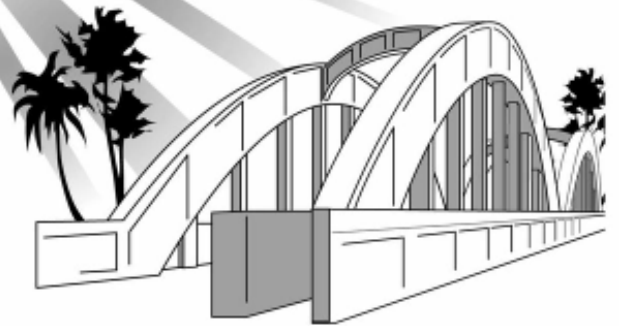


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Haleiwa Jodo Mission

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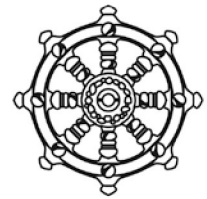
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P.O. BOX 242
HALEIWA, HAWAII 96712



HALEIWA JODO MISSION

APRIL, 2024



BUDDHA DAY FAMILY SERVICE

10:00 AM
SUNDAY, APRIL 7, 2024

BOARD OF DIRECTORS MEETING

10:00 AM
SUNDAY, APRIL 14, 2024

KOKUA DAY

9:00 AM
SUNDAY, APRIL 21, 2024

BON DANCE PRACTICES

7:00 PM
THURSDAYS, APRIL 4, 11, 18, & 25, 2024

DATES OF BON FESTIVALS

Haleiwa Jodo Mission	July 26 & 27, 2024
Wahiawa Hongwanji	June 21 & 22, 2024
Haleiwa Shingon Mission	July 12 & 13, 2024
Wahiawa Soto Mission	July 19 & 20, 2024
Jodo Mission of Hawaii	August 17, 2024

BUDDHA DAY SERVICE

A Buddha Day Service will be held on the first Sunday of April. Lunch will be served after the service. Please join us.

NORTH SHORE FOOD BANK

Donations of blankets and towels to the North Shore Food Bank will be highly appreciated. The North Shore Food Bank wants to distribute these items to people in need. Please call Rev. Ezaki at (808)-637-4382 to make an appointment if you will be able to drop off your donations.

HALEIWA JODO MISSION OBON SCHEDULE 2024

The Board of the Haleiwa Jodo Mission has decided on the following schedule for the 2024 Bon Festival. We need your help!

Cemetery Clean-up	May 25, 2024
Cemetery Service	June 2, 2024
General Clean-up & Toro Shelves Building	July 7, 2024
Toro Making / Yagura Set-up	July 20, 2024
Set-up for event	July 25, 2024
Beach Clean-up	July 28, 2024
Yagura Take-down	August 4, 2024

STATE YBA SCHOLARSHIP

Those who are interested in applying for the State Y.B.A. Scholarship, please ask Rev. Ezaki for the application form. The deadline will be May 31, 2024.

SERMON AT THE HIGAN SERVICE

Rev. Koji Jeff Ezaki

Minister of Haleiwa Jodo Mission Buddhist Temple

Good morning, everyone. Did you wake up with appreciation and gratitude this morning? At last month's sermon, I expressed that when you show appreciation toward everything unconditionally, it will give you good fortune in your life. Attracting good luck and happiness by having a positive attitude is the most important way to live happier. Today, we are gathered for our Spring *Higan* Family Service. *Higan* is the day when day and night become equal. During this time, the weather becomes mild because of the change in season from winter to spring. It is a perfect day to live moderately. *Higan* reminds us that living moderately is the best way. Let's study Buddhism by accepting Buddha's teachings and live happily. Firstly, we will read together the sacred passage on the handout:

The mind is difficult to control; swiftly and lightly, it moves and lands wherever it pleases.

It is good to tame the mind, for a well-tamed mind brings happiness.

(Dhammapada 35)

Today I'd like to speak about the secret as to how we can control ourselves and reach happiness. Again, please look at the handout. There is proverb in Japan from ancient times, "Warau kadoniwa fukukitaru" which literally means "A laughing gate brings good luck." The Japanese believe that a family that laughs brings good fortune. Basically, if your family is really positive and has lots of laughs with a good nature, good things will flow through your door. To make a long story short, the secret to obtaining happiness is smiling and laughing all the time. It sounds easy but it is hard to do because the most important point, the secret, is "all the time" or "always." When we are happy or glad, of course, we can smile easily. Everybody can smile and laugh when we are happy, but life is not always joyful. If we encounter an unhappy situation, it would be difficult to laugh. On the other hand, it is difficult for humans to become mad or have anxiety if you have only smiling faces and laughing. The person who is always smiling is relaxed and open-minded. He doesn't panic or wander away from whatever he faces because his mind is always calm. When we smile and laugh, happy and cheerful energy enters our bodies. Our energy level or vitality for living is developed. Spending our daily life with a smile and laughter are important factors to be happy.

Have you heard about Laugh Therapy? There is a famous story about Norman Cousins' Laugh Therapy. In 1964, a famous writer and editor, Norman Cousins, was diagnosed with a very serious form of arthritis. He met with specialist doctors, but

his condition never improved. He thought, "Is it possible that love, hope, faith, confidence, and also laughter have positive therapeutic values?" He focused on the benefits of a positive attitude and emotions to recover from his sickness. He watched comedy films, read humorous books, and joined activities that would bring about laughter and positive emotions. He tried to laugh and giggle daily and show his smiling face to others as much as possible. As a result, he completely recovered through the Laugh Therapy a few months later. I completely agree. We are often told we must move our body to maintain our health; by walking, weight training, stretching, and so on. When we do exercise, our blood circulation becomes good. I am sure our organs are the same. When we laugh, our organs move and shake. I constantly tell jokes to my daughter, and we laugh and laugh until our stomachs hurt. In this case, I often feel refreshed as if I did a workout after laughing out loud. I am sure this exercise makes our organs healthy. I believe Laugh Therapy is the result of mind-body interactions.

