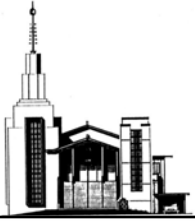


MOILILI HONGWANJI MISSION  
902 UNIVERSITY AVENUE  
HONOLULU HI 96826

# The White Way

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## THE METAPHOR OF OCEAN THAT TEACHES TRANSFORMATION By Rev. Bert Sumikawa



Shinran often alluded to the ocean in many of his writings, and spoke of two kinds of oceans. For one, he talked about the ocean of human suffering, the ocean of birth and death, the ocean of desire, the ocean of sentient beings, the ocean of samsara, and the ocean of the darkness of ignorance. He also spoke of another kind of ocean, the ocean of Light, the ocean of Unhindered Light, the ocean of Compassion, the ocean of the Primal Vow, and the ocean of Buddha's Wisdom.

What did Shinran mean by these two oceans? First, the ocean of human suffering is descriptive of the life that we lead here today. Some of us have suffered the loss of a loved one. There are people who are going through or have experienced the pain of going through divorce proceedings. There are people who have experienced different kinds of violence and abuse. This is the ocean of human suffering. But, Shinran says, that if we awaken, this very ocean can be transformed into the ocean of calmness and serenity, the ocean of wisdom and compassion, the ocean of the Primal Vow of Amida Buddha. The reason that he speaks of the second kind of ocean is that the whole purpose of Buddhism is to transform, to convert the ocean of human suffering into the ocean of Light, of calmness and of serenity. What makes possible this transformation or conversion is the working of the Buddha of Universal Light, of Immeasurable Light.

A metaphor that Shinran uses to express this transformation is that of ice and water. He writes that the more the ice of blind passions, the more the ice of karmic hindrance, the greater the water of enlightenment, the greater the water of peace and happiness. In Buddhism, every reality that we experience in life is faced head on, there is no escaping, there is no running away, there is a concrete facing of reality, and, seeing through it into its depth and transforming human suffering into a source of meaningful existence. This process of transformation, or conversion is expressed in the phrase, *Namo Amida Butsu*. Although this so-called *Nembutsu* and *Namo Amida Butsu* is something we say with our lips, it is the sound that comes from the depth of the ocean, the fathomless depth of life itself. It is from this depth that comes the call, the *Nembutsu*, *Namo Amida Butsu* that says may all beings awaken and attain fulfillment, perfect peace and happiness. By awakening to this call and responding to it, we who live in the ocean of human suffering can experience the ocean of Light, of Wisdom, of Compassion. This transformation or conversion is what we call "entering the ocean of the Primal Vow."

In Jodo Shinshu, through deep hearing and reflecting on the teachings, we who are floundering in the ocean of human suffering will be transformed into the ocean of calmness and serenity. A life filled with difficulties, sadness and tragedy is transformed into a life filled with gratitude and thanksgiving. This, in essence, is the life of *Onembutsu*.



## MHM'S STRATEGIC OBJECTIVES IN ACTION

By Nancy Shimamoto

We all know that work at a temple is never-ending! "If it's not one thing it's another," so the saying goes and how true it is! While working on the Mission and Vision Statements, the Long Range Strategic Planning (LRSP) Team carefully pinpointed and prioritized six (6) major areas that needed attention and strategic planning. These are called Moiliili Hongwanji's Strategic Objectives:

- **1.0 Maintain and improve our facilities to support our programs**
- **2.0 Strengthen our financial position to ensure temple sustainability**
- **3.0 Develop strategies to grow and engage membership**
- **4.0 Develop programs and services to serve the membership and the community**
- **5.0 Enhance communications**
- **6.0 Support our volunteers and staff**

**KEY ACTIONS** were suggested and listed for each of the above objectives; sponsors are the committees or person in-charge:

- **1.0** – Renovate kitchen; air-condition Annex and Columbarium; change Hondo pews and flooring (in progress); install new AV equipment in Hondo; install screen or shade to cover altar area; repair/maintain infrastructure of buildings; look at parking possibilities (Sponsors: Building Committee, 110<sup>th</sup> Anniversary Committee)
- **2.0** – Investment gains; Capital Campaign in 2015; fundraisers; create endowment program; financial communication and education; develop strategy for members' financial investment in MHM (Sponsors: Finance Committee, Fundraising Committee)
- **3.0** – Plan membership participation through more family activities; involve college students, preschool students and families, Dharma School

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The opinions expressed by individual contributors are their own and do not necessarily reflect those of Moiliili Hongwanji Mission.

students; sponsor Girl Scout Program (Sponsors: Membership Committee, Dharma School PTA, Young Adult Fellowship, Preschool, Marketing & Public Relations)

- **4.0** – Build on what's working, i.e., Project Dana; Buddhist Women's Association (BWA); Open House; Bon Dance & Summer Fest; Parades; Spring & Fall Seminars; Guest & Lay Speakers; Meditation. Develop Wellness Program; Non-Traditional Services; more Community Partnerships (Sponsors: Project Dana, BWA, Special Events Committees, Dharma Enrichment, Social Concerns, Ministers)
- **5.0** – Revamp Temple Web Page; engage in social media; create U-Tube tutorials; upgrade technology; Ads in UHM's KaLeo publication; Database; White Way Publication; White Way Radio Program (Sponsors: Marketing & Public Relations, Webmaster, AV Coordinator, White Way Committee)
- **6.0** – Extend base of volunteers; ensure current volunteers are supported; build capacity; Volunteer Recognition/Appreciation Program; appreciation of Professional Staff; develop leadership sustainability (Sponsors: Membership Committee, Personnel Committee)

We will focus on these specific objectives and actions over the next 3 – 4 years. Some of the actions are already ongoing and may require some tweaking or enhancing. New projects will be spread over time as the various Sponsors/Committees plan their strategies. As we go forward the Long Range Strategic Planning Team welcomes any new suggestions from the membership. Your ideas, support and help will make a difference.

