



WAIPAHU HONGWANJI BUDDHIST TEMPLE
(A Shin Buddhist Temple)

GOLDEN CHAIN

Monthly Newsletter

NOVEMBER 2024

Building Healthy Sanghas: Sharing Nembutsu Moments



**JODO SHINSHU, Teaching of Pure Land
Amida Buddha's Vow #29, (10th Vow) 11/2024**
Jeffrey Soga, Resident Minister

It's the month of November, Thanksgiving is approaching, it's a heartwarming season. I'm really looking forward to seeing how everyone spends this time which is unrepeatable. Life is only lived once, so please make sure to live each day precious. I'd like to continue about the Tenth Vow of Amida.

If, when I attain Buddhahood, the humans and devas in my land should give rise to only thought of attachment to their body, may I not attain the perfect enlightenment.

(Page 21, The Three Pure Land Sutras Volume II, The Larger Sutra)

(My interpretation):

If I, Amida, attain enlightenment as a Buddha, but all the people of my land have thoughts and attachments from ignorance, then I can not be a Buddha of Enlightenment.

In this issue, I'd like to write Ten Transgressions (*ju-aku*). The Buddha taught us this term, which arises from thoughts of attachment, and encourages us to live our daily lives with care and awareness, by not doing this.

Ten Transgressions are (The Buddhist precepts against):

- (1) Destroying life; (2) Theft; (3) Adultery; (4) Lying; (5) Harsh words;
- (6) Speaking ill of others; (7) Idle talk; (8) Greed; (9) Anger; (10) Wrong views.

This all arises from a mind of attachment, from rigid thoughts that insist things must be a certain way. Such negative actions not only harm ourselves but also hurt others. Our attachment to the idea of "it must be this way" makes us stubborn and obstinate. How about it, everyone? Aren't there times when you become rigid and stubborn as well?

This is something I heard in a sermon a long time ago. Two people were injured and hospitalized. Let's call one of them Mr. A. It seems Mr. A complained constantly from morning until night. He always had a face like upset and unhappy face, saying the food was terrible, the room wasn't clean, and that he got hurt because of someone else's fault. He blamed the doctors for his pain and said the nurses weren't doing their jobs well, finding fault with everything.

Now, let's call the other person Mr. B. Mr. B was always having happy face and expressed

(Continued to Page 2)

gratitude with words like "thank you" to the nurses and doctors. He accepted that his injury was due to his own carelessness. If I took time and chewed well, the hospital food wasn't so bad after all. He spent each day with a grateful heart. He accepted and always showed his gratitude to doctors and nurses.

When Mr. A presses the button to call the nurse, it seems that everyone avoids the patient and makes excuses. However, when Mr. B, who is always smiling, presses the button, it turns into a competition with everyone saying, "I'll take care of him," "I'll go," "I'll go," as they head toward the patient's room.

Well, you might find yourself in a situation where you unexpectedly need to go to the hospital. In such cases, what kind of patient will you be? Will you be like Mr. A, someone who makes those around them uncomfortable? Or will you be like Mr. B, who might have a few complaints but remembers to smile and say "thank you," earning the affection of the nurses? While you're healthy, think about this now and practice for the future.

I'm sure that Amida Buddha hopes "when people comes to my (Pure) land, there will be no such things as the Ten Transgressions, and there will be no one who causes suffering to others due to attachments. If there were such a person, I would wish to start my practice all over again."
(To be continued...)

Reminder - Membership Dues

We are currently in the process of updating and reconciling our membership list. For those of you who have already submitted your 2024 membership dues, thank you for supporting and subsidizing our efforts to maintain our Sangha.

As you may know, the temple and its supporting structures are aging and in need of constant repair and improvements, therefore, any funds received, helps in our goal of keeping the Waipahu Hongwanji Mission (WHM) around for many generations to come.

Every year, a significant portion of each member's dues are also used to support the Honpa Hongwanji Mission of Hawaii and its mission. Therefore, it helps us out tremendously whenever we receive your submission in a timely manner.

Again, thank you all for your support and commitment to our WHM Sangha and we look forward to seeing everyone soon! Mahalo

PRESIDENT'S MESSAGE
Evan Watarida, President of Waipahu Hongwanji



Dear Waipahu Hongwanji Sangha,

On October 19th, we held our Fall Bazaar. Thank you to all our volunteers who put in a lot of work in the weeks leading up to the event. People lined up early for white elephant deals. The baked goods sold out and people enjoyed the bentos, fried noodles, tsukemono, and shaved ice. In the end, we made about \$3,000 for the temple. The feedback from attendees were very positive and it is a great opportunity to invite the public into our temple grounds and be connected with our community.

