

Monthly Newsletter

January 2025
Vol. XLIV, No. 1



总光园

Jikoetsu Hongwanji Buddhist Temple

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THIS MONTH'S EVENTS

All scheduled Sunday services will be held in-person and via Zoom in the Hondo unless otherwise noted. All other in-person activities and events as noted. Please keep in mind that service schedules are subject to change without notice. Thank you for your understanding.

For all Zoom services and programs please contact the Jikoetsu office for access information.



HAPPY NEW YEAR! 新年明けましてお目出度うございます!



Wed 1/1	<ul style="list-style-type: none"> • New Year's Holiday (Office, Preschool, and HQ closed)
Sun 1/5	<ul style="list-style-type: none"> • Shinran Shonin Memorial and Monthly Shotsuki Service Time: 9:00 a.m., Speaker: Rev. Irene Nakamoto
Sun 1/12	<ul style="list-style-type: none"> • Special Family Dharma Moments Program: T-Shirt Making (see page 7 for details) Time: 9:00 a.m., Location: Social Hall
Sun 1/19	<ul style="list-style-type: none"> • Lay Speaker Sunday Time: 9:00 a.m., Speaker: David Atcheson ("Green Hongwanji") • Virtual Board of Directors Monthly Meeting Time: 11:00 a.m., On Zoom
Mon 1/20	<ul style="list-style-type: none"> • Martin Luther King Jr. Day (Office & Preschool Closed)
Sun 1/26	<ul style="list-style-type: none"> • New Year's Service, General Membership Meeting & Installation of Officers (see page 3 for details) Time: 9:00 a.m., Location: Hondo • Shinnen Enkai New Year's Party-Luncheon (see page 3 for details) Time: following service, Location: Social Hall
Sun 2/2	<ul style="list-style-type: none"> • Shotsuki Monthly Memorial Service Time: 9:00 a.m., Speaker: Suzie Nishiyama • Miso Making with Suzie (see page 12 for details) Time: following service, Location: Social Hall

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Sun 2/9	<ul style="list-style-type: none"> • Jikoen BWA Dana Day Service Time: 9:00 a.m., Speaker: TBA
Sat 2/15	<ul style="list-style-type: none"> • Drive-Thru Hoku BBQ Chicken Fundraiser (see page 5 for details) Pick-up Time: 10:00 a.m. to 1:00 p.m.

INTER-TEMPLE NEWS

Hongwanji Theme for 2025

The Honpa Hongwanji Mission of Hawaii’s theme and slogan for 2025 is: **“Nurturing Nembutsu: Cultivating Awareness.”**

The focus is on how the Nembutsu nurtures a sense of gratitude, awareness of our true nature, and compassion for all beings.

- **Focus on Nembutsu practice:** The theme emphasizes the importance of chanting Nembutsu as a way to cultivate a deeper awareness of oneself and others.
- **Compassion and gratitude:** The practice of Nembutsu is seen as a path to fostering compassion and gratitude for all beings.

Temple Presidents Gather

by Pieper Toyama

On November 16, temple presidents from throughout the states gathered for the first time in the history of the Hongwanji in Hawaii for a presidential retreat. The day started out with icebreakers that quickly brought the group together. The day then evolved into important discussions and presentations. The most important discussion was conducted in small groups. The presidents of Hilo Betsuin, Waipahu, Lihue, and Paauilo Hongwanji’s were in my group. Lois was in a group with the leadership from Aiea, Naalehu, Kamuela, and Kapaa Hongwanji’s. It was invigorating to hear the challenges and successes in their temples as we discussed critical questions that included:

1. How can we attract younger members?
2. How can we encourage current members to be more active?
3. How can we help small temples on the verge of closing?

4. How can we get more visitors and get them to return?
5. How can we nurture next leaders?

Another important item on the program was Headquarter’s staff presentations. Dave Atcheson, Tech Guru; Emi Hashi; Youth Activities Specialist, and Derrick Inouye, Business Manager, explained the services they provide to the temples.

