

Puna Hongwanji Mission



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INSIDE THIS ISSUE:

Temple Toban, Nenki	Page 2
Calendar of Events	3
Minister's Message	4-7
Kyodan / Membership / Mother's Day	
Queen Liliuokalani Gardens News	8-9
Events / Altar Info	10-11
Dharma Talk	12-14
Project Dana	14-16
Spring Festival / HanaMatsuri	16-17

May 2019 Hi-Lites

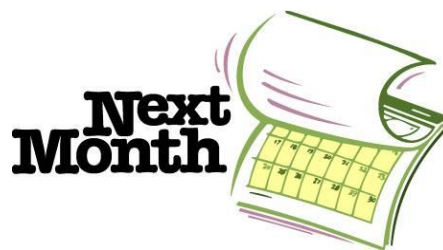
Of Special Interest This Month

May 5 - Gotane Service

May 12 - Mother's Day Service

May 25 - Puna Community Memorial Day Service

May 26 - Shipman Family Memorial Day Service



June 1 - Puna Judo Tournament

June 2 - Baccalaureate Service

June 16 - Father's Day Service

June 23 - Obon Clean Up



2019 Honpa Hongwanji Slogan

Embrace Change: Transformation
(Walk in Peace)

Puna Hongwanji Vision Statement

Puna Hongwanji Mission will be a dynamic and unique temple for Hawaii serving the spiritual needs of the community through Jodo-Shinshu teachings.

Puna Hongwanji Mission Statement

Puna Hongwanji Mission is a community of people joined in the joy of a common faith in Amida Buddha to share the Dharma in our daily living.



The Hi-Lites Monthly Newsletter

The Hi-Lites is published monthly by the Puna Hongwanji Mission. The articles and opinions expressed by the editors and individual contributors are their own and do not necessarily reflect those of Puna Hongwanji Mission.

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Temple Clean-up Schedule



Each section will be responsible for weekly clean-up of the temple for the entire month. Section leader will contact members on the clean-up dates and times

MAY - M/K/V

JUNE - Keaau

Toban Refreshment Schedule for Sunday

MAY - Pahoa

JUNE - Hilo



Memorial Service (Nenki)

Families, relatives, and friends of deceased members listed, please contact the temple if there are any corrections or omissions.

Researched and compiled by Reverend Satoshi Tomioka

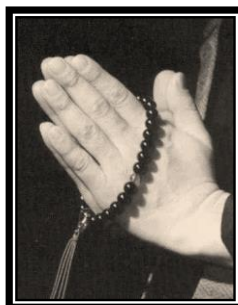


May 2019

1 yr.	Toshio "Ded" Takeya	May 16, 2018
3 yrs.	Hiroko Oishi	May 24, 2017
7 yrs.	June Matsushita	May 1, 2013
	Betsy Yaeko Miyashiro	May 23, 2013
	Choki "Romeo" Toma	May 23, 2013
13 yrs.	None	
17 yrs.	Ella Hiroko Sueda	May 28, 2003
25 yrs.	Nobue Yamamoto	May 26, 1995
	Minoru Oyama	May 29, 1995
33 yrs.	Mamoru Kajikawa	May 24, 1987
50 yrs.	Wataru Kuritani	May 7, 1970
	Torano Taira	May 20, 1970



With Deepest Sympathy



Puna Hongwanji Mission extends its sincerest sympathy and condolences to the family and relatives of the following member(s) who recently passed away.

Rodney Kamei

May 2019

Puna Hongwanji Mission Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Piyo Live! 4 PM Judo 5:30 PM Karate 7 PM Bon Dance Practice	2 Taiko 3 PM Judo 6:30 PM Meditation 6:30 AM	3 Choir 3:30 PM	4
5 Gotane Service BWA Meeting	6 Judo 5:30 PM Karate 7 PM Pahoa Service	7 Taiko 3 PM Judo 6:30 PM	8 Piyo Live! 4 PM Judo 5:30 PM Karate 7 PM	9 Taiko 3 PM Judo 6:30 PM Meditation 6:30 AM	10 Choir 3:30 PM	11
12 Mother's Day Brunch	13 Judo 5:30 PM Karate 7 PM	14 Taiko 3 PM Judo 6:30 PM	15 Piyo Live! 4 PM Judo 5:30 PM Karate 7 PM Bon Dance Practice	16 Taiko 3 PM Judo 6:30 PM Meditation 6:30 AM	17 Choir 3:30 PM	18
19 Family Service 9 AM	20 Judo 5:30 PM Karate 7 PM	21 Taiko 3 PM Judo 6:30 PM	22 Piyo Live! 4 PM Judo 5:30 PM Karate 7 PM BREAD	23 Taiko 3 PM Judo 6:30 PM Meditation 6:30 AM	24 Choir 3:30 PM	25 Puna Community Memorial Day Service
26 Shipman Family Memorial Service	27 Judo 5:30 PM Karate 7 PM	28 Taiko 3 PM Judo 6:30 PM	29 Piyo Live! 4 PM Judo 5:30 PM Karate 7 PM Bon Dance Practice	30 Taiko 3 PM Judo 6:30 PM Meditation 6:30 AM	31 Choir 3:30 PM	

