



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

January, 2023

(808) 322-3524 www.daifukuji.org

See "archives" on our website for previous newsletters.

New Year's Day Blessing Service

Sunday, January 1, 2023

10:00 a.m.

All are welcome.



Start 2023 with a blessing for your health and safety. Individual blessings will be given by Reverend Jiko during the service. Following the service, attendees may ring the temple bell and enjoy hot soba noodles and fellowship.

Assorted *omamori* (Buddhist charms for one's purse and vehicle) and *ofuda* (blessing cards for home and office) will be available for \$5. The white Hawaii Kannon *omamori* is \$6. *Omamori* for dogs and cats will be available for \$5.

No pre-orders will be taken. You may purchase omamori after the service or stop by the temple to purchase your omamori & ofuda after January 1st.

2023 Membership Form on Page 11

New members are welcome!



Deacon Jikai & Rev. Jiko at Project Dana's holiday gathering on December 14.

New Year's Greetings from Reverend Jiko and Deacon Jikai

Aloha Daifukuji members and friends,

Blessings for a happy, fulfilling, and peaceful New Year 2023!

Amy Jikai and I often talk about how much we love our sangha and appreciate everyone's kindness. We feel fortunate to have all of you in our lives, whether you come to the temple or join us online through Zoom zazen and Dharma classes.

In life, we all experience many joys and many sorrows. Amidst life's constant challenges, having noble friends on the path with whom to share our lives is more precious than gold. In Buddhism, there is the concept of spiritual friendship or admirable friendship called *Kalyāṇa-mittatā* (善知識). It is here at the temple, in the context of Buddha, Dharma and Sangha, where the bonds of spiritual friendship are nurtured. (Did you notice this year's newsletter theme at the top of page 1?)

Dear friends, I wish you the joy of spiritual friendship throughout the new year. Mahalo for being my spiritual friend.

In gassho,

Jiko Nakade

Dear Daifukuji members and friends,

As we bid farewell to 2022, we can see how truly blessed we are to have accomplished as much as we did with Covid still present in our community. I was thrilled we were able to resume all of our services and activities in person and begin gathering again to celebrate special events and socialize with one another. Let us face 2023 by looking at the beautiful and bright path that lies ahead. Let's begin a fresh new year.

May you all be blessed with much happiness, good health and a safe 2023! *Yoi otoshi o omukae kudasai.*

In gassho,

Amy Jikai Nakade





A Message from Your Temple President



Aloha, as we say goodbye to 2022 and say hello to 2023.

Covid put us in a strange atmosphere, as did our island's recent lava flow, but look at what we've achieved over the past year — a Peace Pole installation ceremony, a mini Bon Dance and blessing of new cemetery pathways, an online auction, a jam and jelly sale, rock wall building and the development of a temple orchard, two successful temple and grounds clean ups, the fumigation of our buildings, and, most recently, the complete exterior painting of our temple complex and repair of our handicap ramp.

As a sangha, we have done a lot in trying times. I am looking forward to 2023 for more fun and exciting temple activities. I hope to see you at our New Year's blessing service, New Year's party, and at events throughout 2023.

Thank you for supporting Daifukuji.

In gassho,

Stephen Shodo Tanaka

A Message from Your Temple Vice-President



Aloha all,

I am so grateful to be a member of the Daifukuji sangha. After our time of being closed and staying close to home, it's all the sweeter to see everyone again. Yes, we've all aged, but hopefully with grace from practicing the Buddha Way.

Here comes 2023! I wish you all joy, good health and peace in your hearts and homes.

In gassho,

Barb Shoshin Bosz



Mahalo nui loa to the Daifukuji Zazenkai for donating \$1,005 to the Daifukuji Legacy Endowment Fund.

Welcome, New Members

We warmly welcome the following new members:

Kunie and Robert Robinson

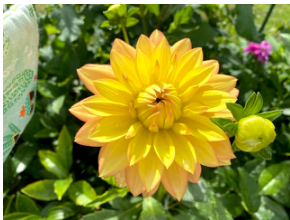
The Macatiag Family — Paul, Iris, Asia, and Ivan

The Fujinkai welcomes new member **Christy Leis**.



New members are always welcome. For information, see Rev. Jiko or visit our website:

http://www.daifukuji.org/membership_brochure.pdf.