The power trio behind the planning and execution of this historical event was Prudence Kusano from Windward Buddhist Temple, Nancy Shimamoto from Moiliili, and Jikoen’s own Doris Oshiro. They interspersed important

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**Jikoen General Membership
Annual Meeting Service and
Shinnen Enkai New Year’s
Party**

DateSunday, January 26, 2025

**Time9:00 a.m. (HST) New Year’s
Service & General Membership
Annual Meeting**

**10:30 a.m. Party to follow in the
Social Hall**

**Program There will be the usual great food,
entertainment and
lucky number prizes.**

**RSVP by January 12. Please call
the office at 808-845-3422 or
email jikoen.info@gmail.com.**

**Everyone is welcome! Bring your
family and friends.**



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discussion with fun activities that made the participants laugh and smile. Hopefully they will use their creative magic in a follow up retreat.

TEMPLE NEWS

Expressing Gratitude

At the Jikoen Thanksgiving service on November 24, 2024, Rev. Nishiyama gave a short Dharma talk on gratitude. Following his talk, the Family Dharma Moments team led the Sangha in an intergenerational activity.

After dividing into groups of five or six, each person was given four post-it notes. On each note, they had to write something or someone they are grateful for in each of four categories: (1) Something in your home; (2) Teacher; (3) Friend; and (4) A place.

After having some time to think and write, we each shared what we were grateful for, one category at a time. It was amazing how much overlap there was among group

members, and sometimes how simple are the things we appreciate.

- *Something in your home:* Butsudan; coffee pot; refrigerator; couch; photos of parents and ancestors; computer.
- *Teacher:* Mrs. Gladys Lee; Mr. Nakasone; Okinawan Dance Teachers; Rev. Nishiyama; Rev. Bruce Nakamura.
- *Friend:* Okinawan Dance Sisters; Jikoen Ohana; my friends who are never judgmental; kind strangers
- *A place:* Jikoen; Okinawa; Machu Picchu; our neighborhood; bowling alley; University of Hawaii.

“One Love”

At Jikoen’s last service of 2024, Pete Doktor and Grant Ito teamed up to sing the song “One Love” by Bob Marley.

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OUR DEEPEST SYMPATHY

The Jikoen ohana sends its sincere condolences to the families of our Dharma friend:

Yukiko (Jakahi) Esaki, 91, passed August 17, 2024 at her home in Pearl City. She was born in Hawi, Kohala, Hawaii. Predeceased by parents, Tokichi and Oto Jakahi. She is survived by husband Lloyd; sons, Tim (Cynthia) and Alan (Caren).

Maurice Seichi Nakachi, 90, of Kailua, Hawaii passed away on June 13, 2024. Born in Honolulu, he is predeceased by parents, Mori and Matsu (Tamashiro) Nakachi. He is survived by wife, Liann (Oshiro) Nakachi and sons, Cyrus (Cher) Nakachi of Celina, Texas and Byron (Yuriko) Nakachi of Phoenix, Arizona and 3 grandchildren.

Chiyo Tabisola, 92, of Kaneohe, Hawaii passed away peacefully at home on August 13, 2024. She was born in

Hokkaido, Japan. She is survived by sons James Tabisola, Felix Tabisola; daughter Lydia Tabisola; and sister Kiyo Aso.

Fay Matsue Tamashiro, 72, of Cedar Crest, New Mexico passed away on September 2, 2024. Born in Honolulu, she is predeceased by parents, Natsuko (Kaneshiro) and Shigeru Tamashiro.

She is survived by her husband, James Paul Hickerson Jr.; brothers, Reynold of Las Vegas, Nevada and Chester Tamashiro of Kailua, Oahu, Hawaii; sister, Stella Tamashiro (William Speed) of Kailua, Oahu, Hawaii; stepchildren, David Hickerson of Parker, Colorado and Angela (Hickerson) Billings of Colorado Springs, Colorado.

