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Daifukuji Soto Mission

10.00 a m All are invited to Daifukuji's Nehan-e Service. This Nirvana Ceremony

(808) 322-3524 www.daifukuji.org

Nehan-e Service

Sunday, February 12

commemorates the pari-nirvana of Shakyamuni Buddha. A scroll showing the reclining Buddha surrounded by his followers and animals in mourning will be displayed inside the temple. In his last discourse, the Buddha taught that although the physical body dies, the Dharma is eternal. By living the Dharma and practicing the precepts, we can see that the Buddha is always with us. A Dharma message will be delivered by Rev. Jiko. Donations to the temple and canned foods for the Hawaii Food Basket are always appreciated.

Everyone is invited to a vegetarian lunch. Although paper goods will be available, please bring your own plate, utensils, & mug if possible.

The gift shop will be open.

See "archives" on our website for previous newsletters.

Nurturing Spiritual Friendships

Pancake Breakfast Saturday, February 18 7 a.m. - 10:30 a.m. Tickets \$10

soup is included.

Our Daifukuji Fujinkai is hosting a Pancake Breakfast Fundraiser on Saturday, February 18. Tickets may be purchased in advance at \$10 apiece through Fujinkai members & the temple office. Tickets will also be sold at the door. Each ticket is good for one complete breakfast platter and coffee, tea, or juice. The ever-popular miso

Let's all support our Fujinkai's fundraising efforts. Proceeds are used to fund conferences, field trips, and educational activities sponsored by the Fujinkai. Monetary donations to the Daifukuji Fujinkai are gratefully received.

Questions? Please call the temple office at (808) 322-3524 or send an email to info@daifukuji.org.







Greetings from Rev. Jikō

Aloha Daifukuji members and friends,



Rev. Jikō, Deacon Jikai, & the Fujinkai's New Members

The new year began and our sangha hit the ground running. The New Year's Day blessing service, attended

by about a hundred people, flowed into the Zazenkai's Zen retreat, which was followed by the Fujinkai's Hatsumairi service and luncheon. These events flowed into Project Dana's first gathering of the new year, which was a lovely activity morning for our temple *kupuna* and volunteers. On January 15th, our new Dharma Keiki program began. It was truly a joy to see little children come to the temple with their mommies and grandmas, some for the very first time. Needless to say, the children filled the temple with their bright and beautiful energy. I would like to thank everyone who helped make these gatherings possible.

Now we are getting ready for Daifukuji's first New Year's party in three years. Our Baikako, youth taiko, t'ai chi, and ukulele groups have all been practicing their performance pieces, filling the air with good vibes, while kitchen co-chairs Ann and Merle and their crew are gearing up to cook for our sangha the made-from-scratch dishes for which Daifukuji is known. (Amazingly, they even made their own *konnyaku*, the delightfully rubbery Japanese food that's made from the tubers of *konnyaku* plants which are locally grown. I love it!)

Gratefully, I would say that our sangha has gotten the Year of the Rabbit off to an excellent start. We've softly hopped from one event to another, wishing each other a happy new year and munching a lot along the path.

In closing, dear sangha, I would like to share with you what I said to the little children who came to the temple to attend the first Dharma Keiki session. I explained, "When we come to the temple, we practice 3 things. The 3 things are: 1) We listen well. 2) We are kind. 3) We help each other." Actually, if we all remember to practice these 3 things in our daily lives our world will be a much happier place. Don't you think so?

Namu kie butsu. We take refuge in the Buddha. Namu kie hō. We take refuge in the Dharma. Namu kie sō. We take refuge in our sangha.

In gassho,

Jíkō Nakade 慈光

Welcome, New Members With gratitude and joy, we warmly welcome the following new members: Smita Patel Gay, Clyde, and Kristen Sakamoto New members are always welcome. For information, see Rev. Jiko or visit our website: http://www.daifukuji.org/membership_brochure.pdf.

Mahalo Nui Loa

We sincerely thank Wayne and Darlene Hakoda and family for their generous donation of a gas stove for our social hall kitchen. They had it delivered and installed, and even took away our old Wolf stove, which served us well for 40 years. Warren Ikeda installed a new outlet for the stove, as well as a backsplash. A big mahalo to the Hakoda 'ohana and to Warren!



