



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

March, 2018

(808) 322-3524 www.daifukuji.org

See "archives" on our website for previous newsletters.

33 Kannon Pilgrimage Service & Spring Higan Service Potluck Lunch

Sunday, March 18 *9:30 a.m.*

Please join us on a "pilgrimage" to the 33 Kannon temples of western Japan. Thirty-three statuettes of Kannon-sama, the Bodhisattva of Compassion, will be displayed in the Kannon Hall. While 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 pay 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. There are a total of 35.

A spring Higan service will also be held and a Dharma message given by Rev. Jiko Nakade. All are invited to stay for lunch, which will be a potluck affair. Please bring a dish to share if you can. The gift shop will be open.

From March 18 - 22, 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 17 at 8:00 a.m.
Put away 33 Kannon: Friday, March 23 at 8:00 a.m.
Your kokua is humbly requested. Please drop off flowers by the morning of March 17.

No Kannon-ko Service in March
Because the 33 Kannon Service will be held on March 18, no monthly Kannon-ko service will be held on March 21.

Welcome to Our Sangha



Our sangha extends a warm aloha to the following new members:

Frieda Mae Lawrence

John McLaughlin

New members are always welcome. For information, see Rev. Jiko or visit our website: http://www.daifukuji.org/membership_brochure.pdf.

Mahalo Nui Loa

Our sangha extends a big mahalo to **Kusato Okayama** for donating and also installing a new ceiling fan for our social hall.

Our mahalo also goes to **Judie Myoko Fekete** and **Dale and Larry Yoshiyama** for donating a new watering system for the front lawn flower beds. Thank you, Larry, for doing the installation and also for donating much time and resources in taking care of the temple's plumbing needs.

Mahalo to the **Kona Daifukuji Orchid Club** & club members **Susan Rhymes** and **Janet Kawamoto** for making generous donations toward the professional cleaning of the social hall floor.

Thank you to the **Pacific Institute, Hawaii Island Psychological Association, Dr. Harold Hall, Dr. Donna Ryngala, Rev. Jiko, & Daifukuji volunteers** for their combined efforts in putting on the recent "Contributions of Neuroscience & Behavioral Science to Mindfulness & Meditation" workshop.

Arigato to all who've donated generously to Daifukuji Soto Mission.



Buddha Day Service to be Held at Kona Hongwanji Buddhist Temple

Sunday, March 11 9:30 a.m.

Guest Speaker: Dr. Jay Sakashita, Ph.D.

The 6th annual Hawaii Association of International Buddhists (HAIB) Buddha Day Service is going to be held at the Kona Hongwanji Buddhist Temple's Social Hall on the 11th of March. The featured speaker will be Dr. Jay Sakashita, Ph.D. Buddhist groups from around the island have been invited to take part in this observance of the Buddha Shakyamuni's birth. The purpose of HAIB is to foster friendships and understanding among Buddhist groups and to organize programs for the achievement of peace and harmony for all humankind. Admission is free and all are invited. Donations to HAIB are welcome.

Flowers for the hanamido (flower shrine) are needed & may be dropped off at the Kona Hongwanji by 5 p.m. the afternoon of March 10th. Please place flowers in the buckets outside the conference room.

Help setting up the Hongwanji social hall is needed. Set up will begin at 8 a.m. on Saturday, March 10. Please let Rev. Jiko know if you can help.

Kona Hongwanji Buddhist Temple is located between Bank of Hawaii and First Hawaiian Bank in Kealahou. Parking is ample. For more information, please contact Rev. Jiko Nakade at (808) 322-3524 or Rev. Bruce Nakamura at (808) 323-2993.



Library News

By Clear Houn Englebert

Rev. Kokei Yoshida has done a great bodhisattva act by being our “shopper in Japan”. He bought 15 new books in Japanese for our library, then brought them back to the Betsuin in his luggage. He then mailed them over here and the gift shop paid him back. He obviously picked carefully and thoughtfully, and we now have the very latest—nine of the books were published within the last two years! Thank you, Rev. Yoshida!