### **MISSION STATEMENT:**

**Mo'ili'ili Hongwanji Mission is a center of Shin Buddhist spiritual growth, learning, and compassionate service to our community.**

### **VISION STATEMENT:**

**Mo'ili'ili Hongwanji Mission is a growing inclusive Buddhist community seeking spiritual growth, learning, and compassionate service, living our values and preserving them for future generations.**

# Mark Your Calendar!

## SUNDAY SERVICE SCHEDULE

- May 3** Monthly Remembrance Service at **9:00 a.m.** Speakers: Mr. Josh Hernandez Morse, Head of School, Pacific Buddhist Academy, and PBA students (Honolulu District Dharma School Keiki Day at Hawaiian Railway Society)
- May 10** Service at **9:00 a.m.** Speaker: Rev. Blayne Higa (Mother's Day Brunch)
- May 17** Shinran Shonin Birthday Service with Kapolei Sangha at Ewa Hongwanji at **10:00 a.m.** Speaker: Rev. Bert Sumikawa. Meet at temple at **9:00 a.m.** to ride the bus)
- May 24** Service at Jikoen Hongwanji at **9:00 a.m.** Speaker: Rev. Shindo Nishiyama. Carpool.
- May 31** Service at **9:00 a.m.** Speaker: Rev. Blayne Higa
- June 7** Monthly Remembrance Service at **9:00 a.m.** Speaker: Rev. Blayne Higa
- June 14** Dharma School Student & Teacher Recognition Service at **9:00 a.m.** Speaker: Rev. Bert Sumikawa

## HONDO PEWS AND FLOORING

We will be celebrating Moiliili Hongwanji's 110th Anniversary next year in 2016. One of the anniversary projects is to replace the pews in the temple hondo with multipurpose chairs and change the flooring. This will cause some disruption to our Sunday service schedule and we ask for your understanding.

## HAPPY MOTHER'S DAY!

Please join us on **Sunday, May 10**, as we honor mothers at our **9:00 a.m.** service. Following the service, the men will amaze us, as they do each year, with a wonderful Mother's Day brunch! We look forward to seeing everyone on this special day.

## SHINRAN SHONIN'S BIRTHDAY (GOTANE) SERVICE

We will join the Kapolei Sangha at Ewa Hongwanji to observe our Gotane Service on **Sunday, May 17**, at **10:00 a.m.** Rev. Sumikawa will be the speaker. Please sign up at the temple office so we can have a count. Those riding the bus should be at the temple by **9:00 a.m.** Let's all go to Ewa and enjoy this opportunity for fellowship with the Kapolei Sangha.

## SERVICE AT JIKOEN ON MAY 24

On **May 24**, there will be no service at Moiliili. Instead we will be going to Jikoen Hongwanji Mission for its **9:00 a.m.** service where we will listen to Rev. Shindo Nishiyama's Dharma message. We look forward to visiting Jikoen. If you need a ride, please let the office know. Carpooling can be arranged.



## WITH DEEPEST SYMPATHY

Moiliili Hongwanji Mission extends its deepest sympathy and condolences to the families of the following who have recently passed away:

- Satoru Roy Sumida, 93, on Feb. 11
- Margie Asako Yoneda, 83, on Feb. 18
- Shizue Okamura, 99, on Feb. 21
- Hiroko Takase Yoshimoto, 95, on Feb. 26
- Michiko Morikubo\*, 87, on Feb. 27
- Henry Noboru Nakata, 79, on Feb. 28
- Chieko Yoshida, 95, on Mar. 2
- Chiyo Kimura, 98, on Mar. 31
- Joan Norie Kunimune Teraizumi,\* 64, on Apr. 16

May the Onembutsu provide solace to family members during this time of sorrow (\*indicates Temple Sustaining Gojikai Member).

## MONTHLY REMEMBRANCE SERVICE

During the first Sunday service of each month, we remember loved ones whose memorial date falls within the month. Please call the temple office to register or come a little early and register before the **9:00 a.m.** service. Family members will be called to offer incense in memory of their loved ones. Everyone is welcome.

## HAHA TO HANAFUDA (Mother and Hanafuda)

Come to learn and play the Japanese card game *Hanafuda* and enjoy a Japanese potluck on **Friday, May 8**, at **5:30 p.m.** With Mother's Day right around the corner, we look forward to seeing everyone enjoying this nostalgic card game that many grew up with. Helen Nakano and her assistants will be teaching the basics as well as the finer points of *Hanafuda*. We would like a count so please call the temple office at 949-1659 or sign up at the Sunday service. Please bring a favorite Japanese dish and enjoy an evening of fun, fellowship and ono food.





# PROJECT DANA NEWS

## Compassionate Caring—Eden at Home Workshops

Are you caring for a loved one at home? Do you know some who is? Project Dana is once again offering meaningful Eden at Home Carepartners Workshops to volunteers, caregivers, friends, agency personnel and others interested in caregiving. These workshops focus on changing perceptions of elders at home and in the community and will broaden awareness and provide practical strategies to improve the quality of life for elders and their care partners by eliminating the three plagues of *loneliness, helplessness and boredom*.

