

Daifukuji Soto Mission

Treasuring the Past, Embracing the Present Looking forward to our 2014 centennial celebration!



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

August, 2012

(808) 322-3524 www.daifukuji.org



***A Relaxing Day at Keauhou Bay:
Fellowship, Games, & Good Food***

**DAIFUKUJI SANGHA PICNIC
Sunday, August 19**

Keauhou Bay Park Picnic Area

9:30 am - 2:00 p.m.

***Bring pupus, salads, side dishes, desserts, and snacks to share. Temple will provide hot dogs, burgers, drinks, and paper goods.**

***Tables, tents, and a number of chairs will be provided. If you have beach chairs, please bring them to the picnic.**

***Carpooling can be arranged. If you need a ride or have questions, please call Rev. Jiko at 322-3524.**

***Donations of game prizes for kids and adults appreciated. Please drop them off at Daifukuji by August 12th.**

Let's all have a great day at Keauhou Bay!



***Sakura Ensemble Japanese Music Concert
and Ikebana Demonstration***

Saturday, August 25, 2012

Daifukuji Soto Mission Social Hall

2:00 p.m.

Join us on August 25th for an Ikebana (Japanese flower arranging) demonstration by Chikako Powers which will be followed by a Japanese music concert with Chikako Ogura, a guest harpist from Japan, Annu Shoko Shionoya on piano, and Jean Pierre Thoma on flute and clarinet.

Doors will open at 1:30 p.m.

Admission by donation.

Public Welcome!

Light refreshments will be provided by the Daifukuji Fujinkai.

Seniors, if you need a ride, please call Rev. Jiko at 322-3524.

Chikako Ogura, born in Kyoto, began playing music at the age of 3 and composing music at the age of 10. A graduate of the Kunitachi Music College in Tokyo with a specialty in harp playing, Chikako offers harp music therapy and counseling, and has recorded CDs of therapeutic music.

Chikako Powers, born in Tokyo, has studied Ikebana since the age of 12. She is a certified teacher of the Shinka Ikenobo School of Flower Arranging.

Annu Shoko Shionoya of Kobe, Japan has been playing the piano for most of her life. A graduate of the Osaka College of Music and the Berkeley College of Music, she performed for over 15 years with internationally renowned Russian violinist Isadore Ostrobsky before moving to Hawaii, where she now performs with the Sakura Ensemble.

Jean Pierre Thoma, born in Wisconsin, learned piano on his father's knee. He has two master's degrees in music and education, and his life has been one of international musical performance and teaching. For the last four years, he has been a member of the Sakura Ensemble, performing throughout Hawaii and Japan with Annu Shionoya and other artists.

In Memoriam

We wish to extend our heartfelt sympathy to the family of the late Tatsuki Kusunoki, 92, who passed away on July 12, 2012.

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



Welcome, New Members

We thank the following new members for joining our Daifukuji sangha ohana:

Corinne Kusunoki

Wilfred Sugai & Sheryl Mosbarger



Bon Dance Mahalo



A big mahalo to **all** of the many volunteers who worked together to put on another successful bon dance. We would like to thank all who helped set up, help out during the dance, and clean up the next morning. A very special mahalo goes to bon dance instructor Winifred

Kimura for leading weekly practice sessions prior to the dance and for gracefully leading the dancers around the *yagura*. Thanks also go out to Kona Daifukuji Taiko and Kona Hongwanji Taiko, performers Derrick Iwata, Randal Smith, and Amy Nakade, Ruriko Hayashi from Honolulu, P.A. specialist Gilbert Kaneko, & emcees Walter Kimura and Bobby Command. Thank you also to the

Daifukuji Fujinkai for preparing delicious *osettai* refreshments. **Everyone worked incredibly hard to put on a bon dance that brought our community together. *Gokurosama deshita!***



Even though we had a little rain this year, the *teru teru bozu* (*white cloth dolls*) did a good job of clearing the skies for a lovely night of dancing, fellowship, and honoring the ancestors.

Arigato to Richard Watanabe for once again sharpening all of the temple's kitchen knives during one of the bon dance practices.





