



HAKUHO

Taisho-ji 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



NOVEMBER 2018

MINISTER'S MESSAGE



Aloha, Members and Friends of Taishoji,

On October 7th, I performed Darumaki Service. Darumaki is a memorial service for Bodhidharma. Bodhidharma is the 28th Indian patriarch in a direct line of transmission from the Buddha. During the service, I introduced one of Bodhidharma's stories. This is a famous story so you might know it already.

Long ago, a serious monk was doing Zen practice under Bodhidharma. His name was Shenguang. Shenguang had trouble with his mind. He always felt anxiety. He tried to do Buddhist practices to remove his anxiety, but he couldn't eliminate it. One day, Shenguang told his trouble to Bodhidharma. "Bodhidharma, I want your guidance with my problem. My mind is very troubled. Can you make it be at peace?" Then Bodhidharma said, "Yes, show your mind to me, then I'll pacify it for you." Then Shenguang thought about it, but he couldn't understand. Shenguang said to Bodhidharma, "I can't take my mind out, nor show it." After that Bodhidharma said to Shenguang with a smile, "Shenguang, if you cannot show your uneasy mind to me, your mind has already been pacified." After Shenguang heard this from Bodhidharma, Shenguang realized his mistake and became a great monk. This is the end of the story.

In this story, did you understand the meaning of what Bodhidharma said? There are some different opinions, but I'd like you to learn two things from this story.

1. To realize that a mind of anxiety is always created by oneself.

In this story, Shenguang realized the source of his anxious mind from Bodhidharma. Bodhidharma said to Shenguang, "Show your mind to me." But Shenguang couldn't take his mind out.

Continued on next page

I'd like to ask you, can show your mind now? Can you take your mind out in front of you? Nobody would be able to show the mind.

In other words, we are always disturbed by our own thoughts and feelings, but nobody can see and touch them. Because our mind is created by ourselves. It is an untouchable thing. If we can show our mind, we could fix it or replace it with a new one, but it is impossible to have it fixed by others. That's why, Bodhidharma intentionally said to show the mind which cannot be shown and Shenguang was able to realize that the mind of anxiety was like an illusion which was created by himself. After that Shenguang's anxious mind disappeared and he became a great monk.

2. By living in the moment, the mind of anxiety will not exist.

I think that this is an important thing which Bodhidharma wanted to teach. If I ask you to please look at my first finger, what will you do? You will look at my first finger, right? Next, if I ask you to please lift your arms to stretch out, what will you do? You will lift your arms to stretch out, right?

In the same way, if we focus on only the present moment, we just do something without thinking. At that moment, the mind of anxiety will not exist. This is a very important point in Zen practice. It is to do only one action in each moment carefully. At that moment, there is no room for anxiety in your mind.

Probably, Bodhidharma wanted to teach this to Shenguang and the people of China through Zazen. That's why, if you feel anxiety in your daily life, please stop thinking and take a deep breath. At that moment, your mind will naturally calm down, the mind of anxiety will disappear. Then please cherish the sensation and live your daily life calmly. This is daily life with Zen. Zen practice is not difficult. It is just to do only one action in each moment carefully. Please remember these ideas and let us use Zen practices in our daily life.

In Gassho,
Rev. Shinsho Hata

PRESIDENT'S MESSAGE

We have a new organization at Taishoji which started about 3 weeks ago. They are **Cub Scout Troop 95** ranging in age from (5–10 years old). We also have a **Boy Scout Troop 95** ranging in age from 11-18 years of age. They have been a part of Taishoji for about 3 or more years now and is a big help to us during our Bon Dance, Toro Nagashi & Annual Temple Cleaning.

If there are any children or teenagers interested in joining either of these organizations, please call Derrick Izumo at 936-1124. Other new activities are **Yoga & Go** instructed by Gregory Morriral.

The movie **Canta Timor** was shown at Taishoji with the **Film Director Natsuko Hirota & Music Director Sadamu Komukai present.**

"Canta! Timor" was filmed in East Timor, just after its independence.