Hi-Lites Photo Publication **Ethics Statement**

1. While photographing subjects in public places without permission is legally acceptable, we maintain sensitivity towards “camera shy” subjects and those that request photo ID anonymity.
2. We always seek permission when photographing subjects in private places (residences, care homes, etc.).
3. We provide appropriate photo credits of public domain, online or copyright material.
4. We provide appropriate and accurate context documentation when publishing all photos.
5. We strive to be accurate and comprehensive in the representation of subjects.
6. We do not intentionally contribute to, alter, or seek to alter or influence events by staged photos.
7. We insure that edited photos maintain the integrity of the photographic images' content and context and not mislead viewers or misrepresent subjects.
8. We strive to follow normal sensibilities and the highest ethical standards in all our reporting efforts.



The articles and opinions expressed by the editors and individual contributors are their own and do not necessarily reflect those of Puna Hongwanji Mission.

Give us your feedback and suggestions

Sam Horiuchi

Tammy Molina

Newsletter Committee

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Minister's Message



“Amida Buddha is calling your name”

Aloha kākou. May this message find you well and joyful in the awareness that All-Embracing Compassion and All-Inclusive Wisdom of Amida Buddha is with you always, warmly and gently. Time flies by quickly as it has been almost one year since we had the Kilauea lava eruption in May 2018. We

are living a life of interdependence and impermanence. Nothing and nobody can stay forever as it is or as they are. You may have lost your significant person in your life, your child may have left your home to attend school on the mainland, your niece & nephew may have married, you may have noticed your body starting to dysfunction, and you may have noticed Rev. Tomioka's loss of weight. We wish and assume our life goes on as it is and hope our family and friends are well. However, like the lava situation, anything can happen in our life depending on causes and conditions and something unexpected can bring us happiness or suffering. Because our life and what we have now change, disappear, reappear, and nothing can remain forever, let us cherish people and things that we have now today, here and now. I remembered when I was a little boy my family went to a shopping center. As I was a rascal boy, I tried to play around and I hid under a display box. I was waiting for my family to notice that I was missing. Soon my mother realized my absence and began to look for me. From my hiding place, I could see her and I was giggling. And she got more worried and began to call my name saying “Satoshi, Satoshi” as she was looking for me. In her voice, I could sense her tension and worries, but I continued playing around and giggling. Finally after I enjoyed seeing her worried, I came out from the display box and appeared in front of my mother. As soon as she saw me, she said “Satoshi!” and hugged me saying “I'm relieved. I'm relieved.” Then she said “Where were you? You made me really worried about you.”

As I listened to her, I was still giggling but somehow I felt I did something bad and at the same time, I felt happy. In her voice of calling my name “Satoshi”, there was “I love you” and “I worry about you.” When I was out of her sight, she worried about me because she loves me. When she saw me, she hugged me lovingly because she worried about me. As I feel her “I love you”, I get to realize I am the one who makes her worry. In the same way, as I feel her “I worry about you”, I get to realize I am the one whom she loves.

Like parents love and always worry about their children, even after they grow up, Amida Buddha always loves each of us with All-Embracing Compassion and worries about us when we experience difficulties. “I love you” and “I worry about you” are two aspects of Great Compassion of Amida Buddha. Amida Buddha is the awakened one. Buddha was awakened to the truth of interdependence and impermanence. Because of this awakening, Amida Buddha is free from worries and suffering which we human beings go through due to our unawakening. Therefore, through observing and recognizing that human beings go through difficulties and make other people suffer, Amida Buddha established the Primal Vow to save all people. That Vow promised to bring utmost Peace and Happiness to all and liberate people from worries and concerns. That Vow is expressed as Namo Amida Butsu. Our founder said, The word *hear* in the passage from the [Larger] Sutra means that sentient beings, having heard how the Buddha’s Vow arose – its origin and fulfillment – are altogether free of doubt. This is to hear. (Collected Works of Shinran, page 112) When we hear Buddha’s “I love you” and “I worry about you” in Namo Amida Butsu, we are guided to awaken to the loving kindness from Buddha and live a life of harmony knowing my limitations and attachments.

Namo Amida Butsu.