Since 2008, The Project's certified trainers have trained over 400 participants on Hawaii Island, Kauai, Maui, Molokai and Oahu with overall positive comments. For 2015, workshops were already held on Honolulu, Maui, and Kauai. The next workshop will be held in the Windward area.

**Date:** May 14 & 21, 2015 (Thursdays)

**Place:** Kailua United Methodist Church  
1110 Kailua Road, Kailua

**Time:** 9:00 a.m.-1:00 p.m. (two 4-hour sessions)

Please call (945-3736) to register and mail in the registration fee to Project Dana, 902 University Ave., Hon. HI, 96826 noting date and place of the workshop to secure your seat.

Future workshops will be scheduled for the Leeward, Honolulu, Hilo and Kona areas sometime after Sept. 2015. Watch for the announcements!

## Assistance for Elders and Caregivers

Do you live alone? Do you know an elder who lives alone at risk for falling? Falls are the number one accidents for elders with hip fractures being the most frequent injuries from these falls.

For the 3<sup>rd</sup> year, Project Dana, Honolulu Police Community Foundation and Kupuna Monitoring System are offering the Personal Alarm Program to elders (60 years and older) who live alone and have a landline to connect with the system. *Those who qualify will receive, at no charge, a Project Dana Home Safety Assessment (fall prevention and education) and for one year a personal emergency response system.*

Let's make sure our family, temple members, neighbors and friends age in place and continue to live independently and safely at home. Call Mike

Hirano of Project Dana at 945-3736 for further eligibility requirements or any questions.

## Persons in Need (PIN) Grant for Seniors

Project Dana continues to announce a special fund for seniors (65 years and older) that is available through the Gwenfread Elaine Allen Fund administered by the Hawaii Community Foundation. This Persons in Need (PIN) grant supports Hawaii's frail elderly to "age in place" at home and in the community. A brief explanation of these services are:

**Transportation:** Assistance is available to frail elders for medical appointments, shopping requests and services such as banking, therapy appointments or dental appointments. The safety and well-being of elders are of concern regarding transportation needs.

**Respite:** For family caregivers whose elders attend adult day care/day health centers or who pay for respite care from a home health agency that goes beyond the two hours provided by a Project Dana volunteer, a one-time only stipend per family caregiver may be considered.

**De-cluttering:** A free home safety/fall prevention assessment is offered and Project Dana will assist with de-cluttering through volunteer efforts and professional services specializing in personal organization.

The PIN fund provides quality benefits to frail elders and family caregivers. Call Project Dana and ask for information as you or someone you know may qualify for these services.

## Announcements

Here are three upcoming events that Project Dana will be participating in. All are welcome to join in.

**May 16** – 37<sup>th</sup> Annual Visitors Industry Walk. A nice 4-mile stroll with 15 delicious food stops along the route of beautiful Waikiki. This is a fun and enjoyable walk. Let's all walk for Project Dana!

**May 26** – Kaimuki-Waialae YMCA's National Senior Health and Fitness Day. There will be an exhibit table and a presentation given about Project Dana services. Open to the public at no charge.

**June 19** – Hawaii Okinawa Center Health and Wellness Fair at the Hawaii Okinawa Center (94-587 Ukee St. in Waipahu) from 9:00 a.m.-1:00 p.m. This event is geared to the elderly, caregivers and potential caregivers in the Leeward and Central districts of Oahu at no charge.



# LOOKING AHEAD...

## 2015 BON DANCE & SUMMER FESTIVAL

Planning is underway for the 4<sup>th</sup> Annual Moiliili Summer Festival and Moiliili Hongwanji Bon Dance. The event will again be held at the old Varsity Theater parking lot at the corner of Coyne Street and University Avenue. This year the Moiliili Festival will be held on **Friday, July 3**, from **5:00 to 10:30 p.m.** with food booths and activities. On **Saturday, July 4**, please come and enjoy the Bon Dance from **6:00 to 10:30 p.m.**

As in previous years, we will need the help of everyone in both manpower and donations to make this major annual event a success. We'll be sending out a notice in the near future about volunteer sign ups in the many areas including concession, setup, kitchen, food preparation, and clean up.

Donations Appreciated: We are also seeking donations of items, as well as monetary donations, for the Bon Dance. A partial list is as follows. (Please watch for more information.)

Drinks: Bottled water 16.9 fl.oz., Coke, Diet Coke, Sprite, Hawaiian Sun Passion Orange and Ito-en Green Tea.

Food: Rice, spam (regular), nori sheets, mochiko, katakuriko, Kikkoman shoyu, sugar, mirin

Supplies: Individual foil sheets, forks, spoons, chopsticks, napkins.

Please call the temple office at 949-1659 to check what is needed, and inform us of your donation so we can plan accordingly. We are providing this list early so that donors can take advantage of sales and other opportunities to maximize their generous donations. Monetary donations will be used to purchase items not covered by donations and to the overall success of the event. If possible, we ask that you bring donations to the temple after June 21.

## BON SERVICES

Our Joint Bon Mairi Services for families will be held on **Friday, July 10**, at **7:00 p.m.** and **Saturday, July 11**, at **10:00 a.m.** Everyone is invited to all of our Bon services.

