



Daifukuji Soto Mission

P.O. Box 55 Kealakekua, HI 96750
808-322-3524

Treasuring the Past, Embracing the Present

March, 2010



P a n c a k e B r e a k f a s t Feb. 27

*Plant & Baked
Goods Sale*



Spring Higan & 33 Kannon Osunafumi Service

March 21

9:30 a.m.

7 am -11 am

The Fujinkai is starting the Year of the Tiger with a roaringly delicious gourmet breakfast: pancakes, scrambled eggs, breakfast meat, rice, fruit, miso soup, & juice, coffee, or tea. The best news is that you can enjoy a full breakfast platter for only **\$5.00**. Tickets may be picked up at the temple office in advance, or you may pay at the door.

In addition, there will be a **plant sale** and a **baked goods sale**. Please deliver plants on Friday, Feb. 26. Come early to enjoy all the goodies. Please support the Fujinkai's fundraising efforts.



For additional information, feel free to call chairpersons Mayo Chinn 329-8078 or Ella Yasuda 322-8806, or Fujinkai president Joyce St.

Arnault 329-3833.

At this special spring service, everyone becomes a Buddhist pilgrim and visits the 33 Kannon temples of western Japan. 33 statuettes of the Bodhisattva of Compassion are displayed in the Kannon Hall. The pilgrims walk around the hall, carefully stepping onto packets of earth from each of the 33 Kannon temples and bowing to each bodhisattva while the sutras are chanted. (*Osunafumi* means "stepping on sand.") Looking into the faces of compassion, one prays for the awakening of compassion in one's own heart. *Namu Kanzeon Bosatsu.*

It is our practice at Daifukuji to offer a coin to each of the 33 Kannon plus two more, so please bring **35 coins** to this service.

All are invited to stay for lunch which will be prepared by the Fujinkai. If you would like to donate desserts, side dishes, veggies, or other kinds of food, please inform Alfreida, 329-3457.

The 33 Kannon will be set up on **Saturday, March 20 at 8:00 a.m.** and put away on **Friday, March 26 at 8:00 a.m.** We humbly ask for your kokua and for **donations of flowers**, which may be delivered on the morning of March 20 or the day before.

There will be no Kannon-ko service on March 17. However, from March 21-25, you are welcome to bring friends to the temple to view the 33 Kannon and to share the experience of a Kannon pilgrimage with them.

Fujinkai Workshops

"Shojin Ryori" March 7
"Sumi-e, Shakyō, Shabutsu" April 4

Fujinkai members are invited to participate in two very special workshops which are being sponsored by the UHSSWA & our Daifukuji Fujinkai (Buddhist women's group). It is our good fortune to have this opportunity to learn about Japanese Buddhist culture.



MARCH 7 2:00 P.M.
Zen & Cooking: The Art of Shojin Ryori
Ms. Naoko McLellan (Bishop Komagata's sister) will be giving a presentation on Zen vegetarian temple cooking which will include a lecture, demonstration, and sampling.

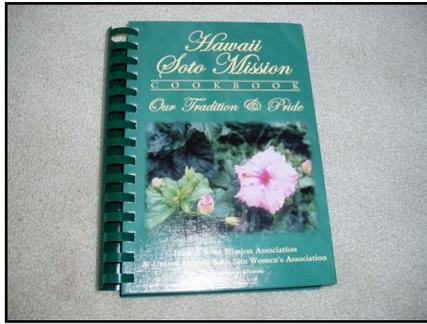


APRIL 4 2:00 P.M.
ZEN & ART: Sumi-e, Shakyō, & Shabutsu
Mrs. Ryusetsu Kokuzo will be teaching sumi-e (Japanese brush painting), shakyō (sutra copying), and shabutsu (copying a picture of the Buddha). Mrs. Kokuzo's beautiful paintings of birds are featured in this year's Soto Shu calendar.

Fujinkai district reps will be calling members. You may pre-register for one or both classes. Headcounts are needed for both classes. These classes are free for Fujinkai members. If you'd like to join this temple women's group, please call Yoshiko at 322-3533 or Joyce at 329-3833. Annual dues are just \$5.00.

