

where ancient
traditions
thrive

Hawaii Kotohira Jinsha Hawaii Dazaifu Tenmangu

Girl's Day 桃の節句

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March 2005

桃の節句の起原は大変古く平安時代に遡ります。昔の日本には五つの節句（人日・上巳・端午・七夕・重陽）があり、当時この行事は貴族の間では、それぞれ季節の節目の身のけがれを祓う大切な行事でした。その中の一つ、上巳（じょうし）の節句が後に「桃の節句」となります。上巳はじょうみとも読まれ、本来は三月の最初の巳（み）の日という意味でしたが、かなり古い時代から3月3日に行われるようになりました。



中国には、この日、水辺で身体を清め、宴会を催し災厄を祓うという風習がありました。こうした中国の節句の行事と、日本に古代から伝わる禊祓（みそぎはらい）の思想や、人形（ひとがた）を流す風習とが混じり合い、日本ならではの「上巳の節句」となりました。平安時代、上巳の節句の日には人々は野山に出て薬草を摘み、その薬草で体のけがれを祓って健康と厄除けを願いました。この時のなでものを人形（ひとがた）と呼びます。この行事が後に宮中の紙の着せかえ人形で遊ぶ「ひいな遊び」と融合し自分の災厄を代わりに引き受けさせた紙人形を川に流す「流し雛」へと発展してゆきます。

室町時代になるとこの節句は3月3日に定着し、やがて紙の雛ではなく豪華なお雛さまを飾って宮中で盛大にお祝いするようになりました。その行事が宮中から武家社会へと広がり、さらに裕福な商家の家庭へと広がり、今の雛祭りの原型となっていきました。

In ancient Japan, priests would perform a purification ritual on Joshi-no-sekku or the first day of the Snake in March. Negative energies would be transferred onto paper dolls called *hitogata*, which were then put in paper boats and sent sailing down the nearest river. The purification ritual originated in China and eventually crossed the sea to Japan, where it was observed by the imperial court from about the 8th century. It was during the 13th century that the purification ritual came to be observed on March 3 and the paper dolls were made of more permanent materials, such as mud or clay, put on shelves in homes and given offerings of food in exchange for absorbing the negative energies.

During the 17th century, the Tokugawa shoguns established Hina Matsuri and the tradition of displaying Hina dolls. The Hina doll set represents an imperial wedding on a spring day at Heian Kyo, present day Kyoto. The dolls' clothing and hair are representative of the period, which spanned the years 794-1185. The dolls are usually made of wood, covered by a substance made of oyster shells. Hina dolls display a quiet beauty of expression clothed in exquisite fabrics and rich colors. Because they exhibit a high level of artistic workmanship, Hina dolls have attained the status of a formative art, constituting a separate genre within the field of handicrafts.



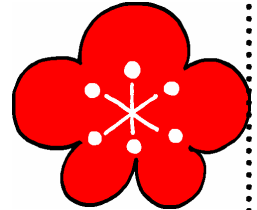
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 Jeffrey & Akiko Tash
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 Tina Yamamoto

Spring Thanksgiving Festival

春季感謝大祭



Sunday
 April 24, 2005
 3:00 pm

Hawaii Kotohira Jinsha - Hawaii Dzaifu Tenamngu is a nonprofit 501(c)(3) church. All contributions are tax deductible to the fullest extent allowed by law.

Honolulu Then.....

Kau Kau Corner was a 24-hour drive-in at the intersection of Kapiolani Boulevard and Kalakaua Avenue. It opened in 1935 and was replaced by Coco's coffee shop in 1960.

Currently the Hard Rock Cafe is at this same location.



SHRINE CALENDAR

APRIL 四月

3 3:00 pm
 Tsukinami-sai 月次祭
 23 8:30 am
 Clean-up & Mochi Pounding
 掃除と餅つき
 24 3:00 pm
 Spring Thanksgiving Festival
 春季感謝大祭

MAY 五月

15 3:00 pm
 Tsukinami-sai 月次祭
 29 7:30 am
 Honolulu Shinto Renmei
 Memorial Day Service
 ホノルル神道連盟
 メモリアル・デー・サービス

Kusanagi-no-Tsurugi 草薙の剣



The three Imperial Regalia - mirror, sword and the jewel are Japan's symbol of divine authority

Kusanagi-no-tsurugi or Grasscutter, is a legendary Japanese sword, as important to Japan's history as Excalibur is to England's. The history of this sword extends into legend when the *kami*, Susano-o-No-Mikoto encountered the grieving family of Ashina-Zuchi. Upon inquiry, elder lamented that his family was ravaged by the fearsome 8-headed serpent of Koshi who consumed seven of the family's eight daughters. The creature was coming for his final daughter, Kushi-Nada-Hime. Susano proceeded to investigate the creature, and after an abortive encounter, returned with a plan to defeat it. In return, he asked for Kushi-Nada-Hime's hand in marriage which was agreed. Transforming her temporarily into a comb to have Her company during the battle, he detailed his plan.

