

A Visit to Konjiji Temple

By David C. Moreton



Painting of pilgrim family at Konjiji (David C. Moreton)

Oliver Statler (1912-2003), a renowned scholar on the Shikoku pilgrimage and author of *Japanese Pilgrimage* (1983), said in a documentary that, “visits to

the temples do not constitute the pilgrimage, they merely punctuate it.” He was referring to the eighty-eight officially designated Buddhist temples along the Shikoku pilgrimage

route, which at times are located very far apart. However, I would like to emphasize that there are many more sites such as Shinto shrines, bekkaku

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Download a PDF file of awa life or view the online version by going to TOPIA's website!

Show Tokushima Some Love: Awaglot

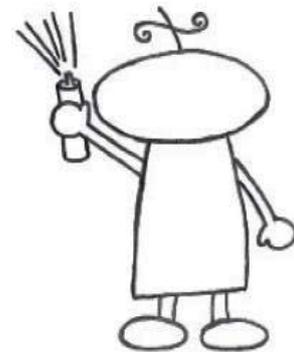
The literary corner of AwaLife, Awaglot, is a combination of the words "awa" and "polyglot", which means multilingual. Be it fiction, nonfiction, prose or poetry; funny, sad, long or short, we want your submissions! If you like to write, then express yourself!

There is also a classifieds section for you, our readers, to post ads in, but a few rules do apply!

The following will not be posted: Religious, political, or commercial activities, businesses searching for clients or employees, things the Awa Life editors deem inappropriate.

BUT, you can totally submit this stuff: concerts, lectures, and other event information, cultural, sporting, and other community group information, etcetera.

If you have something you would like to share with the Tokushima community, email the editors at awalife@gmail.com!



Awa odori dancers adorned in the full female outfit (Junko Kimura)

A Visti to Konjiji Temple

(Con't from Page 1)



(別格: special) temples, bangai (番外: outside the number) sites, okunoin (奥ノ院: inner sanctuary), and odō (お堂: small building) that play an equal role in the pilgrimage and are worth visiting.

One such place is Konjiji temple, which is the okunoin of Temple 13, Dainichiji, and is located about twenty-five minutes by car from Bunka no Mori (Tokushima Pref. Library). This temple is located at an elevation of 310m (slightly higher than Mt. Bizan at 280m) and offers a great view of Tokushima city. To get there you can drive up a long, steep and winding road or walk up the henromichi (pilgrim path) as many people do on their way from Temple 12, Shōsanji to Temple 13, Dainichiji.

It is believed that during the 7th century, En no Gyōja (634-701), a Buddhist ascetic said to be the founder of Shugendō (mountain asceticism) founded this temple. Then Kōbō Daishi (774-835) came in the 8th century and while he was training here carved a statue of the main deity, Zaō Gongen (蔵王権現) and placed it in a cave. Konjiji gradually became a training place for people interested in Shugendō and

the nearby waterfall was used as a mean of training and purification. The temple fell into disuse, but during the 16th century Lord Hachisuka, who controlled the Tokushima domain, offered his support after Zaō Gongen appeared in his dream and instructed him on how to win a battle. As a sign of gratitude, Hachisuka asked a Buddhist sculpturist to carve a statue of Zaō Gongen and present it to the temple. These two statues are hidden behind a door in the cave within the main hall, but you can see a 90cm tall statue of Amida Nyorai, said to have been carved in the 15th century, which has been designated as a cultural treasure of Tokushima. Gradually the temple once again fell into disuse, but in the 19th century a Buddhist priest called Teia (貞阿: 1805-1885) worked fervently in the community to gather support for its restoration. (His grave is located beneath the lantern tower.) And again, after World War II, work was done to restore the temple to a usable state.