45th Annual UHSSWA Conference

The 45th Annual United Hawaii Soto Shu Women's Association (UHSSWA) Conference, hosted by the Soto Mission of Hawaii in Nuuanu, will be held April 24 and 25. Rev. Jiko and Michael Nakade and 11 members of the Daifukuji Fujinkai will be attending this two-day conference. Our group will be taking items for the Country Store fundraiser and are specifically looking for **donations of avocados, Kona coffee, and mac nuts**. If you can contribute any of these items, please call Joyce St. Arnault at 329-3833 by April 20.



Cookbooks for Sale

Back by Popular Demand

Hawaii Soto Mission Cookbook: Our Tradition and Pride, the 2002 Soto Shu centennial cookbook, is back by popular demand and available for \$12, the same price that it was 8 years ago. To purchase a book, please see Rev. Jiko or Joyce St. Arnault, or visit the temple gift shop when it opens.

Library News

by Clear Englebert

The most significant new arrival is “The Lankavatara Sutra” translated by D. T. Suzuki. This is the sutra that Bodhidharma is famous for teaching in China. We also now have Rev. Jiko’s favorite edition of “The Dhammapada” (translated by Thomas Byrom, with photographs by Sandra Weiner).

The Japan section just got a nice boost with: “Living in Japan: A Guide to Living, Working, and Traveling in Japan” by Norton and Shibusawa, and two books by Nicholas Bornoff: “Japan: The National Geographic Traveler” and “Things Japanese”. There’s a delightful children’s book, “Visit with us in Japan” by Joan Larson.

Other new children’s books are Jataka Tale comics from India (and they have a bit of a Bollywood look).

The titles are: “The Deadly Feast,”

“Jackal Stories: Jataka Tales of the Sly and the Shrewd”, “The Mouse Merchant”, “The Priceless Gem”, “Monkey Stories Jataka Tales of Wile and Wisdom”, “The Giant and the Dwarf”, “The Hidden Treasure: Wisdom Wins a War”, “Elephant Stories: Jataka Tales of Nobility”, and “Deer Stories: The Gentle Wisdom of the Jataka”.

Several books concerning Hawaii are: “Obon Festivals in Kona, Hawaii” by Randy Mangus, “Dear Okaasan...It's time to pick coffee again” by Jean Matsuo, “Unity in Diversity: Hawaii's Buddhist Communities”, and “Emiko's Sensei: A Memorial to Kiyoto Izumi”.

Other new arrivals are:

“The Zen Teaching of Instantaneous Awakening” by Hui Hai, translated by Blofeld
 “Numerical Discourses of the Buddha: An Anthology of Suttas from the Anguttara Nikaya” by Nyanaponika Thera, translated by Bikkhu Bodhi

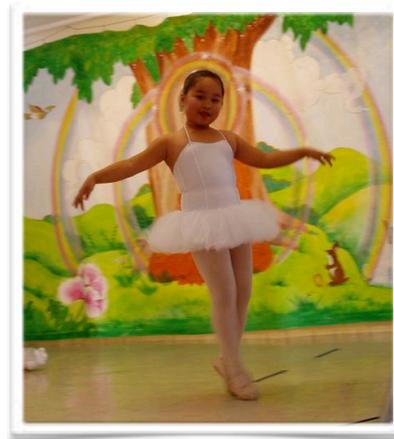
“The Historical Buddha” by Schumann

“The Greatest Man Who Ever Lived: The Supreme Buddha” by Sarada

“The Removal of Distracting Thoughts: Vitakka-santhana Sutta” by Soma Thera

“The Zen Way” by Myokyo-ni

“Westward Dharma: Buddhism Beyond Asia” by Prebish and Baumann



Mako, Our Little Ballerina

“A Manual of the Excellent Man (Uttamapurisa Dipani)” by Sayadaw

“The Eye Never Sleeps: Striking to the Heart of Zen” by Merzel

“Minding Mind: A Course in Basic Meditation” translated by Cleary

“Work as a Spiritual Practice: A Practical Buddhist Approach the Inner Growth and Satisfaction on the Job” by Richmond

“A Modern Buddhist Bible: Essential Readings from East and West” edited by Donald Lopez, Jr.