The Fujinkai's First Gathering of the New Year 初参り

Service, Lunch, & Presentation on Tropical Fruits by Ken Love

Sunday, January 8 10:00 a.m.

All Daifukuji Fujinkai members are cordially invited to the Fujinkai's first service of the new year (*hatsumairi*) on Sunday, January 8 at 10:00 a.m. A brief meeting will follow the service, 2023 dues will be collected, and pancake breakfast tickets will be distributed. Fujinkai members are encouraged to attend this important gathering.

After the service and meeting, lunch and activities will be held inside the social hall. Lunch will be provided for members and their caregivers by the Fujinkai. District representatives will be calling Fujinkai members for a headcount.

A presentation on new kinds of tropical fruits being grown in Hawai'i will be given by Ken Love, a tropical fruit expert and Kona resident.

Attendees are asked to bring a gift bag (\$10 in value) to the *Hatsumairi*.

Annual dues are \$10 & will be collected at the *hatsumairi* service. Dues will not be collected from members 85 years old and above.

Any adult age 18 and up is welcome to join the Daifukuji Fujinkai. For information, call Joyce at (808) 329-3833 or Merle at (808) 323-3553. Or, visit http://www.daifukuji.org/activities/Fujinkai_Brochure_2022.pdf.



“Ask An Anthropologist”

Come and Meet Anthropologist Dr. Jessica Falcone

Sunday, January 22, 2023 10:00 a.m.

Daifukuji Social Hall Potluck Lunch

Dr. Jess Falcone,
Professor of
Anthropology

Ever wonder what an anthropologist is and does? Here’s your chance to find out. Daifukuji member, Jessica Falcone, Ph.D. is Professor of Anthropology at Kansas State University. She loves our sangha and is looking forward to meeting everyone during her time in Kona. Please join us. All are welcome.

10:00 a.m. Jess will talk about some of her past research projects and give us an update on the book she is writing about Daifukuji, *The Temple of Great Happiness*.

10:30 a.m. Q & A (Here’s your chance to ask her your questions.)

11:00 a.m. Potluck Lunch (Bring your own plate, utensils, and mug if you can.)

12:00 noon “Why is Daifukuji important to you?” Group interview session. We would like to invite you to contribute your voice. What aspects of temple life have the most meaning and importance to you and your family? (This session will be recorded.)

Dharma Keiki

A New Program For Children in Preschool Through Third Grade



Starting Sunday, January 15 at 9:30 a.m.

Dear Parents and Grandparents,

I am starting a new program called **Dharma Keiki** for children of preschool age through grade 3. Our first meeting will be held on Sunday, January 15 at 9:30 a.m. Starting February, we’ll meet twice a month.

Each class will meet for approximately 45 minutes. The children, together with their parents and grandparents, will be introduced to the teachings of the Buddha through songs, stories, sutra chanting, movement, and meditation. I will be assisted by Deacon Amy Jikai, retired teacher Eliana Jisho Sattler, and high school student Aiyanna Disharoon.

Registration forms will be available at our first meeting. Bring a small offering for the donation box and a healthy snack to share. Questions? Please feel free to contact me — rev.jiko@daifukuji.org, (808) 322-3524. I look forward to sharing the Buddha’s teachings with you and your children.

In gassho,

Jiko Nakade

January Activities

Shakyo (Tracing the Sutras) & Shabutsu (tracing pictures of buddhas) - Saturday, January 14 from 9:30 a.m. to 11:00 a.m. in the Social Hall. All are welcome. By donation.

Zazen and Chanting - Zazen is offered in person and via Zoom every Wednesday and Friday from 6:00 a.m. - 7:00 a.m. Wednesday zazen is followed by 20 minutes of chanting. Practitioners are asked to arrive at 5:45 a.m. Contact Rev. Jiko at rev.jiko@daifukuji.org to receive the Zoom link for zazen sessions.

Daifukuji Gay Sangha - 1st Friday of the month at 5:30 p.m. Meditation and discussion. For information, call Clear Houn at (808) 328-0329.

Sangha Sisters Women's Spirituality Circle - Meetings are held on the second Friday of the month at 6:00 p.m. Call Susie at (808) 936-5817 for information.

