

Daifukuji Soto Mission

Creating a Bright World

明るい世の中を作りましょう



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

October, 2019

(808) 322-3524 www.daifukuji.org

See "archives" on our website for previous newsletters.



Daruma-ki & Eitaikyo Service

Sunday, October 13 9:30 a.m

Potluck Lunch & Bazaar Evaluation Meeting

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.

Following the Daruma-ki service, 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 a potluck affair. Please bring something to share if you can. A bazaar evaluation meeting will be held after lunch. Unit chairpersons and interested persons are invited. One may also bring canned food donations to the service for the Hawaii Food Basket. The gift shop will be open.

October Programs



Dharma Study Classes - Tuesdays, October 1, 8, 15, 22, & 29 3:30 - 5:00 p.m. Kannon Hall

A Path With Heart by Jack Kornfield is being used for this series of classes. Books are available for \$10 in the Daifukuji Gift Shop or through Rev. Jiko. All sessions begin at 3:30 p.m. with 30 minutes of zazen followed by an hour of Dharma sharing. Please plan on arriving before 3:30. Late arrivals, please do your zazen sitting in the pews outside the meditation room. Contact Rev. Jiko for information: info@daifukuji.org, (808) 322-3524. All are welcome.

Family Sangha: A Dharma Program for Children - Sundays, October 6 & 27 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. Call Rev. Jiko for information: (808) 322-3524.

Zazen (Meditation)

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

* Thursdays, February 10 & 24 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 minutes before starting time. Call ahead if you are new to zazen practice. (808) 322-3524

Shakyo & Shabutsu Art Meditation - Saturday, October 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. All supplies provided. By donation. Call Rev. Jiko at (808) 322-3524.

Baikako Plum Blossom Choir Practice - Sunday, October 6 from 7:45 a.m. to 9:00 a.m. Baika Workshop on November 15 & 16. Call Rev. Jiko at 322-3524 for information.

The Gay Sangha - Friday, October 4 6:00 - 8:00 p.m.

A Buddhist group open to all, with a particular invitation to gay women and men and their families and friends. Meetings are the first Fridays of each month at 6:00 pm. Meditation and discussion. Call Clear or Steve at (808) 328-0329.

T'ai Chi

Tuesdays at 9 a.m., Wednesdays at 12 noon, Thursdays at 9 a.m. All classes are one hour. \$5.00 per class. No prior experience is necessary. Call instructor Philip Kakuho Hema : (808) 345-1492.

Yoga

Mondays from 8:30 - 9:30 a.m. in the Hisashi Kimura Cultural Hall. No fee, but donations accepted. Bring a mat or towel. Call instructor Liz Aschenbrenner: (808) 345-1270 or liz217a@hotmail.com.

For information on programs such as Taiko, Project Dana, Bare Bones Writers, Sangha Sisters Women's Circle, Soleful Strutters Walking Moai & Kona Daifukuji Orchid Club, please go to:

<http://www.daifukuji.org/activities.html>.

Daifukuji Fujinkai Women's Association's October 12th Field Trip

Fujinkai members, this year's outing will be a southbound trip to visit the Volcanoes National Park & to see the changes in the crater after the 2018 eruption.

Date: Saturday, October 12 — Meet at temple at 7:45 a.m. We will depart at 8:00 a.m.

Reststop: Punaluu Bake Shop 9:30 a.m.

Arrive at Visitor's Center 10:30 a.m.

Lunch: Volcano House, Rim Restaurant 12:00 noon

(We'll all have the island plate lunch with choice of entree. Fujinkai members are free. Should you bring a guest, the cost is \$24.00, including tip and a beverage.)

If you are interested in going on this field trip, please see trip coordinator Lorraine Tanimoto or contact Rev. Jiko at 322-3524, no later than Tuesday, October 1.

Women ages 18 and up are welcome to join the Fujinkai. Dues are \$10 annually. Call Merle at (808) 323-3553 or Joyce at (808) 329-3833 for information on membership.