Puna Hongwanji Mission Minister’s Report March 2019

May 1-Wednesday, Memorial Service @Puna, 10 a.m.
May 1-Wednesday, Meeting via skype, 2 p.m.
May 1-Wednesday, Japanese Class @Puna, 5 p.m.
May 2-Thrusday, Blessing ceremony @Hilo, 5 p.m.
May 3-Friday, Funeral @Hilo, 10 a.m.
May 4-Saturday, AIDS walk @Hilo, 8 a.m
May 4-Saturday, Memorial Service @Puna, 3 p.m.
May 5-Sunday, Founder’s Birthday service @Puna, guest speaker: Rev. Richard Tennes, Kahului Hongwanji, Maui
May 5-Sunday, Buddhism talk story with Rev. Tennes @Pahala, 1-2:30 p.m.
May 6-Monday, Hawaii District Ministers Association mtg. @Kona, 10 a.m.
May 6-Monday, Pahoa monthly service, 7 p.m.
May 8-Wednesday, Japanese Class @Puna, 5 p.m.
May 9-Thursday, Pacific Buddhist Academy Baccalaureate Service, @Honolulu
May 10-Friday, Bishop’s Advisory and District presidents mtg, @HNL
May 11-Saturday, Honpa Hongwanji Mission of Hawaii (HHMH) Board of Directors meeting.
May 12-Sunday, Mother and parent’s day service
May 13-Monday, Memorial service @Pahala, 11 a.m.
May 13-Monday, Monthly service Pahala (cancelled), service @Naalehu, 6 p.m.
May 15-Wednesday, Japanese Class @Puna, 5 p.m.

May 16-Thursday, Puna Board of Directors Meeting, 7 p.m.

May 18-Saturday, Memorial Service @Puna, 10 a.m.

May 18-Saturday, Big Island Hongwanji Council Rengo mtg. @Papaikou, 1 p.m.

May 18-Saturday, meeting @Hilo

May 19-Sunday, Guest Speaker @Windward Buddhist Temple, Oahu

1. **Creating social media**

accounts/resources – twitter, Youtube, podcast

In order to share the teachings of Buddhism with a larger community, I will launch an official Puna Hongwanji Buddhist Temple accounts of twitter, Youtube and begin to have a podcast. This will provide more opportunity for many people to listen to the teachings as well as those who can't come to a temple service due to several reasons.

Twitter: Twitter ([/'twɪtər/](#)) is an American online [news](#) and [social networking](#) service on which users post and interact with messages known as "tweets". Tweets were originally restricted to 140 [characters](#), but on November 7, 2017, this limit was doubled for all languages except [Chinese, Japanese, and Korean](#) (Wikipedia)

Youtube: YouTube is an American [video-sharing](#) website headquartered in [San Bruno, California](#). YouTube allows users to upload, view, rate, share, add to playlists, report, comment on [videos](#), and [subscribe to other users](#). (Wikipedia)

Podcast: A podcast is an [episodic](#) series of [digital audio](#) or [video files](#) which a user can [download](#) in order to listen to. It is often available for subscription, so

that new episodes are automatically [downloaded](#) via [web syndication](#) to the user's own local computer, mobile application, or [portable media player](#). (Wikipedia)

2. **A Booklet “Buddha is our teacher” is available**

“Buddha is our teacher” is a simple and easy to read booklet about Buddhism. This is for young readers but young adult and adult will also learn and will provide a good opportunity to share opinions. As of now, there are only few copies left but Rev. Tomioka ordered another copies. Please share this booklet with your children, grandchildren, niece and nephews and others. Rev. Tomioka will have a session using this booklet as a resource.

3. **Leadership & Harmony workshop**

What is your definition of a leader?
What are the leadership skills? Who is a leader(s) at Puna Hongwanji Buddhist Temple? If you are serving as a leader or a person in charge, do you feel burdened? Do you feel overwhelmed? Do you feel a lack of support from others? Do you feel a lack of communication? Do you feel if you know the leadership skills, it will help you? As a Sangha, as a team, we get to work together harmoniously without causing a discord in our organization. Although we are all different and have different way of thinking, how we can find a harmony and work together? Rev. Tomioka is planning to have a leadership & Harmony workshop with a guest speaker in 2019. Stay tuned!

