## **Daifukuji Soto Mission**

### Living the Four Wisdoms



79-7241 Mamalahoa Hwy., Kealakekua, HI 96750

January, 2018

(808) 322-3524 <u>www.daifukuji.org</u>

See "archives" on our website for previous newsletters.



New Year's Blessing Services December 31 11:45 p.m.

January 1 10:00 a.m.

Start the new year with the blessings of the Three Treasures — Buddha, Dharma, and Sangha. Those who attend the midnight service may ring the temple bell and enjoy hot soba noodles.

Hawaii Kannon omamori (Buddhist charms for one's purse and vehicle) and ofuda (blessing cards for home and office) will be available at both services for a donation of \$5 per omamori and \$2 per ofuda. Pet omamori for dogs and cats will be available for \$4.00.

Together, let's start the new year with prayers and blessings for everyone's health, safety, and happiness. All are welcome.

Fujinkai Hatsumairi .....p. 4

New Year's Party Form.....p.11

2018 Membership Form..... p.12

A New Year's Party! Sunday, January 28

10:30 a.m.



Temple members, supporters, and temple groups are invited to join our Sangha in celebrating the **Year of the Dog**.

Daifukuji's New Year's party on January 28th will begin with a brief general membership meeting followed by a fun-filled luncheon with delicious food made by our Fujinkai chefs. Entertainment will be provided by our various temple groups. (Food prep will begin at 1 p.m. on January 27. Help is appreciated. Questions? Call Ann at 937-0149 or Merle at 323-3553.)

Lucky number prizes are needed. If you'd like to donate a prize, please deliver it to Daifukuji by January 21. You are not required to bring a prize to the party.

To attend, please fill out the form on page 11 and return it with payment by January 14. We hope that you and your family will join us in celebrating the New Year.

Party Set Up January 27

We'll be setting up tables and chairs starting at 8 a.m. on Saturday, January 27. Any kokua you can offer will be appreciated. Onegai shimasu.

## January Dharma Programs



Dharma Study Classes - Tuesdays, January 9, 16, 23, 30 4:00 - 5:00 p.m. Temple Library

A series of classes based on the book *Zen Living* by Domyo Sater Burk. Call Rev. Jiko at (808) 322-3524 for further information. All are welcome. On January 16, a presentation on mindfulness will be given by author Mary McGuire. See page 5.

**Family Sangha Services:** Sharing the Dharma with Children - **Sunday, January 21** at 9:30 a.m. Child-friendly 45-minute services which include yoga, zazen, chanting, singing, & Dharma lessons. For children of all ages and their parents & grandparents.

Buddhist Movie Night — Thursday, January 18 7:00 p.m. Kannon Hall

The Lost Temple of Java is a film about Borobudur in Central Java. Bring a mug for tea.

### Zazen (Meditation)

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

\* Thursdays, January 11 & 25 from 6:00 p.m. - 7:30 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, January 13 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. All supplies provided. By donation.

Baikako Plum Blossom Choir Practice - Sunday, January 21 from 7:45 a.m. to 9:00 a.m.

### The Gay Sangha - Friday, January 5 6:00 - 7:30 p.m.

A Buddhist group open to all, with a particular invitation to gay women and men and their families and friends. Meditation and discussion. Call (808) 328-0329 for information.

### T'ai Chi

Every Tuesday and Thursday from 9:00 - 10:00 a.m. and Wednesdays from noon to 1 p.m. in the Hisashi Kimura Cultural Hall. Call instructor Philip Kakuho Hema for information: (808) 345-1492.



## In Memoriam

To the family of the late **Schayle Kigen Napua Hanato-Wells** who passed away on November 8 at the age of 29, we send our deepest sympathy.

To the family of the late **Howard Araki** who passed away on November 26 at the age of 72, we send thoughts of comfort and peace.

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

## Welcome To Our Sangha



With joy and gratitude, our sangha welcomes

Geri Hall as a new member.

## Congratulations

Our sangha extends warm congratulations to

### Alyssa (Tokumura) & Eloiy Perez

whose wedding was held at Daifukuji on the 12th of November.