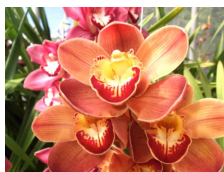
Gift Shop News



The shop has recently gotten in some of the most charming Buddhist bookmarks I've ever seen. They're made by a woman-owned business in Nepal. The texture of the handmade paper is enchanting and the colors are rich. The printing is in metallic gold and consists of either four bodhi leaves or five meditating Buddhas. There's a lot of careful detail in the images and they're just the right size to put in an envelope and send as a gift. (Even with the tassel, the postage to mail the bookmark is just one "Forever" stamp.)

I, personally, found the tassel not to my liking, so on one of the two bookmarks I bought, I clipped the very top and bottom off. I like the simplicity. The other bookmark I bought went to Alabama as a gift and my friend liked it so much that she sent me back a thank you card. These are extraordinary bookmarks. They are special and precious, but they're not expensive---only \$3.50.

Welcome, New Members



Our Daifukuji Sangha & Family Sangha extend a warm aloha to the following new members:

Aimee & Aiyana Disharoon

Dave, Kym, Ginger, & Coyler Peck

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

In Memoriam

To the family of the late **Kazuyo Sasaki**, who passed away on September 7, 2019 at the age of 89 and the late **Clark Sasaki**, who passed away on September 15, 2019, also at the age of 89, we express our deepest sympathy.

Namu daihi Kanzeon Bosatsu.

Serenity Sundays: A Peaceful Start to Your Week

October 20 9 a.m. - 11 a.m.

Guest Speaker: Philip Kakuho Hema, T'ai Chi & Qigong Instructor



Join us for meditation, Qigong, & talks on mindful living. Youth, who are able to sit in silence, are welcome to meditate with the adults at 9:00 a.m. Families with young children are welcome to start with Qigong at 9:30 a.m.

8:50 a.m. Arrive and settle in

9:00 a.m. Meditation Begins

9:30 a.m. Qigong

10:00 a.m. Talk on Qigong by Philip Kakuho Hema, Q & A

10:30 a.m. Tea & Fellowship

“Serenity Sundays” is an opportunity to start the week in a serene way. The benefits of meditation, Qigong, and mindful living are well documented. Those who learn how to slow down and enjoy the present moment are happier & healthier. This program is free of Buddhist ritual, making it a program that people, regardless of their religious faith, would feel comfortable attending. It’s a program that our temple is offering with the hope of creating a peaceful society and a bright world. Please join us. Donations are appreciated.



Reflections of a Slightly Wobbly New Buddhist Zazen Meditator

by Betsy Kairen Morigan, Daifukuji member

Zen Retreat — A Day of Silence: Beginning a Meditation Practice
August 24, 2019, 9:00 a.m. to 3:00 p.m.

I knew I was in for a day unlike all others when the retreat organizers collected and locked up our keys and cell phones. Oh no, I thought, I am getting into something big and deep here. Indeed I was. Seeing those keys and my happy red phone go away was a bit scary. My cell phone, keys, and I are always in contact...but not today. Today, I know, is a day of silence and meditation, the practice of sitting and walking meditation. It is to be a time for me to be in contact with my quiet self and the silent universe around me.

Reverend Jiko welcomed our group of 26 warmly and carefully explained the practice of zazen, with special attention to breathing and to the hand position of the “cosmic mudra.” In this hand position, your two hands make an oval cup that signifies holding the universe. Soon I was paying so much attention to keeping my back straight, breathing in and out through my nose, and holding hands in the right position that I stopped worrying about the texts and emails I was missing and the weather report.

Very quickly I was getting my own weather report, which said, “You are a strong, stable little mountain. Your weather forecast is good. Hold the pose.”

I concentrated on emptying my mind from all the nagging little concerns. Sometimes I wondered, “If my mind is completely empty, who will I be then? Will I still be “me”? I wondered, “Did I leave a burner on at home?” Stop worrying, I told myself. Just sit and be.