4. **Mindful Parenting**

Rev. Tomioka will have three sessions on Friday evenings 6 to 7 p.m. on May 17, 24, and 31. The material he uses at the class is “Buddha is our teacher.” Children are raised by a loving and caring community. This community consists of parents, grandparents, uncle & aunty, friends and those who have an influence on children. We all together raise our children based on values of loving-kindness, interdependence, gratitude, self-awareness and patience. This class is open to all people who want to learn the universal values, those who want to learn the Buddhism teaching, those who want to help our keiki be kind. As it is said “children have never been very good at listening to their elders, but they never fail to imitate them”, we adults get to learn the universal values and play as a role model for our keiki. Open to public. Registration fee \$10. Please call at 8089669981 or email at mpunahongwanji@twc.com for a registration. Light refreshments will be provided. Child Care will be provided for children 3 years old and older. (To be confirmed)

Rev. Tomioka and Mark Yamanaka



Leilani, Carol, and Della

“There are no good days, and there are no bad days. There are only days. How you feel about them is entirely up to you.”

Buddhist Teaching

Puna Hongwanji **Kyodan Highlights**

Synopsis of Kyodan Board of Directors’ meeting held on



Thursday, March 21, 2019. Minutes were recorded by Marilyn Sato, Secretary.

Repair and Maintenance

- Two TV monitors were installed in the temple – this will help with multimedia presentation of Rev. Tomioka's message and enhance the quality of Sunday Service
- A permanent cabinet for a computer and PA system will be built in the back corner of the temple
- On arrival of the new oven, we need to install an exhaust system; we will use the existing gas hook up

Approved Activities/Announcements

- Puna Hongwanji Buddhist Temple launched our new webpage, punahongwanji.org. We also have Facebook and Instagram. Through social media, we will be able to attract more people and provide more opportunity to listen to the teachings of Buddhism. A good quality video camera and microphone are needed.
- The new oven has been shipped but not yet received
- 1st VP C. Furukado continues to receive inquiries about the use of our facilities
- The Yard Maintenance Committee will purchase new altar lamps to replace the broken one
- The columbarium altar and building are in need of repair and maintenance. Gordon Heit will lead the committee on making improvements which includes addressing issues of termite damage, altar repair, damage from UV rays, etc.
- Robert Sugihara is chairing the Columbarium Niches Committee. We now have 441 niches and 360 are in use and/or reserved. More niches will be added and that will cost money.
- The Temple Effectiveness Committee announced the average attendance to our Sunday Service for January and February was 81 people. Another "bring family,

friend, and/or neighbor to temple" is being planned.

- 2019 Shinnen Enkai was organized by Choir with Ethel Miyashiro as chairperson. Sr. YBA will chair next year's festivity.
- Apr. 28: Potluck welcome dinner for Rev. Tomioka's sister and family at 5:00 p.m. The family includes his sister, her husband, and three children. They will be visiting from Apr. 26-May 3.
- Sept. 13-15: Lay Convention on the Big Island – delegates will visit different temples and attend Family Service at PHM
- Nov. 4-13: Trip to Japan with Rev. Tomioka and JTB USA Inc. Board approved paying JTB USA Inc. \$200 deposit.

In Appreciation – Thank You Very Much

- Thank you to Sr. YBA for the donation of the two TV monitors in the temple. Thanks goes to helpers Gary Sunada, M/M Clifford Furukado, Cary Tanoue, and Clint Kolyer.
- Thank you to the Yard Maintenance Committee for purchasing the altar lamps. You keep the yard & hedges worthy of praise and now you are concerned about making the inside of the temple look bright and beautiful, too. Thank you for the donation of the new altar lamps which are on order.
- Rev. Tomioka encourages us to practice Buddhism every day and try to live a life with loving kindness. Our lives are fragile, impermanent, and nobody is promised to have tomorrow. Let us live not being driven by our Greed, Anger, and Stupidity (GAS), but guided and inspired by All-Embracing Compassion and All-Inclusive Wisdom of Amida Buddha. Thank you, Rev. Tomioka.
- Thank you to those who made their dues donation.



Membership Committee News

Buy your tickets for the Mother's Day Brunch hosted by the men of the PHM Kyodan. It will be on Sunday May 12 after Sunday's service,

Recommended dues is \$240.00. Our fiscal year is Jan.-Dec. and new member's dues is prorated. Thank you members for being prompt with your dues.

And if you are in a care home situation, your dues are exempt.

Please notify the office or myself.

In Gassho,

Roy Toma
Membership Chairman
Ph: 935-7712



Gardens on Saturday, May 4. Registration and warm up 8 a.m. on the southern corner across from Suisan or Hilo Bay Cafe. Walk starts at 9 a.m.

Rotary Club of South Hilo will hold the annual Hilo Huli on Mokuola Sunday, May 5, at starting at 11 a.m. Advance tickets are highly recommended. This fundraising event benefits Hilo non-profits. This year, Friends of Lili`uokalani Gardens will be one of the beneficiaries of funds raised.



