

Kalyana Mitra

“Good Friend”

*A Monthly Publication
Volume 51 Issue 2*



*Windward Buddhist Temple
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February 2019

Interdependence

Many interesting articles appear in newspapers and magazines, and I try to relate them to Buddhism. One such article appeared in the local newspaper entitled, “Our egos hinder spiritual quest,” written by Alice Inoue, an ordained Christian minister and life guide.

She said the reason why it is so hard for most of us to come from a space of love and spirituality even though we know that it is what is needed most in our interactions with others is on a small word that plays a big role in our lives, and that word is, EGO. It is a part of each of us, and is the powerful voice within that wants to stand out, be special and be important at all costs. She says that our ego has no other goal than to fulfill its own agenda and it doesn’t care about love, spirituality, compassion, trust or forgiveness.

While spirituality is about unity and oneness, the ego prides itself on separation and control. The desire to win, to be right, to judge, to gossip and to complain are the ways in which the ego thrives and basks in the light of its own superiority. (I am right and they are wrong)

The best way to know if you’re coming from the heart or your ego is to look at your interactions with others and how they might play out if you were connected with your spirit. If coming from your spirit, all actions and reactions would come from love, forgiveness and humility.

Coming from a place of love requires effort to be more understanding, less judgmental and more compassionate. Trusting that any challenge that comes into your life is there for growth and evolution, gives a perspective.

When we minimize the ego’s control and cultivate spiritual interaction, we embrace our interactions and choices with compassion and bring more happiness and joy to our lives.

In Buddhism, we refer to the idea of the ego as attachment. Our world is nothing but the manifestation of the Oneness of Life, where all beings, animals, or inanimate exist interdependently. People impose distinctions and separate what is mine from what is not mine. This discrimination arises from an attachment in man called blind craving that differentiates Oneness from Many-ness. Then, we have conflicts, misunderstandings and friction with one another.

Because of our human nature, we are always wearing this shell called “self.” As a result, we have the tendency to discriminate between ourselves and others, other beings, and other things.

The Buddha taught selflessness as one of his basic teachings. It is our mistaken ego **selfishness** that causes troubles and sufferings. We do not realize that we are able to live and enjoy life **only** because of other people and things. If one really understands this truth, he cannot help but become humble and truly appreciate others.

Realizing the truth that all beings and all things throughout the world and universe are interconnected and dependent on each other, our discrimination is minimized. The realization of this in Buddhism is represented as Amida Buddha who perfectly extinguishes this discrimination between all beings and all things and is always embracing us. It is this realization that liberates us.

Namo Amida Butsu

Reverend Bert Sumikawa



February 2019

3	First Sunday Family Service (Activity to follow – see article)	Speaker: Dennis Tashiro M.C.: Gerry Ochikubo
8&9	Honpa Hongwanji State Legislative Assembly (Giseikai)	
10	<i>Dana (Selfless Giving) Day</i> Family Service 9:00 a.m.	Guest Speaker: Cyndi Osajima M.C.: Jean Fukumoto
13	Board Meeting	6:45p.m. @ the temple
17	<i>Nirvana Day Service</i> 9:00 a.m.	Guest Speaker: Rev. David Nakamoto M.C.: Merle Tashiro
24	<i>Founders Day & Remembrance Service</i> 9:00 a.m.	Speaker: Rev. Bert Sumikawa M.C.: Roy Inouye

Temple Prep: Feb. 3-10 by Team Camellia (Janet)
Feb. 17-March 10 by Team Pikake (Prudence)



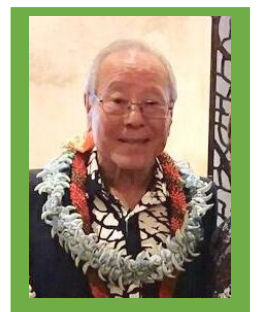
Cyndi Osajima
Dana Day Guest Speaker



Cyndi Osajima was born and raised in Los Angeles, California. She moved to Hawaii in 1978.

She has an Associate's degree in Liberal Arts from Kapiolani Community College; an undergraduate degree (Sociology) from California State University, Los Angeles and a Master's Degree in Public Health, sub-specializing in gerontology (the study of the aging process) from the University of Hawaii at Manoa. Cyndi has worked for Project Dana for over 25 years and currently serves as its Executive Director. She considers working with the elderly population is a dream job.

Reverend David Nakamoto
Nirvana Day Guest Speaker



We welcome back Rev. David Nakamoto, who served as our minister assigned from 2010 until his retirement from Honpa Hongwanji in 2017. Please make a special effort to attend the January 17th service to listen to Rev. David's Nirvana Day message and to say "hello".



Many people start the year off by making resolutions to make their lives better with every intention of working on their resolutions throughout the year. But very often, after a few months, many forget what they resolved to do in 2019. A better resolution to make can be taken from the teachings of Shinran Shonin, to live a life of gratitude and compassion. Volunteering for Project Dana can be a step toward accomplishing this resolution.

----- Jean Fukumoto

Family Promise

Our first session of Family Promise will be held from March 17 – March 24 at the Betsuin.

Kailua volunteers are needed as follows:

- 4 to provide dinner (March 19)
- 4 to provide breakfast (March 20)
- 2 for set-up (March 17 @ 1p.m.)
- 2 for dismantling the sleep areas (March 24 @ 7 a.m.)
- 1-2 people to launder linens.

If you are able to make a dish, please turn in your receipts to our treasurer Gerald Matsuda for reimbursement. Your dish could be bought or made. If you would like to provide a dish but are not able to go to the site to serve the food, please let us know and we will arrange for someone to pick it up from you.