Continued from page 5

**A Day of Silence:
Beginning a Meditation Practice
Saturday, August 24, 9 to 3**



Next we did our first session of Buddhist slow walking meditation called *kinhin*, led by Zazen members Steve Hoshin and Philip Kakuho. This is a very, very slow form of walking in a circle clockwise with the group for about ten to fifteen minutes. At first, the look of it reminded me of medieval prisoners walking with their heads down slowly around their dungeon, often pulling a grinding wheel, but I quickly deleted that image. I love to walk, and am a fast walker where I think about a hundred things at once with my trusty phone in my pocket or pack. At first, slowing it down to this pace, keeping a careful distance from the others, took all my concentration not to tip over or look bad. I admit I was a bit wobbly. This walking meditation was an exercise in mindfulness – lift, step, shift to other foot, one step per breath, it seemed. There’s a lot involved in just walking like this. You have to think about just this slow walking, nothing else. I loved this walking meditation, *kinhin*. I did not think about missing my messages once, just not wobbling. This walking meditation helped me with mindfulness and patience, maybe more so than sitting. I would like to continue this, wobble less, free my mind more.

After another reasonable length session of sitting zazen, we moved to the social hall for a quiet, meditative peaceful tracing of Buddhas and bodhisattva art works or the Heart Sutra with pens and brushes and ink, with help from Daifukuji shakyo group members Mikie, Hideko, and Reiko. This is called shakyo/shabutsu art meditation. My Kuan Yin image was looking lovingly at a small boy, while both were seated on lotus flowers in a muddy pond. I connected with her kindness and gentleness because my Buddhist dharma name, given to me by Reverend Jiko at our 2019 precepts ceremony, is Kairen (lotus opening). As we all bent to our peaceful, relaxed, and careful artwork, truly paying attention to the tracing we were doing, the enticing aroma of fresh homemade bread baked by Kindness Isshin Israel wafted over us from the kitchen.

The vegetarian potluck lunch was a feast for all the senses. We all enjoyed the array of crunchy and fresh salads, other enticing and healthy main dishes, and the tasty desserts, enlivened by the thick slices of Kindness’ hot fresh buttered bread...no gluten-free for me. Eating in silence was new, but interesting and relaxing, and we did look and smile at our fellow meditators. All were content and very satisfied. No sentient beings were killed for this meal, which made it even better.

After this, we all moved to the adjacent Cultural Hall next door, where teacher Philip Kakuho Hema led us in a gi gong session, focusing on the graceful but strong movements of the “white crane spreading its wings” pose to the accompaniment of low, sweet melodies. My white crane with spreading wings looked more like a black mynah bird clawing at the cat food bowl, but even so, this slow but invigorating series of poses was very refreshing, and as Phillip said, very good for posture and balance. He was an excellent teacher with a graceful form to watch. I would love to do more gi gong under his guidance. This gentle and lovely practice of age-old movements done together with the group in silence was centering, strengthening, and relaxing, a kind of dancing meditation, in which I was neither wobbly nor strained!

Continued from page 6



We next came back into the temple itself to hear more helpful and encouraging words from Reverend Jiko and from three of our Daifukuji members, Teri, Eddie, and Ambika, about their personal experiences with meditation. They shared with us how their practice of meditation helps them through a hard day and hard times, and makes their good lives even better.

Our Day of Silent Meditation concluded with two more sessions of zazen (seated meditation) and another round of walking meditation, kinhin. During the first afternoon meditation session after a big lunch, I was a bit sleepy and had to snap myself out of a doze a few times. This majestic, stable little mountain my sitting zazen posture was supposed to be was experiencing a landslide, slumping and softening after lunch and the increasing heat of the afternoon. With more attention to a straighter spine and holding the universe in my hands, I tried to think of nothing but nothing...not too hard if you're concentrating on your straight back, hands, and breath.

When Reverend Jiko rang the final gong, I bowed to her, to Deacon Jikai, and to the others. I was very happy to have completed my first full day in all these varied activities in silent meditation in so many meaningful forms. I felt peaceful and refreshed. I will continue my practice.

For providing this silent retreat, teaching us, and supporting all of us in this valuable, enlightening, and satisfying day of meditative practices, I would like to thank Reverend Jiko, Deacon Jikai, Steve Hoshin Mann, Phillip Kakuho Hema, Kindness Isshin Israel, the art helpers Mikie Hanato, Hideko Kawakami, and Reiko Kodaira, Barbara Shoshin Bosz, Clear Houn Englebert and Hannah Horan Israel for opening the gift shop, the hardworking folks in the kitchen, and all in the Daifukuji Zazenkaï.