Thank You, Sangha Sisters

December's Bodhi Day service meal was loving prepared and donated by the Daifukuji Sangha Sisters, a women's spirituality group which has been meeting monthly at our temple for the past 22 years. Their vegetarian & vegan offerings were tasty and nutritious, colorful and satisfying. Our warmest mahalo!

The Sangha Sisters group meets at the temple and via Zoom on the second Friday of the month at 6:00 p.m. For information, call Susie at (808) 936-5817. All women are welcome.

Dharma Keiki

For Children in Preschool Through Third Grade

February 5 & 19 9:30 a.m. - 10:15 a.m.

Dear Parents and Grandparents,

I have started a new program called **Dharma Keiki** for children of preschool age through grade 3. We are a group of parents/grandparents and children, and those who help with this program.

Each class meets for approximately 45 minutes. The children are introduced to the teachings of the Buddha through songs, stories, sutra chanting, movement, and meditation. I am assisted by Deacon Amy Jikai, retired teacher Eliana Jisho Sattler, kids yoga teacher MaryAnne Jiu Seibert, and Aimee and Aiyanna Disharoon.

Please bring a small offering for the donation box and a healthy snack to share. I can send you the registration form and schedule in advance, or you may pick them up when you join. Questions? Please feel free to contact me — rev.jiko@daifukuji.org, (808) 322-3524. I look forward to sharing the Buddha's teachings with you and your children.

In gassho,



Joint Zen Retreat Held January 7th

The Daifukuji Zazenkai hosted a one-day Zen retreat, inviting Zazenkai friends from 'Alaneo Zendo and Taishoji Soto Mission in Hilo. The day was spent in silence — practicing zazen, kinhin (walking meditation), shakyo & shabutsu (art meditation) and t'ai chi, and listening to a presentation on Japanese Woodblock Prints given by artist Faith Stone and a talk on Daifukuji's history given by Teri Jigen Hollowell. A wonderful spread of vegetarian dishes was offered by the Daifukuji Zazenkai; lunch was eaten in silence.

The Daifukuji Zazenkai extends a warm mahalo to Rev. Myoshin Kaniumoe, Rev. Daitsu Wright and all who came over to Kona to join this retreat. Special thanks go to Hideko Kawakami & Yukiko Tomidoroko for helping with *shakyo* and to Faith and Teri for their presentations. There's a special kind of bonding that happens when a group spends a day together in harmonious silence.



February Activities

Art Meditation: Shakyo (Tracing the Sutras) & Shabutsu (tracing pictures of buddhas) - Saturday, February 4 from 9:30 a.m. to 11:00 a.m. in the Social Hall. All are welcome. By donation.

Zazen and Chanting - Zazen is offered in person and via Zoom every Wednesday and Friday from 6:00 a.m. - 7:00 a.m. Wednesday zazen is followed by 20 minutes of chanting. Practitioners are asked to arrive at 5:45 a.m. Contact Rev. Jiko at rev.jiko@daifukuji.org to receive the Zoom link for zazen sessions.

Daifukuji Gay Sangha - 1st Friday of the month at 5:30 p.m. Meditation and discussion. For information, call Clear Houn at (808) 328-0329.

Sangha Sisters Women's Spirituality Circle - Meetings are held both in person and via Zoom on the second Friday of the month at 6:00 p.m. Call Susie at (808) 936-5817 for information.

T'ai Chi - All classes are one hour and held inside the Hisashi Kimura Cultural Hall. \$5.00 per class. Call instructor Philip Kakuho Hema for schedule and other information: (808) 345-1492.

Soleful Strutters - T'ai Chi warm-up & walking on temple grounds at 9:00 a.m. on Tuesdays. For information, please contact Hannah Israel at (408) 421-8845 or Reverend Jiko at (808) 322-3524.

Samu Fridays - Volunteers are needed for temple cleaning and grounds maintenance on Friday mornings from 8 a.m. - 10 a.m. Coffee hour & fellowship follows. Bring a snack to share.

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. Note: No classes will be held on February 6 and February 27.