May happy memories and the O-Nembutsu sustain you in your sadness.

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Pete edited the song a bit to produce the Jikoen version. The Sangha joined in for the chorus. The song advocates peace and connection among people. It was a wonderful reminder of a way to close out an old year and to begin a new one.



Pete Doktor (left) and Grant Ito (right) with Rev. Nishiyama

Lumbini Preschool Welcomes Santa Claus

The Lumbini Sangha gathered on December 6 in the Social Hall to celebrate the visit of Santa Claus. Delighted parents and grandparents, armed with phone cameras and huge smiles, shared the anticipation of Santa's arrival. To prepare everyone, the children, wearing Santa Claus and snowmen hats, sang festive holiday songs. It was clear that the children were well-rehearsed under the guidance of their teachers. To help set the stage for Santa, the teachers decorated the stage and even set up a special chair for the fat man with the white beard.



As he always does, Santa made a grand entrance with his reindeer as he Ho Ho-ed his way into the hall with a pack of presents on his back. With the help of teachers, he gave a present to each child, some who were shy, some very happy and some terrified.

All in all, it was a good visit by the real Santa Claus as one student told her mother. When the student saw a Santa Claus in one of the Holiday Parades, she reminded her mom that the parade Santa was a fake Santa because the real one had visited Lumbini.



New Year's Resolutions

Have you made resolutions for the New Year? Popular ones such as eating healthier? Making new friends? Strengthening friendships? Exploring new activities?

Doing more for the community? Jikoen is proud to offer opportunities in all these areas.

On February 2nd, our own Suzie Nishiyama will be offering a workshop on making your own miso. Suzie is interested in cooking healthy foods and in sharing her knowledge. The workshop will be held in the social hall after the service. All are welcome, and there is no charge. Just sign up in advance so that she knows how many to plan for. Thank you, Suzie!!

Do you want to make new friends or get to know your friends better? You can sign up for altar cleaning! The beautiful flowers you see on the altar each Sunday are



(L to R) Cordie Fukuhara and Wayne & Sandy Toma after the altar cleaning.

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WHITE WAY RADIO

Mō'ili'ili Hongwanji's Weekly Dharma Message

⚡ Saturdays at 7:45 am – 8:00 am on KZOO AM1210 or Spectrum 888 KZOO Radio

⚡ Weekly messages go to www.moililihongwanji.org

January 2025

- 04 Gomonshu & Bishop Toshiyuki Umitani
- 11 Dr. Warren Tamamoto
- 18 Rev. Eric Matsumoto
- 25 Rev. David Fujimoto

⚡ Japanese-language Dharma talks Saturdays on KZOO AM1210 on Saturdays 7:30 am – 7:45 am; on-demand dharma talks in Japanese

⚡ Dharma talks in Japanese are produced by Hawai'i Betsuin and are archived on their website

⚡ Your donation to Mō'ili'ili Hongwanji will be greatly appreciated to help support the White Way Radio broadcasts.



Jikoen Hongwanji Mission

1731 N. School Street, Honolulu, HI 96819

Phone: (808) 845-3422

January 2, 2025

Dear Jikoen Ohana:

Hope all of you are doing well as we look forward to a Happy & Healthy New Year.

Jikoen Hongwanji's **Drive-Thru Hoku BBQ Chicken Fundraiser** is on **Saturday, February 15, 2025 from 10:00 am – 1:00 pm**. The cost per ticket for a whole split chicken is \$18.00 and a roll of Maki Sushi is \$8.00. We will also have Nabeya Maido *Ramen MicrowavaBowls* at \$15.00 each. Just heat and eat!

Please note: We will NOT have andagi available and there will be no walk in sales.

Distribution will be Drive-Thru at Jikoen Hongwanji.

Deadline for your order and payment is Monday, January 20, 2025. We cannot guarantee that items will be available if your order and payment are not received by this date.

We are truly grateful for your participation in our Drive-thru BBQ Chicken fundraiser which is essential in covering costs to keep our temple doors open to all.