The Joint Hatsubon Service for families observing the first Bon since the passing of a loved one will be held on **Saturday, July 11** at **7:00 p.m.**

Our major Bon Service will be held on **Sunday, July 12**, at **9:00 a.m.** and a Columbarium Service will be held at **11:00 a.m.**

The annual Moiliili Cemetery Bon Service (*ohakamairi*) will be held on **Sunday, July 12**, at **4:00 p.m.** with a potluck to follow. Please RSVP to Laura Ruby at 947-3641 or [lruby@hawaii.edu](mailto:lruby@hawaii.edu) or the temple office at 949-1659.



## WHITE WAY RADIO BROADCAST

Please tune in to Radio KZOO (1210AM dial) for Moiliili Hongwanji's White Way Radio Broadcast each **Saturday** from **7:45-8:00 a.m.** Here is the upcoming schedule with speaker's name followed by sponsor's name:

- 5/2** Mr. Ernest Morikubo (The Hirai Family)
- 5/9** Rev. David Nakamoto (Bessie Yoshimura)
- 5/17** Mrs. Irene Nakamoto (M/M Michael Sorakubo)
- 5/24** Rev. Shinji Kawagoe (Alice Shiroma)
- 5/31** Rev. Kevin Kuniyuki (Rev. Bert Sumikawa)
- 6/7** Rev. Richard Tennes (M/M Roy Abe)

Mahalo to our speakers, our sponsors and our volunteer staff for making this broadcast possible. Volunteers to help as announcers and technicians are most welcome. If you can help, please contact the temple office. Past broadcasts can be found on our website [www.moiliilihongwanji.org](http://www.moiliilihongwanji.org).



## WELCOME TO NEW MEMBER

A warm and hearty welcome is extended to Tatsuji Maeda who has recently joined our Temple Sustaining (Gojikai) Membership. We look forward to his participation in our temple activities and express our appreciation for his membership pledge

## REV. SUMIKAWA AWAY MAY 28-JUNE 9

Rev. Sumikawa will be attending the 15<sup>th</sup> World Buddhist Women's Convention in Calgary, Canada with 13 others from Moiliili. The group will leave on May 28 and return on June 9. Rev. Sumikawa will then be attending the State Minister's Association meeting from June 9-11. In the event of a religious emergency, please call the temple office at 949-1659 for assistance. If no one is in the office, a phone message will direct you.



**Ministerial Assignment—Jinji** Hawaii Kyodan welcomed its newest minister, Rev. Mieko Majima, on Mar. 1. After undergoing orientation during the month of March, she was assigned to Kapaa Hongwanji as its Resident Minister as of Apr. 1.

**Pre-Ordination (Pre-Tokudo) Training Program** In anticipation of a Foreigner's Tokudo in Kyoto in 2016, temples are encouraged to begin Pre-Ordination training sessions at the temple level for individuals who are interested in being ordained as Jodo Shinshu clergy. An official application must be submitted by May 31. A State Pre-Ordination Training Session is planned for December 11-13, 2015 at the Buddhist Study Center for those officially enrolled in the program. Successful completion of the State Pre-Ordination Session is required to be able to continue toward Tokudo in 2016. For more information and applications contact Rev. Kevin Kuniyuki of the BSC at 973-6555 or [bscdir@honpahi.org](mailto:bscdir@honpahi.org).

**YBICSE 2015.** The Young Buddhist's International Cultural Study Exchange (YBICSE) is an annual program open to 15 young Jodo Shinshu Buddhists from 9th grade to age 25. Its basic purpose is to expose young people to Jodo Shinshu beyond Hawaii and to share their joy of living in the Nembutsu Teaching by visiting Jodo Shinshu temples and meeting with fellow Shin Buddhists from other countries. This year's program will be held in Japan from July 12-24 sponsored by Honzan and Honpa Hongwanji Mission of Hawaii. The cost of the trip is \$1,500 and the application deadline is May 10. More information can be obtained from your temple minister, from the Hawaii Kyodan's website at [hongwanjihawaii.com/news\\_events/index.html](http://hongwanjihawaii.com/news_events/index.html), or from Rev. Toshiyuki Umitani at [hqs@honpahi.org](mailto:hqs@honpahi.org).

**Jodo Shinshu Correspondence Course** This is a 2-year program which provides people with the opportunity to deepen their understanding of Jodo Shinshu through internet communication with instructors. Enrollment takes place every Fall and Spring and is limited to 15 participants. The registration period for the Fall 2015 Enrollment is from May 1 to Aug. 15. The session begins Sept. 1. The course tuition is \$360 per year (\$720 total). For more information, go to <http://jscc.cbe-bca.org/>.

**Calendar Committee** The Honpa Hongwanji Mission of Hawaii Calendar Committee would like to invite members and friends to provide creative works of art for the 2016 Hongwanji Calendar. Photos, drawings, and poems may be submitted on the Hongwanji Theme and Slogan for the year 2016 "*Embrace Change: New Vision (Create Engagement)*." Photos need to be able to be clearly enlarged (cell phone pictures do not work well), and each submission should be accompanied by a paragraph describing how the picture relates to the slogan. The deadline is Sept. 9, 2015. If you have questions, please leave a message for Yumi Suzuki at Headquarters Office c/o Rev. Umitani at 522-9205 or email [hqs@honpahi.org](mailto:hqs@honpahi.org). Entries should be submitted directly to Alan Kubota at [alan.kubota@pba.org](mailto:alan.kubota@pba.org). He will also be able to answer any technical questions.