On Sunday November 3, we will be re-starting our dharma discussion talk-story session right after service and refreshments in the social hall. This is when we devote time to discuss teachings, share experiences, and we can openly ask questions as fellow travelers down the path of awakening and self-realization.

For those interested in ways to stay active and fit without too much strain, we scheduled a Chair Yoga Class on Thursday Dec. 19, from 9 – 10am. It will be at the Adult Day Care in the lanai area. If there's positive feedback, we will schedule future opportunities.

Mochi making is on the morning of Sun. Dec. 29. There's no Sunday service so it is a great opportunity to bring the family together as a holiday event. Families will supply their own mochi rice and make their own mochi with fillings if they want. A sign-up sheet will be posted in December to get an idea of how many pounds needs to be steamed.

Save The Date! Our 2025 New Years Party is scheduled for Sunday Feb. 23. Entertainment will be provided by Sheree Tamura and friends. More information will be coming later.

We are approaching the end of 2024 and the holiday season will be here soon. Before we get too busy and lost in the chaos of gatherings and events, it is a good time to pause and reflect sometimes on the present moment. To allow ourselves to feel thankful for the relationships we have and the beauty all around us each day. To appreciate the causes and conditions that allow us to be who we are, to have family and friends in our lives, and to hear the dharma.

And if you're feeling thankful in your life, take some time to step out and do something nice for someone else. Make a visit to someone, call someone to say hi, bring over extra food, pay someone a nice compliment. We never know who is feeling lonely or having a rough time. And waiting to do it "next time" is never guaranteed. The Sangha is what unites and manifests the Buddha and Dharma in the present as all things are interconnected.

I am humbly grateful for all of you in our Sangha family and I hope to see you at our upcoming events.

In Gassho,

WAIPAHU HONGWNJI NEWS



Oahu United Jr. YBA worked hard, enjoy, and had fun.
Top photo: Manju making and fundraising for Jr. YBA for Youth month at Waipahu Hongwanji 10/5/2024.
Middle photo: YBA and advisors went to haunted house at Plantation Village 10/20/2024.



CONGRATULATIONS
Andrew McCarthy and Jessica Uehara had their wedding ceremony At Waimea Valley on 10/12/24.

BAZAAR 10/19/24 (gokuro sama deshita)



SHIRLIE's KORNER (started new corner)

KOHI AZUKI KANTEN

This recipe for Kohi Azuki Kanten is adapted from Japanese Cooking Hawai'i Style by Muriel Miura. Muriel Miura was a local home economist and educator to Hawai'i's youth, home cooks, and aspiring chefs including Alan Wong and Sam Choy. Alan Wong said of Muriel, "She's brutally honest. She would tell you like it was." He commented that this only made them all "up their game".

Muriel hosted her first TV program, "Cook Japanese" on Hawai'i Public Television starting in 1973. It was one of the most popular programs ever aired on the channel. This program led to another TV program, "The New World of Cooking with Muriel" which aired in 1979 in Hawai'i and on the Mainland.

While working for The Gas Company as Director of Home Economics, Muriel created "The Blue Flame Notebook" pamphlet, which became very popular and eventually led to her career as a cookbook author. She published 26 cookbooks, with the most recent one, "Muriel Miura's Home Cooking Hawai'i-Style: Island Comfort Food at Its Best", published posthumously in October 2021.

Let's get cooking Japanese with this delightfully refreshing coffee confection.

KOHI (coffee) AZUKI KANTEN

4 packets unflavored gelatin powder (1/4 cup)

1/2 cup cold coffee

2 1/2 cups hot coffee

1 can sweetened condensed milk (14 oz)

1 can tsubushian (mashed azuki beans (18 oz)

Pour cold coffee into a large mixing bowl. Sprinkle the gelatin powder over the cold coffee (do not mix), and let stand for 15 minutes.

Then pour the hot coffee into the bowl and stir.

Pour in the sweetened condensed milk and stir until evenly mixed.

Stir in the can of tsubushian.

Pour everything into an 8"x 8" or 9"x 11" pan. Refrigerate overnight till firm.

Cut into squares – Enjoy!