## Mochi Pick Up

Thursday, December 28 Daifukuji Social Hall 9:30 a.m. - 2:00 p.m. Questions? Call 322-3524.

## Mahalo Nui Loa

The Daifukuji sangha extends a big, warm mahalo to artist Spring Liao of Southern California not only for her very generous denation of her collection of



donation of her collection of beautiful artwork, but also for the matching donations she's made for the two art sales. We also thank temple members for supporting the sale, & Clear Houn Englebert & his gift shop volunteers for their hard work.

# The Blue Zones Project & Book Club

by Jien McLaughlin, Wellness Committee

Daifukuji is working hard to become certified as an approved Blue Zones Project faith-based group in our community. The Blue Zones Project is all about helping the community to make healthier choices with diet, fellowship, activities and education. The concept of Blue Zones came from Dan Buettner in his book *The Blue Zone: Lessons for Living Longer From the People Who've Lived the Longest.* He studied the communities that have the longest living people in the world and found nine characteristics that they have in common.

Daifukuji will be striving to implement some of these healthy practices stated in the Blue Zones Project. As time goes on, there will be guest speakers promoting healthy living, options for smaller plates and healthier food choices at our community functions, etc. Please consider joining our Wellness Committee to share your ideas, or maybe join the new upcoming book club which will read and discuss *The Blue Zone*.

To join the Daifukuji Wellness Committee, call Rev. Jiko at (808) 322-3524.

## Fujinkai Hatsumairi

## Sunday, January 7

The first service of the new year (hatsumairi) for the members of the Daifukuji Fujinkai Women's Association will be held on Sunday, January 7

at 10:00 a.m. A meeting will follow the service. Pancake breakfast tickets &

new rosters will be distributed. Lunch and activities will take place in the social hall.

This event is for Fujinkai members only. There is no fee for lunch. Caregivers of Fujinkai members may attend at a cost of \$8.00.

Ladies, please bring a grab bag. Let's welcome the Year of the Dog with joyful hearts.

Women age 18 and up are welcome to join the Daifukuji Fujinkai. Annual dues are \$10 and may be given to Fujinkai treasurer Elaine Fernandez. Dues will not be collected from members 85 years old and above.

## 2018 Cooking Leaders

For meal preparation for lunches held after major services, **all temple members who wish to volunteer are welcome**. Please contact the cooking leaders or call Rev. Jiko at 322-3524 for their phone numbers.

SERVICE LUNCHES

January 28 Sunday New Year's Party (Leaders: Michiko, Merle, Ann)

February 11 Sunday NEHAN-E SERVICE (potluck)

March18 Sunday OHIGAN & 33 KANNON SERVICE (potluck)

April 8 Sunday HANAMATSURI SERVICE (Zazenkai)

May 27 Sunday MEMORIAL DAY SERVICE & Baccalaureate (Leaders: Sharen, Reiko Sekine)

June 24 Sunday BON SERVICE (Leaders: Merle, Dale Kabei)

July 14 Saturday BON DANCE (Leaders: Michiko & Ann)

September 23 Sunday FALL HIGAN AND RYOSOKI SERVICE (Leader: Jessica Yamasawa)

October 14Sunday DARUMA-K/ EITAIKYO SERVICE (potluck)

November 18 Sunday THANKSGIVING SERVICE (Leader: Sharen)

December 9 Sunday BODHI DAY JODO-E SERVICE (potluck)

Cooking Leaders for Fujinkai Fundraisers & Conference

February 17 (Saturday) Fujinkai Pancake Breakfast (Leaders: Kelly & Ella)

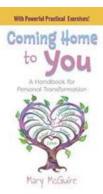
April 14 & 15 53th UHSSWA Conference, Kona (overall co-chairs: Joyce, Cindy, Elaine) (Food committee leaders: Merle & Ann)

November ? Kona Coffee Festival Food Booth (leaders: Elaine, Joyce, Jean)









Coming Home to You, a Presentation by Author Mary McGuire Tuesday, January 16 4:00 p.m. - 5:00 p.m. Kannon Hall

Vegetarian Potluck Dinner to Follow

All are invited to a presentation on mindfulness by Mary McGuire, author of the book *Coming Home to You: A Handbook for Personal Transformation.* An international consultant and lifestyle coach, Mary offers practical advice to help people make positive changes in their lives and to achieve happiness

through simple yet effective techniques.