Yoga via Zoom (New 6-week series - Feb. 23- March 30: Emphasis on Traditional Yoga Asanas)

Thursdays from 8:00 - 9:00 a.m. HST. Welcome and Warm-up from 7:45 - 8 a.m. HST. ZOOM Yoga from 8:00 - 9:00 a.m. HST. Optional Chat from 9:00- 9:20 a.m. Drop in or whole series. What's needed: Yoga mat, loose clothing, water, towel, empty stomach. "Dana"=Temple Offering by mail or at: http://www.daifukuji.org/donation/index.html.

Instructor: Ambika "Jō-An" Rose, who has been teaching yoga at Daifukuji for 10 years. For inquiry about this series and future yoga classes: (808) 430-2620. Email for Registration & Zoom Link: <u>ambikarose@hawaiiantel.net</u>.



Daifukuji Fujinkai Welcomes New Members at Hatsumairi

Twenty-three new members, among them four trailblazing men, were welcomed and recognized at the Fujinkai's first gathering of the new year, called *Hatsumairi* in Japanese. Each was given an *ojuzu* as a



Ken Love stole the show with his fascinating presentation.

gift.

During the Hatsumairi service, Fujinkai members who passed away during the pandemic were remembered. The service was followed by a meeting conducted by Fujinkai president Joyce St. Arnault. Lunch and activities were held in the social hall. Ken Love stole the show with his fascinating slideshow presentation on the unusual types of tropical fruit being grown in Hawai'i. Mahalo to Ken and his wife Margi!

The next Fujinkai activity will be the group's pancake breakfast sale on February 18. Please support their fundraiser. (See page 1.) For information about the Fujinkai, go to <u>https://www.daifukuji.org/activities/</u> Fujinkai_Brochure_2022.pdf.

A Report from the Board

by Steve Hōshin Mann, Secretary

The Daifukuji Board of Directors met January 5. The roof painting's done, and Teri Jigen Hollowell reported that she and Rev. Jiko are finishing a final report on it to the Historic Hawaii Foundation. Daifukuji will receive the remaining half of the grant (\$50,000) when the report is accepted. Teri says if the report is done well, it will help us apply for future grants, such as possible asbestos removal in the old crematorium. We're considering converting the crematorium space to a workshop/multipurpose room. Judie Myoko Fekete presented her research on putting some of the Temple's savings into FDIC-insured CD's now that interest rates are climbing, and the Board approved the switch in principle. This was the last meeting of the 2021-2022 Board; we say mahalo to outgoing board members Harold Jiho Hall, Michele Abe, Jan Jonin Bovard, and Tony Takai, and welcome Betsy Kairen Morrigan and Travis Hosshin Marsh.

Meet Our New Board Members, Betsy and Travis



Dear Sangha,

I am very ready and eager to serve on the Daifukuji Board to help our temple grow and flourish, to support the programs we have, and to complete old and new projects. In this last year, I have helped with the Sangha Sisters' garden, the new orchard, the auction, and started as an MC during services, and will be involved in more. Here in our Daifukuji Soto Mission, the Buddhist foundation, the people, the place, and our projects all mean so much to me. I am very pleased with the facelift that the new painting restoration work has given our beautiful temple now, and as a board member,

I support the work we are doing to oversee this project and the grant we received for this. I plan to contribute not only my heart and soul to the Daifukuji Board, but also my skills as secretary. As Board Secretary, I will write, share, and keep an accurate and readable record of the board's meetings. With my many years as a published writer, teacher, and editor, it comes naturally to me to do this kind of work. I am committed to serve as the Board Secretary for Daifukuji which means so much to me.

In gassho,

Betsy Kairen Morrigan



Aloha kākou,

I am looking forward to serving on the board of directors. I hope it will give me a chance to learn more about Daifukuji, a sangha that has inspired me and helped me open my heart and find deeper peace in my life. I'm excited to give back to Daifukuji in any way I can. I am also happy to be a new member of the Fujinkai, and in the past I have gotten out of bed early to join the Zazenkai. I also love using Daifukuji's library and turning the compost. Right now I live near Nā'ālehu, where I grew up. It is a little bit of a drive to the temple from

where I live. While it is always worth the trip to visit Daifukuji in person, I am grateful that board meetings are happening online these days.

