



# Dharma Lei



## Bishop's Office Newsletter

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### Bishop's Message:

Aloha from the Bishop's Office,

I hope this message finds you in good health and spirit. 2022 is off to a quick start, and we find ourselves already entering April! Along with the passing of time comes many changes in our lives here in Hawaii and around the world. With the expiration of the mask mandate on March 25 in Hawaii, I feel a sense of cautious optimism in the air. While we try find our way back to a more relaxed way of life in Hawaii, I encourage everyone to continue to use his or her best judgment on when it may be wise to wear a face mask.

On the other side of the globe in Eastern Europe, the ongoing conflict in the Russia-Ukraine War has sent out ripples radiating around the world. I am deeply saddened that this war has come at the cost of thousands of lives already lost on both sides. I reaffirm my belief that there is no such thing as a "just war" when I think about the broken and displaced families and how the lives of so many people have changed for the worse. I pray that a peaceful resolution is still in reach.

Locally in Hawaii, we look forward to the arrival of new Hawaii Soto-Shu minister, Rev. Tomoki Hirasawa and his wife, Yuki. Rev. & Mrs. Hirasawa are coming from Kanagawa, Japan, and are set to arrive at Maui Mantokuji on April 18. The couple have a busy schedule ahead of them as the Mantokuji Fujinkai will be hosting the 55<sup>th</sup> Annual United Hawaii Soto-Shu Women's Association Conference just a few days later on April 23. With the arrival of one minister, we will soon be saying goodbye to another. Rev. Shinsho Hata will be returning to Japan with his wife Mamiko and son Jake later this year in August.

As I write this message to you, I reflect upon all the changes happening around me both near and far. Some changes bring happiness while others can be utterly heartbreaking. Changes in life means welcoming new people into our lives and sometimes saying farewell to others. Change is inevitable and it isn't just a part of life—it is life itself.

I am reminded of one of my favorite phrases I tell people—to "live each day to the fullest." We must strive to do this consistently and earnestly. The collective experiences we have in life—both good and bad—gives us the context of what it means to live a full life. Please continue to take care of yourselves and your family. May the blessing of the Buddha be with you.

In Gassho.



## NEW SONG “MORNING STAR”

At the end of December’s Daifukuji Rohatsu Sesshin, a song came to Rev. Jiko Nakade. She wrote it down and added the ukulele chords. Its title is “Morning Star.” She shared the song at the last spring HSMA meeting. This song makes us feel so calm and realize the preciousness of Buddha's enlightenment.

You can watch the video from the link below or the QR code.

<https://www.youtube.com/watch?v=WpLAyRjvKgo&t=89s>



## ZEN FOOD RECIPE GANMODOKI - DEEP FRIED TOFU PATTIES - Mrs. Naoko Moller

### Ingredients (serves 3)

- 1 package firm Tofu
- Carrot - half of one carrot
- 1 Tbsp. dried hijiki-seaweed
- 1 Tsp. salt
- 3-4 string beans chopped (or some shelled edamame)
- 2-3 Tbsp. of potato starch (or tapioca starch)
- Oil

### Instructions

1. Wrap Tofu with a paper towel and put some weight on top for an hour to drain water. While waiting, roughly grate carrot. Soak hijiki-seaweed in 1/2 cup water.
2. Squeeze excess water from the tofu and in a mixing bowl knead it well for smooth texture. Also, add salt and starch. Squeeze excess water from the carrot and previously soaked hijiki and mix them in to the tofu mixture.
3. Heat the oil to medium about 150C/350F. Make the patties and slowly put them in the oil.  
\*Do not put too many at once as the temperature of the oil goes down.  
\*Start with low heat and gradually let the heat rise to a higher temperature.  
\*If the oil is too hot, the patties will burst.  
\*Do not touch the patties in the oil for a while until the surface is pretty much cooked.
4. Serve and enjoy with salt, shoyu (soy sauce), shoyu with dashi broth, or plain. Add some grated daikon (radish), grated ginger, chili for more flavor.



# Learning and Living the Heart Sutra

## *Understanding the Hannya Shingyo*

April 16 - July 2, 2022 (No classes on April 23 & 30)  
10 classes via ZOOM, Saturdays from 8 a.m. - 9 a.m.  
Instructor: Rev. Jiko Nakade



The Hannya Shingyo, known as the Heart Sutra, is perhaps the most famous of all Buddhist texts. It is the most frequently chanted sutra in Soto Zen temples in Hawai'i and elsewhere. Around the world, this sutra is also chanted by other Buddhist groups. It expresses in just 262 Chinese characters the reality of Emptiness and the perfection of wisdom.

During this series of 10 classes, we will delve into the Heart Sutra and unpack its profound meaning. Rev. Jiko will also introduce the practice of *shakyo* (sutra copying) and give instruction on the chanting of the sutra in both English and Japanese. Class participants will be given the opportunity to share their interpretation of the sutra through creative expression such as art, poetry, prose, song, and dance.

There is no class fee. Donations to Daifukuji Soto Mission are appreciated and can be made through the temple's website <http://www.daifukuji.org/donation/index.html> or by check.

For more information or to sign up for either series, please contact Rev. Jikō at (808) 322-3524, [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org).

All are welcome to join these sessions.