Mary started her early career as a social worker in Northern England, moving on to become a chief executive and national expert in the field of autism, before moving on to become an organizational transformation consultant for global companies.

See Mary's website for more information: <u>https://findyourjoyfullife.com</u>.

A vegetarian potluck dinner will follow. Please bring a dish or dessert to share.

For information, call Rev. Jiko at 322-3524.



Pancake

Breakfast

Saturday, February 17

## 7 a.m. to 10:30 a.m.

\$8.00

A fundraiser for the Daifukuji Fujinkai Women's Association

Beginning January 7th, tickets may be purchased through Fujinkai members and the temple office. Tickets may also be purchased at the door. Please support the Daifukuji Fujinkai, a group which does so much for our temple and sangha.



## 2018 Soto-Shu Calendars

Temple members, you may pick up your 2018 calendars at the mochitsuki and New Year's blessing services. The 2018 calendar features beautiful paintings of Kannon-sama by Spring Liao. You may also come to the temple in January to pick up your calendar.

Out-of-town temple members, please let us know if you would like to have a calendar mailed to you. (808) 322-3524 or rev.jiko@daifukuji.org. Due to the cost of mailing, we will only mail calendars to those who request them.

### NEUROPSYCHOLOGICAL CONTRIBUTIONS TO MINDFULNESS AND MEDITATION (M&M)

### Saturday, February 3, 2018 1:00-5:00 p.m. at Daifukuji Soto Mission Social Hall

Harold V. Hall, PhD, Board Certified in Neuropsychology, Director, Pacific Institute

Reverend Jiko Nakade, 12th Resident Minister, Daifukuji Soto Mission

Donna J. Ryngala, PhD, Hawaii Licensed Psychologist, Independent Practice

Summary: Mindfulness and meditation (M&M), two key practices in Buddhism, have been the focus of an explosion of research into their demonstrated benefits and potential for the understanding of mind-brain-body states and traits including the development of compassion and self-compassion. Neuropsychological research shows, as a focus of this workshop, that a variety of M&M methods from different schools and movements can result in changes in the function and structure of the brain as evidenced by self-report, observers, and measures of cerebral functioning such as neuroimaging and neurofeedback, and that different types of "stillness" and "movement" methods can be rapidly effective in different ways. Several useful methods are demonstrated—zazen, walking meditation, and Compassionate Focused Therapy. The working tools of other M&M methods are provided. The need for continual practice, self-awareness, and service to others is emphasized, following the Soto Zen guidance that, along with following the Noble Eight-fold path, practice cannot be separated from enlightenment.

Learning objectives: Participants from the training will be able to:

1. Understand M&M has neurobiological, measurable, brain-changing benefits.

2. Understand M&M can be applied personally and to all health-related professions.

3. Help participants address dukkha, or suffering, as articulated in the First Noble Truth.

4. Apply compassion and self-compassion through the precepts and M&M.

Schedule:

12:30-1:00	Registration/refreshments. Distribute handout materials. Sign up CE credit
1:00-1:15	Opening with instructions for demonstrated methods (Rev. Jiko)
1:15-1:45	Compassionate Focused Therapy (CFT) a la Paul Gilbert (Dr. Ryngala)
1:45-2:00	Break
2:00-2:45	Neuroplasticity and M&M Five Laws of the Universe; The 16 precepts (Dr. Hall)
2:45-3:00	Break
3:00-3:45	Methods of assessment/intervention; Zen and zazen applications; Q&A (Dr. Hall)
3:45-4:00	Break
4:00-4:45	Zazen followed by Walking Meditation (Rev. Jiko)
4:45-5:00	Modified Universal Transference of Merit (Rev. Jiko). Fill out evaluation forms

Registration is required by the January 26, 2018 deadline by mailing the registration form and a check for \$35 to Pacific Institute (\$15 for seniors, students and special needs), c/o Dr. Harold Hall, POB 2709, Kamuela, Hawaii 96743, Email: pisca88@icloud.com. Please include your vocation, contact numbers including email address, and print your name as you would like it on the certificate. Students, seniors and those in special needs categories pay \$15 to cover cost of materials. All workshop fee proceeds go to Daifukuji Soto Mission.