Yoroshiku onegai itashimasu.

Respectfully in Gassho,

Rev. Shindo Nishiyama

----- CUT HERE -----

Name _____ Phone: _____
 Address _____ Cell: _____
 City State & Zip _____ Email: _____

DRIVE-THRU BBQ CHICKEN FUNDRAISER ORDER FORM
 Complete and return with payment by **Monday, January 20, 2025.**

		Total No. of tickets		Cost per ticket	Amount
BBQ Chicken (whole split)	(Suggested purchase – 5 tickets)		X	\$18.00	\$
Maki Sushi	(Suggested purchase – 3 tickets)		X	\$8.00	\$
Nabeya Maido <i>Ramen MicrowavaBowl</i>			X	\$15.00	\$
<i>Multi-Pack</i>	3-Chicken, 2 Maki Sushi, 2 Bowls		X	\$100.00	\$
Please accept my donation					\$
TOTAL Payment to Jikoen Hongwanji					

**** TICKETS WILL BE MAILED TO YOU ****
Thank you for your support.

Office Use Only:
Check # _____
Date _____



125th Anniversary of the Arrival of the First Uchinanchu to Hawaii

January 8, 2025

Hawaii Okinawa Center

10:00 am – 2:00 pm

RSVP : anniversaryhuoa@gmail.com

<https://huoa.wufoo.com/forms/january-8-2025-bento-order/>

“Ukaji Deebiru” : Honoring our Issei
Yuntaku – club displays, video, talk story
visit HOC gardens & museum

未来や黄金

Miree ya Kugani

: Our Bright Hopeful Future

JIKOEN 'OHANA ACTIVITY

unleash your
**CREATIVI
TEE**



Sun Jan 12 2025 @ 9:00 am

Short Service followed by Card Making &
Tee Shirt Decorating with Leaf Printing

RSVP with your shirt size by December 1st at

<https://tinyurl.com/JikoenRSVPJan12>

or call the Jikoen Office at 808-845-3422

Jikoen will provide you with one shirt to print, but feel free to
bring your own shirt to upcycle to be eco-friendly!



15th BWA State Membership Conference
Honpa Hongwanji Mission of Hawaii
Federation of Buddhist Women's Association

“NURTURING NEMBUTSU: SHARING GRATITUDE”

Save the Date • Come and Join Us:

March 28 - 29, 2026 • Ala Moana Hotel

Keynote speaker and Hands-on Workshops

*Let us know if you are thinking of attending by
January 31, 2025.*

Yes, we are there _____ Hope to be there _____

Hotel _____ Own arrangements _____

*Please RSVP by Uniteds to Diane Yoza
diane.yoza@gmail.com*



**HOSTED BY
O'AHU UNITED BWA**





Hawaii's New Gatha Book! PRAISES OF THE BUDDHA (5th edition)

A commemorative project of Hawaii's joyful Triple Celebration, this edition offers:

- **WONDERFUL ORIGINAL GATHAS BY OUR HAWAII COMPOSERS**
- **ENGLISH VERSIONS OF FAMILIAR JAPANESE GATHAS**
- **OUR FAVORITES FROM EARLIER EDITIONS**

Let music from this volume enhance the joy of hearing the Teachings!



Hawaii *temples* have already ordered copies to replace the current edition. ***Individuals* are invited to submit orders for personal copies and gifts to others.** You may see a Table of Contents by contacting the HHMH Bookstore at 808-522-9202 (hqbooks@honpahi.org).

ORDER BOOKS AT THE **PRESALE PRICE OF \$15 PER**
HARDBACK COPY DURING PRESALE **DECEMBER 1, 2024**
UNTIL **JANUARY 31, 2025**. AFTER JANUARY 31, 2025,
THE **REGULAR PRICE WILL BE HIGHER.**
(A shipping charge will apply.)

Order directly from Honpa Hongwanji Mission of Hawaii Bookstore:
telephone 808-522-9202, email (hqbooks@honpahi.org).