I saw another case that examined Laugh Therapy. A TV program in Japan tested the heart rates of several subjects during a TV show. About ten examinees were blindfolded and their heart rates were monitored. After the blindfolds were taken off, the examinees looked at stuffed teddy bears on the table and smiled at them. Their heart rates were excellent. Then, they were blindfolded again. Next, the same examinees looked at toys of snakes and cockroaches. After the blindfolds were taken off, they became scared and surprised. Their heart rates suddenly increased when they saw the scary toys in front of them. Then, the same examinees were instructed to smile at the snakes and cockroaches. Do you know what happened? Their heart rates were lowered after a few seconds. What does this mean? Even though you may not like snakes and roaches, if you try to smile at them, your emotions will calm down. Happy or unhappy, glad or not glad are not dependent on outside situations. It depends on our mental attitude. If it's so, that happiness or unhappiness depends on our mental attitude, we should keep smiling and laughing all the time if we wish for happiness in our daily lives.

I'll share about a Japanese kanji character. Please look at the handout again. There is a word 息, *iki*; the meaning is breath or breathe. This word is constructed by two different characters. One is "自" or "ji" on top and the other one is "心" or "*kokoro*." "自" means self or me and "心" is heart, so the Japanese character "breath" literally means "my heart." When our breath is calm, our mind is also calm because our breath reflects our mind. As I said when we smile and laugh, our breath is well-controlled. I guess Laugh Therapy considers this, too. We take deep breaths. When

we take a deep breath, we receive lots of oxygen. The abundant oxygen in our body makes our blood circulation healthy. That is why we should try to tell lots of jokes, watch comedy TV programs, and read funny stories for our health. It is good practice when we try to find funny things to laugh about because “Warau kadoniwa fukukitaru” or “A laughing gate brings good luck” is true. Today’s passage says a well-tamed mind brings happiness. Who tames your mind? That is you. You control your own mind to bring happiness. Buddha’s teaching guides a person to control himself and reach happiness. That is why when you try to smile all the time, your breath also settles and is tranquil. Please control and restrain yourself, as well as your breath, making yourself always smile and laugh.

Higan is the day to think of moderation. Daytime and nighttime become equal and the weather is mild. This year, March 19 is the day of *Higan*. It will be the perfect day to live moderately. By accepting today’s passage, please control your mind and live happily throughout your life.

MEMORIAL SERVICES
FOR MONTH OF APRIL

1 YEAR	MIYAKE, WAYNE APRIL 20, 2023
23 rd YEAR	SAKAI, ITSUO APRIL 1, 2002
25 th YEAR	MASATSUGU, JUNJI APRIL 20, 2000
27 th YEAR	MASUDA, ISAMU APRIL 25, 1998
33 rd YARE	MASUDA, SAKAE APRIL 11, 1992
43 rd YEAR	KOGA, NORIYU APRIL 17, 1982
50 th YAER	MURAOKA, MINA APRIL24, 1975

ACKNOWLEDGMENTS

MEMBERSHIP DUES (2024)

Grace Iwane	Alvin Watanabe
Lynette Fujiyoshi	Bertram Kawamura
Calvin Kuniyusa	Steven Kuniyusa
Shirley Kitamura	

BIRTHDAY DONATIONS

George Hokama

MEMORIAL DONATIONS

Motoko Matsuura
(In memory of Hiroshi Matsuura)
Thelma Tsuchida
(In memory of Genzaemon Tsuchida)

SPECIAL DONATIONS

Lynette Fujiyoshi Keith Abe
Michie Takemoto

HIGAN FAMILY SERVICE

Jennifer Pang Shinae Sakai
Kenneth Masatsugu Grace Iwane
Nadine Matsukawa Melanie Matsui
Sheri Yamauchi Dennis Nakamura
David Koizumi Myra Shiratori
Keith Yamauchi

OMAMORI DONATIONS

Grace Iwane Bertram Kawamura

RULES CONCERNING THE PATIO RENTAL

To keep providing the use of the patio as a service to its members, Haleiwa Jodo Mission asks that everyone read and abide by the following rules before reserving/using the patio:

- Patio Rentals are limited to Active Dues Members who have been members for the last three (3) years at a minimum
- “Active Dues Members” are members who participate in Family Services, Kokua Days, Bon Festivals, or other activities regularly
- We DO NOT ALLOW people to become members for the sole purpose of renting the patio
- The member who made the reservation should be present for the entire duration of the party (exceptions may be made on a case-by-case basis due to a sudden illness, etc.)
- The member is responsible for ensuring that every area they use is cleaned and returned to its original condition (Plastic bags, garbage bins, toilet paper, etc., are not provided)
- Participants must also clean up any dirt or sand they left behind in the patio, bathroom, shower area, etc.
- If the patio is not clean enough, Rev. Ezaki may call you and ask you to come back to clean up.
- We forbid any loud music (live band music, DJs, etc.)
- We do not allow the use of the kitchen, refrigerator, and or freezer.
- Please make an appropriate amount of “Patio Donation” to support Haleiwa Jodo Mission.
- If the temple has memorial services on the same day, please show respect during the services (they typically last about one hour)

Haleiwa Jodo Mission reserves the right to decline/cancel any reservation that does not abide by these rules. Please call Rev. Ezaki to make a reservation and ask him for details.