



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

March, 2016

(808) 322-3524 [www.daifukuji.org](http://www.daifukuji.org) (See "archives" on our website for previous newsletters.)



## 33 Kannon Pilgrimage & Spring Higan Service

*Sunday, March 13 9:30 a.m.*

Please join us as a Buddhist pilgrim while we "visit" the 33 Kannon temples of western Japan. Thirty-three statuettes of Kannon-sama, the Bodhisattva of Compassion, will be displayed in the Kannon Hall. As the sutras are being chanted, the pilgrims circulate the hall, stepping onto small packets of earth brought to Kona many years ago from each of the temples and paying homage to the bodhisattvas of great compassion. This Kannon *Osunafumi* Service has been held annually at Daifukuji since 1948.

It is a practice at our temple to offer a coin to each Kannon-sama. **Please bring 35 coins to this service.**

A spring Higan service will also be held and a Dharma message given by Rev. Jiko Nakade. A simple lunch prepared by Fujinkai Team 2 and volunteers will follow the service. All are invited to stay for lunch. The gift shop will be open.

From **March 13 - 17**, you may come to the temple to do the pilgrimage on your own. Feel free to bring along family members and friends. To ensure that the temple is open, it is best to call 322-3524 before coming.

Set up 33 Kannon: Saturday, March 12 at 8:00 a.m.

Put away 33 Kannon: Friday, March 18 at 8:00 a.m.

Your kokua is humbly requested. Flowers are needed by the morning of March 12.

## No Kannon-ko Service in March

Because of the 33 Kannon Service on March 13, no monthly Kannon-ko service will be held on March 16.

## Welcome, New Member



This month we extend a warm welcome to **Betty Sakoda** of Oahu and thank her for joining the membership. We are blessed to have a growing sangha 'ohana.

*New members are always welcome. For information, see Rev. Jiko or visit [http://www.daifukuji.org/membership\\_brochure.pdf](http://www.daifukuji.org/membership_brochure.pdf).*

## 2016 Soto-Shu Calendars

We have a few 2016 calendars left. Each month features a Buddha image from a Soto Zen temple in Hawaii along with a short teaching. Please contact the temple office at (808) 322-3524 or drop by if you'd like to receive one of the remaining calendars.

## Donation Request for New Bazaar Tables

The temple needs to purchase new folding tables for this year's bazaar in order to replace the old tables which can no longer be used due to corrosion and damage.

Donations of any amount would be greatly appreciated. If you'd like to make a contribution, please make your check payable to **Daifukuji Soto Mission & write "Bazaar Tables" on the memo line.** Thank you very much.

## 2016 Bazaar

**Sunday, May 15**

**9:00 a.m. - 1:00 p.m.**



## Bazaar Planning Meeting April 10

A bazaar planning meeting will be held after the Hanamatsuri Buddha Day lunch on April 10th. Co-chairs Joyce St. Arnault and Stephen Tanaka will be calling the regular committees to ask for help with this year's bazaar. If you'd like to serve on a committee, please inform Joyce (329-3833) or Stephen (322-2543).

## Bazaar Donations

From May 1 - 13, items for the bazaar may be dropped off inside the social hall.

## Bazaar Set Up

Set up will begin at 8:00 a.m. on Saturday, May 14. Many helping hands are needed. Your kokua would be greatly appreciated.

## Why is the bazaar important?

The annual bazaar is our temple's biggest fundraiser. **Proceeds from the bazaar go into the temple's building and maintenance fund which needs yearly replenishment.** This year, for example, our buildings will be fumigated at a cost of nearly \$21,000. Our Board is also looking into building a handicap ramp for the social hall & repairing damage to the asphalt in the parking lot. Without the bazaar and private donations to the temple's building fund, our temple would not be as well maintained as it is now.



**HAIB**

## Buddha Day Celebration

**Kona Hongwanji Buddhist Temple Social Hall**

**Sunday, March 20 9:30 a.m.**

All are cordially invited to the **4th Annual Hawaii Association of International Buddhists (HAIB) Buddha Day Celebration** which is going to be held at the Kona Hongwanji Buddhist Temple on March 20th at 9:30 a.m. Featured will be meditation teacher, author, and poet **Gavin Harrison** who will be speaking on the topic "Turning Towards Freedom and Love." Gavin is a recipient of the "Unsung Heroes of Compassion Award," presented to him by His Holiness the Dalai Lama for "kindness and quiet dedication to others." Gavin, who is author of *In the Lap of the Buddha* and *Petals and Blood: Stories, Dharma and Poems of Ecstasy, Awakening and Annihilation*, will be available for book signing during the fellowship hour. Entertainment will be provided by The New Dharma Band from Honokaa.