If you can help please contact Dennis Tashiro at 226-0339 who will chair this session of Family Promise. Mahalo
----- Shirley Yanagaisawa

--From the Honpa Hongwanji Headquarter's Newsletter

PRESIDENT'S MESSAGE

Embrace Change: Transformation (Walk in Peace)

It is my hope that the 2019 theme speaks to all of us personally. At the heart of the theme is the call for us to transform ourselves and from this profound change to walk in peace. The transformation we seek is borne out of awareness. As our awareness allows us to see, hear and feel with clarity, we come to know all that is given to us in our lives. Our appreciation of life itself becomes a real and true experience. And when we become aware of the preciousness of our lives, the ordinary is transformed into a miracle of perfection. This is the transformation we seek: to see our lives as miracles because of the forces and people known and unknown have created the causes and conditions for us to be alive in this very moment. In these moments of transformation, we can only say, Namo Amida Butsu. And it is in this instant we walk in peace.

The reality is that these moments of transformation are short-lived because our self-centered egos wrench us back to attend to our attachments and our unreasonable desires. But this should not deter us from being open to the next moment of transformation and the next and the next, even though they may be so short-lived, for each is a step in peace.

As 2019 unfolds one day from another, it is my hope that we will all find perfection in ordinary moments and in that perfection a profound appreciation for our lives. In that morning cup of coffee, in the smile of the cashier at the supermarket, in the "shaka" sign of a grateful motorist you allowed to merge into traffic, in the quiet loneliness of an empty house, in the Sunday morning greeting of a fellow temple member, in the laughter of your child, in the glow of the setting sun, I hope you feel the perfection of life, the perfection of your life. I hope in that instant your life is no longer ordinary but is transformed into a miracle. And I hope you walk in peace with the only sound on your lips, "Namo Amida Butsu." Such is my hope for you in 2019.

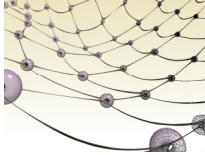
Namo Amida Butsu
Pieper J. Toyama, President, Honpa Hongwanji Mission of Hawaii



Activities Corner

FAMILY SUNDAY ACTIVITY

Providing Dharma Education is a primary goal of Kailua Buddhist Temple. We have planned family activities focused on providing fun activities for youngsters. Please join us the first Sunday of each month:



February's Activity: Indra's Net & Heart Art



January: Botamochi/Ohagi making



Mickey Ohagi !



EXERCISING, STRENGTHENING & WALKING



Tuesdays & Thursdays

(Note: Feb. sessions begin on 2/7)

8:30 a.m. at the temple

Tai Chi

Tai Chi classes continue at the temple as follows: **Tuesday 7:00 – 8:30 p.m.**

Friday 10:00 – 11:30 a.m.

If you're interested, please contact Dennis Tashiro by email at dhtashiro@gmail.com or call 226-0339.

GARDENING

Gardening class will be on Sunday, **February 10**, 2019 at 2:00 p.m. There is no sign up – everyone is welcome to attend.





Honpa Hongwanji Mission of Hawaii

HEADQUARTERS UPDATE



1727 Pali Highway, Honolulu, Hawaii 96813
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January 2019



NEW YEAR'S GREETINGS FROM HIS EMINENCE GOMONSHU KOJUN OHTANI

At the beginning of this New Year, I would like to extend my warmest greetings to you all.

Last year, Japan was hit by frequent natural disasters like torrential rains, typhoons, and earthquakes. Other countries including Indonesia and the US were also visited by devastating earthquakes, tsunamis, and major hurricanes. I would like to convey my deepest condolences to those who lost their lives through the natural disasters and express my sympathy to everyone affected. We must also never forget that armed conflicts and terror attacks as well as severe starvation is making it difficult to live and lives are being lost every day.

In my message entitled, *A Way of Living as a Nembutsu Follower* which I presented on October 1, 2016, the first day of the Commemoration on the Accession of the Jodo Shinshu Tradition, I have stated, "by trying to live according to the Buddha Dharma, ...we can live to the best of our ability, aspiring to live up to the Buddha's Wish." In agreement with this proposal, beginning last April, our organization has launched a campaign against poverty under the slogan, "Dana for World Peace—overcoming poverty to nurture our children."

Unable to part from our self-centered mentality, we are simply foolish beings, incapable of attaining supreme enlightenment through our own strength. It is all through the salvific working of Amida Tathagata that we are enabled to realize our selfishness. Furthermore, because of this self-awareness, with the hope of responding to the Buddha's boundless compassion even just a little, we are enabled to aspire for everyone's happiness and make a sincere effort in dealing with the many difficult problems of bitter reality in this world.

In this New Year, as we receive the Dharma and recite the Nembutsu, let us make every effort to acknowledge and cope with the reality we face.

January 1, 2019

OHTANI KOJUN Monshu
Jodo Shinshu Hongwanji-ha

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Permit No. 118

☸ ***Mahalo*** ☸

for your kind monetary donations

Cynthia Rodriguez in memory of Amy Tatsuguchi
Gary & Annette Tashiro in memory of Yasuto Ishima & Taeko Tashiro
Ruby Nagao in memory of Taeko Tashiro
Florence Wasai in memory of Richard Wasai & Taeko Tashiro
Dennis & Merle Tashiro in memory of Taeko Tashiro
KLM Corporation & Kenneth & Loretta Kamei
Myron Shirasu in memory of Rev. & Mrs. Jukaku Shirasu
Nancy Kikuchi in memory of Wallace Kikuchi
Jennifer Kane
Jo Ann Yamane
Sharon Harada

Kailua Hongwanji Mission is now doing business as Windward Buddhist Temple.

We've serviced the entire windward community (Waimanlo, Kailua and Kaneohe) for many years. Our new name now reflects this and will help as we work to be more inclusive and expand our temple's programs and spread the Dharma.