



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

October, 2015

(808) 322-3524 www.daifukuji.org (See "archives" on website for previous newsletters.)

Daruma-ki & Eitaikyo Services

Sunday, October 4 9:30 a.m.



All are invited to join our Sangha in observing Daruma-ki in remembrance of Bodhidharma, the 28th patriarch in our lineage. Also known as Bodai Daruma Daishi, this 6th-century Indian Buddhist monk transmitted Zen from India to China. We honor him on the day of his memorial. The Dharma message will be delivered by Rev. Jiko.

In addition, an Eitaikyo service will be held in memory of those whose names are recorded in the Daifukuji Eitaikyo record book. The word eitaikyo means "chanting the sutras in perpetuity." This annual service ensures that prayers are offered for the departed, even when family members of the deceased cannot be present for the service. If you are interested in having an individual or family's name entered into Daifukuji's Eitaikyo record book, please contact Rev. Jiko (322-3524) to submit the name(s), along with a one-time donation of \$250 per request.

All are invited to stay for lunch which will be prepared by Team 3 of the Daifukuji Fujinkai Women's Association.

Donations of flowers are always appreciated. Flowers may be delivered to the temple by the morning of Friday, October 2. Donations of canned foods for the Hawaii Island Food Basket may be brought to the temple the morning of the service.

"The essence of generosity is letting go. Pain is always a sign that we are holding on to something — usually ourselves. When we feel unhappy, when we feel inadequate, we get stingy; we hold on tight. Generosity is an activity that loosens us up. By offering whatever we can — a dollar, a flower, a word of encouragement — we are training in letting go."

~~ from *Comfortable With Uncertainty: 108 Teachings* by Pema Chodron ~~

In Memoriam

To the family of the late **Helen Sasaki** who passed away on August 21 , 2015 at the age of 87, we send thoughts of comfort and peace.



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

Welcome New Members

We extend a warm welcome with much aloha to the following new members:

Yoshiko Hirai

Lynnette Takahashi Licari

Evan Seki Matsuyama

New members are always welcome. For information on temple membership, please visit the Daifukuji website: http://www.daifukuji.org/membership_brochure.pdf

Mahalo Nui

Mahalo nui loa to Janet Ota of Glendale, California for mailing us game prizes for our Sangha Picnic held in August. Thank you also to all who donated prizes. It was hot, but a lovely day enjoyed by all.

Domo arigatougozaimasu to all for your generous contributions to our temple.

Got Poha?

Poha (gooseberry) is needed to make poha jam for next year's bazaar. If you grow poha and have berries to spare, please peel and freeze them for the next jam-making session.

Questions? Please call Ann Nakamoto at 322-2601.

Mahalo!



Firemen Kazu Todd and Troy Gibon talked about home fire safety at September's Project Dana.

October Project Dana

The Daifukuji Project Dana group will be celebrating its 8th Anniversary on October 14.

To all kupunas and volunteers, there will be a Halloween costume contest. Lunch will be a potluck, so please bring a dish to share if you can.

Project Dana welcomes temple members age 60 and above. Held on the second Wednesday of the month from 8:30 a.m. to noon, Project Dana is a free program for temple seniors that features chair exercises, bingo, nutritious snacks and lunches, fun activities, guest speakers, & informative presentations. For information, call Rev. Jiko at 322-3524.

Library News

By Clear Houn Englebert



In the last library news I noted that *Empty Cloud* was one of the few books I'd ever read twice. Another book that I read twice (and may likely read again) is *The Venerable Phra Acharn Mun Bhuridatta Thera* compiled by his disciple Phra Acharn Maha Boowa Nyanasampanno. I'm happy to announce the library now has this book as well as a wonderful companion book, *Forest Recollections: Wandering Monks in Twentieth-Century Thailand* by Kamala Tiyanich. The biography of Phra Acharn Mun is so outstanding that I hardly know where to begin in reviewing it. He was born in 1870 and single-handedly revived the tradition of wandering forest monks in Thailand. When I was a monk at Shasta Abbey this book was on the required reading list and the abbess gave a series of lectures about it. In Buddhism it is considered that four enlightenment experiences are the maximum number that a person can achieve in a lifetime---and Phra Mun achieved that many through incredible dedication. He taught many disciples as well as angels---yes, that's right, angels.