T'ai Chi - All classes are one hour and held inside the Hisashi Kimura Cultural Hall. \$5.00 per class. Call instructor Philip Kakuho Hema for schedule and other information: (808) 345-1492.

Soleful Strutters - T'ai Chi warm-up & walking on temple grounds at 9:00 a.m. on Tuesdays. For information, please contact Hannah Israel at (408) 421-8845 or Reverend Jiko at (808) 322-3524.

Samu Fridays - Volunteers are needed for temple cleaning and grounds maintenance on Friday mornings from 8 a.m. - 10 a.m. Coffee hour & fellowship follows. Bring a snack to share.

Yoga — Mondays from 8:30 - 9:30 a.m. in the Hisashi Kimura Cultural Hall. No fee, but donations accepted. Bring a mat or towel. Call instructor Liz Aschenbrenner: (808) 345-1270 or liz217a@hotmail.com.

Yoga via Zoom (December 22 - January 26)

Thursdays from 8:00 - 9:00 a.m. HST. Welcome and Warm-up from 7:45 - 8 a.m. HST. ZOOM Yoga from 8:00 - 9:00 a.m. HST. Optional Chat from 9:00- 9:20 a.m. Drop in or whole series. What's needed: Yoga mat, loose clothing, water, towel, empty stomach. "Dana"=Temple Offering by mail or at: <http://www.daifukuji.org/donation/index.html>.

Instructor: Ambika "Jō-An" Rose, who has been teaching yoga at Daifukuji for 10 years. For inquiry about this series and future yoga classes: (808) 430-2620. Email for Registration & Zoom Link: ambikarose@hawaiiantel.net.



Clean Up Day Mahalo

Many helpful hands showed up for the temple cleanup on November 27 representing the various temple groups. Mahalo to everyone who helped.

The big extra project for this day was the *zafu* (meditation cushion) closet: it is all clean and organized now. Good job!

Liz Aschenbrenner and members of the Daifukuji Yoga group prepared refreshments for this big group of volunteers. Great sandwiches!

Aloha,
Shaun Roth, Cleanup Chair

Online Auction 2022 Wrap Up

First, we must mention Phillip Kahuko Hema as a volunteer for the auction. His name wasn't mentioned last month by mistake. We're so grateful for all of our volunteers!

We made a total of \$20,928. After the deduction of expenses and fees, the total came to \$19,272. Expenses included the West Hawaii Today ad, 32auctions program, general excise tax, Stripes & Paypal fees and other small costs.

We are all very happy and thankful to all involved.

The rummage sale generated \$353. All leftover items were offered to helpers at the temple clean up and then brought to a thrift store.

So, until next year, that's the wrap up for Temple Kokua 2022!

In gassho,
Barb Shoshin Bosz, Joyce Yuko St. Arnault, & Michele Abe

Pancake Breakfast

Saturday, February 18 from 7 a.m. - 10:30 a.m.

Daifukuji Social Hall \$10 per ticket



Our Daifukuji Fujinkai is hosting a Pancake Breakfast Fundraiser on Saturday, February 18, 2023. Starting January 9th, tickets may be purchased in advance at \$10 apiece through Fujinkai members and the temple office. Tickets will also be sold at the door. Each ticket is good for one complete breakfast platter and a beverage.

Let's all support our Fujinkai's fundraising efforts. Proceeds are used to fund conferences, field trips, and educational activities sponsored by the Fujinkai.



Your Own World

By Michael Keller

I have been reviewing notes I took years ago on Kosho Uchiyama's *Opening the Hand of Thought*. Uchiyama (d. 1998) was a Soto Zen priest whose 14-day *sesshins* in Japan were extraordinarily rigorous and concentrated, providing only for meals, sitting, and dharma talks throughout each long meditation day. *Opening the Hand of Thought* is a straightforward and very clear exposition of Soto Zen thought as explained by Uchiyama during these *sesshins*. The book also suggests, implicitly, how we can realize enlightenment in daily life.

The reason I started to review my notes is that the significance had finally dawned on me of a certain idea of Uchiyama's, stated in the following way in his book. He says, "When I took my first breath, my world was born with me. When I die, my world dies with me." He continues, putting it another way, "Actually, I bring my own world into existence, live it out, and take it with me when I die." If we think about it, each of us does live in his or her own world. When we walk around in our dwelling or in a woods somewhere, we are walking around through images in our own mind. Leaving aside the solipsistic question of whether the world really exists outside our mind, whatever the answer to that is, nevertheless when we walk about, we are walking amid our own mental images.