**15th World Buddhist Women's Convention** The 15<sup>th</sup> World Buddhist Women's Convention will be held in Calgary, Alberta, Canada on May 30-31, 2015, sponsored by the World Federation of Jodo Shinshu Hongwanji-ha and hosted by the Jodo Shinshu Buddhist Temples of Canada Women's Federation. The theme of the convention is "Embraced by the Oneness of Life" with a slogan of "One World Sangha." Approximately 2,000 delegates will be participating from Canada, BCA, South America, Hawaii and Japan. From Hawaii, 99 people (68 BWA delegates, 21 non-BWA members, and 10 ministers) will be attending.

**PBA Graduation** The Pacific Buddhist Academy will be holding its 9th Baccalaureate Ceremony on May 7 at 6:00 p.m. at Hawaii Betsuin. Thirteen students will be graduating. The Commencement Exercise will be held on May 8 at 5:00 p.m. at the Japanese Cultural Center of Hawaii.

**PBA Capital Campaign Update** The Pacific Buddhist Academy's Capital Campaign budget is \$9 million and its goal is to complete fundraising by December 2015 and start construction as soon as fundraising is complete. The hope is to complete construction before December 2016. The new facility will provide classroom space to serve its current enrollment of 69 and to increase enrollment to 140. There is still \$2.8 million left to raise. Heartfelt appreciation is extended to the many people who have made possible a new surge of momentum for the Campaign. If you would like to make a donation, please contact Mr. Rudiger Ruckmann at

Rudiger.ruckmann@pbahi.org or go to PBA's webpage pacificbuddhistacademy.org.

"Headquarters Update" may be found in its entirety on the Headquarters website [www.hongwanjihawaii.com](http://www.hongwanjihawaii.com)



### COMPASSIONATE AID FOR NEPAL

On April 25, a 7.8 magnitude earthquake hit Nepal causing tremendous destruction with over 5,000 people killed and thousands more injured. The Honpa Hongwanji Mission of Hawaii Committee on Social Concerns has decided to make an emergency contribution of \$10,000 to Kathmandu Hongwanji and \$5,000 to Mercy Corps. for immediate aid to Nepal and to embark on a special Nepal disaster relief drive called "Aloha for Nepal." Your gift will directly aid relief efforts by Kathmandu Hongwanji and Mercy Corps. Donations may be made through your temple (make checks payable to **your** temple with designation "Aloha for Nepal") or online through the Honpa Hongwanji Mission of Hawaii website [www.hongwanjihawaii.com](http://www.hongwanjihawaii.com) (make a secure credit or debit card donation via Paypal). Please send in your donation by **June 1, 2015**.

### MARCH MADNESS! MAHALO

Thank you to everyone for your support of our first Spring fundraiser, "March Madness!", held on Sunday, Mar. 1. There were games for the young and young-at-heart, craft vendors, a huge assortment of baked goods, and ono food including a chicken and musubi plate, spam musubi, chili, chili dogs, nachos grande, shaved ice and more. Musical chairs brought out the competitive spirit, and karaoke brought out the hidden talents willing to open up in order to raise funds for the temple. It was a fun day and we thank chairman Dana Kohut and the many members who worked hard to make this a successful endeavor. Thank you to members and friends who supported the fundraiser with your donations, participation and purchases!

### HEALTH & WELLNESS

Healthy Aging Quarterly Update from the Silver and Fit Program (Spring, 2014) addressed the joint pain of osteoarthritis and how food we eat can affect the inflammation in our bodies which causes pain in our joints.

Those who eat more whole grains, vegetables



and fruits have less inflammation and joint pain than those who ate high amounts of meat, dairy products, fat, refined grains and sugar. What you eat may not prevent arthritis, but the right kinds of food might reduce pain, lessen inflammation, and increase joint range of motion due to less pain and inflammation.

Five items to be included in your meals are:

1. Green tea to protect the cartilage between the bones and help guard against joint degeneration.
2. Omega-3 fatty acids found in fatty fish, fish oil, flax seed, pumpkin seeds and walnuts.
3. Vitamin E found in sunflower or safflower oil, peanuts, almonds, sunflower seeds, dark green veggies like broccoli, spinach and kale.
4. Vitamin D found in mushrooms, fatty fish, egg yolks, dairy foods such as cheese. Vitamin D is also found in milk, orange juice, yogurt, soy drinks. (Please check the labels for Vitamin D.)
5. Turmeric, seasoning that gives flavor and color to curry powder, mustard and some cheese. Studies show that turmeric may ease pain of joint swelling in the knees.

Words of caution: These foods may not prevent or cure arthritis, but it will reduce the degree of pain felt in the arthritic joints and enable you to be more mobile. And, they are good for your health.

Contributed by Helen Hamasu

### COACH STU'S BOXING AND FITNESS

A new class "Boxing and Fitness" is being offered on Wednesdays and Fridays from **7:30 to 8:30 p.m.** in the annex hall 1st floor. USA boxing certified coach/official Stuart Okamura has developed a fitness class based on boxing techniques. All skill levels are welcome. The special introductory rate is \$15 per class or \$80 per month for all classes. Call 292-0646 for information.

### VISIT OUR WEBSITE

Be sure to visit our website [moililihongwanji.org](http://moililihongwanji.org) for information, photos & more!

#### Moilili Hongwanji Preschool

#### Accepting Enrollment

Children 2.5 to 5 years of age

Weekdays 7:00 a.m. to 5:15 p.m.

Wendy Harman, Preschool Director

Tel: 946-4416 Cell 630-4963

email: [mhps902@gmail.com](mailto:mhps902@gmail.com).