Buddhist groups from around the island have been invited to take part in this celebration of the Buddha's birth. The Daifukuji Baikako Choir and Family Sangha will be singing as part of the service. Admission is free and all are invited to attend. Donations are welcome at the door.

Fresh flowers are needed for the flower shrine (*hanamido*) and may be left in the buckets provided outside the Kona Hongwanji Buddhist Temple's meeting room the afternoon of Friday, March 18 or the morning of Saturday, March 19.

**Help setting up chairs is needed at 5:00 p.m. on Saturday, May 19. Help putting away chairs and cleaning up the hall is needed immediately after the Buddha Day event on Sunday, May 20.**

*Thank you to Rev. Bruce Nakamura & the Kona Hongwanji Buddhist Temple for graciously hosting the Buddha Day Celebration each year. Questions? Call Rev. Jiko at 322-3524.*



### March Project Dana

Fujiko Akamatsu, at the honorable age of 96, will be demonstrating the making of steamed manju at this month's Project Dana. This year's Project Dana activities will feature our temple kupuna, who are willing to share their cooking skills and pass on their treasured recipes.

Project Dana is Daifukuji's free monthly activity program for temple members age 60 and above. To join, call Joyce at 329-3833 or Rev. Jiko at 322-3524.



## March Dharma Programs

### **Dharma Study Classes - Tuesdays, March 1, 8, & 15**

A series of classes on Buddhism based on the book *Buddha* by Karen Armstrong is being held on Tuesday afternoons from 4:00 - 5:00 p.m. in the temple library. All are welcome. For information, please contact Rev. Jiko at (808) 322-3524.

### **Buddhist Movie Night — Thursday, March 17 at 7:00 p.m.**

*Dalai Lama Awakening: Your Transformation is NOW*, a 2-hour documentary film narrated by actor Harrison Ford, will be shown in the Kannon Hall. Tea and snacks will be provided. Please bring your own mug and join us for a relaxing movie night at the temple.

**Family Sangha Services: Sharing the Dharma with Children — Sundays, March 6 and March 27 at 9:30 a.m.** Singing, meditation, yoga, and stories. Child-friendly 45-minute services. New families welcome.

### **Zazen (Meditation)**

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

\* Thursdays, **March 10 & March 24** from 7 p.m. - 8:30 p.m.

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

**Shakyo & Shabutsu Art Meditation - Saturday, March 5** 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 & puts one in touch with the Buddha-Dharma. All supplies provided. By donation.

**Baikako Plum Blossom Choir Practice - Sunday, March 27** from 7:45 a.m. to 9:00 a.m.

### **T'ai Chi**

Every Tuesday & Thursday from 9:00 - 10:00 a.m. in the Hisashi Kimura Cultural Hall. Tuesday classes are for beginners; Thursday classes are for intermediate/advanced students. \$5 drop in or \$20/month. Call instructor Philip Kakuho Hema for information: (808) 345-1492.

### **New Sunday classes to begin March 6! 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 and every Sunday** afternoon beginning March 6 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: (808) 895-0784. (See page 6 for more information.)

## Library News

by Clear Houn Englebert



Two unique and wonderful books have arrived in the library: *Conversations: Christian and Buddhist: Encounters in Japan* by Dom Graham and *The Book of Life* by Jiyu Kennett and Daizui MacPhillamy. Even though it was published in 1968, I didn't know the first book existed until about a month ago. Since then I've been glued to it. Books of conversations are a delight to read---they practically read themselves. In this book a Catholic abbot talks with people in Japan, mostly Zen masters but also Gary Snyder who was living there at the time. *The Book of Life* is a book I've used extensively since it was first published in 1979. It shows acupressure points to be used for spiritual reasons in conjunction with zazen and the precepts.

The other new arrivals are:

*At Hell's Gate: A Soldier's Journey from War to Peace* by Claude Anshin Thomas who went into the Vietnam War at age eighteen and is now a monk in our Soto tradition. He was in the film *Peace is Every Step* about Thich Nhat Hanh.

*Walking on Lotus Flowers: Buddhist Women Living, Loving and Meditating* by Martine Batchelor.