I suggested in an earlier newsletter essay (January, 2022) that what Dogen meant when he said that sitting in zazen was to sit in enlightenment, was that when we sit, we are in a state of non-separateness. Similarly, Uchiyama says that when we "open the hand of thought" in zazen, which is to drop thinking, "we are one with the whole universe."

With both Dogen and Uchiyama, being in non-separateness occurs in zazen. However, Uchiyama's idea that we bring our own world in with us when we are born also moves being in non-separateness beyond zazen into daily life. What I have found is that as I go about daily life, if I think of the fact of functioning within my own mind, it increases my sense of non-separateness. I can appreciate the truth of Uchiyama's saying, "Whether we realize it or not we are always living out our life that is connected to everything in the universe." To realize this connection is enlightenment. Uchiyama says, "The most essential point in carrying on our practice is to wake up this self that is inclusive of everything."

To read more essays by Michael Keller, visit his website <https://www.zazenessays.com/>.

New Year's Party and General Membership Meeting

Mahalo to all who turned in party forms and payment by the December 15th deadline. If you missed the announcement in the previous newsletter and wish to attend the January 29th party, please contact Rev. Jiko regarding space availability.

A brief general membership meeting will be conducted at the start of the event at 11:00 a.m. An installation of the Board of Directors for the 2023 & 2024 term will be held.



2023 Calendars

The 2023 Soto-Shu “Year of the Rabbit” calendars are here, featuring Buddhist statuary and treasured objects found in our various Hawaii Soto Zen temples. Since not everyone uses “paper” calendars these days, we have ordered a limited number of them and are offering them on a first-come-first-serve basis, one calendar per family. Please drop by to pick up your calendar. Daifukuji members, if you live outside Hawaii and wish to have one mailed to you, please contact Rev. Jiko at (808) 322-3524, rev.jiko@daifukuji.org.

2023 Hawaii Soto Mission Buddhist Study Tour

Dates: Friday, May 26, 2023 to Friday, June 2, 2023

Destinations: Los Angeles, San Francisco Bay Area

Tour cost: \$1,600 (airfare not included) TRIP DETAILS <http://www.sotomission.com/2023tour>

HOW DO I REGISTER? <http://www.sotomission.com/registration>

Registration is now open through January 15, 2023.

TOUR SUMMARY

You are invited to join the 2023 Hawaii Soto Mission Buddhist Study Tour. The tour begins at Los Angeles Zenshuji Soto Mission’s centennial celebration (also commemorating 100 years of Soto Zen Buddhism in North America) and will explore the richness and diversity of Buddhism in California. Coordinated by the Hawaii Soto Mission Bishop’s Office and sponsored in part by the Hawaii Soto Mission Association, the 2023 Hawaii Soto Mission Buddhist Study Tour will visit eleven Buddhist temples and Zen Centers in Los Angeles and the Bay Area over the course of a week. Additional activities include museum visits, sightseeing, wine tasting, shopping, and eating delicious food California is famous for.

Currently, there are only 6 remaining slots open for this trip. Additional tour seats may be added later based on demand. Don’t delay. Register today!

ATTENTION: Please contact Rev. Shuji Komagata at 808-224-2584 or 7676shuji@gmail.com if you have any questions.

January 2023

December 2022							January 2023							February 2023							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3	1	2	3	4	5	6	7					1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
25	26	27	28	29	30	31	29	30	31					26	27	28					