Today, many exciting events are held at Konjiji, but I recommend going early because the parking lot is small and trying to park on the narrow road can be treacherous. A detailed

schedule can be seen on the temple's website, but the goma (fire) rituals held once or twice a month in the main hall are something to be experienced. As well, every April there is a huge festival during which a portable shrine is carried around the temple grounds by children. This is followed by an arm-wrestling tournament, mochi (pounded rice cake)-throwing activity, goma ceremony, and a free prize giveaway - all of which attracts a lot of people. For the giveaway anyone who would like to have a chance to win something goes into the main hall and receives a numbered card (one card per person), then goes to the open area in front of the office building and listens to the numbers being called. There is a wide variety of prizes such as cases of beer, bottles of sake, small pieces of furniture, electronic goods (like the blood pressure monitor that I won). The great prize is a huge plasma TV!!! It does not cost anything to get a numbered card.

Even though visiting a sacred site, such as a temple or shrine, and viewing the buildings, gardens, and other structures may be interesting, personally I like to look for evidence of people who

have actually visited that place in the past. At Konjiji, I found such in the main hall. When you go up the stairs look to your right. There you will see a painting of a family of four – father, mother and two children - in white pilgrim attire. The father is carrying a small shrine on his back. In the upper left corner there are three deities - Zaō Gongen, Fudō Myōō and Kōbō Daishi – on a cloud. The date states "the sixth month of Meiji 11 (1878)" and the location is "Hasuike village, Takaoka district, Kochi prefecture." It is believed that the family was from this village

and one of the children got sick so the parents fervently prayed for him to get better. Zaō Gongen appeared to them in their dream and said that all would be well, and as a result, the boy was cured. To show their gratitude, the family embarked on the Shikoku pilgrimage and when they arrived at Konjiji they found out that this temple's main deity was Zaō Gongen, so a token of their appreciation, the father left behind the small shrine that he had been carrying on his back, which can be seen today in the small building just below the main hall.

There are many other interesting things to see at Konjiji, but unfortunately not enough space to write about them, so when you have some time please visit this interesting temple that is one of many sites that punctuate the Shikoku pilgrimage.

Temple Information:
Accommodation available for 4,000yen/night/person (no meals)
Website:
www.7b.biglobe.ne.jp/~konjiji/
Tel: 088-644-1232



Paying It Forward

By Rochelle Holmes

The following is the winning speech from the 2014 Tokushima Prefectural Japanese Speech Contest:

Have you ever received a really special gift? How did you feel? Maybe you said "Thank you, thank you!" again and again. On the other hand, maybe you were so moved you couldn't say anything. Or perhaps you gave something back in return? I think that moment of thankfulness is extremely important. Today, I will tell you how gratefulness can change the world.



Speech Contest Grand Prize Recipient Rochelle Holmes

Before coming to Japan, I had heard that Japanese people give gifts all the time. I imagined a house cluttered up with nick-knacks and forgotten toys. How

could Japanese people give and take so much with such tiny houses? Instead of giving big gifts, I was surprised to see how often the omiyage turned out to be food or useful things

Paying It Forward

(Con't from Page 4)



from other prefectures. In America it would be strange to give a towel or rice scooper to a friend. Couldn't they just buy it themselves? But in Japan, regional specialties make these gifts both thoughtful and exciting.

All of this omiyage is a result of 'on' (gratitude), the obligation to repay kindness in the future. It encourages dependent relationships that work toward a harmonious community and country. I admired the way these gifts connected people to each other.

Still, knowing about this culture of gift giving didn't make it any easier to live in. I was always keeping mental lists of people who had given me something and wondering how to

show them gratitude. My first big experience was with an *obaasan* (elderly lady) in Kitajima. One day when I was lost, an old lady called out from her garden, "What are you up to?" "I'm lost," I said, and we jumped into conversation. That day I left with a big bag of vegetables. When I came back to give her some cookies, she wouldn't let me leave without more of her fresh food. So of course I had to return again with something else. She became my very own Japanese grandma, tied together through the gifts we share.

But then there were other circumstances where I couldn't repay the favor. During my first Christmas in Japan, singing familiar church songs made me

cry with nostalgia. That night I came home to find a bag of KFC on my door handle from my pastor's wife. In my homesickness, it was exactly what I needed; the taste of America. How could I return the thoughtfulness she showed me that day?