*Healing Breath: Zen for Christians and Buddhists in a Wounded World* by Ruben Habito.

*Open to Desire: The Truth About What the Buddha Taught* by Mark Epstein.

*An Introduction to Buddhism* by Peter Harvey.

*Daifukuji Soto Mission New Year's Party, Jan. 18, 2015 on DVD* by Aki Imai.

We have two new Deepak Chopra items: *The Happiness Prescription* on CD, and his book *Buddha*.

There are three new books in the Chan section:

*The Life of Master Hsing Yun* by John Gill and Nathan Michon

*Master Sheng Yen* by Office of Master Sheng Yen

*Zen: A Semantic Approach* by C. N. Hu.

We have four new arrivals written in Japanese:

*Zen Mind, Beginner's Mind* by Shunryu Suzuki

*Kozue (Treetop)* by Rev. Hakudo Sato, a former minister at Daifukuji

*Ran Kaoru (The Fragrance of Orchids)* by Takako Sato (Rev. Sato's wife)

*Feng Shui for Hawaii* by Clear Englebert (yep, that's me).



## Sunday Yoga Classes to Begin March 6

In response to a number of requests for Sunday afternoon yoga classes, instructor Ryan Jigaku Nakade will be starting Yoga, Music, and Meditation classes on Sunday, March 6. Classes will be held every Sunday thereafter from 4:00 - 5:30 p.m. in the Kannon Hall and are suitable for all levels.

Ryan teaches Ananda Yoga, which consists of gentle postures and correlating affirmations. In yoga, one learns to listen to one's body and tune in to its messages.

Bring a yoga mat or towel. Classes are by donation. Donation boxes for both the temple and instructor are on the table as you enter.

For further information, call Ryan at (808) 895-0784 or send him an email: [greenteaji108@gmail.com](mailto:greenteaji108@gmail.com)

## Zazenkai To Hold Potluck Breakfast Meeting



Members of the Daifukuji Zazenkai are invited to a potluck breakfast meeting on **Wednesday, March 23**. The meeting will be held at 6:30 a.m. after one period of zazen which starts at 6:00 a.m. The meeting will focus on the planning of the Zazenkai's cooking of the April 10th Hanamatsuri lunch for the sangha. Members of both the Wednesday morning and Thursday evening zazen groups are invited to attend.

Questions? Please send an email to Zazenkai president Philip Kakuho Hema at [maukaclouds@icloud.com](mailto:maukaclouds@icloud.com) or call him at (808) 345-1492.

## Coming Up in April....

- April 10 .....Daifukuji Hanamatsuri Buddha Day Service
- April 13.....Project Dana Senior Activity Program
- April 16 & 17... UHSSWA Conference on Oahu
- April 18.....Bon Dance Class
- April 20.....Kannon-ko Service, 10 a.m.
- April 23.....Introduction to Zazen Class, 8 a.m.

## Mosquito Patrol

Cemeteries can be breeding grounds for mosquitos, so please remember to put several drops of dish washing liquid into the flower vases and turn over anything that's a receptacle for water.

Your help in monitoring the mosquito breeding areas in the Daifukuji cemetery is appreciated. In preventing the spread of Dengue Fever, every bit counts.



## A Message from Rev. Jiko

Dear Daifukuji members and friends,

Those new to the Buddhist teachings have asked me what becoming a Buddhist entails. *What do I need to learn? What do I need to do?* These are questions which may not arise in the minds of those who've become Buddhists because their parents or grandparents were Buddhists. For example, how many Japanese Americans like myself, who grew up Buddhist, have actually questioned what being Buddhist entails? To date, no *nisei* or *sansei* member of our sangha has come up to me and posed the question, "I consider myself a Buddhist because my parents were Buddhists, but what exactly does this mean?"

What does being Buddhist mean and how does one become a Buddhist? Does it require holding or following a prescribed set of beliefs or practices dictated by a Buddhist group or simply doing one's best to follow the teachings of the Buddha? Can one be a Buddhist without belonging to a temple or sangha? Must one participate in a ritual that deems one a disciple of the Buddha? Can one be both a Buddhist and belong to another religion at the same time? These are good questions to explore and discuss (and a Buddhist should not get attached to any one particular viewpoint!).