Mirudakede Sukkiri Wakaru Hotokesama by Mari Masada

Manga de Nakaberu Butsuzo no Nazo by Hiromi Tanaka

Manga de Wakaru Zen no Chie (A Guide on How to Practice Zen) by Yukio Doi

Sutechae, Sutechae by Sachiya Hiro

Kimochi ga Sutto Karukunaru Buddha no Kotoba by Sadamashikku Konsa-re

Michiko Chan by Soto Shu Shumucho

Yokuwaku Sotoshu no Gyoji by Shozen Ozaki

Otera ni Omatsurishiteiru Kamisamatachi by Shunko Sato

Okyo no Ippo by Rosan Ikeda

Obousan ga Oshieru Ira Ira ga Sutto Kieru Ho-Ho by Kouei Torizawa



Kokoro wo Sodateru Kodomo Bukkyojuku: Buddha ga Sensei by Makoto Miyashi

Miteru, Shitteru, Kangaeteru by Bao Nakashima

Buddha no Iru Joshikai by Hikari Masaya

Zazen Dokuhon - Shinshin no Totonoumichi - by Issho Fujita

Nihon no Hotokesama ni Amaeru: Tayoreru mijikana jushichi butsu - by author Yoshihide Oe and Hiromi Tanaka, illustrator



March Dharma Programs



Dharma Study Classes - Tuesdays, March 6, 13, 20 & 27 4:00 - 5:00 p.m. Temple library

Chapter by chapter, we meet to share our thoughts on the book *Mindfulness* by Domyo Sater Burk, a Soto Zen teacher at Bright Way Zen in Portland, Oregon. These sessions are open to all. Books are available for \$11. Call Rev. Jiko at (808) 322-3524 for further information. Note: On March 20th, there will be a book reading by Myra Krien at 4 p.m. (See page 6)

Buddhist Movie Night Thursday, March 15 7:00 p.m. Kannon Hall

One Body One Heart is a powerful and inspiring dialog between Zen teacher Pat O'Hara Roshi and psychotherapist, Christian Minister, and Zen Priest Reverend Robert Kaku Gunn, who was diagnosed with pancreatic cancer. Bring a mug for tea.

Family Sangha Services: Sharing the Dharma with Children - Sundays, March 4 & 25 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.

Zazen (Seated Meditation)

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

* Thursdays, **March 8 & 22** from 6:00 p.m. - 7:20 p.m.

Both morning and evening sessions include 20 minutes of chanting. Donations may be placed in the box on the incense table. All are welcome. Please arrive at least 5-10 minutes before starting time.

Shakyo & Shabutsu Art Meditation - Saturday, March 3 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, March 4 from 7:45 a.m. to 9:00 a.m.

The Gay Sangha - Friday, March 2 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

Until further notice T'ai Chi classes will be held only on Thursdays from 9:00 -10:00 a.m. in the Cultural Hall. Call instructor Philip Kakuho Hema at (808) 345-1492 for information.

53rd Annual UHSSWA Conference

April 14 -15, 2018

The Daifukuji Fujinkai Women's Association will be hosting the **53rd United Hawaii Soto Shu Women's Association Conference** the weekend of April 14 -15. Approximately 100 participants from various Hawaii Soto Zen temples, including Daifukuji, have registered for this year's conference. We are looking forward to welcoming all of them.

