



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

September, 2017

(808) 322-3524 www.daifukuji.org

See "archives" on our website for previous newsletters.

Ohigan & Founders Service

Sunday, September 10 9:30 a.m.

Guest speakers: Amy Nakade & Makana Ioh

Potluck Lunch



Keizan

Dogen

All are invited to Daifukuji's autumn Ohigan and Ryosoki service on September 10. Ohigan (お彼岸), a Buddhist holiday observed in Japan at the time of the spring and autumnal equinoxes, is considered the perfect time to strengthen one's practice of the Buddha's teachings of the Six Perfections of the Heart — the Six Paramitas — which are: generosity, observation of the precepts, patience, vigor, meditation, and wisdom. It is also a time to pay homage to Dogen Zenji, the eminent founder of our Soto Zen tradition and Keizan Zenji, the eminent propagator of the Soto Zen teachings.

Guest speakers Amy Jikai Nakade and Makana Ioh, members of Kona Daifukuji Taiko, will be sharing their Japan trip experiences, which include a visit to a Soto Zen monastery, taiko workshops conducted by Japan's professional taiko groups, & a visit with Rev. and Mrs. Tamiya and family.

The gift shop will be open & has an abundance of newly acquired Buddhist statuary and art. **Lunch will be a potluck affair, so please bring something to share if you can.**

Donations of canned foods to the Hawaii Island Food Basket may be brought to the service. The Fujinkai continually delivers food to the Food Basket as its community service project, thanks to the help of Sachi & Ken Joesting.

Note: There will be a meeting of the Daifukuji Zazenkaï in the library at noon (page 6).

Fujinkai News



General Membership Meeting & Potluck Lunch to be Held September 16

The annual general membership meeting of the Daifukuji Fujinkai Women's Association will be held on **Saturday, September 16** at 11:00 a.m. inside the temple's social hall. Fujinkai members, we would be honored by your presence at this very important meeting.

The meeting will focus on the 2018 United Hawaii Soto Shu Women's Association (UHSSWA) conference which is being hosted by the Daifukuji Fujinkai. The conference will be held the weekend of **April 14 & 15, 2018** at Daifukuji Soto Mission and also at the Courtyard King Kamehameha's Kona Beach Hotel. Much help is needed and all Fujinkai members are invited to attend the conference. Other topics that will be discussed are the Fujinkai's autumn field trip (see information below) and participation in this year's Kona Coffee Cultural Festival. If possible, please bring something for the potluck lunch.

Autumn Field Trip, October 14

When: Saturday, October 14

Time: Be at Daifukuji by 8:00 a.m. We will carpool and leave the temple at 8:30 a.m.

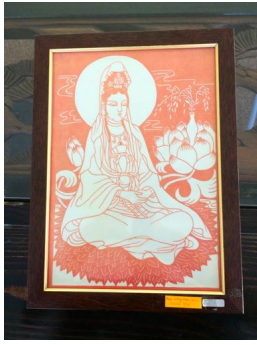
What and where: Visit "The Kona Coffee Story: Along the Hawaii Belt Road" photo exhibit at Kona Historical Society's H.N. Greenwell Store. See photos and read about the lives of the Japanese immigrants who worked on coffee farms. Also, learn all about bees at the Big Island Bees beekeeping museum and gift shop on Napoopoo Road. The field trip will end with lunch at the Beijing Restaurant in Kealahou.

Deadline to sign up: Saturday, September 16. A headcount is needed. Please see Lorraine Tanimoto or call Rev. Jiko at 322-3524.

Fujinkai members may bring guests. Fujinkai members are free, but guests will be charged for the photo exhibit admission and lunch.

New Members Welcome

Women 18 and older are invited to join the Fujinkai, whose mission is to foster an understanding of Soto Zen Buddhism, promote the spiritual, educational, and intellectual development of its members, and promote the general welfare of the community through religious and charitable works. Annual dues are \$10. For information on membership, call Merle at 323-3553 or Joyce at 329-3833.



Daifukuji Gift Shop News

We have two kinds of items in the gift shop---things that we can reorder, and things that are one-of-a-kind. A generous donor has given the gift shop some unique Buddhist items. One of them is this framed Chinese cut-paper Kannon. Another is this white pottery statue of a young monk. Look for these and many more exceptional items over the next few months.

Library News

By Clear Houn Englebert

We have six new books in Japanese. The first one is a great treasure. It is thicker than the other five books put together!