In *Forest Recollections*, the author puts Phra Mun's life in a larger context of what was going on as politics and religion mixed in Thailand, as well as detailing the lives of Phra Mun's major disciples. Kamala (who uses Ajan Man as an alternate spelling for Acharn Mun) says, "Wandering monks learned the dhamma from everything around them. Often nature was their best teacher." She quotes Mun as saying, "After my ordination my ajan [teacher] took me wandering in the forests and on the mountains. I learned the dhamma from the trees, the grass, rivers, streams, caves, and rocks. I listened to the sounds of birds and other animals." Kamala says of Mun, "He believed that if one is mindful at all times---which requires meditation---then one will not violate the rules of moral conduct. Awareness will transmute and transform one's whole being to the extent that observing the precepts will become natural to one's character instead of a mechanical adherence to rules."

Mark Your Calendars

November 14 - Fujinkai Kona Coffee Festival Food Booth, Keauhou Shopping Center

December 13 - Special Fujinkai Food Sale For Temple Members & Groups, Daifukuji Social Hall

Details in next newsletter

This and That

The exterior of the minister's residence was painted by Casey Kirihara Painting at a cost of \$5,616.

Thank you very much to all who donated to the Soto Zen Monastery Tenpyozan Building Fund. Donations are still being accepted and may be given to Rev. Jiko. Please make checks payable to: **Soto Mission of Hawaii Bishop's Office.**



October Dharma Programs

Pau Hana Dharma Classes - Tuesdays, **October 6, 13, 20, 27** from 4:00 - 5:00 p.m. in the temple library. Topic: The Four Noble Truths & Eightfold Path. Call Rev. Jiko at 322-3524 for more information.

Dharma Fellowship (A Monthly Dharma Discussion Group)

The next Dharma Fellowship will be held on **Thursday, October 15** at 7:00 p.m. in the Kannon Hall.

Family Sangha Services: Sharing the Dharma with Our Children - Sundays, **October 11 and 25** at 9:30 a.m. Autumn field trip on October 18.

Zazen (Meditation)

* Every Wednesday morning from 6 a.m. - 7:20 a.m.

* Thursday, **October 8 and 22** from 7 p.m. - 8:30 p.m.

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



Shakyo & Shabutsu Art Meditation - **Saturday, October 10** 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 and can bring one into a state of harmony with the universe. All supplies provided. By donation.

Baikako Plum Blossom Choir Practice - Sunday, **October 11 and 25** from 7:45 a.m. to 9:00 a.m. A Baika workshop instructed by Rev. Keido Suzuki will be held on November 10.

Tai Chi

Every Thursday from 9:00 - 10:00 a.m. in the Hisashi Kimura Cultural Hall. Classes by donation. Call instructor Philip Kakuho Hema for information: 345-1492.

Yoga, Music, & Meditation

Led by Ananda Yoga instructor Ryan Jigaku Nakade, these gentle yoga sessions followed by group singing and a brief meditation are held every Friday afternoon from 4:30 - 6:00 p.m. in the Kannon Hall. Bring a yoga mat or towel. Classes by donation. Call Ryan Jigaku for information: 895-0784.



Daifukuji Fujinkai Women's Association Field Trip

By Lorraine Jitoku Tanimoto

On the slopes of Mauna Kea in Laupahoehoe stands Hawaii's only commercial mushroom farm located on lush green rolling hills overlooking the Pacific Ocean. Thirty-eight Fujinkai members and guests took a 70-minute tour of the farm on September 19. We watched a 12-minute video narrated by owner Bob Stanza, a helicopter pilot turned farmer, who gave information on farm operations. Here, mushrooms are grown in reusable sterilized jars in medium composed of eucalyptus sawdust mixed with wheat bran and ground corn cobs. Through the glass windows we were able to view the sterile incubation room and see a worker packing Ali'i mushrooms and trays of Pioppini mushrooms in their early growth stages. Samples of mushroom lavash, mushroom cookies, mushroom lilikoi butter, and a sautéed mushroom-noodle dish were among the edibles tasted. Fresh mushrooms were available for purchase plus a wide assortment of goodies in the gift shop. It was an "Ag in the Classroom" learning experience. Jane, our mushroom farm tour guide/coordinator mentioned that for repeat visitors, the admission fee is greatly reduced.



By Nancy Seido Osako

Our trip to the Hamakua Mushroom Farm was very interesting and informative. Jane, our tour guide, explained how Hamakua mushrooms are wood decomposing mushrooms. In other words, these mushrooms are not grown in manure of any kind. This was great news for me!