[www.moililihongwanjipreschool.com](http://www.moililihongwanjipreschool.com)



# Buddhist Women's Association



It's the 50th anniversary of the "Sound of Music" and the 90th year that Moiliili's BWA has been active. Where does the time go?! Where does the energy come from?! It surely is the Dharma in action as our women continue to show how interdependent we all are and how gratitude is the source of our energy in everyday life.

On March 29th many of you extended your hands and your enthusiasm to help make our participation in the Hongwanji Spring Bazaar at Betsuin a great success. We met our goal through everyone's combined efforts. What would we do if we didn't have each other and other supportive Kyodan members' hands? Our leaders were: Donna Higashi and Joy Fujita for the okowa, Lily Masuda for the mochi, Wendy Nakanishi for the onenju inspired bracelets. Every time we participate in an event, we're never sure that everything will fall in to place and that we'll "survive", but WE DO! Thank you everyone, who worked and donated to help make this a successful BWA fundraiser.

Why are we making \$\$? We will soon begin the planning for our 90th Anniversary luncheon at the Waialae Country Club on August 15th. Please mark your calendars so you can be there!

We will also be taking group pictures on Sunday, June 14th (a BWA general meeting day) and at Waialae Country Club with the help of photographers, Sandra Wong and Bryson Ho. The last group picture we took was 5 years ago at our 85th Anniversary. Please come out and be a part of these commemorative photos.

Thank you to Rose Nakamura for coordinating the Eshinni and Kakushinni Day Service on April 19. Many thanks to our speaker Rev. Irene Nakamoto for her wonderful Dharma talks for the children and the adults. Rose's grandson, Drew, entertained everyone with magic acts during the refreshment fellowship. Mahalo to all for your generous Eshinni Fund donations which are used to support youth programs.

The 15th World Buddhist Women's Convention will be held May 30-31 in Calgary. The group of 14 including 3 spouses, will leave on May 28, attend the convention followed by a Caravan tour and return on June 9. We'll have lots to share.

In heartfelt gratitude,  
Lois Ohta



## HAPPY STRUMMERS NEWS

There has been so many going-ons these past two months at Moiliili Hongwanji. The Strummer members have been busy participating in these events.

It is a fitting time to read interesting articles about the ukulele. Ethel Aiko Oda has given us a book called The Ukulele: A History printed in 2014 by the University of Hawaii Press. The book is filled with interesting stories and pictures of people who have played an important part in the history of the ukulele. The members will have an opportunity to look over the book and write a line or two of items that have interested them. They will be printed in the White Way.

In the meantime, Strummers pick up your ukuleles and strum your favorite piece and sing along.

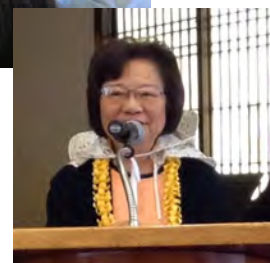
Contributed by Michiko Motooka






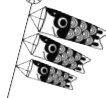








MHBWA ladies at Hongwanji Spring Bazaar



Eshinni and Kakushinni Day Service on April 19





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>Happy Mother's Day!! Please join us for a Mother's Day Brunch at MHM on May 10.</p>				<b>1</b>  9:00 AM - Preschool Spring Program  7:30 PM - Boxing & Fitness	<b>2</b>  9:00 AM - Project Dana Advisory Meeting
<b>3</b> 9:00 AM - English Service Speaker: Josh Hernandez Morse (Monthly Remembrance Service) Keiki Day @ Hawaiian Railway Society	<b>4</b>  5:15 PM - Zumba	<b>5</b> <i>Boy's Day</i> 9:10 AM - Preschool Keiki Service  4:00 PM - Karate 6:30 PM - Meditation Serv.	<b>6</b>  7:30 PM - Boxing & Fitness	<b>7</b> 9:30 AM - Ikebana  3:30 PM - Moiliili Summer Fest Meeting  4:00 PM - Karate	<b>8</b>  5:30 PM - Hanafuda Pot- luck & Workshop 7:30 PM - Boxing & Fitness	<b>9</b>  9:00 AM - Hawaii Kyodan Board Meeting
<b>10</b> 9:00 AM - English Service Speaker: Rev. Higa Mother's Day Brunch 1:00 PM - Bon Dance Mtg. 	<b>11</b>  5:15 PM - Zumba 5:30 PM - 110th Anniver- sary Meeting	<b>12</b>  4:00 PM - Karate 6:30 PM - Meditation Serv.	<b>13</b> 10:00 AM - Japanese Dharma Class  6:30 PM - Temple Board Meeting 7:30 PM - Boxing & Fitness	<b>14</b> 9:30 AM - Ikebana 10:00 AM - Franciscan Visitation  4:00 PM - Karate	<b>15</b> 2:00 PM - Arcadia Care Visitation  7:30 PM - Boxing & Fitness	<b>16</b> 8:30 AM - Temple Maintenance 
<b>17</b>  10:00 AM - Gotane Serv. @ Ewa Hongwanjii Speaker: Rev. Sumikawa Meet at 9:00 AM for Bus  No Service @ Moiliili today	<b>18</b>  5:15 PM - Zumba	<b>19</b> 9:10 AM - Preschool Keiki Service 11:00 AM - Arcadia Resi- dence 4:00 PM - Karate 6:30 PM - Meditation Serv. 6:30 PM - Hongwanji Council	<b>20</b>  7:30 PM - Boxing & Fitness	<b>21</b> 9:00 AM - Kyogakkai Mtg. 9:30 AM - Ikebana  4:00 PM - Karate	<b>22</b> 7:00 AM - 12:30 PM (Special Preschool Hours) <i>Preschool Graduation</i> <b>Congratulations</b>  7:30 PM - Boxing & Fitness	<b>23</b>
<b>24</b> 9AM - Sunday Serv. Jikoan Hongwanji No Service @ Moiliili today 9 AM -Eng. Service Speaker: Rev. Higa	<b>25</b> Memorial Day (Holiday) <i>Office and Preschool Closed</i>  5:15 PM - Zumba	<b>26</b> 9:10 AM - Preschool Keiki Service  4:00 PM - Karate 6:30 PM - Meditation Serv.	<b>27</b> 10:00 AM - Japanese Dharma Class  7:30 PM - Boxing & Fitness	<b>28</b> 9:30 AM - Ikebana 10:00 AM - Maunalani Visitation  4:00 PM - Karate	<b>29</b>  BWA 15th World Convention & Tour 5/28 - 6/9 7:30 PM - Boxing & Fitness	<b>30</b>
<b>31</b>						