In gassho,

Travis Hosshin Marsh



2023 Calendars

The 2023 Soto-Shu "Year of the Rabbit" calendars are here, featuring Buddhist statuary and treasured objects found in our various Hawaii Soto Zen temples. Since not everyone uses paper calendars these days, we have ordered a limited

number of them and are offering them on a first-come-first-serve basis, one calendar per family. Please drop by to pick up your calendar. Daifukuji members, if you live outside Hawaii and wish to have one mailed to you, please contact Rev. Jiko at (808) 322-3524, rev.jiko@daifukuji.org.

Grateful for Floral Offerings

Domo arigatō to Tyrone Ohta, Winnie Narusawa, Larry Yoshiyama, Baron Sasaki, & Henrietta Chee for their lovely floral offerings which have graced our altars and brought joy to many. Our sangha also thanks Clyde Ikeda for his generous monthly donations of orchid plants to Project Dana.

Japanese Scrolls Half Price Sale

Until further notice, the Japanese scrolls in the Gift Shop are half price. The exceptions are those tiny butsudan scrolls that are kept in the tall glass cabinet.

Also, the calendars are all \$2 each and they're going fast.

Library News

By Clear Houn Englebert

Here are the latest new arrivals:

Unsui: The Zen Monastic Guide by Hakusan Kogen contains detailed descriptions of how to do the ceremonies that the Soto Zen denomination uses. It's a wonderful book and we are fortunate to have it in our library.

The Other Shore by Thich Nhat Hanh is his translation of the Heart Sutra and his commentaries on it. It's been out for several years, but under a different title.

How to Read Buddhist Art by Kurt Behrendt is a collection of 54 Buddhist masterpieces from the Metropolitan Museum of Art in New York. The book was printed in Italy and it is very attractive. Together with the brilliant text, it's quite a pleasant educational experience!

Traveling the Path of Compassion by Ogyen Trinley Dorje is the Tibetan Karmapa's commentary on the scripture: The Thirty-Seven Practices of a Boshisattva.

Lives Lived, Lives Imagined: Biography in the Buddhist Traditions is edited by Linda Covill and Sarah Shaw. It's about the role of biographies (and autobiographies) in various Buddhist traditions.

The Land of Bliss by Luis Gomez is about Amitabha Buddha (the father of Kannon) and his paradise.

The last two books are by excellent Theravada teachers:

Seeing the Way by Ajahn Chah

The Wings of Awakening by Thanissaro Bhikkhu

If you're attending via Zoom, you may register for the Zoom link at https://forms.gle/FuVvtH2USoRCNWQ27.

Honoring the Buddha's Birth





The Hawaii Association of International Buddhists invites the public to the **11th Annual Buddha Day Celebration**

"Buddhism and Mental Health"

March 12, 2023 9:30 a.m. - 11:00 a.m. HST Kona Hongwanji Buddhist Temple 81-6630 Mamalahoa Hwy in Kealakekua, Kona (Ample parking in back of Bank of Hawaii) Free Admission In-person and via Zoom

Register for the Zoom link at <u>https://forms.gle/FuVvtH2USoRCNWQ27</u>. The wearing of face masks is required inside the temple.

"Resilience in Our Lives" featuring keynote speaker Bart Aoki, PhD



A graduate of Konawaena High School, Dr. Bart Aoki holds masters and doctorate degrees in Clinical Psychology. During his career of over forty years, he practiced psychology, conducted research, and led grant programs in the state of California. Dr. Aoki also developed community-based programs to strengthen social competence and resilience among Asian American adolescents.

For questions, please contact Rev. Blayne Higa at <u>bhiga@honpahi.org</u>, 808-323-2993 or Rev. Jiko Nakade at <u>rev.jiko@daifukuji.org</u>, 808-322-3524.



The Eternal Rightness of Things

By Michael Keller

I have been attending a dharma-study group that at present is discussing a book called *The Hidden Lamp*, a collection of koans with commentaries. One of the koans, from ninth-century China, is called "The Old Woman's Relatives." A monk asks an old woman living alone in a hut, "Do you have any relatives?" She answers, "The mountains, rivers, and the whole earth, the plants and trees, are all my relatives."

The old woman has realized that the whole world is the buddhadharma, and she feels herself to be a comfortable part of this world. In Zen, the buddhadharma is the world seen through enlightenment.

