

KONA HONGWANJI BUDDHIST TEMPLE



E - JIHO
OCTOBER 2018



Theme & Slogan 2018: Embrace Change: Harmony (Accept Differences)

KYODAN MANJU FUNDRAISER

Manju Making Saturday, October 27, 2018 at 7:00 a.m.

Volunteers needed few hours or all day

Deadline to Order ----- Friday, October 12, 2018

Manju Pick-up ----- Sunday, October 28, 2018 – 8:00 am to 12 noon

NO SUNDAY SERVICE ON October 28, 2018

EITAIKYO SERVICE

Sunday, November 4, 2018 at 9:00 a.m.

Speaker: Mr. Piper Toyama, President, HHM of HI

English Service only ----- No Japanese Service

Eitaikeo or Perpetual Memorial Service is a Japanese Buddhist Observance. It is a memorial service to pay tribute to predecessors. This service is dedicated to all those who lived and died as Buddhist in due respect to their contributions to the growth of the local sangha. It is an opportunity to express gratitude to the Buddha, Dharma and Sangha.

Effective October 2018, monthly **Joint Birthday/Memorial Service** will be on hold until further notice. Please call the church office at 323-2993 to schedule private Memorial Services.

The “**Burning of Religious Articles**” scheduled for Sunday, October 21, 2018 is cancelled. Please do not bring any articles to the church.

IN CASE OF EMERGENCY - Joseph Gusman at 987-9900; 324-0708; or 896-4988.

To schedule services or activities, call the church office at 323-2993 Monday thru Friday – 7:30 a.m. to 4:00 p.m. Closed on weekends and holidays. If unable to contact the office clerk, leave a message on the answering machine.

E-MAIL ADDRESS: Church – konahongwanji@twc.com

OCTOBER

6 Saturday ...	7:00 AM ...	Cub Scouts Pancake Breakfast & Silent Auction
7 Sunday ...	9:00 AM ...	English Family Service
12 Friday ...	8:30 AM ...	Senior Activity Program
14 Sunday ...	9:00 AM ...	English Family Service
21 Sunday ...	9:00 AM ...	English Family Service
27 Saturday ...	7:00 AM ...	KHBT Fundraiser Manju Making
28 Sunday ...	-----	NO SUNDAY SERVICE
	8:00 AM to 12 PM ...	KHBT Fundraiser Manju Pick-Up

NOVEMBER

4 Sunday ...	9:00 AM ...	Eitaikyo Service
	-----	Judo Club Fishing Tournament
9 Friday ...	8:30 AM ...	Senior Activity Program
11 Sunday ...	9:00 AM ...	English Family Service
17 Saturday ...	-----	Annual Wall Washing
18 Sunday ...	7:30 AM ...	Annual General Clean-Up
25 Sunday ...	-----	NO SUNDAY SERVICE
29 Thursday ...	10:00 AM ...	Preschool Program Rehearsal

CUB SCOUTS & BOY SCOUTS

EVERY MONDAY CUB SCOUT PACK 12 MEETING AT 5:00 PM
EVERY WEDNESDAY & THURSDAY CUB SCOUT PACK 12 MEETING AT 5:00 PM EXCEPT 1ST WEDNESDAY
EVERY TUESDAY BOY SCOUT TROOP 59 MEETING AT 7:00 PM

TAIKO PRACTICE

EVERY TUESDAY ADULT'S TAIKO PRACTICE AT 6:00 PM
EVERY THURSDAY TAIKO PRACTICE AT 5:30 PM
TAIKO MEETING EVERY 2ND THURSDAY IN THE SOCIAL HALL AT 6:45 PM

JUDO PRACTICE

JUDO CLUB MEETING EVERY 1ST WEDNESDAY IN SCOUT ROOM
EVERY MONDAY AT 7:00 PM NIGHT CLASS
EVERY WEDNESDAY AT 6:00 PM NOVICE; 7:00 PM NIGHT CLASS
EVERY THURSDAY AT 7:00 PM KATA CLASS
EVERY FRIDAY AT 6:30 PM ADULT ONLY