Library News *by Clear Englebert*

“Thus Have I Heard: The Long Discourses of the Buddha” translated by Maurice Walshe is a major new addition to the library. The doctrine in these scriptures comes as close as we can get to what the Buddha actually taught.

Another welcomed new arrival is “Bodhisattva of Compassion” by Jon Blofeld. It is widely acknowledged as the best book on Kannon.

“Monkey” by Wu Ch'eng-en is a large new children’s book illustrated by Eleanor Hazard. The pictures are extremely colorful and the stab binding is unique. The fabric stitches at the book’s spine are visible on the outside of the book. This lovely type of binding gives a book a very graceful feeling and it was common on older Japanese books, but is seldom seen today. The only other stab binding book in the library is an early book of Thich Nhat Hanh’s poems.

The other new arrivals are:

“Gary Snyder: Dimensions of a Life” edited by Jon Halper. An excellent collection of essays about Gary Snyder, many talking about his Buddhist practice.

“Wisdom of the Zen Masters” which is illustrated comic-book-style by Tsai Chih Chung, and translated by Brian Bruya.

“Dharma Rain: Sources of Buddhist Environmentalism” edited by Stephanie Kaza and Kenneth Kraft

“On the Way to Satori” by Gerta Ital

“Mediators and Meditators: Buddhism and Peacemaking” edited by Chanju Mun. This book is from Honolulu.

“A Pali-English Glossary of Buddhist Technical Terms” edited by Bhikkhu Bodhi



Membership Dues

Thank you very much to those who have sent in their 2012 temple membership dues and *ijihi*. New members are always welcome. Annual dues remain at \$40 per household. For information on membership or to request a form, please call the temple office at 322-3524.

Thank you for your support!



Centennial Planning Meeting

Centennial co-chairs Cindy Asada, Ron Iwamoto, & Joyce St. Arnault request that centennial committee heads attend a planning meeting at the temple on **Monday, August 13 at 7:00 p.m.** An overview of the celebration will be given and preliminary plans discussed. Interested members are welcome to attend.

Bon Dance DVDs for Sale



A 30-minute DVD on our Daifukuji Bon Dance is available for purchase. Produced by Kona videographer Randy Magnus, it features the preparing of *nishime* by the Fujinkai ladies, Clear Englebert describing the Daifukuji Gift Shop, the Obon service, and the Bon Dance featuring the members of the Daifukuji Youth Taiko Group. The DVD also highlights Mr. Walter Kimura, who is working toward retirement after over 15 years of emceeing this event.



\$15.00 each, no printed label. A true collector's item.

Make checks payable to: Randy Magnus. Stop by the temple office to get your copy.

Reiki Information Sought by Justin Stein

Reiki is a set of spiritual healing practices of Japanese origin, systematized in Tokyo in the mid-1920s. **Hawayo Takata**, a nisei born on Kauai, learned these practices in Tokyo in the mid-1930s, and began to teach them in Honolulu in 1937. It is her students and her students' students that brought Reiki around the world, and probably more than 90% of the millions of practitioners today can trace their lineage back to Mrs. Takata. Between approximately 1939 and 1951, Takata lived in Hilo, and most of her students from this time period seem to have come from the local Nikkei community. She also returned to the Big Island numerous times until her death in 1980.



I am a doctoral student at the University of Toronto and my colleague, Naoko Hirano, is a researcher at Waseda University in Tokyo. We are looking for any individuals who learned Reiki, were treated with Reiki, or have any family members who learned or received Reiki during this time period. We have been successful in locating a few individuals in the Hilo area, and we are now broadening our search to other communities in the islands. If anyone has any information about this topic, we would greatly appreciate it if they could contact us via email at justin.stein@utoronto.ca or at n.hirano@aoni.waseda.jp.



August Dharma Offerings at Daifukuji

Zen Meditation & Chanting

* Every Wednesday morning from 6 a.m. to 7:15 a.m. in the Kannon Hall.

* The following two Thursday evenings from 7:00 p.m. to 8:30 p.m. in the Kannon Hall: August 16 and August 30.

Please arrive a few minutes early. Beginners are always welcome. Call Rev. Jiko at 322-3524 for information or instruction.