After many experiences like this, I was overwhelmed by the sense of 'on'. The people of Tokushima have invested much time and care in us temporary visitors here. Even when we can't give back directly, I believe we have a responsibility to keep it going. When I go back to the US, I want to have the same generosity toward the foreign community there. I want to welcome them with the same kindness I witnessed so lavishly in Japan, with no



Participants and the judges of the speech contest

expectation of return.

It's our job to not let that go to waste. We can carry this obligation with us across the sea to our homelands and let the goodwill keep going. When Japan reaches friendly relations with countries all across the globe, we'll be able to trace those ties back to the simple gift of vegetables from an *obaasan's* garden.

* * *

On Sunday, July 13th, 11 participants from around the world, including Vietnam, United States of America, Nepal, Mongolia, China, Cambodia, Brazil and Taiwan performed their 6 minute speech with much eloquence at the 2014 Tokushima Prefectural Japanese Speech Contest. The participants spoke on various topics such as Japanese customs and food to the bonds that they have fostered in

Paying It Forward

(Con't from Page 5)

Japan during their stay. The smiling faces and echoes of laughter filled the room as the 200 or so guests listened to the speeches fervently. A big congratulations to all the entrants!



Gojahei-Ren: Keeping With Traditions

Interview with Hideaki Oka



The Gojahei-ren grace the streets of Tokushima City

“What is awa odori to me? It's my life, it's everything to me.”

These are the words that Hideaki Oka, the leader of Japan's largest Awa Odori dance troupe, “Gojahei” (娯茶平), used to describe Tokushima's very own dance, the Awa Odori. We spent one Thursday afternoon

speaking to him about Awa Odori.

What makes Gojahei different from other dance troupes?

Our dance is much slower, our rhythm is slower. Why? Awa Odori only gained its name in the 1920s. Awa Odori originally was a type of bon dance that they

danced in the Awa Province (now Tokushima). During the bon festival, we would welcome in the spirits of our ancestors by dancing the bon dance. And to welcome them in, we would dance slowly. It was officially named the “Awa Odori” in the 1920s when it started gaining popularity and the Awa Odori you see now is done as part of an event. We still dance to welcome in the spirits, so that's why our dance is slower. Of course we have to add new things to keep people interested, but for us 90% is about keeping with traditions and 10% is adding in something new. But our intention behind the dance is still the same.

Gojahei-Ren

(Con't from Page 6)

Why did you decide to do Awa Odori? And when did you start?

I was 18. During my time, not everyone had a TV, nor were there any bowling centers or golf courses. So the only choices we had in regards to entertainment and recreation was either playing catch or doing the Awa Odori. So I chose Awa Odori. Back then you had to pass a test to enter a dance troupe, but these days everyone can join. It's quite the opposite actually, we have to now actively look for people to join, whereas back then when there was nothing to do, many wanted to join.

Gojahei was the first to have women dressed in the men's outfit and doing the men's dance. How did that start?

We are the first to do this. We started this because during the 1930s when more options emerged like basketball and soccer, not many people were joining Awa Odori. So to save our troupe, we set up a training school for children, 'Chibikko Gojahei'. But once they graduate when they reach the end of elementary school, the option is to either do the men's dance or the women's dance, but as all the children learned

the men's dance, the girls had nowhere to go. So, we thought, why not have the girls dance the men's dance and wear the men's outfit and that's how the "Onna Happi Odori" started.

What is the most important thing to remember when dancing?

It would be how satisfied you are with your dance. That's because you're joining the troupe because you want to and not because someone forced you into it. And it's important to aspire to be better and better and to want to dance a dance that no one can. You want to be at the top, you want to be in the center position. You need to have these ambitions to dance.

The driving force behind Awa Odori isn't the dance itself. It is the musical accompaniment (囃子 hayashi). The instruments are the key players that create the exciting atmosphere that makes it so that everyone would want to dance. All you have to do is dance to the rhythm, you don't need words for that. There are no set steps either, just two beats. All you have to do is dance to the two beat and you'll have a dance of your own. The hayashi and



Ren leader Hideaki Oka

the fact that anyone can dance is what makes this dance so great.

We don't need words to attract people to this dance. You just have to experience it. Awa Odori isn't a beautiful dance to watch. You just have to dance it yourself, and if you like it then that's that. If you think it's hard, that's fine too. Even if you think it's hard but want to do it again, that's great too. I just want everyone to experience it once.