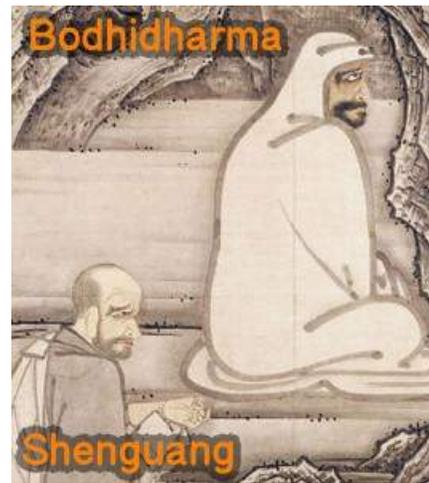
It tells how the Timorese (Indonesians) kept their music and forgave their enemies in order to obtain their independence, in a cruel situation during 24 years of the military attack.

Simple but beautiful songs are impressive, that leads the entire story.

Including valuable interviews of the local people, guerrillas, and the their first President, Xanana.

If you are interested in seeing this very touching movie, we can schedule a date to view it together.

In Gassho,
Rodney Nishino



Taishoji Zen Retreat 2018

Taishoji Zen Retreat will be held on November 24, 2018

Time: 9:00am - 3:00pm

Cost: Donation

Place: Taishoji Soto Mission

Needs: Your own vegetarian lunch and comfortable clothes

Schedule:

8:30 a.m. Arrive and settle in

9:00 Greeting / Introductions

9:05 How to sit in Zazen

9:20 Zazen (25 minutes)

9:45 Kinhin (Walking Meditation)

9:55 Zazen (25 minutes)

10:20 Restroom Break

10:30 Morning Service

10:50 Shakyo / Shabutsu

(Sutra copying & picture tracing)

11:50 Lunch in Silence

***Please do not wear shorts or tight clothing, such as spandex and fragrance.**

Please register by Nov 17, call 935-8407 or email hilotaishoji@gmail.com



12:30 p.m. Tea ceremony

1:00 Dharma Talk

1:20 Yoga

1:40 Restroom break

1:50 Zazen (25 minutes)

2:15 Kinhin (Walking Meditation)

2:25 Zazen (25 minutes)

2:50 Group Photo in Zazen hall.

3:00 Clean-up

BIBF BODHI DAY SERVICE

The service will be held on Sunday, December 2, 2018, at Honpa Hongwanji Hilo Betsuin Sangha Hall at 9:00 a.m. To commemorate Buddha's enlightenment.

After the service, Mr. Koki Takehara, Japanese calligraphy artist will provide his live performance with a huge brush. The BIBF consists of five Buddhist temples in Hilo. Taishoji is the toban temple this year.

Everyone is welcome to attend, and we look forward to seeing you at the service!

Sponsored by the BIBF (Big Island Buddhist Federation) Hosted by Taishoji Soto Mission.



FUJIN KAI

Aloha members and friends of Fujin Kai,

I hope you are in good health and spirit. We have some changes to announce for November.

For the planned hospital visitation, we will be meeting at **Hale Anuenu** on Friday, November 9th at **9:30 a.m.** (not at Adult Day Care Center at 9:00 a.m.). Mahalo.

Our November Fujin Kai meeting will be held on the **second Sunday, the 11th at 1:30 p.m.** (not 1:00 on the first Sunday) **November 4th**. We will be discussing upcoming December Jodo-e Services etc.

BIBF Jodo-e Service is **December 2nd at 9:00 a. m.** at the Sangha Hall, and Taishoji Jodo-e Service is **December 9th at 9:30 a. m.**

Thank you very much for your continued support!