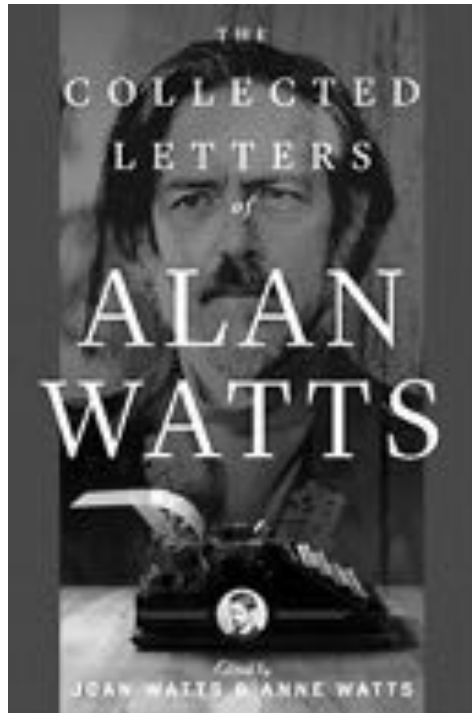
April 14, 2018 (Saturday) Location: Daifukuji Soto Mission

- 7:45 a.m. Van picks up participants & departs Kona airport for Daifukuji Soto Mission
- 8:30 a.m. Continental breakfast in Social Hall
Registration
- 9:15 a.m. Auditors' meeting in temple library
- 9:30 a.m. Opening Service
- 10:30 a.m. Group Picture Taking - on temple steps
- 11:00 a.m. General membership meeting in Social Hall
- 12:00 noon Lunch in Social Hall
- 1:00 p.m. Country Store Set Up
- 1:15 p.m. Country Store
- 2:00 p.m. Van leaves for King Kamehameha's Kona Beach Hotel, Hotel Check In
- 2:15 p.m. Optional Tours leaving Daifukuji (Mrs. Barry's Cookies, Kimura Lauhala Shop)
- 6:00 p.m. Banquet and Program (Keynote speaker: Patricia Mushim Ikeda)



April 15, 2018 (Sunday) Location: King Kamehameha's Kona Beach Hotel

- Breakfast on your own
- 8:30 a.m. Morning Service
- 9:00 a.m. Installation of Officers, Special Recognition, Presentation of Gifts
- 10:00 a.m. Break and Hotel Check-out (if not done earlier)
- 10:30 a.m. Dharma Session
- 11:45 a.m. Break
- 12:00 p.m. Aloha Luncheon
- 1:30 p.m. Conference ends
- 1:45 p.m. Van departs for airport



Free Book Reading by Myra Krien

Tuesday, March 20

Daifukuji Soto Mission Social Hall

4:00 - 5:00 p.m.

Public Invited

You may bring pupus for the refreshment table.

Alan Watts (1915-1973) was a philosopher, author, and lecturer who popularized Zen Buddhism and other Eastern philosophies for the counterculture of the 1960s.

Myra Krien, granddaughter of Alan Watts and great-granddaughter of Ruth Fuller-Sasaki, will read from *The Collected Letters of Alan Watts*, answer questions and sign books. Krien works and lives in Santa Fe, New Mexico and tours internationally as a director, choreographer and dance educator.

79-7241 MAMALAHOA HWY (next to Teshima's restaurant in Honalo)

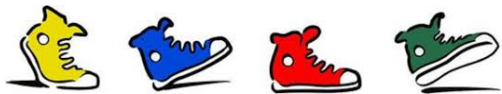
Zazenkai To Hold Meeting on March 18

12:00 Noon Temple Library



Members of the Daifukuji Zazenkai are invited to a Zazenkai meeting on Sunday, March 18. The meeting will be held at noon in the temple library, following the Spring Higan and 33 Kannon Service and lunch. It will focus on the planning of the Zazenkai's cooking of the April 8th 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 Barbara Shoshin Bosz at barbarainkona@gmail.com or text or call her at (808) 987-2673.



Ready, Set, Walk!

10-week Blue Zones walking group starts Monday, March 5

by Hannah Horan Israel, Daifukuji Moai Team Captain

As many of you know, Daifukuji Mission is working hard to become certified as an approved **Blue Zone Project** faith-based group in our community. One of the suggested activities is to form a Blue Zones Project Moai (Mow-eye) or walking club. Moais can help us obtain a healthy lifestyle by walking and also help create new friendships and strengthen existing friendships with people who support healthy behaviors. Since these are important goals for the Blue Zones Project we would like to offer everyone the opportunity to accomplish that.