This day of silent meditation in these traditional forms with a great lunch was truly inspiring and fulfilling for my body, heart, and spirit. I was so full of good thoughts and feelings that my cell phone chirping at me in my car was the last thing I needed to hear, and I turned it over. I am on a journey of a lifetime that is happening at this single moment, now.



Takako Sensei

Japanese Conversation & Grammar Classes

Mondays, October 7, 14, 21, & 28

4:15 - 5:15 p.m. in the temple's library

All are welcome to join the classes. Lessons will be conducted according to who is present in class.

Classes offer a great start for beginners and are a good review for advanced students. questions. A donation to the instructor and to the temple would be appreciated.

Contact Takako Sensei: toxley@kuleanaeducation.com or (808) 989-8085.

Library News

By Clear Houn Englebert



Here are the new arrivals, starting with the DVDs:

Aki Imai has provided us with two more wonderful DVDs documenting our special events: *Kona Daifukuji Bon Dance 2018* and *Kona Daifukuji Memorial Day Service 2018*.

Lynne Farr donated an excellent DVD set from “The Great Courses” series, complete with guidebook: *Understanding Japan* by Mark Ravina. Lynne made these humorous comments, “...if only he would stop saying “NOW!” before every revelation and change the blue shirt and tie he's wearing with his green suit!” (A bit of fashion advice for everyone—it's very hard for blue & green to look good together.)

We have an excellent new set of CDs: *Instant Zen: Waking Up in the Present*. These are lectures by the twelfth-century Chinese Zen master Foyan, and Thomas Cleary is the translator.

The Buddha Way is possibly the cutest book in the whole library. It's a small, folding screen book with beautiful color photographs and five of Dogen's most profound quotes. It was created by Charles Woods.

How to Fight by Thich Nhat Hanh is another cute, small book. It's his instructions on how to turn disagreements into opportunities for growth & compassion. There's a famous Buddhist saying: “If it's an argument, it's not about the Truth.”

Zenga by John Stevens and Alice Yelen is a large format art book of paintings and calligraphy by Zen monks during the Edo Period (from 1615 to 1868).

The Path of Purification written by Buddhaghosa in Ceylon around 400 A.D. and translated by Bikkhu Nanamoli. The famous Buddhist author Edward Conze said that if he had only one book to take with him to a desert island, this would be it.

Teachings of the Earth by John Daido Looi is about Zen and the environment.

Battling the Buddha of Love by Jessica Marie Falcone (our own Jess) is subtitled *A Cultural Biography of the Greatest Statue Never Built*. It's about the Maitreya Project's attempt to build the world's tallest Buddha statue, which included forcing farmers off their land (750 acres) in India. (My own opinion of big Buddhist monuments is that the best Buddhist monument is a living person sitting in meditation.)

The Third Turning of the Wheel by Reb Anderson is his commentary on the Samdhinirmocana Sutra which was written about 800 years after Shakyamuni.

Zen Bow, Zen Arrow by John Stevens is about Awa Kenzo, the archery master from the famous book, *Zen in the Art of Archery*. He lived from 1880 to 1939.

Self-Realization of Noble Wisdom is a remarkable book. It's Dwight Goddard's condensation of the Lankavatara Sutra based on his teacher D.T. Suzuki's translation. Suzuki urged him to create this simplified version so that it could be easily understood by the general reader. The Lankavatara Sutra is the one that Bodhidharma gave to his successor saying that this was the only scripture needed.

Transcendent Wisdom by the Dalai Lama is his commentary on Shantideva's Guide to the Bodhisattva's Way of Life.



Bazaar Mahalo

Dear Daifukuji members & supporters,

A huge thanks, domo arigato, & mahalo nui loa to all for making our 24th annual bazaar a success. As Helen Keller said, “Alone we can do so little, together so much.” Another hefty amount was made for the building maintenance fund to keep the temple & grounds looking & operating at their best. It was a beautiful day, all seemed to go smoothly, people were happy & our M.C. Walter kept the jokes coming. It’s heartwarming to see the sangha all pitching in together. Your work, efforts, donations & time are deeply appreciated.

