



HAKUHO

Taishoji Soto Mission 275 Kinoole St., Hilo, HI 96720-2944
Hilo's Zen Temple
Phone - (808) 935-8407 Fax - (808) 961-6124
E-mail - hilotaishoji@gmail.com



APRIL 2018

MINISTER'S MESSAGE

Aloha, Members and Friends of Taishoji,



I would like to introduce "Kind Speech" which is one of the four kinds of wisdom. This teaching is called "Aigo" in Japanese and is called "Ka 'Olelo lokomaika'i" in Hawaiian. The founder of Soto Zen school, Dogen cherished the teaching. Kind Speech is to use caring and thoughtful words with others. Dogen said, "Hearing kind speech to one's face brightens one's countenance and enriches one's own life." Dogen emphasized that we enrich our own life by hearing kind speech.

Kind Speech springs from a compassionate heart. Kind speech has the power to make others heart move, encourage and heal. That's why we should use kind speech with each other in our daily life.

How about your life? Do you use kind speech with others? Do you receive kind speech from others? For me, I receive a lot of kind speech from Taishoji members when you greet me, when I hear your impression of my sermon and so on. I feel your compassion from your every word. I learn the importance of kind speech from you, and would like to reciprocate by using kind speech with you spoken with a smile.

In addition, there is another reason I recommend that you use kind speech. Kind speech has a great influence on many things around us. There was an interesting experiment I'd like to share with you. It was an experiment using radish sprouts. First, researchers prepared seeds of Radish sprouts and divided them into two groups. Next, they used kind speech for one group three times a day, such as "I love you" "Go for it!" "You are great!." But they didn't use kind speech for the other group. Surprisingly, there was a difference between the two groups one week later. The group which received kind speech grew very well, but the other group didn't grow well. The researchers ate both sprouts. The sprouts which received kind speech were sweet but the other sprouts had a pungent taste.

Continued on next page

After I watched the experiment, I was really surprised. Even for vegetables, there was a big difference. I realized that kind speech has a great influence on many things around us. We have the possibility to make other lives richer. Kind Speech is a precious practice to enrich our own life.

We know that positive words make people happy. Having a warm heart makes people happy. Let us be the persons who use kind speech with others every day.

In Gassho,
Rev. Shinsho Hata

Two Zen Classes

Mindfulness Class Saturday, April 28 - 1:30 to 3:00 pm

Meditation Class Saturday, May 5 - 1:30 to 3:00 pm

Cost: Donation

Taishoji Soto Mission will offer two free classes in April and May. Preregistration is required for each class. The classes will be taught by **Clear Houn Englebert** and there will be time for questions. There will also be a review of the related resources in the temple library.

Mindfulness is the simple, repetitive effort of bringing one's attention back to the task at hand throughout the day and, although it's simple to define, doing one thing at a time is difficult to practice. The class will include: suggestions for re-centering oneself, being mindful in difficult situations, and dealing with bothersome thoughts.

The meditation class will include correct posture on a cushion, bench, or chair and etiquette in a meditation hall. There will be special emphasis on what to do with your mind during meditation. The main form of meditation in Soto Zen is shikantaza---just sitting. Like mindfulness, it is simple but difficult, because there is nothing to rely on except your own willpower. This class will end with a meditation session. These practices are essential parts of Zen training and, together with keeping the precepts, lead to the "goalless goal" of awakening.

To pre-register, send an email to hilotaishoji@gmail.com or call the temple office at (808) 935-8407.

BUSSHIN KAI NEWS

Our Busshin Kai thanks Joseph Takenouchi and Brent Takenouchi, our two new members, who are taking active roles in Temple affairs. They are participants in our solemn ritual of the Kenchato, which are food offerings, to Lord Shakyamuni Buddha which takes place on the altar.

Walter Tachibana

FUJIN KAI

Aloha Fujin Kai members and friends, I hope you are all well in this spring season.

Here is the schedule for April :

4/1 - Sunday - BIBF Hanamatsuri Service at the Sangha Hall (The service will start at 9:00 am but those who can help, please come at 8:00 am to the Sangha Hall for set up.)

4/1 - The Fujin Kai Meeting on 4/1 will be cancelled due to BIBF Hanamatsuri Service at the Sangha Hall.

4/8 - Sunday - Taishoji Hanamatsuri/ Kannon-Ko/ Toba Kuyo Service. (The service will start at 9:30 am but those who can help in the kitchen please come around 7:30 am, thank you.)

4/14 Saturday & 4/15 Sunday - UHSSWA Conference in Kona Daifukuji & King Kam Hotel

Thank you very much for your kindness, hard work and your continuous support from near and far.