Susano instructed the preparation of 8 vats of sake to be put on individual platforms positioned behind a fence with eight gates. The monster took the bait and put each of

its heads through each of the gates. With the necessary distraction provided, Susano attacked and slew the beast, decapitating each of the heads and tails. In the fourth tail, he discovered a sword inside the body of the dragon which he called Murakakumo-No-Tsurugi, literally "Sword of the Village of the Clustering Clouds" which he presented to the goddess, Amaterasu. Generations later in the reign of the 12th emperor Keiko, the sword was given to the great warrior Yamato Takeru by his aunt, Yamato Hime to protect her nephew in times of peril.

The gift came in handy when Yamato Takeru was lured onto an open grassland during a hunting expedition by a treacherous warlord. The lord trapped Yamato Takeru in a field and ignited the grass around him. Desperately, Yamato-Takeru used Murakakumo-No-Tsurugi to cut back the grass, but in doing so, he discovered that the sword enabled him to control the wind around to make it move in the direction he swung. Taking advantage of the magic, Yamato Takeru triumphed and renamed Murakakumo-No-Tsurugi to Kusanagi-no-Tsurugi or Grasscutter to commemorate his narrow escape and victory.

In historical times, the emperor possessed a real sword with this name. Along with the jewel and the mirror, it was one of the three Imperial regalia until the Battle of Dan-no-ura in 1185. The great naval battle of Dan-no-ura was the final climax of a long series of bitter wars between the Taira and Minamoto clans. The defeat of the Taira forces of the child Emperor Antoku, resulted in the Emperor's grandmother leading Emperor Antoku and his entourage to commit suicide by drowning in the ocean along with the mirror, jewel and Kusanagi-no-Tsurugi. Minamoto soldiers managed to recover the Mirror and the Jewel of the Emperor, however Kusanagi-no-Tsurugi was never found.

Although the original Kusanagi-no-Tsurugi was never recovered, a replica ordered centuries prior to the battle of Dan-no-ura by the 10th Emperor Sujin remains at Atsuta Shrine in Nagoya. It is chronicled that the replicas of the Mirror and Kusanagi-no-Tsurugi was made to enshrine their spirits while the originals might accompany the sovereign.



Mahalo

Hawaiian Dredging and Honolulu Ford

Our sincere Mahalo goes out to Hawaiian Dredging and our new neighbor, Honolulu Ford for their efforts in graffiti eradication on Olomea Street.



It is important to remove graffiti as soon as possible, because left in place, graffiti adds to the deterioration of our neighborhoods and like this case, will invite response from rival taggers.

When neighborhoods become involved in frequent removal of graffiti, it sends a message to offenders that their destructive graffiti and other activities will not be tolerated.

弥生 Yayoi

3月は弥生（やよい）ともいいます。弥生の「弥（いや）」は「いよいよ」「ますます」などを意味します。弥生の「生（おい）」は、「生い茂る」と使われるように、草木が芽吹くことを意味します。

他に、花月（かげつ）、嘉月（かげつ）、花見月（はなみづき）、夢見月（ゆめみつき）、暮春（ぼしゅん）等の別名もある。

March is the third month of the year in the Gregorian Calendar and one of seven Gregorian months with the length of 31 days.

In ancient Rome, March was called Martius. It was named after the war god Mars and was considered a lucky time to begin a war.

In the old Japanese calendar dating back to the Heian Period (794-1185), March is called Yayoi (弥生). Yayoi, which literally means “grass grows dense” is said to be a month of growth.

Other names for March is Kagetsu, Hanamizuki, Boshun and Yumemizuki.

歳祝い Toshi-iwai - Celebrations of Longevity

In Shinto, there are many passages of later life and rituals that support and guide people through the spiritual dimensions of those passages. The shrine offers private blessings for these auspicious celebrations of longevity.

還暦からの長寿を祝う儀式を「年祝い」といいます。これらの歳には無事に人生を送れたことへの感謝と喜びを神さまにご奉告し、ご家族そろってお祝いするとよいでしょう。

KANREKI- 60 years Kanreki is observed at the completion of the zodiac cycle and is a joyous occasion which celebrates the beginning of a new cycle and evaluation of the meaning and purpose of one's life.

暦十干、十二支の周期が60年で一巡するため60歳になると自分の生まれた年の干支に戻ると考えられ、新たに生命が再生されることを表して、赤子の姿になることを習わしとしているのです。還暦はその家の家系が代々続き、家業が繁栄することを願う儀式です。

KOKI - 70 years Koki is a word derived from a poem by the Chinese poet Tu Fu. It is also a time for a new focus in life - to see the quality and meaning of our lives even in the face of illness or declining physical or cognitive capacity.

古希は中国の詩人、杜甫の「曲江の詩」の一節「人生七十、古来稀なり」の語句に由来します。

KIJU - 77 years The kanji character for Ki means happiness and is written using the characters for 7 - 10 - 7 or 77.