I would say that a Buddhist is one who takes refuge in Buddha, Dharma, and Sangha, also known as the Three Treasures or the Three Jewels. In other words, a Buddhist is one who takes the teachings of the Buddha to heart, makes efforts to follow and practice the Dharma, and receives the guidance of the Sangha and supports it in return. Belonging to a community of Buddhists is helpful to one's practice, and today it is possible for people who live in remote areas, far away from Buddhist communities, to join an online Sangha and receive the support and guidance of Buddhist teachers and fellow practitioners, something that was not possible in the past. Reverence for Buddha, Dharma, and Sangha is what makes a person, in my mind, a Buddhist.

As far as rituals are concerned, the ritual of Taking Refuge in the Three Treasures, offered by a Buddhist priest, leader, or community, is a *formal* way to enter the religion. In Soto Zen Buddhism, one receives the Sixteen Bodhisattva Precepts, along with a Buddhist name, in a lay confirmation ceremony. Such ceremonies are meaningful in the same way that a wedding ceremony is meaningful: one makes a commitment — a vow — in the presence of an officiant and others who are present to witness, support, and bless one's path. For many, the precepts ceremony is a powerful, joyful, and life-enhancing ritual. I have found it to be so for myself and members of our Daifukuji sangha have told me how deeply meaningful the ceremony was for them. I am planning to hold weekly study sessions on the precepts from March to May, culminating in a precepts ceremony on June 5. If this is something that speaks to your heart, please let me know as soon as possible that you are interested.





For Buddhists, what matters most is the Dharma (the Teachings) and one's practice of the Dharma in one's daily life. Being human, our practice is not perfect. We stumble, mess things up, get lazy, and allow our ego, pride, and attachments to get in the way. We have to reap what we sow and take responsibility for the effects of our thoughts, words and deeds. Yet, for many of us, it's precisely this messed-up life with all its pitfalls and suffering that motivates us to look for a way out of suffering, embrace the Eightfold Path taught by the Buddha, & see for ourselves

how the Dharma helps free us from *dukkha*. While our practice may not be perfect, it can be deep, rich, and transformative. As Dogen Zenji taught, practice is itself enlightenment. We can devote ourselves to the Buddha Way, doing our best every day.

You probably have not forgotten the question posed earlier about whether a Buddhist can also belong to another religion at the same time. Buddhism is a gentle and tolerant religion that has encompassed the folk beliefs and practices of various cultures which it's met along the way. It's fine to be both a Buddhist and something else if this works for you. In fact, two books from our temple library recently landed on my desk: *Living Zen, Loving God* by Ruben Habito, a practicing Catholic and former Jesuit priest, as well as a recognized Zen master, and *Zen Spirit, Christian Spirit* by Robert E. Kennedy. My grandparents, like many of the Japanese immigrants who came to Hawaii, had two altars in their small living room: a Buddhist altar and a Shinto altar. This worked for them and fit into their world view.

Finally, do all Buddhist meditate? While meditation is a core practice for many Buddhists around the world, there are Buddhists such as those of the Pure Land schools who do not practice meditation. In Zen Buddhism, zazen is key. If you have not practiced zazen before, I would definitely recommend giving it a go. I would be happy to help you get started and the members of the Daifukuji Zazenkai would all support you with kindness and encouragement. Clear Houn Englebert will be offering an "Introduction to Zazen" class at 8 a.m. on April 23rd at the temple. Come and see. Or better yet, come and sit.

If any of this sparks your interest, please consider coming to Dharma study on Tuesday afternoons or to zazen on Wednesday mornings and certain Thursday evenings. We also have a wonderful lending library full of Buddhist books, CDs, and DVDs and a monthly Buddhist movie night that's both educational and relaxing. Opportunities to explore the teachings abound.

One more thing...have you been wondering why I support the practice of yoga at our temple? Besides being good for body, mind, and health, yoga is an excellent form of preparation for zazen. A soft and flexible body allows one to sit in meditation for extended periods of time. Especially as we age, we really need to take care of our bodies that start to grow stiff and creaky. I have found yoga to be very helpful in this regard. T'ai Chi, which is also offered at our temple, is also highly beneficial and something you might want to try.

Dear Sangha friends, thank you for your love and support. I wish for you peace, equanimity, and contentment. May your lives be truly enriched by the Buddha's teachings. *Namu kie butsu, namu kie ho, namu kie so.*

With warm aloha, in gassho,

*Rev. Jiko*



Here are the members of the Daifukuji Samu Group who show up on Friday mornings to clean our temple and grounds and provide support. (Left to right) Tyrone Ohta, Stanley Oshima, Judie Fekete, Julio Fernandez, Evelyn Tabata, Steve Marquis, Miyeko Miyose, Stephen Tanaka, Merle Uyeda, Chester Mitamura, Elaine Fernandez, Jimmy Okimoto, Sharen Bangay, Elsie Mochizuki, and Ann Nakamoto. Missing from the photo are Jack Tabata, Amy Nakade, Rev. Jiko Nakade, Don Erway, and Tina Cintron. New volunteers are always welcome & retired volunteers are always welcome to return.