A post-bazaar evaluation meeting will be held after the October 13th Darumaki & Eitaikyo service lunch. Please bring your comments & thoughts on how to improve future bazaars, and on what worked or didn’t work, to share at the meeting. If members of your crew can’t attend, please bring their comments with you. The bazaar financial report will be made available at this meeting and will also be included in the November newsletter.

Our big events are over until the end of the year! Relax & enjoy knowing that together we made a big contribution to Daifukuji Soto Mission. Arigato gozaimashita.

In Gassho,

Joyce Yuko St. Arnault & Barbara Shoshin Bosz

Bazaar Co-chairs



Temple & Grounds Clean Up

Sunday, November 3 at 8:00 a.m.

(Please note that the date of the clean up given on this year's Soto Shu calendar is incorrect.)

Members and temple groups, would you please pitch in and lend a hand on November 3? Please join us in cleaning our temple, hall, columbarium, and grounds in preparation for Bodhi Day and the new year.

We will begin with a short blessing service inside the temple at 8:00 a.m. Please bring rags, buckets, garden tools and gloves, all labelled with your name.

Refreshments will be prepared by the Daifukuji Family Sangha.

Any amount of time you can contribute would be very much appreciated. Mahalo!

For the Food Basket

In addition to canned food, the Hawaii Island Food Basket accepts donations of toiletries such as facial tissue, shampoo & conditioner, toothpaste and toothbrushes. You may drop off these items at the temple at any time. When you enter the temple, you'll see the donation box for the Food Basket on the pew to your right. Mahalo!

Amazon Smile

For those of you who shop online at Amazon.com, we have recently registered Daifukuji's Legacy Endowment Fund in the Amazon Smile program. You can help support our endowment by going to smile.amazon.com to shop. Same products, same prices, same service and 0.5% of eligible purchases are donated to the Endowment Fund. We are listed under "Daifukuji Soto Mission."

Bon Dance Classes Start Oct. 21

Monday, October 21

7:00 p.m. - 8:30 p.m.

Dance instructor Winifred Kimura will be starting up her monthly Bon Dance classes on Oct. 21. Classes are free and will be held on the 3rd Monday evening of the month.

All are welcome. Call Winnie for more information: (808) 322-3296.



Project Dana News

First, we all wish Mrs. Fujiko Akamatsu a very happy 100th birthday.

Next, we sincerely thank Mahito Uchida Sensei, Natsuko Uchida Sensei, & Harada-san for putting on a sing-along & kimono-wearing event on September 11 which was a lot of fun.

On October 9, Project Dana kupuna will be having a Halloween-themed gathering at 9:00 a.m. Seniors, bring a costume for the Halloween parade.

Temple members age 60 & up are invited to join Project Dana.





Words Like Jewels & Flowers 愛語

Dear Daifukuji members and friends,

First of all, thank you from my heart to all who contributed to the success of this year's bazaar. I bow in gratitude, thankful for your help, donations, & hard work.

Arigato gozaimashita.

Every Wednesday morning between zazen sittings, I read a few lines from one of my favorite Dharma books, *The Heart of the Buddha's Teaching*, by the Venerable Thich Nhat Hanh. One morning I read this gatha found in the chapter on Right Speech.

Words can travel thousands of miles.

May my words create mutual understanding and love.

May they be as beautiful as gems,

as lovely as flowers.

A member of our Zazenkai came up to me at the end of the morning service and asked to take a picture of this verse using her cell phone. The following week, she reported that her life had become more peaceful once she became more mindful of her speech. "It has helped," she said, "to utter words as beautiful as gems and as lovely as flowers."

We all know that words are powerful. Words can irritate, infuriate, scar, and poison. They can also be calming, healing, encouraging, empowering, and enlivening. We've all uttered hurtful words that we've regretted saying & know that good relationships have been damaged by words carelessly or angrily spoken.