Reference: Muriel Miura: Trailblazer of Hawai'i Regional Cuisine by Jennifer Hasegawa

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WE NEED YOUR KOKUA, HELP WANTED,

Waipahu Hongwanji's "**Hosha Group**" needs new volunteers to help clean the temple's hon-doh (chapel) interior, conference room, temple office and occasionally the social hall's floor. No heavy cleaning is involved; mostly just vacuuming the carpet, wiping the pew cushions, and mopping the floors (in the conference room and office). Cleaning usually requires about 90 – 100 minutes each time. Individual volunteers come about once or twice a month. Volunteers arrange with Reverend Soga which days they will come. (The Hosha volunteers who did the cleaning in years past have either passed away or are now unable to help.)

Waipahu Hongwanji's "**Kokua Gang**" needs more kitchen volunteers to prepare lunch on Thursdays for the dozen or so Kokua gang members who maintain the temple grounds and buildings. Two or three kitchen volunteers man the temple's kitchen about one Thursday a month from about 9 AM to 12 noon. Volunteers plan the menu, go to the markets to purchase the items and then prepare the lunches. Save all receipts and be reimbursed by the temple (About \$50 per lunch).

Contact Reverend Soga if you have any questions.

SPECIAL DONATION

Huong Sen Buddhist Temple ... \$50
Visitation

Marjory Funasaki... \$500
In memory of Toshio Yamamoto

Anthony & Maitri Marzi ... \$100
Special

Harles Nakagawa ... \$250
In memory of Fred Edamatsu

Family of Richard Nomura ... \$200
In memory of Richard Nomura

Tsunako Sakata ... \$50
Use of conference room

Kirana Soga ... \$1,000
Special

Peggy Tsukida ... \$100
In memory of Clarence Otsuka

Ardis Ikehara ... \$100
In memory of Tadashi Ayabe

Chiyono Kinoshita ... \$800
Special

Andrew & Jessica McCarthy and family... \$300
Wedding

Family of Helen Nakayama ... \$100
In memory of Helen Nakayama

Robert & Joyce Oshita ... \$500
In memory of Tomoju & Aiko Oshita

Koshin & Megumi Soga ... \$300
Special

Noreen Sur ... \$300
Funeral for Sachiko Miyashiro

AUTUMN OHIGAN:

Doris Kakugawa, Janet Kaya, Kimi Koizumi, Gary Maeda, Wilfred & Mae Matsushige, Kara Mendoza, Flora & Lionel Minemoto, Daniel & Jasmine Morrison, Fumiko & Stephen Nii, Lori Noborikawa, Jenny Nomura, Lisa Okada, Emiko Onaga, Brian Otsuka, Tsunako Sakata, Haruo & Jane Shigeta, Beatrice Sonoda, Wilma & Calvin Sumida, Gail Tagashira, Lily Tokuhara, Robert Tsumoto, Ellen Ujimori, Guy & Cindy Ujimori, Craig & Megumi Uyeno, Francis Uyeno, Evan Watarida, Helen Yonashiro, Sheree Tamura

SPRING OHIGAN: Guy & Cindy Ujimori, Sheree Tamura

GOTANE: Guy & Cindy Ujimori, Sheree Tamura

OBON: Sheree Tamura

HOONKO: Sheree Tamura

PET OBON: Gary Maeda

NEW YEAR: Sheree Tamura

ETAIKYO: Sheree Tamura

MEMBERSHIP DUES: Margaret & Robert Itagaki, Chiyono (Kyle) Kinoshita, Sheree Tamura & Melvin Tanaka

SOCIAL CONCERNS:

Marjory & Henry Funasaki, Daniel & Lois Hanaoka, Roy & Dorothy Hirata, Steven & Jan Honda, Janet Kaya, Kimi Koizumi, Wilfred & Mae Matsushige, Masumi Murakami, Lisa Okada, Jan Ro, Thomas Sekine, Haruo & Jane Shigeta, Kay & Raymond Shigeta, Beatrice Sonoda, Harriet Sugimoto, Gail Tagashira, Robert Tsumoto, Guy & Cindy Ujimori, Helen Yonashiro, Sheree Tamura



Come and join our wonderful Ohana at the...
Waipahu Hongwanji Mission
ADULT DAY CARE CENTER
"Caring for our Elders with Love and Compassion"

* *Music & Singing* * *Entertainment* * *Socializations & more*
* *Games & Memory Joggers* * *Exercise* * *Arts & Crafts*