**Samu group, you are appreciated more than words can say!**

### Three Minds 大心 老心 喜心

An excerpt from *Soto Zen: An Introduction to Zazen*, published by the Sotoshu Shumicho, 2002.

At the end of *Tenzo-kyokun*, Dogen said that the cook and all the members of his community — from abbot to novice — should maintain three inner attitudes toward people we meet and things we encounter: Magnanimous Mind (*daishin*), Nurturing Mind (*roshin*) and Joyful Mind (*kishin*).

Magnanimous Mind is like a great immovable mountain or an ocean accepting the waters of many rivers. Nurturing Mind is the attitude of parents toward their children, taking care of all people and things. Joyful Mind is the way we find joy in taking care of others even in the midst of difficulties. When we manifest these three minds (*sanshin*) in daily life, our *zazen* practice is working beyond the *zendo* walls.

# March 2016

February 2016							March 2016							April 2016							
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		1	2	3	4	5	6								1	2
7	8	9	10	11	12	13	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
14	15	16	17	18	19	20	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
21	22	23	24	25	26	27	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
28	29						27	28	29	30	31			24	25	26	27	28	29	30	

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 7:45 AM Baikako 9:30 AM Family Service	29 5:00 PM Youth Taiko	1 9:00 AM Beginners T'ai Chi 4:00 PM Dharma Study 5:00 PM Zen Taiko	2 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Fujinkai Board	3 9:00 AM T'ai Chi 5:00 PM Zen Taiko	4 7:30 AM Samu 4:30 PM Yoga & Music	5 8:00 AM Shakyo 9:30 AM Youth Taiko
6 7:45 AM Baikako 9:30 AM Family Service 4:00 PM Yoga & Music	7 5:00 PM Youth Taiko 7:30 PM Happy Strummers	8 9:00 AM Bare Bones Writers 9:00 AM Beginners T'ai Chi 4:00 PM Dharma Study 5:00 PM Zen Taiko	9 Project Dana 8:30 am 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Orchid Club	10 9:00 AM T'ai Chi 5:00 PM Zen Taiko 7:00 PM Evening Zazen	11 7:30 AM Samu 4:30 PM Yoga & Music 7:00 PM Sangha Sisters	12 8:00 AM Set up 33 Kannon 9:30 AM Youth Taiko
13 Ohigan Service 33 Kannon 9:30 am 4:00 PM Yoga & Music	14 5:00 PM Youth Taiko	15 9:00 AM Beginners T'ai Chi 4:00 PM Dharma Study 5:00 PM Zen Taiko	16 6:00 AM Zazen 5:00 PM Youth Taiko	17 9:00 AM T'ai Chi 5:00 PM Zen Taiko 7:00 PM Buddhist Movie	18 7:30 AM Samu 8:00 AM Put away 33 Kannon 4:30 PM Yoga & Music	19 9:30 AM Youth Taiko 5:00 PM Buddha Day Set Up
20 Hongwanji 9:30 a.m. HAIB Buddha Day 4:00 PM Yoga & Music	21 5:00 PM Youth Taiko 7:00 PM Bon Dance Class	22 9:00 AM Beginners T'ai Chi 5:00 PM Zen Taiko	23 6:00 AM Zazen 6:30 AM Zazen Meeting 5:00 PM Youth Taiko	24 9:00 AM T'ai Chi 5:00 PM Zen Taiko 7:00 PM Evening Zazen	25 7:30 AM Samu 4:30 PM Yoga & Music	26 9:30 AM Youth Taiko
27 7:45 AM Baikako 9:30 AM Family Service 4:00 PM Yoga & Music	28 5:00 PM Youth Taiko	29 9:00 AM Beginners T'ai Chi 5:00 PM Zen Taiko	30 6:00 AM Zazen 5:00 PM Youth Taiko	31 9:00 AM T'ai Chi 5:00 PM Zen Taiko	1 7:30 AM Samu 4:30 PM Yoga & Music	2 9:30 AM Youth Taiko