



# HAKUHO



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**MAY 2018**

## **MINISTER'S MESSAGE**

Aloha, Members and Friends of Taishoji,

Last month, we had the Hanamatsuri Service two times to celebrate Buddha's birthday. The first Hanamatsuri Service was held at the Sangha Hall sponsored by the BIBF (Big Island Buddhist Federation) on April 1. Since our temple was the host temple, we had to prepare everything. I was thinking that about 100 people would come to the service. But in fact more than 180 people came!! I was really surprised. I made 150 programs, and all the programs were gone. We were worried that there would not be enough saimin for all participants. Fortunately, we had enough saimin and we received lots of good comments from many people. The BIBF Hanamatsuri ended as a big success. We couldn't have succeeded hosting the event without our members and other temple member's help. I really appreciate their cooperation.

The second Hanamatsu Service was held at Taishoji on April 8. On that day, I displayed these eggs of the picture. These are called "Dream Egg." It is like a time capsule. Some Sunday School members and I made the eggs in time for Easter. We put some photos, toys, mementos and a letter for our future self into the eggs. Zen Buddhism teaches us to live for the moment. So I'd like the members to cherish every moment of their life. The dream egg is one way we can save a moment of our life. In the future, when they open the egg, I hope that they remember their past feeling and become a person who loves themselves even more. These are the gifts to their future self. Are you interested in the Dream Egg? If you want to make it, please join our Sunday School Service!!



**Sunday School Members and Dream Eggs**

In Gassho,  
 Rev. Shinsho Hata

## **BUSSHIN KAI**

### **Why Was the First World Buddhist Council Called After the Buddha Died?**

Before he died the Buddha taught his students well. His emphasis on self-reliance left the sangha in good shape. He had left behind his teachings, the dharma, and the sangha knew the dharma would guide them if they followed it.

However, shortly after the Buddha's death, one of the newly ordained Buddhist monks, Subhadda, rebelled. He suggested that now that the Buddha was gone---the one who oppressed them by telling them how to do this, how to do that---they had the freedom to do whatever they desired. They had the freedom to choose.

One of the Buddha's greatest students, the Venerable Mahakassapa became very upset at Subhadda's statement. He decided that a council should be called to recite aloud all of the Buddha's teachings. He knew well that if they did not establish the Buddha's teachings soon, it would not take long for all to be corrupted and lost.

### **The First Council: The Council At Rajagriha**

Three months after the Buddha's passing into paranirvana, five hundred senior monks gathered together at Rajagriha in what has come to be known as the First Council. Rajagriha was the capital of Magadha, which was one of the four great kingdoms (including Kosala, Vansa, and Avanti) in ancient India. Their hope was that they would be able to establish the Buddhist rules and create the definite teachings of the Buddha.

Ananda and Upali each took on a special task at the council. Ananda as the longtime companion of the Buddha, was responsible for the recitation of the Buddha's teachings. It was felt that since he had spent so many years by the Buddha's side, he would have heard the teachings most frequently. Upali was given the task of setting forth the rules of discipline for the sangha.

Each of the arhats ("worthy ones," ones who have attained an enlightened mind and are free of desires and cravings; ones who have nothing more to learn and have absorbed all of the Buddha's teachings) recited the teachings, examining the words to ensure they were accurate. They recited them over and over again, and each repetition was checked over to make sure they all agreed that it was correct. The meanings and accuracy were debated, and before being finalized, each recitation was approved by the council at large. When the members agreed that a teaching had been captured correctly, they recited it together and it was approved. The First Council lasted seven months.

The members of the council carried the memorized teachings away with them to all parts of the country, wherever the disciples of the Buddha were to be found. Thus, the oral tradition of passing on the Buddha's teaching was established and remained so for many hundreds of years. It should be noted, however, that although it would seem great effort was made to orally record the exact words of the Buddha, due to language differences, local dialect variances, and the possible potential for error that exists in all oral transmissions, it cannot be said without doubt that what we have today are the words of the Buddha himself. --- WT

## **SUNDAY SCHOOL**

Students and parents and others: please continue to enjoy the wonderful springtime and cherish the time spent in our Temple on Sundays. The Gathas we sing express the wisdom and happiness of our Zen Buddhist religion. It is our firm belief in nature and the Four Noble Truth that guides all our lives.

Sunday School will be observing Boys Day or Children's Day here in Hawaii on Sunday, May 6 at 9:00 am.

## FUJINKAI

Aloha Fujin Kai members and friends!  
April was a busy month with the BIBF Hanamatsuri Service at the Sangha Hall, the Taishoji Hanamatsuri Service, and the UHSSWA Conference in Kona.

At the Sangha Hall, our Fujin Kai served saimin for about 150 people and Boy Scout Troop 95 served shave ice. Both were a big hit. Thank you for your hard work!

Our own Taishoji Hanamatsuri Service/ Kannon-ko/ Toba Kuyo was well attended and the delicious lunch was well appreciated. Mahalo! The United Hawaii Soto Shu Women's association's 53rd annual meeting was held on April 14 & 15 at Kona Daifukuji Temple and the King Kamehameha Hotel with a total of 93 participants. There were 15 members from Taishoji in attendance. It was a great success especially with the effort of the UHSSWA President, our very own, Linda Matsushita! Our kakuma & takuwan were sold out. Thank you for attending the conference. Otsukare sama deshita! And for those who could not attend, thank you for helping with the prep work, especially for your tireless work of kakuma picking, boiling and peeling. Thank you for sending us your positive energy. Arigato Gozaimasu!