In Gratitude,
Yoko Gussman

**COGNITIVE ENCHANCEMENT BY MINDFULNESS AND MEDITATION (M&M)
CONTRIBUTIONS OF NEUROSCIENCE, PSYCHOLOGY, AND BUDDHISM
Saturday, May 26, 2018, 1:00-5:00 at Taishoji Soto Mission Social Hall,
275 Kinoole St, Hilo, Hawaii 96720 (www.taishojii.org)**

Harold V. Hall, PhD, ABPP-Clin, Forensic; ABN-Neuropsych, Pacific Institute, (808) 315-7341
Reverend Shinso Hata, Resident Minister, Taishoji Soto Mission, 808-935-8407
Panel members from professional organizations and the private sector.

Abstract: Mindfulness and meditation (M&M), two key practices in Buddhism, have been the focus of an explosion of research into their demonstrated benefits and potential for the understanding of mind-brain-body states and traits including cognitive abilities and intelligence. Findings from neuroscience and behavioral science show that a variety of M&M methods from different schools and movements can result in changes in intellectual function and associated structures of the brain as evidenced by neuropsychological testing, observers, and measures of cerebral functioning such as neuroimaging and neurofeedback, and that different types of “stillness” and “movement” methods can be effective in different ways. Useful methods are demonstrated—zazen, Walking Meditation, Zhineng qigong, compassion therapy, and meditations from the Dalai Lama’s Book of Joy (2018), as well as several interventions from cognitive behavioral therapy (CBT) and neuropsychological rehabilitation.

The working tools of other M&M methods are provided as we work through a 7-step, cognitive program, much of which is evidence-based, with additional benefits for emotional functioning, behavior, and spiritual development. The methods and concepts in this program are considered only a building block towards the development of state and trait compassionate-wisdom.

Learning objectives: Participants will be able to:

1. Describe 4 or more neurobiological, measurable, cognitive benefits of M&M.
2. Describe 4 or more M&M applications to health-related settings and situations.
3. Describe 4 methods to assist people addressing dukkha due to cognitive deficits.
4. Articulate and learn to apply the 7-step procedure to enhance cognitive functioning.

Schedule:

- 12:30-1:00** - Registration/refreshments. Distribute handout materials.
- 1:00-1:10** - Opening remarks and greeting (Rev. Hata)
- 1:10-2:00** - Building blocks towards compassionate wisdom: Caveats and process (Dr. Hall)
- 2:00-2:15** - Silent break (see poster paper displays)
- 2:15-2:45** - Cognitive enhancement over the neuropsychological dimensions (Dr. Hall)
- 2:45-3:00** - Silent break (brief introduction to Shakyō after distribution of brochures)
- 3:00-3:30** - Enhancing intelligence through compassionate-wisdom (speaker TBA)
- 3:30-4:00** - Panel presenters: Best practices. Distribution of workshop material and Q&A
- 4:00-4:15** - Break
- 4:15-4:45** - Zazen followed by Walking Meditation followed by Zazen (Rev. Hata)
- 4:45-5:00** - Modified Universal Transference of Merit (Rev. Hata). Fill out evaluation forms.

Registration is required by the **May 24, 2018** deadline by mailing the enclosed registration form and a check for a suggested donation of **\$35** or **\$15 for Seniors, Students and Special needs categories** for workshop materials of over 150 pages to **Taishoji Soto Mission, 275 Kinoole Street, Hilo, Hawaii 96720.**

Name _____
Last First

Phone number _____ Cell _____

Email _____

Please write a few words on what you seek from this training _____



Help preserve Japanese newspapers published on the Big Island!

Hoover Institution Library & Archives, Stanford University is looking for prewar Japanese newspapers published on the Big Island. We'd like to fill the missing titles and issues in our digital collection (<http://ojishinbun.hoover.org>). If you have pre-1942 Japanese newspapers, such as the Hilo Shimpō, Hawaii Mainichi, and Kazan (Volcano), please contact Kay Ueda at kueda@stanford.edu or Rev. Junshin Miyazaki at Hilo Meishoin at 97 Olona St., Hilo, HI 96720 808-936-7828 (cell) or gongi326@hotmail.com.

Kay will be visiting the Island on April 18-21, 2018.

Thank you!



SUNDAY SCHOOL NEWS

The new Sunday School emcees and teachers are busy doing their services to our students, parents, and adults. The good people are Yōko Mizuno-Gussman, Brent Takenouchi, and Joseph Takenouchi. Welcome to the school and thank you! We need more helpers. Please inform Rev. Shinsho Hata if you wish to volunteer.

OUR SENSEI

1. You lead our precious Sangha,
By sharing Buddha's Dharma;
And then you live your life by,
Reflecting all we've heard.
2. You care for others deeply,
And lift them up in Zen;
And when we face misfortune,
We know you will be there.
3. We really love you, Sensei,
For everything you do;
And we are blessed for having
A fine Sensei like you.