The Daifukuji Moai will meet for 30 minutes to one hour each Monday at 9:00 a.m. for ten weeks beginning on Monday, March 5, 2018. At the first meeting, we can decide upon our walking club name, sign the roster & waiver, ask and answer questions, and proceed with our walk. Reverend Jiko suggested that, for safety reasons, we should walk a few times around Daifukuji's front yard and parking area, where the ground is level. Those who would like more of a challenge can then walk up the hill toward the cemetery and back.

All in all, we can all help motivate one another, create and strengthen our friendships, and get some great exercise, too. Please consider joining our Moai.

If you're interested, please let us know by February 28. Call Hannah at (408) 421-8845, Jien at (509) 951-5557, or Rev. Jiko at (808) 322-3524.

In addition to signing up, please give us your t-shirt size. All walkers will receive a Blue Zones t-shirt. Here we go on the path to better health!



A Message from Rev. Jikō

Aloha, Daifukuji members and friends!

A couple of dahlia plants that went dormant over the winter have poked their heads out of the soil, telling me that spring is on its way. With spring comes a burst of energy and new growth. I already see that happening at our temple and am envisioning sangha members becoming healthier and happier through our Blue Zones Project programs.

Please help our temple receive the Blue Zones designation by taking the Blue Zones personal pledge that's on the next two pages. You may fill in the pledge at the bottom of page 10 and drop it off at the temple or mail it to: Daifukuji Soto Mission, 79-7241 Mamalahoa Hwy, Kealahou, HI 96750. I invite you to join Daifukuji's new walking club that's starting March 5. I'm looking forward to putting on my walking shoes and getting some exercise together with all of you. (See page 7.)

I also invite you to the 6th annual **HAIB Buddha Day service** on March 11th at 9:30 a.m. at the Kona Hongwanji Buddhist Temple. I've heard Dr. Jay Sakashita speak twice before and, believe me, his message is something that you would not want to miss! He's a captivating & humorous speaker.

Since Daifukuji is hosting the 53rd Annual UHSSWA Conference in April, our Fujinkai members are hard at work. It will be a joy to welcome Bishop and Mrs. Komagata, Hawaii ministers and their families, Fujinkai members and guests from around our state, & our guest Dharma teacher, Mushim Ikeda, who'll be coming from Oakland, California. In addition to speaking at the conference, Mushim will be giving a public Dharma talk at the temple on April 17 at 4 p.m.

Thank you very much for your support of Daifukuji Soto Mission. I hope to see you at our Spring Higan and 33 Kannon Pilgrimage service on March 18.

In Gassho,

Rev. Jikō

Volunteer Opportunities

Temple Sitters

Do you have a couple of hours a week to spare? Enjoy being at the temple? Rev. Jiko is looking for volunteers to watch the temple during the week and also during special events. Volunteers will greet visitors, answer the phone if Rev. Jiko is away or conducting a service, and do simple tasks when needed.

2 - 3 hours each time is ideal, but the schedule is flexible.

With the help of temple sitters, we can keep the temple open throughout the week for members, visitors, library users, and meditators.

Gardeners

Love to garden? There are areas in back of the temple that need constant care. With your help, those areas will not get overgrown. Any amount of time you can give is appreciated.

If interested, please contact our volunteer coordinator **Judie Myoko** at judie_fekete@hotmail.com or (808) 325-7817 or see Rev. Jiko.

Coming up in April...