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arranged by our members. Every week a group of three volunteers meet on either Friday or Saturday morning to clean the altar area and the nokotsudo and to arrange flowers for each area. As you do that, you can talk story and build friendships. Volunteers are needed, either for a monthly commitment or to substitute on an occasional basis. If you're interested, you can email lois_toyama@yahoo.com to make arrangements.

Would you like to do more for the community? Our members participate in and donate to Project Dana, providing services for the elderly. We also contribute to the Social Concerns committee which supports particular needs such as the Maui Wildfire Fund as well as natural disasters and other relief efforts. Jikoen also joins with Honpa Hongwanji Mission of Hawaii groups to celebrate Peace Day and to march in the Gay Pride and Martin

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SHOTSUKI JOYOUS MONTHLY MEMORIAL SERVICE

Shotsuki Monthly Service is a time to remember our loved ones and a time to express gratitude in Gassho. This memorial service is usually held on the first Sunday of each month at 9:00 a.m., in memory of those whose date of death falls in that month. We also recognize the efforts of those who have passed and thank them for their continuing influence in our lives and for giving us the opportunity to share the Buddha-Dharma.

Here are our loved ones who will be remembered in the month of February, 2025:

Kiyu Arakaki ~ February 20, 1990 (89)
Stanley Kenso Arakaki ~ February 2, 2023 (95)
Archie Atsushi Fujitani ~ February 11, 2019 (94)
Robert Lionel Gallagher ~ February 6, 1996 (75)
Toshio "Lefty" Goya ~ February 11, 2017 (83)
Fumiko Higa ~ February 10, 2010 (91)
George Sanjiro Higa ~ February 26, 1990 (75)
Harry Teisuke Higa ~ February 17, 2014 (92)
Jean Hatsue Higa ~ February 1, 2020 (94)
Kikue Higa ~ February 10, 2020 (97)
Matsumori Higa ~ February 17, 2013 (97)
Nancy T. Higa ~ February 14, 2015 (80)
Norman Masaji Higa ~ February 17, 2023 (83)
Shizue Higa ~ February 1, 2011 (91)
Rev. Sandra Hiramatsu ~ February 19, 2022 (71)
Chiyoko Shimabukuro Ige ~ February 25, 2008 (91)
Richard Shoichi Ikei ~ February 15, 2010 (91)
Seikin Inamine ~ February 14, 2010 (88)
Kenneth Kiyoshi Ishikawa ~ February 14, 1995 (51)
Otoyo Izumikawa ~ February 22, 1998 (86)
Mitsuo Kamisato ~ February 19, 1999 (81)
Haruko Kaneshiro ~ February 1, 2015 (97)
Lorraine Tsuruko Kaneshiro ~ February 23, 2010 (87)
Masako Kaneshiro ~ February 12, 2008 (95)
Masaru "Kane" Kaneshiro ~ February 19, 2007 (83)
Thomas Sanjiro Kaneshiro ~ February 4, 1995 (74)
Richard Hideo Kaneshiro ~ February 10, 2018 (87)
Kiyono Fuchigami Kawabata ~ February 15, 2015 (91)