喜寿は喜の字のお祝い。喜の字を草書で書くと（七十七）と読めることに由来します。

BEIJU - 88 years of age Bei, the character for rice is written using the character for eight, ten, eight and is often referred to as the “rice birthday”. Ju means longevity.

米寿は米の字を分解すると八十八になることから88歳は米の祝いともいい、米文化の日本と末広りの八の字と二重ねでおめでたいものです。

HAPPY 80th BIRTHDAY - James Kaneshiro



James Kaneshiro rockin' to the rhythm of the Macarena



Setsuko Kaneshiro dancing the “Chicken Dance”



Robert Shimoda, 2nd place winner of the Jankenpo game



President Emeritus James Kaneshiro celebrated his 80th birthday at the Pagoda Las Salle Restaurant on Sunday February 20, surrounded by wife Setsuko, family and friends.

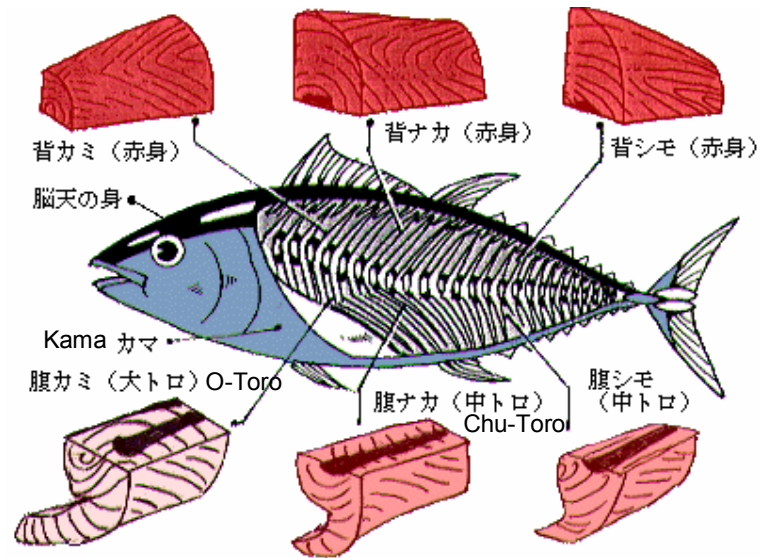
Ahi - The King of Fish

魚の王様マグロ

Ahi, an excellent source of lean protein, vitamins and minerals is a wonderful way to excite the palate while maintaining a balanced diet. However, *ahi* has more to offer than just great taste and nutrition. Fresh *ahi* or canned tuna can also help lower blood pressure and cholesterol. Research has shown that omega-3 fatty acids, found in abundance in fatty fish like *ahi* can help lower the risk of heart disease, ease the pain of arthritis, reduce asthma complications and is essential in the growth and development of young children.

The American Heart Association recommends that people eat "at least 2 servings of fish per week" for its cardio benefits. Omega-3 fatty acids have been shown to reduce the risk of cardiovascular disease.

Protein is essential to building lean muscle mass and providing the body with energy. *Ahi* is so high in protein, that just one 6 ounce serving yields a third of the recommended daily allowance. Both canned and fresh tuna helps the body eliminate bad fats consumed from eating other foods. What's more, eating tuna and foods rich in omega 3 fatty acids can help lower cholesterol and reduce the risk of stroke. Besides being cardio-protective, a growing body of research links omega-3 fatty acids with optimal brain function and cognition, improved eye and skin health, protection against certain cancers, and a therapeutic effect on depression and specific autoimmune diseases such as lupus and arthritis.



まぐろは世界中の海に分布しています。現在、多くのまぐろは海外の海で遠洋漁業によって捕られ、冷凍で送られてきます。マグロは、最も高級で、魚の王様と言われ、マグロの中でも特にクロマグロは500Kgまで成長する超大型で超高級な魚です。マグロの仲間には大きさの順にクロマグロ、ミナミマグロ、メバチ、キハダ等の種類があり、その味はそれぞれに特徴があります。クロマグロ、ミナミマグロは味も色も濃く身は固めで、冷たい海を好むことから大トロがとれます。



メバチは、身はクロマグロに比べ柔らかめですが、味色は濃く、脂の乗りも良くおいしい魚です。

キハダは身は固めで色は薄く、味は淡泊です。このように味にはそれぞれ特徴があります。

マグロは人に必要な栄養を豊富に含み、話題の高度不飽和脂肪酸のDHA（ドコサヘキサエン酸）が目玉の周辺に多く含まれ学習機能を高める効果があるそうです。

マグロの脂身のDHAは100g 当たり 2,880 mgで、魚類中最も多く、血栓病や脳卒中、心筋梗塞を予防すると言われております。

Fresh ahi is especially popular during the holiday season in Hawaii. Pictured above are chunks of fresh ahi at Nakazato Fish Market in Kekaulike Market