HAPPY MOTHER'S DAY

Come join us on Sunday, May 12, 2019 at 9:00 for our family service. After service I oin us downstairs in the social hall for a fabulous brunch prepared by the Men of Puna Hongwanji. Tickets for the event will be sold after temple services. The ticket proceeds goes towards our Puna Homgwanji Scholarship fund. Tickets are \$10 in advance and the day of the event it will be \$12. Children 7 and under are free. When you see the spread there is no place in Hilo that will match our cost and taste. The men add their secret ingredient (love) into the cooking to make the food even more delicious.

Friends of Lili`uokalani Gardens events and partnerships:

At Lili`uokalani Gardens, koi nobori will fly throughout the Waiakea peninsula through Sunday, May 5. A good chance to take pictures with your children or grandchildren.



Buddhist Women's Association once again has a team for the 8th annual AIDS Walk in Lili`uokalani



ANNUAL PUNA DISTRICT MEMORIAL DAY OBSERVANCE

Please join us for our annual Puna District Memorial Day Observance on Saturday, May 25, 2019 at 10:00 a.m. The Hawaii County Band will play a prelude to the service around 9:45 a.m. The guest speaker will be Dr. Peter Matsuura.

If you are able to provide flowers for the event to make bouquets it will be greatly appreciated. Please bring flowers to the temple on Thursday, May 23. Flower bouquets will be made on Friday, May 24 at 8:00 a.m.

The Puna Hongwanji Sr YBA will be in charge of set-up, but everyone can come help. If you are able to help, please come to set-up by 7:30 a.m. Clean-up will be after service.

Please invite your friends and neighbors as we thank those that gave the ultimate price for freedom for you and I.



TEMPLE CHEF OF PUNA



Do you watch those cooking shows on television and think to yourself, "I can do that." Well here's your opportunity to participate in the first Temple Chef of

Puna. This will be held on Sunday, June 9, 2019 after temple service in the social hall. Cooking will start at 10:45.

Since this is the first time trying this new idea out we need you to participate and have fun. We are looking for three (3) teams of three (3) members. Each team will consist of a head chef and 2 other helpers. We will provide a "secret ingredient" that must be incorporated into your dish. You are allowed to bring three (3) vegetables, one (1) protein, and three (3) condiments of your choice. We will provide the burner to cook on. You may bring your own pot/pan and cooking utensils or we will utilize what's in the kitchen. We will be providing onion, garlic, ginger, and some of the basic condiments. The application form will have more specifics.

Since we are now Blue Zone approved we want the dish to be a healthy dish. We will have a panel of 3 judges that you will plate the dishes for. You will make one dish and plate it for the 3 judges in 45 minutes. Your dish will be judged on taste, Blue Zone/Healthy, and presentation. If there is extra the audience will also get to try your dish.

This will be open to our church members. Due date to sign up is Sunday, May 26. We will accept the first three entries. For the winner we would like you to share your recipe so that we can have a featured dish at Obon as recognition for your winning.

Any questions please contact Jennifer Kurohara or Robin Sato.

ALTAR AT OUR TEMPLE



Have you ever noticed when you go to oshoko (offering of incense) on the left of the incense burner there is a dragon with its mouth closed while on the right side the mouth is open?

In the Sanskrit (language of ancient India) the open mouth symbolizes the first letter and the closed mouth symbolizes the last letter. This represents the beginning and ending. This creates a circle of being harmonious and things flowing naturally. The open mouth represents exhale and the closed mouth represents inhale. When you breathe in and out it provides calmness, peacefulness, and harmony. Japanese call this "a un no kokyū". A is the sound first letter of the Sanskrit, un is the sound of the last letter of the Sanskrit, Kokyu is breathing which means harmony. So when people and things work in harmony they will get along and communicate well.

When we offer incense, what we will see in front of is Amida Buddha, the Buddha of All-Embracing

Compassion and All-Inclusive Wisdom. The Buddha is the perfect harmony and the Buddha wish and vows to save us so that we may also attain



harmony in our life like the Buddha. In responding to Buddha's Wish and guidance, we offer incense as a gesture of respect, receiving the wish of "may peace and tranquility prevail, may the Buddha Dharma spread

evermore."



Richard Solie - Dharma Talk
March 24, 2019
"Transformation"

Have you ever had a song that was just stuck in your head, repeating itself, over and over. This isn't even a song. It's just a fragment of a song, "Namo Amida Butsu, we call out his name and strive to become". Thanks to Reverend Tomioka, I now know the name of the song. It is "Together As One" by B J Soriano. It has been included this week's service. Thank you, Reverend.

That idea caught my imagination. We strive to become. To become what? We strive to become enlightened. We want to transform the characteristics that make us who we are, we want to become better.