* * *

Awa Odori in Tokushima City

When: August 12 (Tue) - 15 (Fri)

18:00 - 20:00 1st performance

20:30 - 22:30 2nd performance

Where: Tokushima city center

Cost: Free (excluding paid stage seats)

Info: Tokushima City Tourism Association

TEL: 088-622-4010

300s

This is a quick burn that will kick your butt even if you only have a few minutes. All you need is a park bench or some kind of elevated platform. Do this workout without taking any breaks between exercises, just finish it as quickly as you can. Make sure you keep good form! It doesn't

matter how fast you're going if you're not doing the exercises right.

50 Burpees
50 split squats (single legs squats with one foot on a bench, 25 each leg)
50 tricep dips
50 Bench jumps
50 mountain climbers
50 squats

This workout will work your whole body as well as giving you a cardio workout. Depending on how much time you have and how hard you want to go, take a minute or two off, and do the circuit two or three times. Have fun!

Letter From Suketo Hoikuen
By Kazue Inoue

I hope you are all doing well despite this hot summer weather. Every year at Suketo Hoikuen, we grow summer vegetables in our garden with the children. This year we were able to successfully harvest, cucumbers, bell peppers, tomato, eggplants, corn, and much more. At our center, we value the children's interactions with nature, so in the classrooms, we are also raising summer insects (such as Japanese homed beetles and butterflies) and we allow children to go play outside with water, sand and soil.

Your five senses (vision, hearing, smell, taste and touch) show the most development during early childhood. By providing your child with more opportunities to interact with people and the environment around them, you are helping your children develop their senses. Why

not spend the summer break or obon break taking your children out to obtain more experiences with nature.

This month, I would like to introduce a type of play that trains your sense of touch and is also an activity that we often do at Japanese nursery schools. We will be using the main ingredients of bread and cake, flour, to make modeling clay. Unlike oil-based modeling clay, it does not have a strong scent, will not cause any harm when accidentally ingested, and most of all it has a nice soft texture.

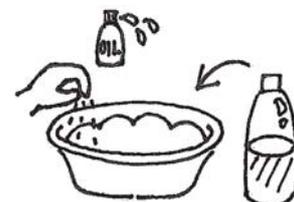
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This Month's Craft
Flour-based Modeling Clay

Materials
Flour 250g
Water 125ml
Pinch of salt

Instructions

1. In a container, lightly mix 250 g of flour with a pinch of salt (the salt will help preserve the clay and if stored in a tightly closed bag, it will last up to a week).
 2. Mix in 125 ml of water into the flour mixture and knead the dough (if you want to add color to the clay, add food coloring to the water before adding it into the flour mixture).
 3. Knead the dough well and form into a ball. Once the mixture begins to form into one big lump, lightly oil your hands and knead some more (the oil helps prevent the flour from sticking to your hands).
- *If the clay is too soft, add some flour and adjust it to your desired consistency.



Irene's Recipe Corner

By Irene Wachuga



WATERMELON COCKTAIL

Dear good readers of Awa Life. Thank you for putting up with me as I indulged

in my passion for anything food. It has been fun being with you every month for the past couple of years. It is that time when the baton must pass on to the next foodie, so I bid you adios. Will be seeing you round town. Wishing you all a splendid summer. And here's something to cool it off.

Ingredients

(Serves 4)

1 ½ cup water melon (cubed, seeded and frozen)
1 tablespoon sugar

1 tablespoon fresh lemon juice

1 ½ cup sparkling wine

Julienned or sliced lemon for garnish

Directions

1. In a blender add the watermelon, sugar, lemon juice and half the wine and blend until smooth.

2. Divide equally into 4 glasses and top with the remaining wine.

3. Garnish with lemon if desired and serve immediately.

Kampai!!! (Cheers!)

Crime Prevention Tips: Be Careful of "Make Easy Money" Offers

Have you ever received an offer online through e-mail or social networking sites, asking you if you want to make easy money? If someone that you don't know asks you to participate in an easy money making business, be weary, as there is a high chance that you will become a victim of a crime or you will become involved in the crime as an accomplice. Before you jump at the opportunity, make sure you think about it carefully. Here are two examples of common cases, in both cases, you are being used as a cover up for their illegal operations and you may have the chance of being prosecuted.