## In Appreciation



The following donations were received for the period **Feb. 14 to Apr. 15, 2015**

### **DONATIONS TO TEMPLE:**

Doris Aoyama, Ralph & Gladys Fukumitsu, Tokujiro & Tsuyako Hajiro, Yoshio & Rose Hanamoto, M. Ibara, Joyce Inao, Stephan Jordan for new chairs, William & Kathleen Kaneshige in memory of Thomas Jiro Kaneshige & Tsurue Kaneshige, Stanley & Carol Kawaguchi in memory of Michiko Morikubo, Harry & Bessie Kida in memory of Hazel Takata's 31st year, Fusae Kiyokawa, Fusae Kiyokawa, Calvin Kuniyuki in memory of Edwin Ogasawara, Morikubo Family in memory of Michiko Morikubo, Alice Shiroma, Nancy Sueyoshi in memory of James T. Sueyoshi, Evelyn Takara in memory of Ethel Fujiura's 33rd year, Frances Tamekuni in memory of Michiko Morikubo, Alice Tando in memory of Toshimasa Tando's 3rd year, Allen Teshima, Clifford & Ruth Tokumaru in memory of Edwin Ogasawara, Iris Wasa-Uehisa in memory of James Kaoru Wasa 1st year, Tommie Yamamoto for new chairs in memory of Mr. & Mrs. Toraji Yamamoto

### **DONATIONS TO NOKOTSUDO:**

Yoshio & Rose Hanamoto, Wesley & Jeanne Heu, Lois & Jeffrey Inouye, William & Kathleen Kaneshige in memory of Thomas Jiro Kaneshige & Tsurue Kaneshige, Sally Kawabata, Harry & Bessie Kida, Suyeko Koyanagi, Tadashi & Haru Kunitomo in memory of Hashida Family, Bert & Hazel Maedo in memory of mother Haruyo Maedo, Alfred Makino, Calvin Masuoka, Gertrude Okubo, Harold Ozaki, Gerald & Kathy Sakamoto in memory of Kaname & Michie Sakamoto, Alice Shiroma, Kenneth & Dorothy Sorayama in memory of Fusae Shinohara, Jane Tamura

### **DONATIONS TO PROJECT DANA:**

**Organizations:** Michael & Tomoko Malaghan Fund  
**Other:** A. Barboza, A. Ching, A. Cott, M. Ferdun, A. Ihara, A. Nagahiro in memory of Ronald Maeda, A. Shiroma, C. Shimabuku in memory of Teruko Fukuda, C. Shimizu, D. Cote, E. Kagimoto, E. Moriyama, S. Nanbu, E. Oda in memory of Edwin Ogasawara, L. Ono, D. Ouchi in memory of Fumie Ouchi, E. West, E. Yamasaki, K. Reineman, H. Shiigi, H. Uyeno, J. Komenaka, J. Maeda, J. Takebe,

M. Tripoli, N. Morikubo in memory of Michiko Morikubo, R. Nishihara, R. Oshima, S. Saito, E. West, S. Whang, S. Yahata, Y. Koshi, Y. Matsuoka.

**Caregiver Support Group:** H. Rogers

### **DONATION TO WHITE WAY NEWSLETTER:**

Lorraine Mito

### **ADDITIONAL HOONKO DONATION:**

Sumie Tanaka

### **SPRING OHIGAN DONATIONS:**

Thelma Ando, Chiyono Ebisu, Yoshiko & Ebisu, Ichiro & Jean Fukumoto, Sumie Hanamoto, Michie Hamao, Edgar & Helen Hamasu, Ethel Hasegawa, Donna Higashi, Toshiyuki & Jeannette Hiranaga, Wallace & Nancy Hironaka, Perry Honjo, Edith Horii, Edith Kato, Osamu & Anne Kawabata, Shinobu Kawano, Akiko Kie, Robert & Hatsue Kinoshita, Ethel & Grace Kitagawa, Isao Kitagawa, Kerry & Mimy Kiyohara, Kathleen Komo, Suyeko Koyanagi, Irwin Kurashige, Yusei & Yuriko Matsui, Glen & June Matsumoto, Izuko Mikuni, Raymond & Violet Mimaki, Elaine Miyamoto, Momoyo Miyazaki, Michiko Motooka, Melvin & Karen Murakami, Doris Muraoka, Tomie Nakahara, Rose & Gwen Nakamura, Wendy Nakanishi, Myrtle & George Nakasato, Machiko Nekotani, Mildred Nishida, Thomas & Betsy Nishioka, Lois Ohta, Marsha Okada, Gladys Okano, Kimiko Okano, Ernest Oshiro, Thomas & Leatrice Sakamoto, Joanne Sakata, Kenneth & Jean Sato, Kiyoshi Shigefuji, Nancy & Roy Shimamoto, Jean Ayako Shintaku, Tatsuki & Sachiko Shiramizu, Alice Shiroma, George & Sumie Sonoda, Michael & Wendy Sorakubo, Nancy Sueyoshi, Howard Takaki, Itsuko Takamura, Satsuye Tanaka, George Tsugawa, Sachie Tsukamoto, Rieko Tsukazaki, Sharen Uyeunten, Edna Wada, Jack Watanabe, Jeanne Watari, Christine Jordan & Wesley Henry, Katsumi & Mayumi Yamamoto, Edward Yamasaki, Ernest Yokota, Gene & Joann Yokota, Bessie Yoshimura, Reiko Yoshioka