Milton Kunio Kikuchi ~ February 10, 2022 (65)
Etsuko Kishaba ~ February 23, 2007 (69)
George Kishimoto ~ February 3, 2013 (89)
Tsurue Sally Kiyuna ~ February 17, 2021 (94)
Nobuko Ruth Kobashigawa ~ February 4, 2016 (92)
Tatsuyuki Maeshiro ~ February 2, 2003 (81)
Tomiko "Tomi" Masaki ~ February 2, 2018 (83)
Matsuko Matsumoto ~ February 27, 2023 (94)
Helene J. Minehira ~ February 27, 2020 (94)
Ethel Tokiko Minei ~ February 13, 2014 (94)
Joy Naomi Minei ~ February 28, 2011 (59)
Kameko "Violet" Miyahira ~ February 1, 2015 (100)
Claudia Arakaki Miyamoto ~ February 7, 2017 (79)
Dr. Albert H. Miyasato ~ February 24, 2006 (80)
Dennis Kazuo Miyasato ~ February 16, 2011 (66)
Fumiko Miyasato ~ February 5, 1999 (74)
Kenneth Yukio Miyasato ~ February 24, 2010 (36)
Gensho Miyashiro ~ February 1, 2015 (102)
Lillian Miyoko Miyashiro ~ February 21, 2014 (87)
Mrs. Miyoko Miyashiro ~ February 21, 2014 (87)
Tsuruko Miyashiro ~ February 9, 2003 (84)
Momose Janet Moribe ~ February 4, 2011 (87)
Kosei Nagamine ~ February 14, 1999 (83)
Kamado Nakamura ~ February 26, 1995 (94)
Masue Nakamura ~ February 19, 1995 (77)
Kalen Akio Nakasato ~ February 25, 2003 (27)
Fuji Nakasato ~ February 5, 1995 (81)
Matsuro Nakasone ~ February 7, 1995 (91)
Usako Nakata ~ February 10, 2016 (97)
Kamewa Nagamine ~ February 18, 2006 (87)
Ayano Nishimiya ~ February 22, 2001 (76)
Richard Shintaro Nishimiya ~ February 22, 1995 (70)
Fusae Oshiro ~ February 15, 1990 (64)
Edwin T. Ogasawara ~ February 10, 2015 (87)
Guy Itsuo Oshiro ~ February 7, 1999 (42)
Katsuo "Kats" Oshiro ~ February 7, 2007 (77)
Olga Ochiyo Oshiro ~ February 28, 2005 (89)
Tokuichi Oshiro ~ February 8, 1990 (68)

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- Mrs. Sonoko Sakai ~ February 2, 2014 (76)
- Kenneth Tamotsu Sakamoto ~ February 6, 2014 (68)
- Seijiro Sakihara ~ February 15, 1998 (75)
- Hirosuke Shimabukuro ~ February 1, 2003 (85)
- Larry Eikichi Shimabukuro ~ February 17, 1991 (72)
- Matsuichi "Mutt" Shimabukuro ~ February 5, 1998 (77)
- Francis Haruo Taketa ~ February 19, 2010 (75)
- Susan A. Tamashiro ~ February 15, 2016 (61)
- Minoru Tamashiro ~ February 15, 2010 (88)
- Yasuko Tamayori ~ February 28, 2002 (76)
- Dennis Sunao Tamayose ~ February 26, 2006 (52)
- Nancy Yogi Tamayose ~ February 16, 2020 (84)
- George H. Tanahara ~ February 28, 2014 (75)
- Shizuka Teruya ~ February 25, 1995 (75)
- Utomi Teruya ~ February 14, 1995 (93)
- Victoria Futae Toguchi ~ February 25, 2003 (57)
- Yoshiko Tokeshi ~ February 10, 2018 (93)
- Seitoku "Stanley" Tokuda ~ February 1, 1998 (74)
- Kamei Toyama ~ February 27, 1991 (76)

- Ernest Tatsuo Tsumuro ~ February 21, 2007(75)
- Stanley Hiroshi Ueunten ~ February 23, 2023 (86)
- Edward Matsuji Uyesato ~ February 21, 2005 (78)
- Elmo Eimo Yamaguchi ~ February 21, 2006 (86)
- John Hisa Yamaguchi ~ February 20, 2021 (95)
- Martin Yeimatsu Yamaguchi ~ February 22, 2005 (66)
- Haruko Yamashiro ~ February 25, 2010 (84)
- Lois Kiyomi Yasui ~ February 25, 2010 (68)
- Yoshie Yasui ~ February 17, 2016 (96)
- Shinho Yogi ~ February 16, 2007 (99)
- Haruko Yonashiro ~ February 6, 2016 (93)
- Hiroshi Yoshida ~ February 19, 2007 (86)
- Tomiko Yoza ~ February 7, 2018 (97)
- Ethel Kiyoko Zahi ~ February 16, 1996 (82)

Namu Amida Butsu

If you would like to honor your loved one, please call the office at 808-845-3422 or email jikoen.info@gmail.com with your name and contact information and we will get back to you.