## A Message from Your Temple President

by Bobby Command

I carry something around on my cell phone that is very dear to me. It is quote from a famous man who was a great football player and later, a television actor. He was not a Buddhist, but that does not matter, because the quote perfectly reflects the teachings of the Buddha, which are universal and self evident. The first time I read it, I was blown away. So simple, yet so hard. Whenever I feel selfish or negative, I read the quote by this great man named Merlin Olsen. It may not banish the selfishness or negativity, but it certainly lights the path back to where I should be. As the year ends, I share it with you in hopes that it may light your path as well:

"The focus of my life begins at home with family, loved ones and friends. I want to use my resources to create a secure environment that fosters love, learning, laughter and mutual success. I will protect and value integrity. I will admit and quickly correct my mistakes. I will be a self-starter. I will be a caring person. I will be a good listener with an open mind. I will continue to grow and learn. I will facilitate and celebrate the success of others."

## Changes to the Temple Membership Form

Your annual membership donation of \$60 covers temple membership for all members of your household. It also covers your family's membership in the Hawaii Soto Mission Association to which Daifukuji Soto Mission belongs, as well as the cost of printing and mailing your newsletter if you receive a hard copy each month. The daily operation of the temple depends upon your generosity. Whatever you can give beyond your membership dues helps sustain the temple and is greatly appreciated.

Cemetery fees and nokotsudo (columbarium) fees will no longer be listed on the membership form. If you would like to contribute to the maintenance of the cemetery and nokotsudo, you may do so in these ways:

- \* Include your maintenance donation together with your donation to the temple's operational fund (ijihi), which is listed on the membership form.
- \* Make a donation to the Daifukuji Soto Mission Legacy Endowment Fund, which has been set up specifically for the maintenance of temple buildings and grounds, which include the cemetery and nokotsudo. <u>http://www.daifukuji.org/endowment/index.html</u>. Donations may be made at any time.

Please call Rev. Jiko at 322-3524 if you have questions. Thank you for your support.



## Daifukuji Soto Mission Legacy Endowment Fund

Aloha Members & Friends of Daifukuji

Thank you for your continued and overwhelming support of our Legacy Endowment Fund. As of December 6th, 2017, we have received over \$75K in donations and our Endowment is nearing the \$250K mark. The most current account statement is always available for viewing by any Daifukuji member in the Temple office. Every penny of our endowment stays right here at Daifukuji and will only be used for the upkeep of our Temple. That includes the Nokotsudo (columbarium), the Daifukuji grounds, the minister's residence, the social & cultural halls, and the cemetery.

### Donors October 20, 2017 – December 06, 2017

Stanley Kimura, Coral Lee Mack in Memory of Robert Shozan Bowman, Maile & Kenneth Melrose in Memory of Miyeko Miyose, Rev. Jiko Nakade & Michael Nakade in Memory of Susumu Oshima, Neal Sugai & Kay Sugai in Memory of Sirinee Sugai & Tadao Sugai, Shaun Roth & Kari Kimura

We just completed our annual Temple Cleanup Day with a good turnout of members putting in a lot of hard work that supports the hard work done by our Samu Group every Friday. My cousin Shaun Roth is the current Chairman of the Cleanup Committee (I think his official title is "Chairman-For-Life") and he always does a fantastic job coordinating everyone in this day of service. You can see smiles on everyone's face as we're sharing this day of working together. I really believe this is because of the genuine joy we get from doing something that does not necessarily benefit us directly, but is for the benefit of others. Service is important to all of us, and it is at the core of our Endowment Fund. Your legacy gift will keep serving our Temple for as long as it exists. Thank you for your generosity.