Why meditate? -- a talk by Ryan Jigaku Nakade -- Thursday, August 9 at 7 p.m.

You know that meditation is becoming increasingly popular. But, why meditate? The benefits of having a meditation practice will be shared by Ryan Nakade, who recently completed a course in meditation teacher training at The Expanding Light Yoga & Meditation Retreat Center in California.

Last Japanese Culture Session -- August 11, 9:00 -10:00 a.m.

Please join us on Saturday, August 11th at 9:00 a.m. in the Kannon Hall for the last in a series of sessions on Japanese culture, Buddhism, and Sangha life which have been facilitated by Michael Nakade this summer. Mike's powerpoint presentations are followed by discussion and sharing.

Family Services Begin August 12th, 9:30 a.m. - 10:30 a.m.

Our Sunday morning family services are geared for children, but are open to folks of all ages. Easy-to-understand Dharma talks are given by Gentei Sensei. Rev. Jiko invites everyone to the family services.

Shakyo & Shabutsu: Tracing the Sutras & Pictures of Buddhas -- Aug.18, 9:00 a.m.

The tracing of the Heart Sutra (Hannya Shingyo) is a meditation that brings one into the present moment. One may also choose to trace pictures of the Buddhas and bodhisattvas. Brushes, ink, pens, and rice paper are provided. Join us for an hour and a half of an activity that brings tranquility to body and mind.

Buddhist Movie Night Featuring "Aloha Buddha" -- August 23, 7 p.m.

For those of you who missed the showing of "Aloha Buddha" at the Kona Hongwanji in July or would like to see it again, we will be featuring this 72-minute documentary at this month's Buddhist movie night. Mahalo nui to Judie Myoko for donating this DVD, which will go into our lending library. It wakes us up to the reality of Buddhism in Hawaii today and is too good to miss.

These sessions are open to everyone at no charge. Donations may be given.

Aloha and Mahalo from William Chigen Lundquist



After seven years in Hawaii, we are moving back to Brookings, Oregon. We don't really want to leave Hawaii, and certainly not the temples and Sanghas here in Kona, but with falling wages and rising prices Turi and I have simply run out of money. The Daifukuji Bon Dance will be our last hurrah in Hawaii.

Rev. Jiko invited me to write a few words for the newsletter and I would like to use this opportunity to thank more than a few people. While I consider myself a serious Zen practitioner, I also am a devoted Shin Buddhist. The Daifukuji Soto Zen Mission, thanks to Rev. Jiko, stresses compassion above all else, whereas the Kona Hongwanji Buddhist Temple stresses gratitude. It is gratitude that I am feeling right now.

I think first of the Nakade family (Rev. Jiko, Mike, Amy, and Ryan), and thank them for everything that they have shared with me. Because Turi and I were not of Japanese heritage or born into this temple, we naturally fell in with others in those circumstances. Jill Teiho was my first instructor in Zazen meditation. I'll never forget her assessment of my first effort: "Well, at least you didn't run away screaming." No, she made it seem very easy and pleasant. Then I think of Bob and Coral, who turn up at so many temple activities, including my Buddhist lay confirmation ceremony. They spend a fair amount of time in Oregon, so I hope I will see them again. Steve Shinkaku has been a true friend to me at both temples. I run into Steve Hoshin and Clear only at Thursday night Zazen and Zen movie nights, but I learned a lot more from listening to them and watching them than they probably think I did. Then I think of Richard Gentei and all the members of the Family Sangha and pretty soon I realize there is not enough space in this article for all the names of the people who have blessed me here.

Of course I don't mean to leave out the names of those people who were born into this temple. They are the ones who make all the rest of us feel welcome and at home. We could have never gotten the hang of Bon dancing at all if we hadn't been able to follow Jean and Myles. I still remember a practice session where I just couldn't do another dance after about an hour and a half. Yoshiko Ikeda was 87 at the time. She smiled at me sitting there and I said, "I just can't keep up with you." She laughed as she danced past and said, "No, you have no chance, no chance at all." I could never match her irrepressible good cheer. Winifred Kimura has been so patient with us as we have struggled to learn to Bon dance. By the end of the last Obon season, I felt like she finally had a little hope for us, but then we forgot it all over the winter again. I'm also grateful to all the ladies at the monthly Kannon-Ko services and all the goodies they bring to eat.