Full and Part-time Programs available with lunch and snacks

94-821 Kuhaulua Street, Waipahu * Phone: 808-678-1770
Email: whmadcc@hawaii.rr.com * Website: adulthoodcarehawaii.org

Project Dana Caregiver Support Program

Saturday, November 9 10:00 am to 11:30 am

Topic: Palliative Care v. Hospice Care

Speaker: Hope Young, Kokua Mau

Location: Zoom and Waipahu Hongwanji Buddhist Temple
(94-821 Kuhaulua Street, Waipahu, HI 96797)



Wednesday, November 13, 10:00 am to 11:30 am

Topic: Protect Yourself and Your Money from Predatory Tactics

Speaker: Theresa Kong Kee, DCCA

Location: Zoom and Honpa Hongwanji Hawaii Betsuin
(1727 Pali Highway, Honolulu, HI 96813)

Saturday, November 30 10:00 am to 11:30 am

- Caregiver Training Workshop: Caregiver Burnout and Self-Care
- Featuring: Maria Morales, MSW, Project Dana Program Coordinator
- Location: Zoom
- **Attendees must register before the workshop.**

Please call or email if you are interested in attending or need more information:
Maria Morales, Program Coordinator, (808) 945-3736, cgs@projectdana.org

MEMORIAL SERVICE FOR 2024

NOVEMBER

1st (2023)

November 29 Shigeo Toma

3rd (2022)

November 30 Rodney Yoshio Narusaki
 November 19 Lisa Toshiko Shinsato
 November 14 Stanley Masazumi Miyahara

7th (2018)

November 22 Timothy Jo Nakamura
 November 15 Steve Kazuto Hama
 November 14 Shizuo Nakamura
 November 6 Aiko Oshita

13th (2012)

November 7 Harriet Momoe Hirata

17th (2008)

November 30 Laura Tokuyo Kawaguchi
 November 6 Alvin Susumu Ihori

25th (2000)

November 18 Herbert Hisao Matsuo
 November 11 Yoshio Kanechika
 November 6 Beatrice Takeko Murakami

33th (1992)

November 10 George Tadao Shigeta
 November 8 Kamato Akamine
 November 5 Wallace Hakubun Kaya

50th (1975) none

DECEMBER

1st (2023)

December 27 Gilbert Shigemi Mikami
 December 25 Yoshito Paul Sasaki
 December 1 Clyde Rikio Yoshimi

3rd (2022)

December 16 Ken Ikehara
 December 14 Shoko Kawasaki Roberts
 December 13 Linda Chieko Momohara
 December 4 Carol Chieko Inouye

7th (2018)

none

13th (2012)

December 26 Hiroji Miyashita

17th (2008)

December 3 Ellis Richardson Travis

25th (2000)

December 26 Asao Yabuno
 December 23 Harry Isamu Umeno
 December 19 Myles Michio Yoshihiro
 December 10 Eric Tadashi Ishii

33rd (1992)

December 25 James Shigeo Nishimura
 December 17 Shizue Yamato
 December 16 Eiko Oshiro
 December 15 Masayuki Kamisato

50th (1975)

December 29 Thomas Masayuki Miyakaku
 December 13 Takaichi Tanouye
 December 2 Masao Ishihara

PLEASE MARK YOUR CALENDAR (Up coming events in November & December)

11/3/24 (after the Sunday Service) Adult Dharma Class, discussion session
 11/17/24 (9 a.m.) EITAIKYO Sangha Memorial Service
 12/1/24 (9 a.m.) Bodhi Day Service
 12/8/24 (9 a.m.) Year End General Clean up (Rev. Jeff run Honolulu Marathon)
 12/15/24 (9 a.m.) Buddhist Women's Association HOON KO Service
 12/29/24 (8 a.m.) MOCHI TSUKI
 12/31/24 New Year's Eve Service

浄土真宗の教え 2024年11月
「阿弥陀様の願いその29（第十願） 不貧計心の願（その2）」
駐在開教使 曾我大円

無事バザーも終わり、今年もあと二月となりました。今月は感謝祭も来ます、皆様はどんな祭日を過ごされるでしょうか。繰り返すことのできない人生、大切にお過ごし下さい。続いて阿弥陀様の第十願のお話をさせて頂きます。