IKEBANA

EVERY 2ND SATURDAY AT 9:00 AM IN THE SCOUT ROOM

MEMORIAL SERVICES FOR OCTOBER and NOVEMBER, 2018

First Year (2017)	October	17	MITSUO HASEGAWA
	November	15	ASAYO SHIRAI
		21	WALTER HIROJI NAKAYAMA
Third Year (2016)	October	1	MISAE CLARA TOKUNAGA
		7	KIKUYE KADOHIRO
		17	CHIYOKO KAWASAKI
	November	5	BERNICE ETSUKO YOSHIDA
Seventh Year (2012)	October	27	NORIKO TADOKORO
	November	5	KANEYO HIGASHI
		11	GUY TOYAMA
		11	SATOSHI IWASAKI
Thirteenth Year (2006)	October	4	TAEKO UCHIMURA
		25	EISHO MATSUMOTO
		28	YOSHIO HARANO
	November	6	STANLEY NOBORU NAGATA
		16	MOTO NAKASONE
		19	SAYOKO MURAI SAKATA
Seventeenth Year (2002)	October	11	SUMIE OMORI
	November	1	SUEKO HARANO
		1	SUE ANN SHIGEKO HORIBATA
		5	MILDRED YOSHIKO DOHI
		10	ALBERT MASAO MORIGUCHI
		22	YUICHI NAKAMURA
Twenty-Fifth Year (1994)	October	6	MASAO TAKIMOTO
		16	KATSUTO TANIYAMA
		23	JAMES MASATO TANAKA
	November	1	TOSHIKO INOUE
		20	KAZUO FUKUSHIMA
Fiftieth Year (1969)	October	5	KAICHI MASUTOMI
		11	MINORU OSHIMA
	November	1	TOJU UCHIMURA
		3	SHIGEMATSU OMORI
		14	JAY YOSHIO KANEKO
		21	HAROLD YAMASAKI

FOR YOUR INFORMATION

By Mary Katayama

Mahalo Rev. Bruce: Attendance at Sunday Service on September 9, 2018 was well attended as members gathered to say goodbye and thank you to Rev. Bruce for the past 4 years as our resident minister. Rev. Bruce is assigned to the North Hawaii Four Temples effective September 16, 2018. **Arigato Rev. Bruce.**

Manju Fundraiser: Your help is needed on Saturday, October 27, 2018 for manju making. We start at 7:00 a.m. until all manju is baked and packaged to be sold on Sunday, October 28th. Additional order forms can be picked up at the church

HEADQUARTER'S UPDATE

JINJI – MINISTERIAL ASSIGNMENTS

• • **REV. BRUCE NAKAMURA**, currently serving at Kona Hongwanji Mission as its Resident Minister, will be assigned to Honokaa Hongwanji Mission as its Resident Minister as well as Kamuela Hongwanji Mission, Kohala Hongwanji Mission, and Paaulo Hongwanji Mission as their Oversee Minister as of September 15, 2018.

LIFE IS THE PATHWAY...

by Bruce Nakamura

1. Life is the pathway and shared-journey of curiosity, learning, growth and mature awakening. One of the most joyful aspects of that human journey is our inter-related connection to all life in discovery and awakening to the Dharma of Great Love, Kindness and Compassion - its source - Light and Life without limit.
2. The harder truth or life's realities is that everyone experiences pain. The good news is that dependent on how we respond to how that pain is handled, we don't have to be its victim. Instead, we can apply said life lessons for a more creative and purposeful life-journey shared with others.
3. Every encounter with the Dharma can arouse Shin Buddhist reflection in ways that connect us to Great Love, Kindness and Compassion. A gratitude and deep joy arise with a natural desire to repay it forward in one's distinct and unique way. This can also be evoked together in Sangha. When we reflect upon the depths of our frail self-centeredness, arising together is our amazing spiritual source - Great Compassion that dynamically flows in all reality. On life's pathway of life and death, we are already settled, assured in the Single-Mind, the Entrusting Heart of Great Compassion - "Namo Amida Butsu". How gracious and amazing!
4. As long as we have our minds, let us think for ourselves. Don't repeat habits blindly assumed by repetitious behavior without questioning "Why?" One of the most amazing qualities that characterize the human mind is a remarkable awareness and spiritual openness to possibilities up to the very moment we conclude that human life.
5. Every tradition or lineage has its distinct pathway that speaks to its wondrous spiritual source of Love and Awakening. There is no one tradition superior or inferior to another. The Shin Pathway is the gracious journey of Great Compassion fitting all beings now far removed from the Life-Teachings of the historical Buddha. Na Mo A Mi Da Butsu, Na Man Da Butsu, Na Man Da Bu...