I have been working to transform my yard. I want to fence in the back half of the lot. It has been a lot of work. Cutting the weeds, then going back and digging out the roots. Then digging out rocks and leveling the fence line grade. It is a lot of intense physical work. But, I noticed something interesting. In striving to transform my property, I was also transforming myself. The work has made me stronger, my endurance is increasing, I am adding muscle and losing fat. My spare tire is getting smaller.

I can think of another example, perhaps not a very noble aspiration, but something that had a very strong effect. I was going through a very sad period in my life, and needed something to distract me from my troubles. I decided to learn to play pool. My goal was to play 3 games every day. I played at least three games of pool every day for 18 months. It was amazing. I got so good that no one could beat me. Putting in that effort every day made me an excellent pool player, it changed me

Work transforms us. What is work? Work is expending time and effort to achieve some specific goal. That effort can be physical, or mental, or spiritual. Striving to accomplish something transforms us. We call out his name and strive to become. Striving to become enlightened will change who we are, make us spiritually stronger.

Thinking about Buddhism, applying it to our everyday life can change who we are, change the way we deal with the world around us.

But how do we "think about Buddhism"? Well, fortunately for me, Buddhism is very simple. My wife, Chung-Li, gave me a book called Buddhist Boot Camp. I remember the name, because I thought the name of the book was so ridiculous, that I refused to read it. I did end up reading it, though. If you know Chung-Li, that's not a surprise. What I really liked was the last page. The author says that if we learned nothing about Buddhism but two words, they should be, "be kind". It's really that simple, kindness and compassion for all living things.

Buddhism is based on very simple ideas. Gratitude, Compassion for all living things. Cause and effect knowing that on what I do now depends not only my happiness or unhappiness, but also that of others.

The teachers that have come before have organized and expanded these ideas into a guide for living, the Eightfold Path, the Six Paramitas, and many other doctrines that can each be examined, one at a time.

Work is what it is all about. Work changes us, changes our bodies, and our minds. Striving to become takes effort. In fact, that is one of the precepts in the Eightfold Path, the Right Effort. It means doing what we do with sincerity and mindfulness. Mindfulness, knowing what we are doing and why. Just the act of striving with the right effort can change us, make us spiritually stronger.

The Eightfold Path is a good place to start, that is where I am beginning. I want to examine and understand each of the eight precepts. What follows here is my very limited understanding of the Eightfold Path.

Right View

Seeing the world as it is. Not letting our view of things be colored by greed, anger, or ignorance. We need to understand the role of cause and effect, that each time we act, or fail to act, there are consequences, good and bad.

Right Resolve

Being sincere in our goals, honestly trying to do the right thing, resolving to be more compassionate, resolving to work at learning the Dharma

Right Speech

Avoiding idle gossip, or hurtful statements. Being aware and mindful of the effect of words for good or bad.

Right Action

Abstain from crimes against others. To act in a way, so as to cause no harm to others around us. Showing compassion for all living things.

Right Livelihood

The work we do should be something that does not harm others, that makes the community we live in a better place. Striving for the right livelihood, doesn't mean we have to have a job. As a retired senior citizen, I think a lot about what I can do as a volunteer. Volunteering for the Red Cross, getting involved in neighborhood issues, like homelessness, or hunger, or just going out and helping to clean up the neighborhood, volunteering efforts to help our Sangha.

What are we doing with our time, what are the things that we do, how do those things affect the world around us. We need to focus on the effect of what we do with our time.

Right Effort

Being serious about what we are doing, Being sincere. Nothing worthwhile is free. We must make an honest effort to achieve these goals

Right Mindfulness

Being aware and conscious of the nature of the world and ourselves. Being mindful and aware of the teachings of the Buddha, awareness of our impermanent self

Right Concentration

Staying focused, not letting ourselves be swayed by greed or anger. trying to think pure and beautiful thoughts, to say pure and beautiful things, to do pure and beautiful deeds

THE SIX PARAMITAS

Another place to start is the six paramitas. These are goals for our self, things we should be striving for. Taking time to think about these things every day, how can we achieve them, how do they apply to our life. If we can get in the habit of doing this every day, spending some time thinking about these paramitas, we will find our outlook changing

Dana – generosity, selfless giving

Sila – Virtue, Morality, Proper Conduct

Ksanti – Patience, not letting ourselves become upset when things don't happen when we think they should.