DONATIONS FROM NOVEMBER 20, 2024 THRU DECEMBER 17, 2024

General Operations (\$1 - \$99)

General Operations (\$100 - \$399)

Anonymous

General Operations (\$500 - \$599)

General Operations (\$1,000 - \$1,099)

Anonymous

Bodhi Day (\$1 - \$99)

Bodhi Day (\$100 - \$299)

Keirokei (\$1 - \$99)

Ann Moribe

Keirokei (\$100 - \$299)

Social Concerns \$1 - \$99)

Social Concerns (\$100 - \$299)

Social Concerns \$300 - \$399)

Shotsuki (\$1- \$99)

IMO Elina Mitsuyo (Osbiro)
Chinen

IMO Nancy, Dawn & Lance Isa

IMO Bill Y. Isa

IMO Shigeru Yamaguchi

IMO Mildred Kiyama

Shotsuki (\$100 - \$399)

IMO Wallace Seiko Chinen

IMO Helen T. Kaneshiro

IMO Melvin Kaneshiro

Miscellaneous (\$1 - \$99)

IMO Gregory E. Barboza

IMO Alice Yaeko Azama

Jr. YBA

Christmas 2024

IMO Judith Yoshiko Matsumoto

Miscellaneous (\$100 - \$399)

IMO Bert Yasui

Joya-E

IMO Jack K. Shiroma

Peace Day Signage

IMO (Prof. PhD) Dr. Michael
Mitsugu Sakihara (Nokotsudo)

Offertory

IMO Eiko & Rose Yamaguchi

IMO Dr. Matsuju Yamashiro &
Mrs. Namiko Yamashiro

IMO Nancy Shizue Zukemura

IMO Nancy Shizue Zukemura

IMO Nancy Shizue Zukemura

Miscellaneous (\$1,000- \$1,500)

IMO Brian Yasubide & Fumiko
Yoshimoto

Offertory

11/24/2024 Service\$88.00

Family Dharma Moments

12/8/2024 Service\$186.00

Bodhi Day & Shotsuki

12/15/2024 Service\$105.00



Thank you for your
generous support!
有難うございます

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Luther King, Jr. parades.

So many opportunities to take advantage of in 2025!

HAPPY NEW YEAR!!

Breathe, Meditate, Thrive: The Health Benefits of Sunday Service

by Suzie Nishiyama

Sunday, February 2, 2025 — after the service, I would like to make miso together! All the ingredients will be provided, so please let me know if you would like to participate. This time, we will be making miso using *okara*, which is simple and easy to prepare.

Please fill your name in the list:



<https://shorturl.at/nxICg>

If you can't fill out the form, please sign up with the office. Hope to see you all then!

Tip #7 for Becoming Healthier Without Even Trying

Coming to temple on Sundays improves your health in three ways. First, the experience of gratitude. When you say *Namo Amida Butsu*, you are filled with *kansha* (gratitude). Numerous studies have shown that gratitude improves not only your physical health but your mental health as well. Second, the growth of your mind. Rev. Nishiyama's Dharma Messages always stimulate thinking and learning about Buddhist teachings. And third, the presence of friends. To greet friends and sit with them after the service, talking story, lift your physical and emotional spirit. You always leave Sunday Services with a smile on your face, a bounce in your step, and a little bit healthier. See you on January 5, 2025.

Correction

In the photo montage in the online version of last month's newsletter, we mistakenly named "Jean Oshiro" as one of the Keirokai honorees. It was, in fact, **Jean Yamashiro**. We sincerely apologize for the error.

RETURN SERVICE REQUESTED

Jikoen Hongwanji Mission
1731 N. School Street
Honolulu, Hawaii 96819-4157

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