“Zen Buddhism in the 20th Century” by Dumoulin

“The Jewel Ornament of Liberation” by Sgampopa, translated by Guenther

“The Adventures of the Monkey God: Volume 4” (This is part of a detailed illustrated edition from China.)

“Mudra” by Trungpa

“Tricycle: The Great Matter of Life and Death (Special Issue)”



Gift Shop Update

A space is being created in the choba for the temple’s new gift shop. Arigato to Clear Englebert, Steve Mann, Joyce St. Arnault, Elaine Fernandez, and Rev. Jiko for cleaning out the choba. Clear and Steve painted the walls & ceiling of the choba, giving the room a bright new look. Please look forward to the opening of the Daifukuji Gift Shop. Volunteer cashiers are needed. To volunteer, please call Clear at 328-0329 or Rev. Jiko at 322-3524.



All of these things this came out of the choba!

Thursday Evening Sessions

All are welcome to attend the Dharma sessions to be held on the following Thursday evenings in March. All sessions begin at 7:00 p.m. in the Kannon Hall.

March 4 Zazen, Chanting, Dharma Study & Sharing

March 18 Buddhist Movie Night
“Zen Buddhism: In Search of Self” (A one-hour documentary about Buddhist nuns in South Korea)

March 25 Zazen, Chanting, Dharma Study & Sharing

Please call Rev. Jiko for more information.



Randall Smith’s ninja dance delighted the New Year’s party audience.



New Year's Party Mahalo

Mahalo nui to all who contributed time, talent, food, prizes, and the spirit of *kokua* to make Daifukuji's 2010 New Year's party a truly wonderful event. Approximately 170 members and friends gathered to celebrate the Year of the Tiger. Thank you to the Fujinkai for a fabulous buffet, to all of the temple groups that provided entertainment, to party coordinators Joyce and Stanley, and to **all** who joined us & helped us that day.

Parking at Big Events

At major events such as our pancake breakfast, bazaar, bon dance, new year's party, & big services, we'd like to offer the parking spaces in our main parking lot and yard to **our temple seniors** and ask the younger folks to please park "up mauka." The Board is working to create more parking areas on the hill behind the temple.



Clyde Ikeda's lovely floral arrangements were greatly admired at the New Year's party. Mahalo, Clyde!



Zen and Cooking

by Rev. Jiko Nakade

When Mike and I got married in 1984, we received as a gift a book by Abbess Soei Yoneda titled Good Food from a Japanese Temple. On the inside cover of the book our friends had written these words: *We hope that this gift will prove to be useful in the course of your lives together as husband & wife. As Zen is reflected in one's everyday life, so, too, is it mirrored in what one prepares and eats for his meals. Here is to many years of cooking & GOOD EATING!*

This treasure of a book about the Buddhist vegetarian cuisine that is prepared at the Sanko-in, a small Rinzai Zen nunnery in Tokyo, is about *shojin ryori* or Buddhist vegetarian cooking which is based on the use of land and sea vegetables.

The author explains that the word *shojin* is made up of two *kanji* characters meaning "spirit" and "to progress" which refer to the zeal that is needed in progressing along the path to enlightenment. In Zen, there is a close relationship between cooking and ascetic discipline (training). Food is regarded as "medicine" which sustains our lives and gives us the energy to practice the way of the Buddha. The first Buddhist precept of respecting all life and not killing (*fusessho*) is the underlying principle of Buddhist vegetarian cooking.

In a Zen temple, the position of cook or “*tenzo*” is a position of great responsibility. Dogen Zenji, the founder of our Soto Zen tradition, wrote the Tenzo Kyokun, in which he states that “**Tenzo duty is awarded only to those of manifest excellence -- who exhibit faith in the Buddhist teachings, have a wealth of experience, and possess a righteous and benevolent heart. This is because *tenzo* duty involves the whole person (Yoneda, p. 35).”**

As I’m writing this, I’m thinking about Daifukuji’s highly dedicated group of Fujinkai members who put heart and soul into their kitchen work and who do indeed have faith in the Buddha’s teachings, have a wealth of experience, and possess righteous and benevolent hearts. Every morsel of food is handled with great care, waste is a “no, no,” and cooking is done with the enjoyment and sustenance of the sangha in mind. How grateful I am for those who toil in the temple kitchen, standing for long hours at the kitchen counters and stoves, chopping and stirring and thinking of creative ways to use all of the available ingredients.