In Gassho, Wade Yasuda, Chairman

Daifukuji Soto Mission Legacy Endowment Fund Board of Trustees Avis Yamamoto, Brian Yamamoto, Keith Olson, Wade Yasuda





## New Year's Greetings from Rev. Jiko

Dear Daifukuji members and friends,

I look forward to stepping into a new year together with all of you. 2018 is the Year of the Dog, which delights me because I am a dog lover. My family's puppy Michi has

become my sweet companion since we adopted her in May of this year. She has her own chair in the temple office. She's brought both Amy Jikai and me endless joy and has been a loving presence in our daily lives. What a great blessing a pet is!

Speaking of pets, I've ordered omamori for dogs and cats which glow in the dark and can be attached to their collars. The pet omamori will be blessed along with the people omamori at the New Year's blessing services (see page 1).

It seems that dogs intuitively know that Daifukuji is a place of refuge. Over the years, I've called the Humane Society quite a few times to pick up lost dogs. In June of this year, a temple member befriended a friendly pit bull terrier in the front yard. After we secured him with a leash & gave him food and water, he quietly waited without complaint for five hours until he was picked up. I kept checking on him and he was always smiling and wagging his tail. A month later, on the night of the 4th of July, a black Labrador retriever, frightened by the fireworks, ran up to me. I kept her safe until help arrived. I hope that both dogs were reunited with their families. Dogs, cats, birds, and humans....may all animals be safe and happy. And may we humans love them and treat them with kindness.

By the way, did you notice the new theme at the top of page 1 of this newsletter? The 2017 theme was "A Light in Our Community." The new theme is "Living the Four Wisdoms." You'll soon be able to see the Four Wisdoms banners hung inside our temple, a gift from the Hawaii Soto Mission Association. My wish is for all Sangha members to embrace the teachings of the Four Wisdoms — giving, kind speech, beneficial deeds, and empathy. Now, more than ever, we must create a peaceful world.

Dear friends, may the new year be a year of good health, safety, fulfillment, and happiness for you and your ohana. May we all live the Buddha Way with steadfastness, courage, and compassion & support one another on this wondrous path. *Namu kie butsu. Namu kie ho. Namu kie so.* 

Have a happy Year of the Dog!

With warm aloha, in gassho,

Rev. Jiko

### Coming Up in February...

Nehan-e Service.....February 11

Project Dana.....February 14

Kannon-ko Service.. February 21

Regency at Hualalai Service..Feb. 28

### Mahalo Nui

Thank you very much to Merle and Kenneth Uyeda for donating a much needed freezer to our temple.

Everyone, thank you for your support and kindness throughout the year.