Bukkyogo Daijiten (Great Dictionary of Buddhist Terminology) by Hajime Nakamura

Soto Shu Sutras by Soto Shu Shumicho

Kami To Hotoke (Gods & Buddhas: The Religiosity of the Japanese People) by Tetsuo Yamaori

Butsuzo Ni Omou 1 & 2 (Buddhist Statuary, Book 1 and Book 2) by Itsuko Okabe

Junrei No Ninzoku (The Folk Customs of Pilgrimage) by Akira Takeda

The new books in English are:

Zen Pioneer by Isabel Stirling is a wonderful biography of Ruth Fuller Sasaki and it contains several of her writings which were out of print. The forward by Gary Snyder is a treasure unto itself.

Making Space is a tiny book by Thich Nhat Hanh, subtitled: *Creating a Home Meditation Practice*.

A Heart Full of Peace by Joseph Goldstein is a charming small hardback, beautifully presenting some of the most basic Buddhist teachings.

Walk Like a Buddha by Lodro Rinsler is a compilation in Q&A format of the author's advice column, divided into sections for work, relationships, etc.

Harp of Burma by Michio Takeyama (translated by Howard Hibbett) is the novel on which the movie *Burmese Harp* is based.

The Crane's Bill translated by Lucien Stryk is an exceptionally nice anthology of Zen poems from China & Japan. I'm a total sucker for this kind of book. I can't resist opening it up at random and reading a short four-line poem and marveling at the beautiful profundity.



September Dharma Programs

Dharma Study Classes - Tuesdays, September 5, 12, 19, & 26 4:00 - 5:00 p.m

We will continue our study of the book *Zen Living* by Domyo Sater Burk. All are welcome. Call Rev. Jiko at (808) 322-3524 for further information.

Family Sangha Services: Sharing the Dharma with Children - **Sundays, September 3, 17, & 24** at 9:30 a.m. Child-friendly 45-minute services which include yoga, zazen, chanting, singing, & Dharma lessons. For children of all ages and their parents & grandparents. Bring healthy snacks to share.

Zazen (Meditation)

- * Every Wednesday morning from 6 a.m. - 7:20 a.m.
- * Thursdays, **September 7 & 21** from 6:30 p.m. - 8:00 p.m.

Both morning and evening sessions include 20 minutes of chanting. Donations may be placed in the box on the incense table.

Movie Night: Japan Trip Slideshow by Amy Jikai Nakade - September 14 Kannon Hall 7 p.m.

Amy Jikai, a member of Kona Daifukuji Taiko, will be sharing photos taken during the taiko group's summer trip to Japan. Bring a mug for tea. All are welcome.

Shakyo & Shabutsu Art Meditation - Saturday, September 2 from 8:00 a.m. - 9:30 a.m.

Mindfully tracing the Heart Sutra & pictures of buddhas and bodhisattvas in silence unifies body, breath, and mind. All supplies provided. By donation.

Baikako Plum Blossom Choir Practice - Sunday, September 3 from 7:45 a.m. to 9:00 a.m.

The Gay Sangha - Friday, September 1 6:00 - 7:30 p.m.

A Buddhist group open to all, with a particular invitation to gay women and men and their families and friends. Meditation and discussion. Call (808) 328-0329 for information.

T'ai Chi

Every Tuesday and Thursday from 9:00 - 10:00 a.m. and Wednesdays from noon to 1 p.m. in the Hisashi Kimura Cultural Hall. Call instructor Philip Kakuho Hema for information: (808) 345-1492.



Minister, Taiko Teacher Needs Bone Marrow Transplant

Rev. Shuichi Tom Kurai, minister at the Sozenji Temple in Montebello, California, has been diagnosed with leukemia and is in need of a bone marrow transplant. There are some bone marrow recruitment agencies that are helping with the crusade to raise awareness and get the word out to the Asian community.

It is astounding that the number of Japanese on the international donor registry make up only .3% of the registry.

a3mhope.org here in So. Calif. and aadp.org in San Francisco are helping with marrow donor recruitment for the International registry. People here can register on these sites as all the info gathered by these recruiters goes onto the international registry, bethematch.org

The requirements for being a donor is:

Be between the ages of 18 - 44.

Be willing to donate to any patient in need.

Meet health requirements.

Fill out a consent form and do a cheek swab.

The link for the International Marrow Registry is: join.bethematch.org

To become a marrow donor anyone who fits the age criteria can register online. They will be asked if they are willing to donate marrow to anyone in need. A questionnaire will be filled out and the cheek swab kit will be mailed to the registrant. They then send it back in the mail so the registration is all done in the comfort of the registrant's home.

Rev. Kurai's story on the a3m website: <http://www.a3mhope.org/patient-stories.html>

Here is an article about Tom in the L.A. Rafu Shimpō:

<http://www.rafu.com/2017/08/minister-taiko-teacher-needs-marrow-transplant/>

Any help that one can provide to spread the word to get more people of Asian decent to register as marrow donors would be greatly appreciated, not only for Rev. Kurai, but for anyone of ethnic background who may someday become ill and in need of a marrow transplant. There is a need for hapa donors, as well.