Virya – Diligence – Really working at something, putting in sincere effort

Dyana – Meditation – Taking the time and effort to clear our mind of distractions, and think about the Dharma, about these ideas

Prajna – Wisdom – Being able to understand and apply these things to our everyday life, to reach a clearer understanding of ourselves, and the world around us

Clearly, I have much work to do to understand these ideas. **That is the point, though, work.**

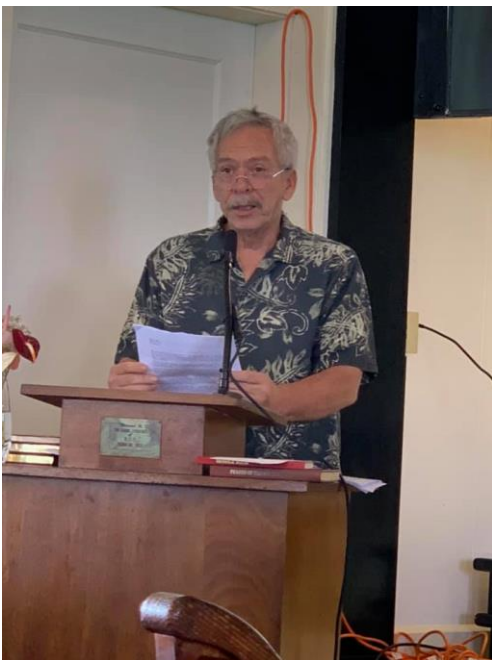
Every day, working to understand and learn about the Dharma, thinking about how these ideas apply to our everyday life. Doing this work sincerely will change us. We call out his name and strive to become. Just as physical work transforms our bodies, makes us stronger, so too, this mental effort to understand the Dharma, to apply it to our everyday life. It does apply, it can inform the many decisions we make every day, seeing someone that needs help, and making the decision to help them. Dealing with our spouse, when something they say or do, irritates or angers us. thinking about what our goals are, what is important, what we we apply our time and efforts to.

One thing that has come of this, is the idea of putting effort into things that are not important to us, but important to those we care about. Chung-Li is into plants. She has hundreds of plants that she is growing. Our back yard has become a plant nursery. Left to my own devices, this is not something I would do, it is not that important to me. It is important to her, though. So, I try to spend at least an hour a day, weeding her plants, not because it is important to me, but because it is important to her, and she is important to me. We need to invest time, every day, in those people who matter in our lives.

Doing these things every day will cause changes in our brain, the way we think.

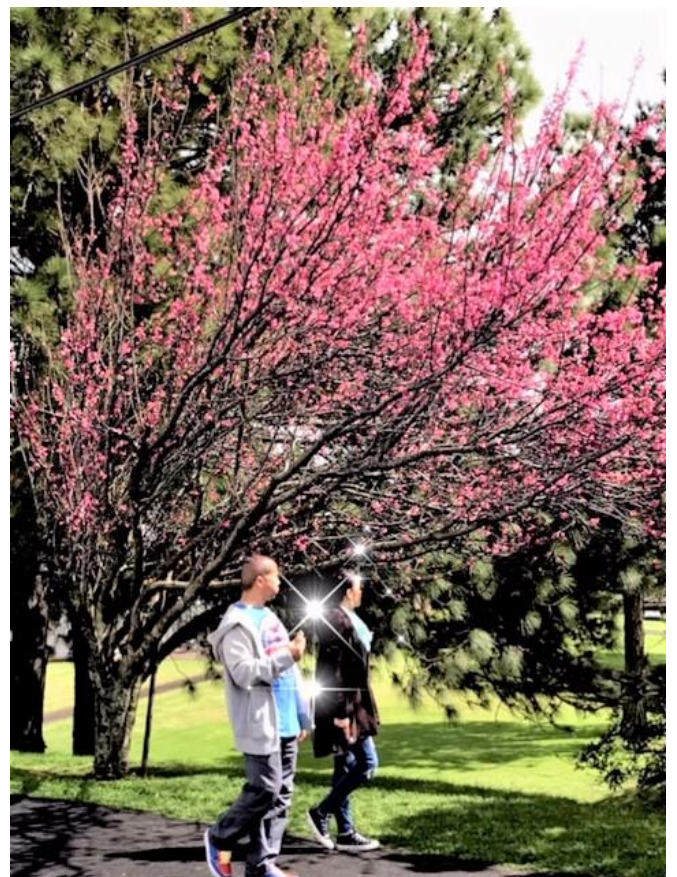
We don't have to be someone special to make this work. Every person here can achieve these goals, but it does take sacrifice, it does take work. Work is the magic genie that not only transforms the world around us, it transforms us, the workers.

We call out his name and strive to become. That striving is the key that will transform our lives



Project Dana
February/March Events

On February 2nd, Clifford Furukado and Kay Aoki drove Keri Furukado, Dora Hashimoto, Kiyo Sumi, Lei Kakugawa, Jean Tamashiro, Masako Sanehira and Eileen Usagawa to the Cherry Blossom Festival in Kamuela.