- Zazen
- Sangha Sisters
- Youth Taiko
- Adult Taiko
- Major Service
- Happy Strummers
- Temple Board
- Fujinkai
- Kannon-ko Service
- Project Dana
- Orchid Club
- Samu
- Special Events
- Baikako Practice
- Dharma Study
- Home
- Work
- Offsite Backup
- Bon Dance Group
- Teen Sangha
- Youth Taiko
- Adult Taiko
- Family Service
- Major Service and 15 more...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Blessing 10 am	2 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	3 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	4 6:00 AM Zazen & Service 5:00 PM Youth Taiko	5 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Dharma Study 6:00 PM Zen Taiko 7:00 PM Daifukuji Board Meeting	6 Gift shop 10am - 1 pm 6:00 AM Zazen 8:00 AM Samu 4:00 PM Set up for retreat 5:30 PM Gay Sangha	7 Joint Zen Retreat 8:30 am
8 Fujinkai Hatsumairi 10 a.m.	9 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	10 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	11 Project Dana 9:30 AM 6:00 AM Zazen & Service 5:00 PM Youth Taiko 6:30 PM Orchid Club	12 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Dharma Study 6:00 PM Zen Taiko	13 Gift shop 10am - 1 pm 6:00 AM Zazen 8:00 AM Samu 6:00 PM Sangha Sisters	14 Gift Shop 11am-2pm 8:00 AM Zoom Dharma Study 9:30 AM Shakyo 10:15 AM Youth Taiko
15 DHARMA KEIKI 9:30 AM 7:45 AM Baikako Practice 2:00 PM Happy Strummers	16 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	17 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	18 Kannon-ko 10 am 6:00 AM Zazen & Service 5:00 PM Youth Taiko	19 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Dharma Study 6:00 PM Zen Taiko	20 Gift shop 10am - 1 pm 6:00 AM Zazen 8:00 AM Samu	21 Gift Shop 11am-2pm 8:00 AM Zoom Dharma Study 10:15 AM Youth Taiko
22 10 a.m. Jess Falcone's Talk Potluck Lunch	23 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	24 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	25 6:00 AM Zazen & Service 5:00 PM Youth Taiko	26 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Dharma Study 6:00 PM Zen Taiko	27 Gift shop 10am - 1 pm 6:00 AM Zazen 8:00 AM Samu	28 Gift Shop 11am-2pm 10:15 AM Youth Taiko
29 11:00 AM New Year's Party By Reservation General Membership Meeting	30 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	31 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	1 6:00 AM Zazen & Service 5:00 PM Youth Taiko 7:00 PM Daifukuji Board Meeting	2 9:00 AM Tai Chi 1:00 PM Zoom Dharma Study 6:00 PM Zen Taiko	3 Gift shop 10am - 1 pm 6:00 AM Zazen 8:00 AM Samu 5:30 PM Gay Sangha	4 Gift Shop 11am-2pm 8:00 AM Zoom Dharma Study 10:15 AM Youth Taiko

Daifukuji Soto Mission
2023 Annual Membership Form



Please check one of the following:

Membership renewal

New member

Not a member but wish to be a supporter of the temple. Enclosed is my donation.

Members of your household who consider themselves members of Daifukuji Soto Mission:

1.	_____	_____	_____	_____
	Last Name	First Name	Year of Birth	Occupation
2.	_____	_____	_____	_____
	Last Name	First Name	Year of Birth	Occupation
3.	_____	_____	_____	_____
	Last Name	First Name	Year of Birth	Occupation
4.	_____	_____	_____	_____
	Last Name	First Name	Year of Birth	Occupation
5.	_____	_____	_____	_____
	Last Name	First Name	Year of Birth	Occupation

(Please add names on a separate sheet if necessary.)

Mailing Address _____

Street Address (if different from mailing address) _____

Phone Number _____ Cell Phone Number _____

E-mail Address _____ Check if you would like to receive your newsletter by email. _____

***2023 Annual Membership Dues**

\$60.00 per household \$ _____

*** Temple Operation**

Fund Donation (ijihi) \$ _____

To help with cemetery and columbarium maintenance, utilities, insurance, minister's salary, office equipment & supplies, basic maintenance, altar & kitchen supplies, newsletter, etc.

***Annual Sunday Services Donation** \$ _____

(Gobutsuzen)

TOTAL ENCLOSED \$ _____

Please make checks payable to: Daifukuji Soto Mission . Kindly remit by June 1, 2023.

Membership forms and donations may be dropped off at the temple office or mailed to:

Daifukuji Soto Mission, P.O. Box 55, Kealakekua, HI 96750.

Your donations sustain our temple & programs. Whatever amount you can donate beyond the membership dues is greatly appreciated. Thank you very much for your generosity & support. In Gassho



Dharma Lei



Bishop's Office Newsletter

Soto Zen Buddhism Hawaii Office

c/o Soto Mission of Hawaii 1708 Nuuanu Avenue, Honolulu HI 96817 U.S.A.