With awareness of the suffering caused by unmindful speech, our practice is to be ever mindful of what we say. When anger or irritation arise in our bodies & hurtful words are perched on the tips of our tongues, it is beneficial to pause, step back, and breathe. Practices such as zazen, T'ai Chi, qigong & yoga, which are offered at Daifukuji, teach us how to do this. I highly recommend giving them a try.

May we take refuge in Buddha, Dharma, and Sangha.

Warm aloha, in gassho,

Rev. Jikō

Coming up in November...

Temple & Grounds Clean Up.....November 3

Project Dana.....November 13

Thanksgiving ServiceNovember 17

Bon Dance Class..... November 18

Kannon-ko Service.....November 20

Regency at Hualalai Service..November 27

October 2019

September 2019							October 2019							November 2019								
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	5										1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
29	30						27	28	29	30	31			24	25	26	27	28	29	30		

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9:30 AM Family Sangha	30 8:30 AM Yoga 4:00 PM Japanese Class 5:00 PM Youth Taiko	1 8:30 AM Walking Moai 9:00 AM T'ai chi 3:30 PM Dharma Study & Zazen 5:30 PM Zen Taiko	2 6:00 AM Zazen 12:00 PM T'ai chi 5:00 PM Youth Taiko	3 9:00 AM T'ai chi 5:30 PM Zen Taiko 7:00 PM Temple Board	4 7:30 AM Samu 6:00 PM Gay Sangha	5 8:00 AM Shakyo 9:00 AM Youth Taiko
6 7:45 AM Baikako Practice 9:30 AM Family Sangha	7 8:30 AM Yoga 4:15 PM Japanese Class 5:00 PM Youth Taiko 7:30 PM Happy Strummers	8 8:30 AM Walking Moai 9:00 AM Bare Bones 9:00 AM T'ai chi 3:30 PM Dharma 5:30 PM Zen Taiko	9 Project Dana 9:00 am 6:00 AM Zazen 12:00 PM T'ai chi 5:00 PM Youth Taiko 6:30 PM Orchid Club	10 9:00 AM T'ai chi 5:30 PM Zen Taiko 6:00 PM Zazen	11 7:30 AM Samu 7:00 PM Sangha Sisters	12 Fujinkai Field Trip 9:00 AM Youth Taiko
13 Darumaki 9:30 am Potluck Lunch Eitaikyo Service 12:00 PM Bazaar Evaluation Meeting	14 8:30 AM Yoga 4:15 PM Japanese Class 5:00 PM Youth Taiko	15 8:30 AM Walking Moai 9:00 AM T'ai chi 3:30 PM Dharma 5:30 PM Zen Taiko 7:00 PM Bon Dance	16 Kannon-ko 10 am 6:00 AM Zazen 12:00 PM T'ai chi 5:00 PM Youth Taiko	17 9:00 AM T'ai chi 5:30 PM Zen Taiko	18 7:30 AM Samu	19 9:00 AM Youth Taiko
20 Serenity Sunday 9 a.m.	21 8:30 AM Yoga 4:15 PM Japanese Class 5:00 PM Youth Taiko 7:00 PM Bon Dance Class	22 8:30 AM Walking Moai 9:00 AM T'ai chi 3:30 PM Dharma Study & Zazen 5:30 PM Zen Taiko	23 Regency Service 9 am 6:00 AM Zazen 12:00 PM T'ai chi 5:00 PM Youth Taiko	24 9:00 AM T'ai chi 5:30 PM Zen Taiko 6:00 PM Zazen	25 7:30 AM Samu	26 9:00 AM Youth Taiko
27 9:30 AM Family Sangha	28 8:30 AM Yoga 4:15 PM Japanese Class 5:00 PM Youth Taiko	29 8:30 AM Walking Moai 9:00 AM T'ai chi 3:30 PM Dharma Study & Zazen 5:30 PM Zen Taiko	30 6:00 AM Zazen 12:00 PM T'ai chi 5:00 PM Youth Taiko	31 9:00 AM T'ai chi 5:30 PM Zen Taiko	1 7:30 AM Samu 6:00 PM Gay Sangha	2 9:00 AM Youth Taiko