CUB SCOUTS PACK 12

All You Can Eat Pancakes & Silent Auction

Saturday Oct 6th, 7:00am - 11:00am (Hongwanji Social Hall)

Mark your calendars!!! Plan to have a DELICIOUS Pancakes & things breakfast with us. Don't forget to bid on our silent auction items. We will also have a small rummage sale.

Donations - **We depend solely on the generosity from the Community businesses and individuals so any donation either merchandise or monetary towards our Pancake Breakfast and/or Silent Auction fundraiser will be greatly appreciated.**

This event raises "Seed" monies for our Cub Scout Pack to pay for Scouts dues, leadership dues (**this year National BSA has doubled our dues. which means we will pay up to \$2,700.00 in dues alone**), books, training and supplies. Our yearly Activities include the following:

- * Kokua O Puna – Collection Stations @ KTA Keauhou & KTA Kailua Kona
- * Collection of food for the Hawaii Island Food Bank
- * Christmas Caroling (Hualalai Regency)

- * Aloha Council Rocket Day & Cub Day Camps
- * Aloha Council Island wide Makahiki
- * Day Camp Old Airport Picnic
- * Winter Camp Mac Farms Kapua beach
- * Participation – Kamehameha Day Parade & Kona Coffee Parade
- * Den Leader training
- * Feeding clients at Sober House

All these expenses are for our Cub Scouts. We are one of the few organizations that offer a 12 month, “All Year” around program.

Ticket cost is \$8.00. Children 4 and under are free. Our Scouts are out in the community “Doing their Best” to sell tickets. Some scouts will be selling at KTA Keauhou on Friday, Saturday and Sunday's in the month of September.

Please contact Lynn Gusman at 896-4987 to purchase Breakfast tickets or to make a donation.

Capt Cook Fire station Visit

Pack 12 was treated to a guided tour of the Capt Cook Fire station. Thanks to Fire Capt Kel Kunitomo, along with his crew. Cub Master Glenn arranged with Fire Capt Kunitomo for a “GO SEE IT” event. The purpose of this activity is to have the boys learn that people work in the community to protect them and keep them safe. The firemen were happy to show the scouts their facility, where they sleep, eat and exercise. At the time of our visit there was a brush fire up above Hokukano Ranch and a majority of the fireman from the station was busy fighting that fire. Capt Kunitomo asked for one of scouts to volunteer so that they could demonstrate how they would treat a person if they were in a car accident. Scout Tate Basque was their patient. They placed him on a rescue board, secured his neck first then his body to the board. The scouts were question what would they do in an emergency. Who do you call (911), what do you tell the dispatcher. At the end of our visit the scouts had a chance to check out the Tanker (from Waikoloa) that had returned from the brush fire. Hmmm possible future firemen in the making. We ended the visit with a special healthy prepared by the Tiger Cub den.

Honaunau School Meet & Greet

Cub Master Glenn ventured to the Honaunau School's meet and greet night to recruit new boys. Several parents have showed interest and will stop by at our meeting to check us out.

Pack #12 excepting boys and girls between Kindergarten and 5th grade. We are having a great time and keeping very busy. If anyone is interested in joining please call Glenn Hirowatari 322-2278. Meetings are Mondays from 5:00 pm to 6:00 pm. Extended days Wednesdays & Thursdays at 5:00 pm to 6:00pm.