Tel & Fax: 808-538-6429

E-Mail: info@sotozenhi.org WEB: <http://global.sotozen-net.or.jp/eng/>

First Quarter, 2023

Issue No. 43

Bishop's Message:

Aloha from the Bishop's Office,

As we near the end of 2022, I would like to extend holiday greetings to you and your family. After two years of limited activities at our Soto Mission temples in Hawaii due to Covid-19 restrictions, it was nice to see a return of many services and activities in 2022.

2023 is the Year of the Rabbit. The rabbit is the fourth symbol in the Japanese Zodiac. If you are born in the Year of the Rabbit (*Usagi*), rejoice in knowing that you are considered as optimistic, warm, virtuous, and open minded. If Rabbits come together with sheep and boars, great positive energy arises. They are also compatible with dogs but should be wary of roosters.

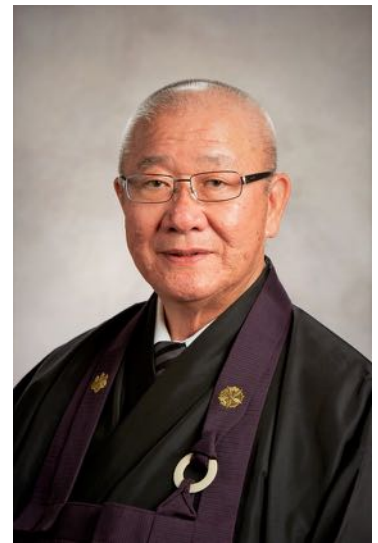
Rabbits live peacefully in groups, so this zodiac animal is known to focus on the "well-being of the family." In the spirit of the rabbit's ability to leap forward, we can be hopeful that 2023 will be a year of "great forward progress in business."

With our prior experiences in life having shaped our view of the world, I invite you to look ahead to 2023 with great hope. With that hope, though, must come action. "Carpe diem!" This famous Latin phrase means to "seize the day!" I encourage you focus on the present, appreciate the value of every moment in life, and avoid postponing things unnecessarily.

Please continue to take care of yourself and your loved ones. May the Peace from the Lord Buddha's enlightenment arise in your hearts. May his teachings continue to guide you in your lives. May the love and Blessings of the temple surround you and help you find peace. I wish all of you a very Happy New Year!

In Gassho.

Bishop Shugen Komagata



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79-7241 Mamalahoa Hwy, Kealahou, HI 96750 (808) 322-3524

🌸 2022-2023 🌸

KONA DAIFUKUJI "ZOOM" YOGA 11.21.22

6 Thursdays 8-9 am HST Dec.22,29 Jan.5,12,19,26

- 7:45 – 8 am HST Welcome Warm-up
- 8:00 – 9 am "ZOOM" YOGA!
- 9:00 – 9:20am Chat (optional)
- 12:45 – 1 pm EST
- 1:00 – 2 pm
- 2:00 – 2:20 pm

**Open to: Members, Kona Community and ALL
Beginners & Experienced WELCOME!**

@Drop in or Whole Series@

ENERGY is our focus, so move to your body!

"Meditation in Motion" Right ACTION following timeless **ENERGY!**

Bring: Yoga mat, loose clothing, H2O, & towel, empty stomach

"Dana"=Temple Offering by mail or at: <http://www.daifukuji.org/donation/index.html>

Email for REGISTRATION & Link: ambikarose@hawaiiantel.net



Instructor: Ambika "Jō-An" Rose

I have taught yoga for 45 years. The "Style" is **Amrit Yoga** an authentic, meditative exploration of **Shakti [Chi] EnErGy** through intention, breath, alignment, extension & movement. Following postures, we pause: relax, breathe, and "let go!" We **EXPLORE ENERGY!** For inquiry: **808-430-2620** 11.21.22



“Ask An Anthropologist”

Come and Meet Anthropologist Dr. Jessica Falcone

Sunday, January 22, 2023 10:00 a.m.

Daifukuji Social Hall Potluck Lunch

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- 10:00 a.m. Jess will talk about some of her past research projects and give us an update on the book she is writing about Daifukuji, *The Temple of Great Happiness*.
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