしょうか。この私のお話を読まれた方、明日の朝、目を開ける前にまず左の胸を触って下さい。心臓がことごとく体中に血液を運んでくれていることがわかります。次に両の手を胸に当てて深呼吸してみてください。肺が膨らんで、吸った息が血液に乗って体中に酸素を運び届けてくれています。お腹に手を当ててみてください。これから朝ご飯を頂いたら、それをこの胃袋が全部受け止めてくれて、栄養を取り出して、それを血液に乗せて身体中に運んでくれています。皆さんが今日一日を楽しむために、目に見えない体の中の全てが一所懸命仕事をしていてくれます。

また、皆さんが生まれた時、誰かが皆さんのおむつを変え、体を拭き、乾いた清潔な服を着せて、栄養のバランスのとれた食事を用意して、そして少しでも泣き声を出したら、飛んできてくれて心配して下さり、そうやって守って頂いた命を今日まで続けておられるのです。

不思議じゃないですか。有り難く、お蔭様ではないですか。

続く

Waipahu Hongwanji Mission

94-821 Kuhaulua Street
Waipahu, HI 96797
Phone: 808 677-4221
E-mail: waipahuhongwanji@hawaii.rr.com
Resident Minister: Reverend Jeffrey D. Soga

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Condolence

Waipahu Hongwanji extends deepest sympathy to the families of

- Nancy Tsuyako Inouye
- Yukiko Nakasone
- Teruko Yamashita
- Hisae Nomura
- Alice Akiko Ayabe
- Sumiko Ishimaru

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. Hosha 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)

FUJINKAI Meeting
October 2, Sunday after the Sunday Service

BWA Education Seminar
October 8, Saturday
See attachment for detail

NEMBUTSU SEMINAR (Zoom)
October 23, Sunday
1 p.m.—2:30 p.m.

HALLOWEEN OBSERVANCE
With Sunday Family Service
October 30, Sunday

Put on a Halloween costume and join us.
Let's Have some fun and maybe win a prize
for best costume!