With best wishes in Gassho,
Yoko Gussman

BUSSHIN KAI MESSAGE

Thank you, to all who graciously served Taishoji in its services and special activities recently. We give thanks to Rev. Shinsho Hata, Rev. Shinryu Hoshino and Lay Temple Assistant Jigaku Takenouchi for leading our religious gatherings. We offer great aloha to the hard-working men and women who helped make the Toro Nagashi turn-out so well. The Taishoji Taiko, the Taishoji Baika (Pilgrims Bell Choir), the Troop 95 Boy Scouts, and our hard-working Toro Nagashi naval fleet Howard Kawabata, Masayoshi Onuma, Michael Watanabe, Richard Villanueva and others.

For our Daruma-ki Service, we give much love and appreciation to the three excellent lady chefs, Yoko Mizuno Gussman, Yuko Tsukamoto and Michelle Tomono, who prepared a wonderful, vegetarian luncheon for us. That's Zen cooking!

If you have never joined us at services yet or partake in the best healthy food meals in town, make plans to come ASAP for your mind, health and stomach.

Remember, the Busshin Kai is the Pure Hearts Society, made up of the most dedicated and permanent disciples of Lord Shakyamuni Buddha. Most of us are in the leadership roles of Taishoji's various organizations. We want to give back to the temple for the many years of compassion and peaceful joy.

And you, can too. Please consider becoming a permanent member of Soto Zen Buddhism by going into our Lay Confirmation Program. Call Rev. Shinsho Hata (935-8407).

Remember Steve Jobs of Apple, Inc., was a Soto Zen Buddhist all his adult life in California. Look at what he did for the world!

In Gassho,
Walter Tachibana

SUNDAY SCHOOL NEWS

Children are the peace-makers of our future. With the teachings of history and common sense mingled with reason, Zen Buddhism is the Way! Please come with the young ones to sing and enjoy our beautiful Sangha and kindness.

TAISHOJI PARKING DECALS

Members who did not pick up their parking decals yet may pick them up at the Temple. Just ask Rev. Shinsho Hata or Walter Tachibana. Or, you can have Walter mail your decal with your next Hakuho Newsletter. Call 959-9374 and leave your message. It helps us control our private parking lot and your car won't be towed away.

Walter Tachibana

OUR RED ARMOR AND HELMET ARTIFACTS

If you know the background story of Taishoji's old **Samurai Red Armor and Helmet**, please quickly share it with Rev. Shinsho Hata (935-8407) and Walter Tachibana (959-9374). It will be on loan to the Hawaii Japanese Culture Center in Hilo for display.

NEW ACTIVITIES AND CLASSES AT TAISHOJI

YOGA

On Monday nights, from **5:30 pm to 6:00 pm** prior to Zazen, we will be having a short **Yoga Session** led by **Gregory Morrival**. These sessions will consist of a combination of breathing techniques, self massages and stretches.

Gregory has been a yoga instructor for nearly 5 years and his yoga techniques are from a Buddhist lineage of yoga in Thailand known as Ruesi Datton. Loosen up and get comfortable for a Zazen session. No mat necessary and it can also be done in a chair. Come early, space is limited.



GO

Thursday from **5:30 to 7:00 pm** we will be hosting a **Go Club**. Come play this game of strategy and intellect. (Go is an abstract strategy board game for two players, in which the aim is to surround more territory than the opponent. The game was invented in China more than 2,500 years ago and is believed to be the oldest board game continuously played to the present day).

This game is great for all ages from children to grandparents and will strengthen your mind power, and have you thinking in new ways. The club is just starting, so is small now, but we have enough equipment to accept new members.

Questions? Please call Rev. Shinsho Hata at 935-8407.



Game of GO

HOME AT LAST

I AM HOME AT LAST IN NIRVANA
OH, SO HAPPY AND AT PEACE;
WITH ENDLESS JOY AND HARMONY HERE
AMPLE FOOD AND SHELTER, TOO.