Money Transfer Agency Jobs

1) A foreign company will offer to pay you a large commission fee for helping transfer money from their customers in Japan by using remittance agencies (Western Union, Brastel, etc.).

2) Upon acceptance of the offer, an unspecified large number of people will transfer money into your account.

3) You will withdraw this money and transfer it to an overseas account.

The address that you are given to transfer the money too will have nothing to do with the company or the person that you spoke to. As well, the person who you are supposed to transfer the money to will often change.

Package Forwarding Jobs

1) You will be offered a commission for receiving a package that is addressed to someone else then forwarding the package to another address.

- 2) Upon acceptance of the offer, an unspecified large number of packages addressed to a stranger will be sent to your home. You will pretend to be that individual and receive the package.
- 3) You will forward the package to another address that was given to you.

As you will be receiving packages filled with illegal items, just by receiving the package, you become involved in the crime.



Japanese Lesson

By Takako Yamada

すみません。予約したいんですが・・・。

This month, we will be learning about ways to ask restaurants about their business hours and ways to make a reservation. But first, let's start with asking for business hours.

(電話で)

店員：はい、レストラン阿波でございます。

マリア：すみません、お店の休みは何曜日ですか。

店員：① 毎週月曜日でございます。

マリア：何時から何時までですか。

店員：② 午前11時から午後2時までと
午後5時から11時までです。



① Days of the week

まいしゅう 毎週	げつようび 月曜日	かようび 火曜日	すいようび 水曜日	もくようび 木曜日	きんようび 金曜日	どようび 土曜日	にちようび 日曜日	ねんじゅうむきゅう 年中無休
Every week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Open everyday

② Time of the day (Note that it is not ichiji gogo (1 pm) but gogo ichiji.)

ごぜん (am)	ごご (pm)	いちじ	にじ	さんじ	よじ	ごじ	ろくじ	しち (なな) じ	はちじ	くじ	じゅうじ	じゅういちじ	じゅうにじ
午前 (am)	午後 (pm)	1時	2時	3時	4時	5時	6時	7時	8時	9時	10時	11時	12時

Next, let's learn how to make a reservation.

マリア：すみません、予約したいんですが。

店員：ありがとうございます。いつがよろしいですか。

マリア：③ 8月 ④ 13日の午後6時から、お願いします。

店員：何名様ですか。

マリア：4人です。(4名です。)

店員：かしこまりました。



③ Names of the months

いちがつ 1月	にがつ 2月	さんがつ 3月	しがつ 4月	ごがつ 5月	ろくがつ 6月	しち (なな) がつ 7月	はちがつ 8月	くがつ 9月	じゅうがつ 10月	じゅういちがつ 11月	じゅうにがつ 12月
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④ Days of the month (those with irregular pronunciation)

ついたち 1日	ふつか 2日	みっか 3日	よっか 4日	いつか 5日	むいか 6日	なのか 7日	ようか 8日	ここのか 9日	とおか 10日	じゅうよっか 14日	はつか 20日	にじゅうよっか 24日
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Events & Memoranda



Yoshinogawa City Summer Firework Festival 吉野川市納涼花火大会

When:	August 6 (Wed) 20:00 - 21:00	日時:	8月6日(水) 20:00 - 21:00
Where:	Yoshinogawa City Kamojima Sports Field	場所:	吉野川市鴨島運動場
Info:	Yoshinogawa Chamber of Commerce	問合せ:	吉野川商工会議所
TEL:	0883-24-2274	TEL:	0883-24-2274

Naruto City Summer Firework Festival 鳴門市納涼花火大会

When:	August 7 (Thu) 20:00 - 21:00	日時:	8月7日(木) 20:00 - 21:00
Where:	Area around Naruto Culture Center & Muya River Park	場所:	鳴門市 鳴門市文化会館周辺・ 撫養川親水公園周辺
Info:	Naruto City Uzushio Tourist Association	問合せ:	鳴門市うずしお観光協会
TEL:	088-684-1731	TEL:	088-684-1731