We had to cancel our April Fujin Kai meeting due to the Conference, but the May meeting will be held as planned at 1:00 p.m. Sunday May 6th. Please attend if you can. Friday, May 4th is the day of our hospital visit. We will be meeting at 9:30 a.m. at Hale Anuenue on Waianuenue Avenue. The next time we will be serving lunch is for the Kaisanki/Rekijuki/Kannon-ko Service on June 3rd. This service is sponsored by Taishoji Baikako. We will need help to prepare for the luncheon on Saturday, June 2nd at 8:30am.

In Gassho,  
Yoko Gussman, Taishoji Fujin Kai President



### BIBF MEMORIAL DAY SERVICE at VETERAN'S CEMETERY #1 in HILO

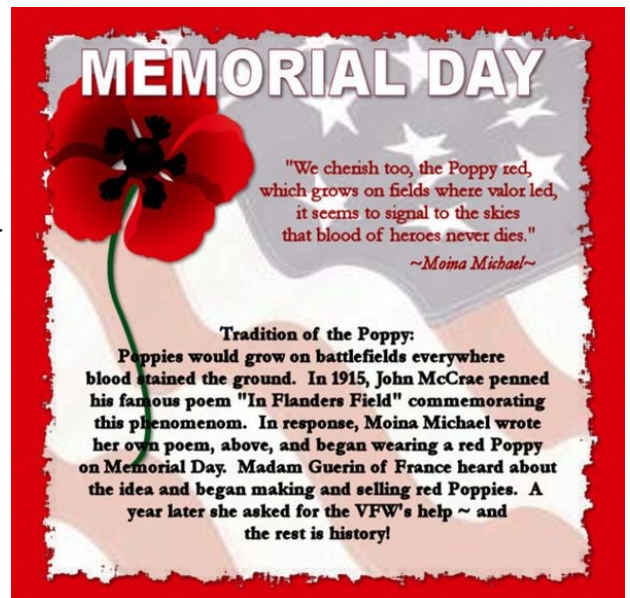
On Monday, May 28 at 9:45 am there will be a Veteran's Day Service to honor the men and women who died while serving. The service will be held at Veterans Cemetery #1 at the pavilion located on the Veterans Cemetery grounds. The BIBF is responsible for the

Buddhist portion of the service. Rev. Shinsho Hata is the Toban minister for 2018 and will be leading the Buddhist service with ministers from other temples from Hilo. If you are able, please attend this very touching service to honor our fallen hero's.

Memorial Day or Decoration Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday, which is currently observed every year on the last Monday of May, will be held on May 28, 2018. The holiday was held on May 30 from 1868 to 1970.

Many people visit cemeteries and memorials, particularly to honor those who have died in military service. Many volunteers place an American flag on each grave in [national cemeteries](#).

Memorial Day is not to be confused with [Veterans Day](#) – Memorial Day is a day of remembering the men and women who died *while* serving, whereas Veterans Day celebrates the service of all U.S.



**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](http://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 \_\_\_\_\_

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BIBF HANAMATSURI - Harry Fuke



ZAZEN - Rev. Shinsho Hata



SOFTLY BLEW THE BREEZES - Rev. Tomioka & Rev. Hata



GUEST SPEAKER - Ms. Akiko Masuda



TAISHOJI TAIKO



HANAMIDO

### MAY 2018 TAISHOJI SCHEDULE

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

### 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
<b>NOTE: Morning Zazen Cancelled when no Sunday School</b>		
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 JUNE 2018 TAISHOJI SCHEDULE

2	Sat	7:00 am	Temple Cleaning Group # 5
3	Sun	10:00 am	Kaisanki Rekiju-ki Kannon-ko Service ( Baikako Deceased Members Service)
<b>9</b>	<b>Sat</b>	7:30 am <b>1:00 pm</b>	Temple Cleaning Group # 1 <b><i>Kyodan Meeting</i></b>
<b>10</b>	<b>Sun</b>	<b><i>No Sunday Zazen or Sunday School until Sunday, September 2<sup>nd</sup></i></b>	
16	Sat	7:00 am	Temple Cleaning Group # 2
23	Sat	7:30 am	Temple Cleaning Group # 3
<b>24</b>	<b>Sun</b>	<b>9:30am</b>	<b><i>Daifukuji O-Bon Service</i></b>
30	Sat	7:00 am	Temple Cleaning Group # 4

### SCHEDULE CHANGES FOR JULY & AUGUST

***Saturday, July 14<sup>th</sup> 1:00 pm - Kyodan Meeting***  
***Saturday, August 4<sup>th</sup> 7:15pm - Bon Dance***  
***Sunday, August 5<sup>th</sup> 9:00 am - O-Bon / Toba Kuyo / Hatsubon Service***  
***Sunday, August 5<sup>th</sup> 5:00 pm - Toro Nagashi at the Wailoa Boat Ramp***