ALL THE PAIN AND SORROW'S GONE,
ONLY HAPPINESS AND BELOVEDS ARE HERE;
I SIT BEFORE LORD SHAKYAMUNI BUDDHA,
TO MEDITATE IN MY NIRVANA HOME AT LAST

WISDOM WORDS

This is my simple religion. No need for temples. No need for complicated philosophy. Your own mind, your own heart is the temple; your philosophy is simple: kindness. -- Dalai Lama

I would believe any religion that could prove it had existed since the beginning of the world. But when I see Socrates, Plato, Moses, and Mohammed I do not think there is such a one. All religions owe their origin to man. --- Napoleon Bonaparte

The way to by faith is to shut the eye of reason --- Benjamin Franklin

Once miracles are admitted, every scientific explanation is out of the question. --- Johannes Kepler

NOVEMBER 2018 SCHEDULE

| | | | |
|-------|-----------|----------|--|
| 3 | Sat | 7:00 am | Temple Cleaning Group # 1 |
| 3 & 4 | Sat & Sun | | Aiea Taiheiji 100th Anniversary Celebration |
| 9 | Fri | 9:30 am | Fujin Kai Hospital Visitation (Hale Anuenue) |
| 10 | Sat | 7:00 am | Temple Cleaning Group # 2 |
| | | 1:00 pm | Kyodan Meeting |
| 11 | Sun | 9:00 am | S/S / Family Service |
| | | 11:00 am | Veterans Day Service / Veterans Cemetery #1 (Taishoji is Toban for Buddhist Service) |
| | | 1:30 pm | Fujin Kai Meeting |
| 17 | Sat | 7:00 am | Temple Cleaning Group # 3 |
| 18 | Sun | 9:00 am | S/S / Family Service / Keizan Zenji Birthday |
| 24 | Sat | 7:00 am | Temple Cleaning Group # 4 |
| 25 | Sun | 9:00 am | S/S / Family Service |

TAISHOJI ZAZEN / TAIKO / SCOUTS SCHEDULE

| | | |
|--------------------|---------------------------|--------------------|
| Zazen | Monday | 6:30 pm - 7:30 pm |
| Taiko | Sunday | 11:00 am - 1:00 pm |
| | Tuesday, Thursday, Friday | 5:00 pm - 7:00 pm |
| Cub Scout Troop 95 | Wednesday (twice monthly) | 6:00 pm - 7:30 pm |
| Boy Scout Troop 95 | Wednesday | 7:15 pm |

TENTATIVE DECEMBER 2018 SCHEDULE

| | | | |
|-----|---------|-----------------|--|
| 1-8 | Sat-Sat | 6:30 am-7:30 am | Rohatsu Sesshin (Zazen Session) |
| | | 7:00 am | Temple Cleaning Group # 1 |
| 2 | Sun | 9:00 am | BIBF Bodhi Day Service (Hilo Honpa Hongwanji Betsuin) (Taishoji Toban) Refreshments needed |
| 8 | Sat | 7:00 am | Temple Cleaning Group # 2 |
| | | 1:00 pm | Kyodan Meeting |
| 9 | Sun | 9:30 am | Taishoji Jodo-e / Kannon-ko / Toba Kuyo Service (Kyodan) |
| 15 | Sat | 7:00 am | Temple Cleaning Group # 3 |
| 16 | Sun | 9:00 am | SS / Family Service |
| 22 | Sat | 7:00 am | Temple Cleaning Group # 4 |
| 29 | Sat | 7:00 am | Temple Cleaning Group # 1 |
| | | 8:00 am | Kadomatsu Making Day |
| 30 | Sun | 8:00 am | Mochi Tsuki Day |
| 31 | Mon | 11:30 pm | New Year's Eve Joya no Kane Service (Ringing of Temple Bell 108 Times) |

TAISHOJI WELCOMES OUR NEW MEMBER TO OUR SANGHA

Mr. Gregory Morrical

Members, when you see Mr. Gregory Morrical, please introduce yourselves to him. He joined our Sangha in September. Welcome him to our Sangha for activities and fellowship. He is currently a member of our Zazen Group.