たとひわれ仏を得たらんに、国中の天人、もし想念を起こして、身を貧計せば、正覚を取らじ。（不貧計心の願）（浄土真宗聖典17ページ）

（私の意識）もし私（阿弥陀様）が佛としての悟りを得る時に、私の国のすべての人々が、もし想念を起こして、執着の心を起こすことがあるならば、私は聖覚の佛となることは出来ません。

この度は人間の十悪ということについて書かせて頂きましょう。お釈迦様は執着の思いから作るこの十悪という言葉をお教えられ、私たちに日々の生活を注意して生きる様に教えて下さっています。十悪とは次のものです。

殺生 — ものの命をとること

偷盗 — 人のものを盗むこと

邪淫 — 男女の淫らな交わり

妄語 — 偽りの言葉

綺語 — されごと

悪口 — 妬みから出てくる言葉

両舌 — 二枚舌

貪欲 — 欲の心、執着の心

瞋恚 — 腹をたてること

愚痴 — もんく、人を不愉快にさせる言葉

これは全て執着の心、こうでなければと凝り固まった考えから起こる悪い行為で、自分を傷つけるだけでなく、人も傷つけてしまうことです。私たちの執着（こうでなければならない）という思いから、頭を頑なに立て、意地を張ることです。どうでしょうか、皆さん時々頭を頑なに立て意地を張っていませんか。

これは昔お説教で聞いたのですが、二人の人が怪我をして病院に入院しました。一人の人をAさんとしましょう。Aさんは朝から晩まで文句ばかりを言っていたそうです。いつも苦虫をかみつぶしたような顔で、食事がまずい、部屋がきれいじゃない、だれだれのせいでこんな怪我をした。怪我したところが痛いのは医者が悪い、看護師が上手にしない、などなど、なんでも文句の種にしていたそうです。もう一人の人をBさんにしましょう。Bさんはいつも笑顔で、看護師やお医者様に感謝の言葉「ありがとう」を大切にしながら、まあ怪我をしたのも自分の不注意で仕方ない、病院の食事もうっかりよく噛んで食べるとわりあい美味しい、と感謝の心で毎日をお過ごしされていました。（次のページ）

Aさんが看護師さんかんごしを呼ぶボタンよを押すと、みんな看護師さんおが用事ようじを作ってその患者さんかんじゃを
さけていたそうです。でもいつも笑顔えがおのBさんがボタンおを押すと、「あのおじーちゃん私がみ
る」、「私がいく」、「私がいく」と競争きょうそうしてその患者さんかんじゃの部屋へやへ向うそうです。

さてさて、皆さんみなも思いおももよらないことびょういんでいつ病院せわでお世話まわになるかもしれません。そん
な時かんじゃ、あなたはどんな患者さんまわになるでしょう。Aさんふゆかいのような患者さんしょうしょうで、周りふまんの人を
不愉快ふゆかいにさせる人しょうしょうになるでしょうか。それともBさんふまんのように少々しょうしょうの不満ふまんはあるかもしれま
せんが、笑顔えがおと「ありがとう」という言葉ことばを忘れずわすに看護師さんかんごしに好かれるすような人になる
でしょうか。元気げんきでいる今いま考かんがえて、今けいこからお稽古けいこしておいて下さい。

阿弥陀様あみださまは私わたしのところじょうど、お浄土じゅうあくにきたら、十悪じゅうあくというしゅうちやくようなことはなく、執着おもの思い
から人くるに苦しみあたを与えるいような人いちどしゆぎょうはいない、もしそんな人いがいたならば私いはもう一度い修行いを
やり直なおす、と願ねがわれてあるのです。(つづく)

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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NOVEMBER 2024

Address Correction Requested

Condolence

Waipahu Hongwanji extends deepest
Sympathy to the family of:

Edward Katsumi Edamatsu

CALENDAR OF EVENTS

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

Every Thursday: 9 a.m. Kokua Day

Every Saturday, 8:30 a.m. Hosha Day

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

2nd Saturday: 9:30 a.m.
Project Dana, Caregiver Support Program.

ANNOUNCEMENTS

EITAIKYO
Sangha Memorial Service
November 17, Sunday, 2024

ADULT DHARMA CLASS
Discussion Session
November 3, Sunday, 2024
Please attend and bring all your question
about Buddhism and your life.

Project Dana Caregiver Support Program
Saturday, November 9, 2024, 10 a.m.
Social Hall

BODHI DAY
December 1, Sunday, 2024

Year End General Clean up
December 8, Sunday, 2024