Work Yo Work Ad		oard Samu Special Events o Service Baikako Practice	US Holidays Found in Apps Offsite Backup Bon Dance Group Teen Sangha	December S M T W 3 4 5 6 10 11 12 13 17 18 19 20 24 25 26 27 31	A   T   F   S   M   T   W   T     1   2   3   4   1   2   3   4     5   7   8   9   10   11   1     3   14   15   16   14   15   16   17   18     0   21   22   23   24   25   27	F   S   M   T   W   T   F   S     5   6   1   2   3     2   13   4   5   6   7   8   9   10     9   20   11   12   13   14   15   16   17
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 New Year's Eve Blessing Service 11:45	1 Blessing Service 10 AM New Year's Day	2 9:00 AM T'ai Chi 5:30 PM Zen Taiko	3 = 6:00 AM Zazen = 12:00 PM T'ai Chi = 5:00 PM Youth Taiko = 7:00 PM Fujinkai Board	4 9:00 AM T'ai Chi 5:30 PM Zen Taiko	5 = 7:30 AM Samu = 4:30 PM Retreat set up = 6:00 PM Gay Sangha	6 Zen Retreat
7 10 a.m. Fujinkai Hatsumairi	8 = 5:00 PM Youth Taiko = 7:30 PM Happy Strummers	9 9:00 AM Bare Bones Writers 9:00 AM T'ai Chi 4:00 PM Dharma Study 5:30 PM Zen Taiko	10 Project Dana 8:30 am = 6:00 AM Zazen = 12:00 PM T'ai Chi = 5:00 PM Youth Taiko	11 = 9:00 AM T'ai Chi = 5:30 PM Zen Taiko = 6:00 PM Evening Zazen	12 = 7:30 AM Samu = 7:00 PM Sangha Sis- ters	13 = 8:00 AM Shakyo = 9:30 AM Youth Taiko
14	15 MartinLutherKing,Jr.Day = 5:00 PM Youth Taiko	16 Mindfulness Talk 4 p.m. Potluck Dinner 9:00 AM T'ai Chi 5:30 PM Zen Taiko	17 Kannon-ko 10 am 6:00 AM Zazen 12:00 PM T'ai Chi 5:00 PM Youth Taiko	18 9:00 AM T'ai Chi 5:30 PM Zen Taiko 7:00 PM Movie Night	19 - 7:30 AM Samu	20 9:30 AM Youth Taiko
21 = 7:45 AM Baika Prac- tice = 9:30 AM Family Ser- vice	22 – 5:00 PM Youth Taiko	23 = 8:30 AM Wellness committee = 9:00 AM T'ai Chi = 4:00 PM Dharma Study = 5:30 PM Zen Taiko	24 Regency Service 9 am = 6:00 AM Zazen = 12:00 PM T'ai Chi = 5:00 PM Youth Taiko	25 9:00 AM T'ai Chi 5:30 PM Zen Taiko 6:00 PM Evening Zazen	26 - 7:30 AM Samu	Party Set Up 8 am 9:30 AM Youth Taiko
28 10:30 a.m. New Year's Party - 11:00 AM Gen. Mem- bership Meeting	29 – 5:00 PM Youth Taiko	30 9:00 AM T'ai Chi 4:00 PM Dharma Study 5:30 PM Zen Taiko	31 = 6:00 AM Zazen = 12:00 PM T'ai Chi = 5:00 PM Youth Taiko	<sup>1</sup> = 9:00 AM T'ai Chi = 5:30 PM Zen Taiko	2 Groundhog Day = 7:30 AM Samu = 6:00 PM Gay Sangha	<sup>3</sup> =9:30 AM Youth Taiko



Daifukuji Soto Mission New Year's Party Sunday, January 28, 2018 10:30 a.m.

### Return Form With Payment by January 14, 2018

We hope you'll join us in celebrating the Year of the Dog. There will be great food, entertainment, and prizes. If you would like to donate pupus, non-alcoholic beverages, desserts, or menu ingredients, please call Ann Nakamoto (937-0149) or Merle Uyeda (323-3553) by January 14. If you have any questions, please call Joyce St. Arnault at 329-3833 or Rev. Jiko at 322-3524.

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### Kealakekua, HI 96750

### Kindly RSVP by January 14, 2018

No tickets will be sent to you. Your name and record of payment will be available at the door. Our hope is that this prepayment system will simplify your entrance. You do **not** need to bring a door prize/gift to the party. However, if you'd like to donate a prize, please drop it off at the temple by January 21. Donations are appreciated.

### Daifukuji Soto Mission 2018 Annual Membership Form

Please check one of the following:

\_\_\_\_Membership renewal

New member

(Non-members only) Wish to be a supporter of the temple. Enclosed is my donation.

\_\_\_\_Please remove my name from your mailing list. Name\_\_

\*Permission to use photos of your family taken at temple activities in newsletter. (Please initial.)

Please list the members of your household who are considered members of Daifukuji Soto Mission:

1.			
Last Name	First Name	Year of Birth	Occupation
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(Please add names on a separate sh	eet if necessary.)		
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Mailing Address Street Address (if different from maili	ng address)		
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*2018 Annual Membership Dues \$60.00 per household	\$		
* Temple Operation Fund Donation (ijihi)	\$		
To help with cemetery and nok equipment, basic maintenance, a			inister's salary, office
*Annual Sunday Services Donati (Gobutsuzen)	ion \$		
TOTAL ENCLOSED	\$		
Please make checks payable to: I	Daifukuji Soto Mission .	Kindly turn in by Ju	une 1, 2018.

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. Whatever amount you can donate beyond the membership dues is greatly appreciated. Thank you very much for your generosity & support. In Gassho