In the rush-here-rush-there of everyday life and the consumption of convenience foods, it is easy to forget how precious each morsel of food really is. Only when we see the suffering of those who lack food, such as the victims of the earthquake in Haiti, do we awaken to the the importance & sacredness of food. Food is life.

In closing, I’d like to share with you the English translation of two meal verses that are chanted in our Soto tradition. With hands in *gassho*, you may choose

to recite either one or both of them before partaking your daily meals.



Verse of Five Contemplations

We reflect on the effort that brought us this food and consider how it comes to us. We reflect on our virtue and practice, and whether we are worthy of this offering. We regard greed as the obstacle to freedom of mind. We regard this meal as medicine to sustain our life. For the sake of enlightenment we now receive this food. *Itadakimasu.*

Bowl-Raising Verse

First, this is for the three treasures -- Buddha, Dharma, and Sangha; next, for the four benefactors -- parents, teachers, friends, and homeland; finally, for the beings in the six realms. May all be equally nourished. The first portion is to end all evil; the second is to cultivate every good; the third is to free all beings. May everyone realize the Buddha Way. *Itadakimasu. (I humbly receive.)*

Namu Kie Butsu. Namu Kie Ho. Namu Kie So.

Coming Up in April

April 4 Fujinkai Sumi-e Workshop

April 11 Hanamatsuri Buddha Day Service

April 18-29 Bazaar items may be dropped off. The bazaar will be held on May 2.

April 24-25 UHSSWA Conference, Oahu

Sangha Photo Gallery



Chester & Mike Decorate for the Party



A Fun Skit by Daifukuji Taiko



The Daifukuji Happy Strummers & Walter, Our MC



Baikako Choir Singing A Song of Gratitude



Graceful, Calming Tai Chi

March 2010

| February 2010 | | | | | | | March 2010 | | | | | | | April 2010 | | | | | | | | |
|---------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|---|---|
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | |
| 28 | | | | | | | 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | 29 | 30 | | | |

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------------------------|---|--|---|--------------------------------|
| 28 8:00 AM Goeika Practice 9:30 AM Family Service | 1 5:00 PM Youth Taiko 7:30 PM Happy Strummers | 2 6:30 PM Adult Taiko | 3 Happy Girls' Day! 6:00 AM Zazen 6:45 AM Zazen meeting 5:00 PM Youth Taiko 7:00 PM Fujinkai Board | 4 | 5 8:00 AM Samu 6:00 PM Adult Taiko | 6 |
| 7 Fujinkai Workshop 2 pm 9:30 AM Family Service 10:30 AM Just for Teens | 8 5:00 PM Youth Taiko | 9 6:30 PM Adult Taiko | 10 Project Dana 8:30 am 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Orchid Club | 11 7:00 PM Dharma Study | 12 8:00 AM Samu 6:00 PM Adult Taiko 7:00 PM Sangha Sisters | 13 |
| 14 8:00 AM Goeika Practice 9:30 AM Family Service | 15 4:00 PM Youth Taiko 6:30 PM Happy Strummers | 16 6:30 PM Adult Taiko | 17 5:00 AM Zazen 4:00 PM Youth Taiko | 18 "Zen Buddhism" Movie Night 7 p.m. | 19 8:00 AM Samu 6:00 PM Adult Taiko | 20 8:00 AM 33 Kannon Set Up |
| 21 33 Kannon, Ohigan 9:30 am | 22 4:00 PM Youth Taiko | 23 6:30 PM Adult Taiko | 24 5:00 AM Zazen 4:00 PM Youth Taiko | 25 7:00 PM Dharma Study | 26 8:00 AM 33 Kannon Clean Up 8:00 AM Samu 6:00 PM Adult Taiko | 27 |
| 28 9:30 AM Family Sangha Field Trip | 29 4:00 PM Youth Taiko | 30 6:30 PM Adult Taiko | 31 5:00 AM Zazen 4:00 PM Youth Taiko | 1 6:00 PM Temple Board | 2 8:00 AM Samu 6:00 PM Adult Taiko | 3 |