Coming up in October...

October 8.....Daruma-ki & Eitaikyo Service

October 18.....Kannon-Ko Service

October 11.....Project Dana

October 25.....Regency at Hualalai Service

October 15.....Fujinkai Field Trip

October 28 - 29....Hawaii Soto Mission Association's Fall Meeting

Zazenkai Meeting After Service

Sunday, September 10 12:00 noon

Zazenkai members, you are cordially invited to a meeting of the Daifukuji Zazenkai. The meeting will be held inside the temple's library at noon on Sunday, September 10, following the Ohigan & Founders Service & potluck lunch.

Topics to be discussed include:

1. The Rohatsu Sesshin in December
2. Joint Zen Retreat on January 6, 2018
3. Workshop by Dr. Harold Hall
4. Appropriate Attire for zazen

Questions? Please call Zazenkai president Barbara Shoshin at (808) 987-2673.



Daifukuji Temple Tour

Sunday, September 17 2:00 p.m.

There will be a free tour of Daifukuji Buddhist Temple on Sunday, September 17. It will begin at 2:00 p.m. and last approximately one hour. The tour will be guided by Rev. Jiko Nakade and Clear Englebert. The history and meaning of the objects in and around the temple will be explained, as well as the architectural features of the building.

Daifukuji was founded in 1914 with the arrival of our first minister, the Reverend Kaiseki Kodama. The main hall was completed in 1921 and expanded in 1936. It is a traditional Japanese-style building with Western elements such as the fan-shaped arches over some of the windows. It has been lovingly maintained, most recently with the addition of an orchid garden donated by the Kona Daifukuji Orchid Club.

This is an opportunity to ask questions and learn about the unique things the temple contains. The symbolism of the objects and their design is often a reminder of a spiritual lesson. Those lessons will be explained in the tour so that being at the temple can be more meaningful. After the tour the gift shop will be open.

Bon Dance Classes to Begin



Winifred Kimura, Daifukuji's Bon Dance sensei, will be resuming Bon Dance practice sessions on Monday, September 18. Sessions will be held on the 3rd Monday of each month from 7:00 p.m. to 8:30 p.m. inside the Social Hall. All are welcome. If you start now, you'll know all of the dances by next year's Bon Dance.

For more information, please call Winifred at (808) 322-3296.

Let's Sing in Japanese!

Wednesday, September 6 9:00 a.m. - 10:00 a.m. Social Hall

Do you enjoy singing? Wish to learn Japanese? Come to Takako sensei's Japanese song class on Wednesday, September 6. Her 1-hour sessions are a fun way to boost your Japanese vocabulary and learn a selection of popular Japanese songs. All are welcome.

For more information, please contact Takako at (808) 989-8085 or oxleyj002@gmail.com.

Boosting Our Brains

There is hope for our aging brains. In his recent presentation on the "Integration of Neuropsychology and Buddhism," Daifukuji member Dr. Harold Hall, a retired neuropsychologist, noted several practices that can reverse brain shrinkage, improve memory, and stave off dementia. Here they are:

1. Walk briskly for 40 minutes 3 times a week.
2. Pay attention to proper nutrition. Eat very little meat or dairy products.
3. Live with gratitude. Express your gratitude.
4. Practice meditation regularly.
5. Associate with like-minded people who are warm, supportive, and empowering.
6. Love and care for pets.
7. Get enough sleep. Dream sleep is important, too.

Beneficial Deeds 利行

by Rev. Jiko Nakade

A teaching called the Four Wisdoms appears in chapter four of the Soto Zen sutra “Shushogi.” The Four Wisdoms are: Giving, Kind Speech, Beneficial Deeds, and Empathy. In previous newsletters I’ve talked about giving and kind speech. Today, I’d like to talk about Beneficial Deeds, called “rigyo” 利行 in Japanese. In the Shushogi, it is written:

“Beneficial deeds” means to devise good ways of benefitting living beings, whether noble or humble. Those who encountered the trapped tortoise and the injured bird simply performed beneficial deeds for them, without seeking their reward or thanks. The foolish believe that their own interests will suffer if they put the benefits of others first. This is not the case. Beneficial deeds are one, universally benefiting self and others. (from Soto School Scriptures for Daily Services and Practice, Sotoshu Shumuchō)

Wisdom lies in seeing that whatever harm one causes another inevitably harms oneself, and that whatever good one does for others universally benefits both self and others. Why is this so? It is so because (1) all of life is deeply connected, and (2) the perceived boundary between self and other is not as distinct as one might believe.