Most of all, I'm grateful for my Buddhist name, *Chigen* 智元, given to me by Rev. Jiko. I hope to someday do something wise and live up to it. Thank you to all and aloha.

(We thank Chigen and Turi for the warmth and wisdom that they brought to our Sangha and wish them all the best. Their love for bon dancing brought joy to many a heart.)

The Liberating Practice of Mindfulness

by Ryan Jigaku Nakade



Mindfulness is the practice of awakening to life. By awakening we become conscious of all that lies before us, and accept everything with an open heart. We can learn to live fully in the present moment, and from there touch life in all its deepest aspects.

Mindfulness awakens our deep aspect of mind, which is called the “Buddhi” in Sanskrit. The Buddhi is our discriminating intelligence, which inquires and questions into the deeper aspects of life. Like a police dog, the Buddhi is the part of us that sniffs out and finds truth. When we become mindful we begin to study ourselves, our environment, and the way we live on deeper levels, taking us beyond our superficial patterns of suffering. Mindfulness gives us the power to notice, which leads to greater wisdom and insight.

This power of mindfulness allows us to heal our wounds. We can fill the gaping void in our hearts with a presence of loving-kindness and awareness. Mindfulness teacher Jon Kabat-Zinn defines mindfulness as “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” (Kabat-Zinn, 1994) This gentle attention to our pain takes us out of our habitual response patterns, or “habit energy” as Buddhist master Thich Nhat Hanh calls it, and allows us to choose the right way to respond. We are often so hard on ourselves, judging our every move. By becoming aware and befriending our judging mind, we can learn to replace our old, unnoticed patterns with healthy and conscious choices, leading us to greater freedom and awareness. Initially, stopping and opening to our pain may be difficult, but if we persevere, our hearts will slowly open and melt our knots of contraction and resistance.

Gaining the courage to heal from our greatest wounds is a very liberating practice, but mindfulness also allows us to get in touch with the wondrous aspects of life. When we can awaken to each moment, life slows down, allowing us to stop and take in our beautiful surroundings. When was the last time we truly just stopped for a moment, took a deep breath, and enjoyed this beautiful world? By becoming conscious of our breath, we link body and mind, instantly taking us to the present moment. Once present, we can breath in the world around us, and notice the blue sky, the beautiful autumn leaves, and the sound of children laughing. We can feel refreshed by simply being awake. When we can connect with life on this level, we can find a rare fulfillment difficult to find otherwise.

The true power of mindfulness is that it allows us to slow down, and do everything with heart. In fact, the Chinese character for mindfulness 念 is made of two parts. The top part 今 means “now or the present”, and the bottom part 心 means “heart-mind.” Being mindful is being fully present with our heart and our whole being. Our every act can become fully conscious and deliberate. We gain a much higher quality of existence when we can wake up and do everything with a conscious intention. By learning to pay attention more and more, we can live with freedom and inner joy, as we realize that the very act of being awake is what brings us happiness, peace, and love (Goldstein & Kornfield, 1987).

(Ryan’s writings can be found on his blog: <http://hawaiianyogi.wordpress.com>. Ryan, who is a student at the Ananda College of Living Wisdom, enjoys yoga, meditation, playing the ukulele, & returning to his Daifukuji home & sangha during his summer breaks. He’ll be giving a talk titled “Why meditate?” on Thursday, August 9 at 7:00 p.m. in the Kannon Hall.)



Summertime Aloha *from Rev. Jiko*

Summertime activities at the temple continue to bring me joy. Although our Bon Dance is over, the sounds of the music and taiko continue to reverberate in my heart. *Don don don!* We had so much fun. A young man told me that for him the Bon dance was a spiritual experience that put him in communication with his ancestors. Thank you to all who worked so hard to make our Bon Dance the special event that it was.