Hanamatsuri Buddha Day Service.....April 8

Project Dana.....April 11

UHSSWA Conference, Kona....April 14 & 15

Public Dharma Talk by Mushim Ikeda...April 17

Kannon-ko Service.....April 18

BLUE ZONES PERSONAL PLEDGE

The world's longest-lived people live in surroundings that make healthy choices easier. This pledge will help you learn the wisdom of the people who live the longest. Measure your own longevity and then take action to help you set up your surroundings for better health and well-being. This program is free. We only ask that you take it seriously.

So what is in it for you? Take this pledge and together we will help you achieve the following:

- ▶ You will live a longer, better life.
- ▶ You will begin to have more energy, feel stronger, and become healthier.
- ▶ You will meet new people and nurture supportive friendships.
- ▶ You will discover your purpose and put it to work.
- ▶ You will be the change that makes your community a better place to live.



Take Action

1

Learn

Visit bluezonesproject.com or, better yet, read the best-selling book *Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*. We recommend reading *The Blue Zones Solution* as well.

2

Measure

RealAge Test is a scientifically-based assessment that shows you the true age of the body you're living in – then helps you improve your well-being. Visit hmsa.com/Sharecare to get started.

3

Participate

Completing the personal pledge means committing to all four steps (Learn, Measure, Participate, Complete the Checklist) and showing up to participate in at least one activity in the next six months.

- **Join a Blue Zones Project® Moai®.** A moai (mow-eye) is a special social group that commits to meet for ten weeks to walk, potluck, or discover your purpose together. Moais can help you create new friendships with people who support healthy behaviors.
- **Attend a Purpose Workshop.** People who know their purpose live up to seven years longer.
- **Volunteer with Blue Zones Project or another organization in your community.** Volunteers tend to be happier and healthier and lead a more purposeful life.
- **Join the Blue Zones Project Action Force.** We will invite you to help support food, active living, and tobacco policies that will help make healthy choices easier in your community.

4

Complete the Checklist

The personal checklist on the next page offers choices to modify your personal surroundings so you're more likely to be healthier and happier.

Questions? Visit hawaii.bluezonesproject.com/contact to send us a message.



© 2017 Blue Zones, LLC and Healthways, Inc. All rights reserved.

BLUE ZONES PERSONAL CHECKLIST



Please select at least five actions that you pledge to complete within the next six months.

-  **Keep a comfortable pair of walking shoes or a bike in plain sight**
Why? They provide a nudge to move naturally daily.
-  **Adopt a dog**
Why? People who own dogs are more active and weigh less.
-  **Attend a Blue Zones Project Purpose Workshop**
Why? A purpose workshop helps you define your purpose. People who know their purpose live up to 7 years longer.
-  **Remove all computers and electronics from my bedroom**
Why? You are likely to get better sleep, feel better, and weigh less with fewer electronic distractions in your bedroom. Limit screen time before bed, and keep your bedroom cool while you sleep.
-  **Designate a space in my home for quiet time, meditation, or prayer**
Why? The longest living people have daily routines to shed stress, a major contributor to inflammation and disease.
-  **Stock my cupboard with 10-inch dinner plates**
Why? You will mindlessly eat 20% fewer calories than if you ate off of larger plates.
-  **Remove TVs and computers from the kitchen and dining areas**
Why? They lead to mindless eating and consuming needless calories.
-  **Own a bathroom scale, put it in plain sight, and weigh myself regularly**
Why? Research shows that people who weigh themselves regularly are more successful maintaining a healthy weight.
-  **Attend a plant-based cooking class**
Why? Knowing how to cook plant-based dishes that you enjoy increases the nutritional quality of your meals.
-  **Grow a garden at my home or adopt a plot at a community garden**
Why? Gardeners experience less stress and regularly eat more fruits and vegetables.
-  **Schedule a weekly happy hour with friends**
Why? Happy hour with small amounts of red wine can shed the day's stress if you have a healthy relationship with alcohol.
-  **Have a conversation about getting older**
Why? Being ready for end of life can bring families together, save money, and relieve stress in the future. Visit mydirectives.com for help with this discussion.
-  **Actively participate in a faith-based organization or try a new one**
Why? People who belong to and regularly attend a faith-based organization can live 4-14 years longer.