Upcoming Events:

Sept – Induction Night
 Oct 5 – Friday Prep for Pancake Breakfast
 Oct 6 - “All You Can Eat Pancakes & Silent Auction Fundraiser”
 Oct 19 –20 Cub-o-ree Overnighter Honokaia
 Oct 29 – Halloween Trunk or Treat

ACKNOWLEDGEMENTS

Yasunori Deguchi, Hatsubon Service
 Rev. Kevin & Dayle Kuniyuki
 Mr. & Mrs. Bert Maedo, O-Bon
 Guy & Lorraine Nagai
 Mr. & Mrs. Takeo Nakasone, Social Concerns
 Jayne Omori
 Melvin Kunitake, Use of Facilities

SPECIAL DONATIONS

Acknowledgements Continued:

Yooko Moriguchi, Jiho
Earl Ogata
Mr. & Mrs. Shizuya Sakata, Cemetery Bon Service, English Family Service & Dharma School
Jeanette Tomono, In Memory of Koshi Tomono
Nobuko Aoki, In Memory of Kiyoshi Nakamura's 3rd Year Anniversary
Yoshiko Kadooka, Jiho
Kamuela Hongwanji Mission, Taiko Group

Total - \$980.00

MEMORIAL SERVICES

Yasunori Deguchi, 17th Year Memorial Service for Helen Deguchi
Chizuko Nakamura, 3rd Year Memorial Service for Kiyoshi Nakamura
Barbara Uechi, Funeral Service & Related Expenses for Fred Uechi
Ilyn Ferreira, Funeral Service & Related Expenses for Hatsuko Shiraishi
Mr. & Mrs. Carl Matsubara, 25th Memorial Service for Shigeru Matsubara
Toshiharu Sato, 17th Year Service for Kazuma Sato
Jeanette Tomono, Funeral Service & Related Expenses for Koshi Tomono

Total - \$2,225.00

HAKASOJI and NOKOTSUDO

Mae Harano
Nancy Katayama
Yooko Moriguchi
Yoshiko Kadooka
Mr. & Mrs. Sadamu Koba
Phyllis Nakamura

Makoto Harano
Mr. & Mrs. Earl Matsuyama
Danny Nozaki
Mark Thrift
Karen Kobayashi

Paul Fukunaga
Delna Komo
Elaine Okura
Hiroshi Fujino
Matsuko Matsuda

Total - \$510.00

SEPTEMBER SUNDAY SERVICES

Total - \$926.00

CAPITAL FUND

Suga Suzuki
Nancy Katayama

Mae Harano
Mr. & Mrs. Nathan Chong

Makoto Harano
Mark Thrift

HAWAII KYODAN DUES

Mae Harano
Mr. & Mrs. Earl Matsuyama

Makoto Harano
Mark Thrift

Nancy Katayama

Community Health

Preventing Falls

Brought to you by KTA Superstores Pharmacies

By: Tia Medeiros, Daniel K. Inouye College of Pharmacy Class of 2018

Every 20 minutes, a senior citizen in the United States dies from a fall and many are injured and hospitalized. Here are a few things that may help to prevent falls:

- Use a cane or walker to help you walk if you have balance problems.
- Wear rubber-soled shoes to prevent yourself from slipping.
- When indoors do not wear socks or slippers as they can get caught on something and cause you to trip and fall.
- Make sure your house is well lit so you can see what is in front of you.
- Keep your house clutter-free and make sure there is not any loose carpeting or rugs.
- If you are on blood pressure, pain, or sleep medications, make sure to get up slowly when seated or laying down.
- Get an annual eye checkup. Making sure you have healthy vision may help you to see anything that may cause you to fall.
- Drink less alcohol. Drinking too much alcohol can cause you to fall by making you dizzy, affecting your balance, and slowing your reflexes.
- Do these exercises to strengthen your muscles to improve your balance and help to prevent falls. While holding the back of something sturdy like a chair or counter:
 - Stand on one leg at a time for one minute and try to balance.
 - Stand on your toes for 10 seconds and rock back to your heels and hold for 10 seconds.
 - Make a big circle to the left, then to the right with your hips. Try not to move your shoulders or your feet. Repeat this exercise 5 times.

<https://www.cdc.gov/steady/patient.html>

<https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/>

<https://www.bones.nih.gov/health-info/bone/osteoporosis/fracture/prevent-falls-ff>