Today, as I am writing this, I am listening to the happy voices of orchid enthusiasts greeting each other at the Orchid Show. Inside the social hall, the orchids on display evoke oooo's and ahhhhh's from their admiring fans. Such color! Such fragrance! Such beauty! Our hearts are lifted to the heavens by these exotic flowers.

Let the good times roll! On **Sunday, August 19**, let's all take a break and *hele on* down to beautiful Keauhou Bay Park for our Daifukuji Sangha picnic. Let's sit back, relax, talk story, and enjoy good food and fellowship. A picnic gives us the chance to chat with old friends and also meet the folks who are new to our Sangha. Please call me if you need a ride. The same holds true for the Japanese Music Concert on Saturday, August 25. My hope is that you will all be able to join us. The seniors, especially, would enjoy hearing Japanese melodies from their childhood, so why not bring Grandma and Grandpa along?

On the Dharma scene, if you're curious about meditation & wondering if you should give it a try, you might be interested in listening to Ryan's talk "Why Meditate?" on August 9th at 7 p.m. Meditation can change one's life.

The children of the Daifukuji Family Sangha have been on summer break and I'm looking forward to welcoming them and their parents back to the temple on August 12th for the first family service of a new Dharma school year. Amy Jikai has lined up some new Dharma songs for us to learn. Moms and dads, grandmas and grandpas, please bring your *keiki* to the temple on Sunday mornings. We'd love to have you join us.

The warmth of the sun, the sweet fragrance of the flowers, the coolness of the breeze...may you be blessed with nature's abundant gifts and never be in so much of a hurry that you don't notice them.

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

Coming Up in September...

- | | |
|--------------|---|
| September 9 | Autumn Higan & Ryosoki Founders Service
Fujinkai General Membership Meeting, Potluck Lunch |
| September 16 | "Roll It and Buy It" Sushi Making Workshop (for Temple & Fujinkai members) |
| September 29 | Zen Adventure Silent Retreat Day (Open to the Public) |

Details in next month's newsletter.....please stay tuned!

August 2012

July 2012							August 2012							September 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	1									
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31	26	27	28	29	30	31	23	24	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
- Offsite Backup
- Bon Dance Group
- Teen Sangha
- Orchid Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 8:00 AM Baikako Practice	30 5:00 PM Youth Taiko	31	1 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Fujinkai Board	2 9:00 AM Tai Chi Practice 5:00 PM Zen Taiko 7:00 PM Temple Board	3 8:00 AM Samu	4 7:00 PM Hilo Taishoji Bon Dance
5 9:00 AM Hilo Taishoji Bon Service	6 5:00 PM Youth Taiko 7:30 PM Happy Strummers	7	8 Project Dana 8:30 am 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Orchid Club	9 9:00 AM Tai Chi Practice 5:00 PM Zen Taiko 7:00 PM Talk "Why meditate?"	10 8:00 AM Samu 7:00 PM Sangha Sisters	11 9:00 AM Japanese Culture Class 7:00 PM Koyasan Bon Dance
12 8:00 AM Baikako Practice 9:30 AM Family Service	13 5:00 PM Youth Taiko 7:00 PM Centennial Meeting	14 Baikako & Ukulele 2:30 PM Life Care Performance	15 Kannon-ko 10 AM 6:00 AM Zazen 5:00 PM Youth Taiko	16 9:00 AM Tai Chi Practice 5:00 PM Zen Taiko 7:00 PM Evening Zazen	17 8:00 AM Samu	18 9:30 AM Shakyo
19 Keauhou Bay Sangha Picnic 9:30 am	20 5:00 PM Youth Taiko	21	22 6:00 AM Zazen 5:00 PM Youth Taiko	23 9:00 AM Tai Chi Practice 5:00 PM Zen Taiko 7:00 PM Buddhist Movie Night	24 8:00 AM Samu	25 Japanese Concert 2 pm
26 8:00 AM Baikako Practice 9:30 AM Family Service	27 5:00 PM Youth Taiko	28	29 6:00 AM Zazen 5:00 PM Youth Taiko	30 9:00 AM Tai Chi Practice 5:00 PM Zen Taiko 7:00 PM Evening Zazen	31 8:00 AM Samu	1