Move Naturally	Right Outlook	Eat Wisely	Connect
----------------	---------------	------------	---------

Your Pledge | Taking the personal pledge means committing to learn, measure, participate, and complete five or more actions from the personal checklist in the next six months. Tell us how you want to participate by checking the boxes below. Then sign the pledge! We will be in touch to let you know how you can get involved.

- Join a Blue Zones Project® Walking or Potluck Moai.
- Volunteer with Blue Zones Project or another organization in your community.
- Attend a Purpose Workshop.
- Join the Blue Zones Project Action Force.

By providing my contact information below, I acknowledge that I am at least 15. I accept that I am responsible for deciding, in consultation with my physician, how much I can safely do and how far I can go.

First Name: _____ Last Name: _____ Date: _____
 Email Address: _____ Zip Code: _____
 If Applicable: Employer: _____ Faith-Based Organization: _____ School: _____

Daifukuji New Year's Party

Daifukuji's New Year's party was attended by over 200 members & guests. Mahalo to all who came and to all who helped with the cooking, parking, decorating, entertainment, and whatever it took to make this event possible.



March 2018

February 2018							March 2018							April 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3					1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28				25	26	27	28	29	30	31	29	30					

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 HSMA Meeting	26 5:00 PM Youth Taiko	27 4:00 PM Dharma Study 5:30 PM Zen Taiko	28 Regency Service 9 am 6:00 AM Zazen 5:00 PM Youth Taiko	1 3:00 PM Precepts Study 5:30 PM Zen Taiko	2 7:30 AM Samu 6:00 PM Gay Sangha	3 8:00 AM Shakyo 9:30 AM Youth Taiko
4 7:45 AM Baika Practice 9:30 AM Family Service	5 9:00 AM Walking Moai 5:00 PM Youth Taiko 7:30 PM Happy Strummers	6 4:00 PM Dharma Study 5:30 PM Zen Taiko	7 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Fujinkai Board	8 3:00 PM Precepts Study 5:30 PM Zen Taiko 6:00 PM Evening Zazen	9 7:30 AM Samu 7:00 PM Sangha Sisters	10 8:00 AM Buddha Day Set Up 9:30 AM Youth Taiko
11 Kona Hongwanji Daylight Saving Time 9:30 AM HAIB Buddha Day	12 9:00 AM Walking Moai 5:00 PM Youth Taiko	13 9:00 AM Bare Bones Writers 4:00 PM Dharma Study 5:30 PM Zen Taiko	14 Project Dana 8:30 am 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Orchid Club	15 Buddhist Movie 7 pm 3:00 PM Precepts Study 5:30 PM Zen Taiko	16 7:30 AM Samu	17 St. Patrick's Day 8:00 AM Set up 33 Kannon 9:30 AM Youth Taiko
18 Potluck Lunch 33 Kannon 9:30 am Spring Ohigan 12:00 PM Zazen Meeting	19 9:00 AM Walking Moai 5:00 PM Youth Taiko 7:00 PM Bon Dance Class	20 Book Reading by Myra Krien 4 p.m. 5:30 PM Zen Taiko	21 6:00 AM Zazen 5:00 PM Youth Taiko	22 3:00 PM Precepts Study 5:30 PM Zen Taiko 6:00 PM Evening Zazen	23 7:30 AM Samu 8:00 AM 33 Kannon clean up	24 9:30 AM Youth Taiko
25 9:30 AM Family Service	26 9:00 AM Walking Moai 5:00 PM Youth Taiko	27 4:00 PM Dharma Study 5:30 PM Zen Taiko	28 Regency Service 9 am 6:00 AM Zazen 5:00 PM Youth Taiko	29 3:00 PM Precepts Study 5:30 PM Zen Taiko	30 7:30 AM Samu	31 9:30 AM Youth Taiko