I suspect that all of us have, at one time or another, experienced this truth, perhaps in a fleeting moment of insight. All it takes is a split-second experience of awakening which can occur at any time, such as when looking into the eyes of a newborn, being present when a loved one takes his or her last breath, gazing up at the night sky, witnessing an eclipse, hearing the song of a bird, walking through wet grass, pulling a thorn out of a puppy’s paw, seeing tears in a homeless person’s eyes. During such times, the small self that shouts “I, me mine!” falls away, and what is revealed is understanding, compassion, and the wish to do good for others.

Beneficial deeds are truly ONE. We would have a much more peaceful world if more people were to awaken to this truth. We would set aside our self-promoting agendas and live in ways that benefit living beings. May we awaken.

Namu kie butsu. Namu kie ho. Namu kie so.

Family Sangha’s Field Trip Changed to November 5

Family Sangha members, please note that the date of our autumn field trip has been changed to **Sunday, November 5**. We will be visiting Nechung Dorje Drayang Ling, a Tibetan Buddhist temple in Kau: <http://www.nechung.org/index.shtml>. More information will be given at upcoming family services. For now, please save the date.

Temple Open House, August 20



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September 2017

| August 2017 | | | | | | | September 2017 | | | | | | | October 2017 | | | | | | |
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- Major Service
- Home
- Work
- Work
- Work
- Zazen
- Sangha Sisters
- Youth Taiko
- Adult Taiko
- Family Service
- Happy Strummers
- Temple Board
- Fujinkai
- Kannon-ko Service
- Project Dana
- Orchid Club
- Samu
- Special Events
- Baikako Practice
- Dharma Study
- US Holidays
- Found in Apps
- Offsite Backup
- Bon Dance Group
- Teen Sangha

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|--|
| 27 9:30 AM Family Service | 28 5:00 PM Youth Taiko | 29 9:00 AM T'ai Chi 4:00 PM Dharma Study 5:30 PM Zen Taiko | 30 6:00 AM Zazen 12:00 PM T'ai Chi 5:00 PM Youth Taiko | 31 9:00 AM T'ai Chi 5:30 PM Zen Taiko | 1 7:30 AM Samu 6:00 PM Gay Sangha | 2 8:00 AM Shakyo 9:30 AM Youth Taiko |
| 3 7:45 AM Baika Practice 9:30 AM Family Service | 4 Labor Day 5:00 PM Youth Taiko 7:30 PM Happy Strummers | 5 9:00 AM T'ai Chi 4:00 PM Dharma Study 5:30 PM Zen Taiko | 6 6:00 AM Zazen 9:00 AM Singing with Takako 12:00 PM T'ai Chi 5:00 PM Youth Taiko 7:00 PM Fujinkai | 7 9:00 AM T'ai Chi 9:30 AM Library Staff 5:30 PM Zen Taiko 6:30 PM Evening Zazen | 8 7:30 AM Samu 7:00 PM Sangha Sisters | 9 9:30 AM Youth Taiko |
| 10 OHIGAN&RYOSOKI 9:30 Potluck Lunch 12:00 PM Zazen Meeting | 11 5:00 PM Youth Taiko | 12 9:00 AM T'ai Chi 9:00 AM Bare Bones Writers 4:00 PM Dharma Study 5:30 PM Zen Taiko | 13 Project Dana 8:30 am 6:00 AM Zazen 12:00 PM T'ai Chi 5:00 PM Youth Taiko 7:00 PM Orchid Club | 14 9:00 AM T'ai Chi 5:30 PM Zen Taiko 7:00 PM Movie Night | 15 7:30 AM Samu | 16 Fujinkai Meeting 11 a.m. Potluck Lunch 9:30 AM Youth Taiko |
| 17 Temple Tour 2 pm 9:30 AM Family Service | 18 5:00 PM Youth Taiko 7:00 PM Bon Dance Class | 19 9:00 AM T'ai Chi 4:00 PM Dharma Study 5:30 PM Zen Taiko | 20 Kannon-ko 10 am 6:00 AM Zazen 12:00 PM T'ai Chi 5:00 PM Youth Taiko | 21 9:00 AM T'ai Chi 5:30 PM Zen Taiko 6:30 PM Evening Zazen | 22 7:30 AM Samu | 23 9:30 AM Youth Taiko |
| 24 9:30 AM Family Service | 25 5:00 PM Youth Taiko | 26 9:00 AM T'ai Chi 4:00 PM Dharma Study 5:30 PM Zen Taiko | 27 6:00 AM Zazen 9:00 AM Regency Service 12:00 PM T'ai Chi 5:00 PM Youth Taiko | 28 9:00 AM T'ai Chi 5:30 PM Zen Taiko | 29 7:30 AM Samu | 30 9:30 AM Youth Taiko |