Greetings:

On behalf of Honpa Hongwanji Hilo Betsuin I would like to request if you can ask your members who plan to attend the April 1st BIBF Hanamatsuri Service to bring one non-perishable food item for donation to the Food Basket.

Together we can make a difference in helping to provide affordable food for those in need.

Thank you for your consideration.

In Gassho,
Bryan Siebuhr

HHHB Food Basket Coordinator
Associate Minister
Honpa Hongwanji Hilo Betsuin

PRESIDENT'S MESSAGE

Attending our Sunday School / Family Service has been very enlightening. It is a new adventure every Sunday wondering what Rev. Hata has in store for us. We do a minute of Zazen to calm our minds. The songs we sing are enhanced with the accompaniment of Mrs. Mamiko Hata's organ and Rev. Hata's ukulele music. The music makes us sing with joy.

Rev. Hata's messages are simple but meaningful. They are projected on the screen with many delightful animated pictures drawn by Rev. & Mrs. Hata. The last Sunday of the month features an entire story on the screen. We are so fortunate to have such talented people at Taishoji.

The students and adults have been working on their "Dream Eggs". A letter was written by each individual and placed in a plastic egg. The egg was covered with clay and painted. The "Dream egg will be opened 30 years later. Hmm... I wonder what is their dream.

Please join our Sangha at our Sunday School / Family Service.



Meditation



Organist Mrs. Mamiko Hata



Ukulele by Rev. Hata



Making "Dream Egg"

Please attend both Hanamatsuri Services:

Sunday, April 1st at 9:00 am - BIBF (Big Island Buddhist Federation) Hanamatsuri Service hosted by Taishoji at Hilo Hongwanji Betsuin Sangha Hall. Guest speaker - Ms. Akiko Masuda. Performance by Taishoji Taiko.

Sunday, April 8th at 9:30 am - Taishoji Hanamatsuri Service at Taishoji.

In Gassho,
Rodney Nishino

APRIL 2018 TAISHOJI SCHEDULE

1	Sun	9:00 am	BIBF Hanamatsuri Service (Taishoji is host) (Hilo Hongwanji Betsuin Sangha Hall)
7	Sat	7:00 am	Temple Cleaning Group # 2
8	Sun	9:30 am	Taishoji Soto Mission Hanamatsuri / Kannon-Ko / Toba Kuyo Service (Kyodan)
14	Sat	7:30 am	Temple Cleaning Group # 3
14 & 15 Sat & Sun		1:00 pm	UHSSWA Conference (/Daifukuji & King Kam Htl) KYODAN MEETING CANCELLED
21	Sat	7:00 am	Temple Cleaning Group # 4
22	Sun	9:00 am	SS / Family Service & Zazen
28	Sat	7:00 am 1:30 - 3:00 pm	Temple Cleaning Group # 5 MINDFULNESS CLASS taught by Clear Houn Englebert
29	Sun	9:00 am	SS / Family Service & Zazen

SCHEDULE for ZAZEN / TAIKO / BOY SCOUT TROOP 95

Zazen	Monday	6:30 pm - 7:30 pm
Morning Zazen	Sunday	8:00 am - 8:35 am
NOTE: Morning Zazen Cancelled when no Sunday School		
Taiko	Sunday	11:00 am - 1:00 pm
	Tuesday, Thursday, Friday	5:00 pm - 7:00 pm
Boy Scout Troop 95	Wednesday	7:15 pm

TENTATIVE MAY 2018 TAISHOJI SCHEDULE

4	Fri	9:30 am	<i>Fujin Kai Hospital Visitation</i>
5	Sat	7:00 am 1:30 - 3:00 pm	Temple Cleaning Group # 1 MEDITATION CLASS taught by Clear Houn Englebert
6	Sun	9:00 am 1:00 pm	SS / Family Service / Children's Day (SS) & Zazen Fujin Kai Meeting
12	Sat	7:00 am 1:00 pm	Temple Cleaning Group # 2 Kyodan Meeting
13	Sun	9:00 am	SS / Family Service & Zazen
19	Sat	7:30 am	Temple Cleaning Group # 3
20	Sun	9:00 am	SS / Family Service & Zazen
26	Sat	7:00 am 1-5:00 pm	Temple Cleaning Group # 4 Mindfulness & Meditation Workshop at Taishoji Dr. Harold Hall / Neuropsychologist (ret)
27	Sun	9:00 am	SS / Family Service & Zazen
28	Mon	9:45 am	BIBF Memorial Day Svc at Veterans Cemetery #1 Taishoji is Toban Temple for Buddhist Service