After enjoying many activities — photo op, tour of the facility, demonstrations, sampling, and lots of shopping — we were able to get up close and personal with the mushrooms.

Mahalo to Lorraine for organizing another truly exciting excursion for the Fujinkai.

By Gail Ching-Lee



Mushrooms, mushrooms, and more mushrooms! They were all so pretty growing out of a jar curving tall, sideways, big and small. They looked so artistic, each with a shape and design of its own.

At the crack of dawn on Saturday, September 19th, thirty-five of us boarded a big yellow school bus (others went by car). Once at the Hamakua Mushroom Farm, Jane, our tour guide, gave us all the facts and information on how mushrooms are grown. We sampled cooked mushrooms, shopped in the gift store, and bought fresh mushrooms to bring home.

On our way back, we stopped in Waimea for a delicious Chinese buffet lunch at the Jade Palace restaurant, where the sweet and sour spare ribs were tender and ono donuts sprinkled with lots of sugar. Content after a big meal, we boarded the bus once more. I thought we were going home, but, oh no!, the Fujinkai ladies were not yet done. The next stop was for Starbucks coffee and Dairy Queen ice cream cones. Our bus driver, Henry, was such a



good sport. He said, "Why, of course I'll drive you anywhere!"



A few of us who were already too full went shopping for post cards, earrings, and green beans from the health food store. When the bus pulled up once again, we were ready to go home. It was so quiet in the bus with everyone napping.

What a wonderful, fun-filled, and happy day we all enjoyed! My heart was filled with joy, contentment, and gratitude for the friendships and camaraderie of the Daifukuji Fujinkai Women's Association. It was heartwarming to see everyone so protective and

caring, especially toward our kupunas. We are all one 'ohana.

Thank you, Lorraine, for all of your hard work in organizing this event.

Mahalo to all for supporting the Daifukuji Fujinkai!





A Visit from the Kanbara Family

On September 22, four members of the family of the late Rev. Giko Kanbara, the third minister of our temple who served from 1921-1926, visited Daifukuji. They were welcomed with leis by Rev. Jiko and Joyce St. Arnault. A memorial service was held in memory of Rev. Kanbara, and the guests were given a tour of the temple and treated to lunch at Teshima's restaurant.

Rev. Jiko's efforts to locate the Kanbara family prior to our temple's centennial celebration were unsuccessful, so it was fortuitous that after the centennial Touru Hirakawa was able to put her in touch with them. Their recent visit to Daifukuji was deeply meaningful.

The four who visited our temple were the Reverend Kouju Kanbara, great-grandson of our former minister, his aunt Eiko Awamura, and her daughter & son, Hiroko and Yutaka Awamura. Rev. Kouju Kanbara is the son and disciple of the Rev. Shoko Kanbara of Hojoji, a Soto Zen temple in Mihara, Hiroshima, Japan.

Now that a friendship has been established with the Kanbara family, we can say that we at Daifukuji are now connected to all of the families of our eleven previous ministers. How fortunate we are that our Dharma family is growing!



Daifukuji's First One Hundred Years

On August 26 in the West Hawaii Civic Center Council Chambers, Rev. Jiko, Alfreida Fujita, and Ryan Nakade talked about "Daifukuji's First 100 Years" as part of the Kona Historical Society's Hanohano 'O Kona Lecture Series.

Rev. Jiko explained the background of Buddhism in Hawaii, Alfreida shared her memories of Daifukuji, and Ryan Jigaku expressed his hopes for the future of the temple. At the end of their presentation temple members joined in the singing of the "Daifukuji Centennial Song." Thank you to the Kona Historical Society for giving us this opportunity.

Zazenkai Meeting To Be Held October 28

Daifukuji Zazenkai members are invited to a **potluck breakfast meeting** on Wednesday, October 28. The meeting, which will be conducted by Zazenkai president Philip Kakuho Hema, will be held after one thirty-minute period of zazen. Topics to be discussed include our Rohatsu Sesshin in December and a one-day Zen Retreat in January. Please join us. Zazen will begin at 6:00 a.m. as usual.

We Are One ‘Ohana

by Rev. Jiko

The strength and happiness of a family depends upon its members’ willingness to communicate with kind words and to practice gentle listening. So, too, does the strength and happiness of our Sangha depend upon such practices. Harsh words hurt, create discord in the sangha, and turn people away.