Awa Odori in Naruto City 鳴門市阿波おどり

When:	August 9 (Sat) - 11 (Mon) 19:00 - 22:00	日時:	8月9日(土) - 11日(月) 19:00 - 22:00
Where:	Naruto City Center	場所:	鳴門市中心部
Cost:	Free (excluding paid stage seats)	入場料:	無料(有料演舞場を除く)
Info:	Naruto City Uzushio Tourist Association	問合せ:	鳴門市うずしお観光協会
TEL:	088-684-1731	TEL:	088-684-1731

Let's Dance with the Niwaka-Ren! にわか連で、踊ろう!

People who want real experience at the Tokushima Awa Odori, can dance freely with the Niwaka-Ren. 本場徳島で阿波踊りを体験したい人は、にわか連で自由に踊れます。参加自由。

When:	August 12 (Tue) - 15 (Fri) from 19:00 or from 21:00	日時:	8月12日(火) - 15日(金) 19:00~、21:00~
Where:	Meet in front of the Tokushima City Hall or at the Motomachi shopping street entrance	場所:	集合場所 徳島市役所市民広場・ 元町おどり広場
Cost:	Free*	入場料:	参加無料*
Info:	Tokushima City Tourism Association	問合せ:	徳島市観光協会
TEL:	088-622-4010	TEL:	088-622-4010

*Optional: 3000 yen deposit fee to rent a happi. When you return the happi, 2500 yen will be returned to you (500 yen will go towards dry cleaning fees).

*はっぴの貸出時に預かり金として、1枚当たり3000円が必要、返却時にクリーニング代500円を除いた2500円をお返しします。

TOPIA Events & Memoranda

Tokushima Prefecture Disaster Prevention Center Study Tour

The importance of preparing for the Great Nankai Trough Earthquake expected to hit Tokushima is only increasing. If a natural disaster occurs, what will you do? The Tokushima Prefectural Government, in conjunction with the Tokushima Prefecture International Exchange Association (TOPIA) is proud to announce a study tour for foreign residents at the Tokushima Prefecture Disaster Prevention Center to provide information on what to do in case of a natural disaster. During the tour you can experience earthquakes, strong winds and more via simulation, as well as learn about what to do when a disaster occurs.

- Date: Sunday, September 28, 10:30-13:00
10:30 – Leave Tokushima Station by bus for the center
13:00 – Arrive at Tokushima Station by bus
- Location: Tokushima Prefecture Disaster Prevention Center
(Kitajima Town, Tainohama Aza Onishi 165)
- Target: Foreign Residents in Tokushima Prefecture
- Details: Disaster prevention guidance via video, simulation of strong winds /earthquakes, fire fighting and disaster control exercises (English and Chinese Interpreting)
- No. Places: 30 people
- Cost: Free
- How to apply: Please send in the following information by fax to the address below. You can also apply by sending the same information by email or postcard.
① Name ② Gender (M/F) ③ Address ④ Nationality ⑤ TEL
⑥ E-Mail Address ⑦ Occupation ⑧ Workplace Address
- Deadline: September 22nd, Monday
- Applications to:
- FAX: Tokushima-ken Kokusai Koryukyokai FAX (088) 652-0616
- Email: coordinator1@topia.ne.jp
- Postcard: 〒 770-0831 Tokushima-shi Terashima Honcho
Nishi1-61 Clement Plaza 6F
Koekizaidan Hojin Tokushima-ken Kokusai
Koryukyokai (TOPIA)
- Contact: TOPIA (Kimura) TEL (088) 656-3303



Counselling Service at TOPIA トピアの相談窓口

TOPIA offers a counselling and advisory service to all foreign residents to help with issues involving accidents, working conditions, housing, visas, international marriage, and more. Counselling is available in English and Japanese. Please note that although every effort will be made, we may not be able to deal with all cases.

Everyday, 10:00 - 18:00 (closed during the New Year's holidays)

Tel: 088-656-3303 or 088-656-3320 (allows three-way conversations with an interpreter)

受け止めていますか人権の重み