The constant rain did not dampen the spirits of the festival crowd. A convenient bus shuttle service allowed everyone to get from one venue to another. There were cooking demonstrations with samples, tea ceremonies, beautiful quilts on display, craft and

food vendors and entertainment which kept everyone in good spirits and well fed. One of the highlights of the outing was the appearance of Ōzeki Konishiki.



One of the food items being sold by Kamuela Hongwanji was a nishime bento which Lei Kakugawa bought for lunch. This bento gave the BWA ladies the inspiration to sell nishime bentos at the Spring Matsuri at Puna Hongwanji.

Project Dana sponsored the Dana Sunday Service on February 10th which was held in the social hall. Marilyn Sato was the emcee for this service. After the service, the temple members watched a video called “Fall Prevention” by the Hawaii State Department of Health. The video gave four tips on preventing falls. Check your medication to ensure that they do not conflict. Check your vision. Clear clutter around your house to prevent tripping over. Make sure there is enough lighting to see your way clearly.

The next two videos demonstrated techniques in getting off the floor if you do fall. The first video was “How to Get Up From a Fall MacGyver Style” and “Safely Getting Up From a Fall.” After the viewings, Stan and Karen Mason, Dora Hashimoto, Richard Solie. Wendell Toma,

Angelina Cabalo, Jean Tamashiro, and Clint Koyler demonstrated the technique shown in the video with the guidance from Eileen Usagawa. The mats were left for shy members to practice on their own as others left for refreshments. (A 90+ years old member practiced on her own successfully.)

Project Dana learned that an 80+ years old volunteer recently fell off her bed at night. Instead of calling for help, she remembered the steps for getting up after a fall and put them to use, enabling her to safely get off the floor. Way to go!



On February 22nd Stella Miyashiro drove Masako Sanehira and Lei Kakugawa to two private care homes in the Paradise Park subdivision. At both homes, the residents enjoyed singing gathas and simple melodies. Both residents sported new hairdos and appeared healthy and happy.

Stella drove Yukiko Uchida, Kiyo Sumi, and Mitsuye Toma to two private homes in the same subdivision and later to a Hilo private home on March 8. Since it was soon after Girls' Day, they shared sweets with the ladies which they ate with much enjoyment.

On March 22nd, Ann Toma drove Lei Kakugawa, Kay Kawazoe, Florence Nishimura, and Masako Sanehira to Hele Anuenue, Okutsu Veteran's Care Home, and Life Care Center. The friendly visits were appreciated by the residents.

Project Dana thanks our volunteers who was providing respite services, transportation to temple services, doctor appointments and Project Dana events, delivery of Miyo's bentos, and making visitations to our homebound clients. We also gratefully accept monetary donations which help to maintain our program.



In gassho,
Stella Miyashiro &
Eileen Usagawa



2nd ANNUAL PUNA SPRING FESTIVAL

Thank you to everyone that participated in the 2nd Annual Puna Spring Festival. This year there was a variety for the whole family to participate in. This

project is for our affiliate groups to raise money, but the main goal is to share our temple grounds with our community. We wanted to thank the community for supporting us all these years. We achieved that goal as we had a lot of people stop by to enjoy this event and many are looking forward to next year. We had a variety of food, craft vendors, kids activities, the Puna Hongwanji Boutique, many prize giveaways, and entertainment/demonstration throughout the day.

For our prize giveaways we are so grateful to the community for sharing their gifts with us to share with those that attended. Please thank these businesses/people and visit their businesses as they were very generous with their prizes. Thank you to J. Hara Store, Big Island Delights, Big Island Beef Jerky and Snacks, Ace Hardware Keaau, Maui Taco Hilo, The Seaside Restaurant, Big Island Candies, Tanimoto Dharma Designs, A&J Chips, Misaki Saito, and Kehaulani Kreationz.

A special thank you also goes out for those that participated in our entertainment section. We had a variety of entertainment and demonstrations by Yoga, Mindfulness Meditation, Puna Judo, Merahi Productions, Karate, Hiccup Circus, Puna Taiko, The New Dharma Band, and the Matsuri dance led by the Tsukikage Odorikai Group. We would also like to thank Hilo Hongwanji Preschool for bringing the games for the children to participate in. Also thank you to the Keaau Elementary Robotics team for sharing your skills with us.

“Thousands of people may live in a community but it is not one of real fellowship until they know each other and have sympathy for one another. A true community has faith and wisdom that illuminate it. It is a place where the people know and trust one another and where there is social harmony.” - Teaching of Buddha

Thank you! ありがとうございます! Mahaloa Nui Loa! Māuruuru roa!

HANAMATSURI



Everyone helping to put the flowers together.



Great job setting up the Hanmido.



Offering of sweet tea.



Reverend Tomioka wishing Happy Birthday to Buddha.



Guest Speaker Ms. Zoi Nakamura.