Moiliili Hongwanji is most grateful for your generous donations. If you would like to have a receipt for your donation, please call the temple office at 949-1659. Ofuse for funerals, memorial services, and other services are not listed. If you prefer that your name not be listed, please include a note and we will list it as "anonymous."

### **GO GREEN!**

If you would like to receive The White Way by email, please notify the temple office at [mhm@moiliilihongwanji.org](mailto:mhm@moiliilihongwanji.org). Mahalo for going green!

## JR. YBA NEWS

The Junior Young Buddhist Association (Jr YBA) is a statewide organization that is open to those who are in the 7<sup>th</sup> grade, up until the first year of college.



The Honolulu United Jr YBA currently has members from Pacific Buddhist Academy, Hawaii Betsuin, Jikoen, and Moiliili Hongwanji.

We do community service projects, fun activities, leadership training and travel to the neighbor islands for meetings and conventions.

If you or anyone you know is interested in joining the Jr YBA Honolulu United, please contact Alisa Kondo (advisor) [chikopups@gmail.com](mailto:chikopups@gmail.com)



*Around here, however, we don't look backwards for very long,  
We keep moving forward, opening new doors, and doing new things,  
Because we're curious...and curiosity keeps leading us down new paths.*

--Walt Disney

The month of May is an exciting month at Moiliili Hongwanji Preschool and it is filled with many special days, holidays, tearful goodbyes and new beginnings. Our Spring Program will be held on May 1. The children will sing and charm with songs about our island, warm friendships, the sun and critters that flutter and creep. We will celebrate Boys' Day and Mother's Day with heartfelt and handmade crafts. On Friday, May 22, we will celebrate a big milestone as 26 students from Mrs. Kuniyuki and Mrs. Nagata's classes will be graduating. What a proud moment for parents, teachers and children alike! We are so proud of each child's growth, journey and the many accomplishments they have made. For the children who will be leaving us, we hope you always stay curious and excited about learning and we wish you and your 'ohana the very best! To our wonderful families thank you for the many years of support and the privilege of teaching your keiki!

Summer Fun 2015! Come share the special energy and joy that summer brings! So much fun awaits as we explore several engaging themes like "Dinosaurs" and "Sea Life". We will read stories, sing songs and make crafts. Teachers plan engaging age-appropriate activities that integrate math,

literacy, music, art, cooperative learning, social skills, scientific observations & discovery, and sensory exploration to foster readiness and active learning.

Fascinating field trips to Bishop Museum ("Dinosaurs Unleashed") and The Waikiki Aquarium are also planned to support and extend our classroom activities. The children will also be having a splashin' good time learning through water play! Not only is water play a great way to beat the summer heat, but it also allows the children to explore concepts like cause and effect, empty and full, eye-hand coordination, gross motor, vocabulary, cooperating and negotiating and many more.

We will also be learning a bon dance, celebrating Independence Day, and studying summer seasonal changes. Our last day of school will be on Friday, July 24, and we will be having a mini Summer Carnival. Preschoolers will be able to enjoy a petting zoo, snack, simple games and fun activities. We look forward to an action-packed summer filled with fun and adventure!

Submitted by Cori-Ann Uwaine

## FROM THE PRESCHOOL DIRECTOR

### Early Years! Working Together For A Great Start



**Keys to Self-Control:** How can you teach your child to handle big emotions like anger, frustration, and disappointment? Work on increasing self-control with these strategies to help your child think before acting.

**Talk It Out:** Give your child words to use when he is upset. For example: when he is aggravated because he misplaced his favorite book, encourage him to say, "I am mad because I cannot find my book."

**Think Ahead:** Prepare for situations where self-control comes in handy. If someone is playing with a toy that he wants, he may ask if he can play.

**Calm Down:** When your child begins to get upset, help him find ways to calm down. For instance have him take a deep breath. count to five or have him draw a picture of how he is feeling.

These are just little helpful hints for the Early Years!

In Gassho,  
Wendy Harman



March Madness held on March 1



March Madness food booth, chili, spam musubi, and yakitori plate.



Happy Strummers performing at March Madness



Rev. Richard Tennes, Spring Seminar guest speaker



Rev. David Fujimoto, guest speaker for Ohigan service.



Lay speaker Ann Nakata talked about the "fusuma" sliding doors



Moiliili screened "Under the Blood Red Sun" with co-star Dennis "Dann Seki" Sekine



Volunteer Appreciation Service on April 26



Kisses for temple volunteers



Dharma Bunny with Donna, Mari, and Betsy



Getting together for "Pau Hana Friday" at Spaghetti Factory on April 24