Where do harsh words come from and what fuels their propulsion? Harsh words arise from our thoughts and emotions. When we think negatively about someone, anger arises and fuels the expulsion of harsh words from our mouths and even our fingertips, through texting and emailing. Harsh words, once spoken, are difficult to recall. People remember hurtful words for years and years.

Thus, we must become aware of our thoughts and of the feelings that quickly arise in our bodies and minds. Zazen or seated meditation gives us the space to notice our thoughts and emotions. Through zazen, we become aware of the stories that we create in our minds and tell ourselves over and over. This sense of spaciousness makes all the difference in how we act and react.

Even to ourselves we should not speak harsh words. Rather, when we are unhappy with ourselves, we can look at our thoughts and emotions with friendliness and warmth. We can kindly encourage ourselves to be more mindful. When we are compassionate toward ourselves, we are able to be compassionate toward others, even those who push our buttons.

As Gail Ching-Lee wrote in her article about the Fujinkai field trip, “We are all one ‘ohana.” This is what I truly love and appreciate about our Sangha — this sense of being “one ‘ohana.” May we take care of our ‘Ohana by always practicing loving speech and gentle listening.

Coming Up in November...

November 3, 17, 24...Dharma Study

November 7...Shakyo

November 10...Baika Workshop

November 11...Project Dana

November 12...Dharma Fellowship

November 14...Kona Coffee Festival at Keauhou
Shopping Center

November 15...Thanksgiving Service

November 16...Bon Dance Class

November 18...Kannon-Ko Service

November 29...General Clean-Up

Sangha Picnic

August 16, 2015



October 2015

September 2015							October 2015							November 2015							
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20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
27	28	29	30	25	26	27	28	29	30	31	29	30									

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 7:45 AM Baikako 9:30 AM Family Service	28 5:00 PM Youth Taiko	29 4:00 PM Dharma Study 5:00 PM Adult Taiko	30 6:00 AM Zazen 5:00 PM Youth Taiko	1 9:00 AM Tai Chi 5:00 PM Adult Taiko 7:00 PM Temple Board	2 7:30 AM Samu 3:30 PM Ke Kama Pono 4:30 PM Yoga & Music	3 9:30 AM Youth Taiko
4 Darumaki Service 9:30	5 5:00 PM Youth Taiko 7:30 PM Happy Strummers	6 4:00 PM Dharma Study 5:00 PM Adult Taiko	7 6:00 AM Zazen 5:00 PM Youth Taiko	8 9:00 AM Tai Chi 5:00 PM Adult Taiko 7:00 PM Evening Zazen	9 7:30 AM Samu 3:30 PM Ke Kama Pono 4:30 PM Yoga & Music 7:00 PM Sangha Sis-	10 8:00 AM Shakyo 9:30 AM Youth Taiko
11 7:45 AM Baikako 9:30 AM Family Service 10:00 AM Teen Sangha	12 5:00 PM Youth Taiko	13 9:00 AM Bare Bones Writers 4:00 PM Dharma Study 5:00 PM Adult Taiko 7:00 PM Orchid Club	14 Project Dana 8:30 am 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Orchid Club	15 9:00 AM Tai Chi 5:00 PM Adult Taiko 7:00 PM Dharma Fellowship	16 7:30 AM Samu 3:30 PM Ke Kama Pono 4:30 PM Yoga & Music	17 9:30 AM Youth Taiko
18 Family Sa...Field Trip	19 5:00 PM Youth Taiko 7:00 PM Bon Dance Class	20 4:00 PM Dharma Study 5:00 PM Adult Taiko	21 Kannonko 10:00 6:00 AM Zazen 5:00 PM Youth Taiko	22 9:00 AM Tai Chi 5:00 PM Adult Taiko 7:00 PM Evening Zazen	23 7:30 AM Samu 3:30 PM Ke Kama Pono 4:30 PM Yoga & Music	24 9:30 AM Youth Taiko 6:00 PM Youth Taiko Mahalo Night
25 7:45 AM Baikako 9:30 AM Family Service 10:00 AM Teen Sangha	26 5:00 PM Youth Taiko	27 4:00 PM Dharma Study 5:00 PM Adult Taiko	28 6:00 AM Zazen 6:30 AM Zazen Meeting 5:00 PM Youth Taiko	29 9:00 AM Tai Chi 5:00 PM Adult Taiko	30 7:30 AM Samu 3:30 PM Ke Kama Pono 4:30 PM Yoga & Music	31 9:30 AM Youth Taiko