That the whole world is the buddhadharma has been an inspiring idea to me over the years. In words that underscore this idea, Suzuki Roshi says, "In your big mind, everything has the same value. Everything is Buddha himself." And Dogen says, "Hundreds of grasses and myriad forms – each appearing 'as it is' – are nothing but the buddha's true dharma body. . . ." Dogen also says, "The great ocean has only one taste."

The principle of the buddhadharma is that everything is always all right. The sense of the rightness of everything transcends reason and is beyond intellectual verification. I think this is what Dogen means when he says, "Now, the realm of all buddhas is inconceivable. It cannot be reached by consciousness."

The sense of the rightness of things lies at an intuitive level beyond reasoning. It is available to a zazen practitioner. Chogyam Trungpa says, "Through the practice of meditation, we begin to find that within ourselves there is no fundamental complaint about anything or anyone at all."

The intuition of the rightness of things will come to any persistent zazen practitioner. It is the source of strength and inner stability as one confronts the trials of life.

To read more essays by Michael Keller, visit his website <u>https://www.zazenessays.com/</u>.



Super Easy Bean Burgers

Makes 5 big patties or 9 small patties

Quick, easy, healthy, & economical

1 can of beans (your choice - black, garbanzo, azuki) - drain, rinse, grind in a blender or food processor until beans are mashed, but not pasty.

1 cup salsa or pasta sauce

1 cup oat flour (grind a cup of oats in your blender or food processor to a coarse flour)

Seasonings of your choice (Ex.: garlic powder, onion powder, curry powder, salt, pepper, herbs)

Optional: 1 - 2 T. flaxseed meal (ground flax seeds)

Mix ingredients in a large mixing bowl. Shape into patties and cook in a frying pan. Good with ketchup, mayonnaise, or *tonkatsu* sauce. Freezes well.



79-7241 Mamalahoa Hwy, Kealakekua, HI 96750 (808) 322-3524

2023

KONA DAIFUKUJI "ZOOM" YOGA 1.22.23

6 Thursdays 8-9 am HST Feb. 23 Mar.2, 9,16, 23, 30

- 7:45 8 am HST Welcome Warm-up
- 8:00 9 am "ZOOM" YOGA!
- 9:00 9:20am
- am Chat (optional)
- 12:45 1 pm EST • 1:00 – 2 pm
 - 2:00 2:20 pm

Open to: Members, Kona Community and ALL Beginners & Experienced WELCOME!

@Drop in or Whole Series@

EnErGy is our focus, so move to your body!

Part 1: "Basic Yoga Asanas/Postures" Tuning into our ENERGY!

Bring: Yoga mat, loose clothing, H2O, & towel, empty stomach "Dana"=Temple Offering by mail or at: <u>http://www.daifukuji.org/donation/index.html</u>

Email for REGISTRATION & Link: ambikarose@hawaiiantel.net



Instructor: Ambika "Jō-An" Rose

I have taught yoga for 45 years. The "Style" is **Amrit Yoga** an authentic, meditative exploration of **Shakti [Chi] EnErGy** through intention, breath, alignment, extension & movement. Following postures, we pause: relax, breathe, and "let go!" We **EXPLORE ENERGY! For inquiry: 808-430-2620** 1.22.23

Sangha Sisters Te Youth Taiko Fu Adult Taiko Ka	appy Strummers 📃 Orchid Cl Imple Board 📃 Samu	ents Offsite Backup ractice Bon Dance Group	 Youth Taiko Adult Taiko Family Service Major Service and 15 more 	January S M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31	7 F S M T W T 4 5 6 7 1 2 1 12 13 14 5 6 7 8 9 3 19 20 21 12 13 14 15 16	F S M T W T F S 3 4 1 2 3 4 10 11 5 6 7 8 9 10 11 17 18 12 13 14 15 16 17 18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 New Year's Party General Mip Meeting 11:00 AM By Reservation	30 = 8:30 AM Yoga with Liz = 5:00 PM Youth Taiko	31 Strutters Moai = 9:00 AM Tai Chi = 6:00 PM Zen Taiko	1 = 6:00 AM Zazen & Service = 5:00 PM Youth Taiko	2 = 8:00 AM Zoom Yoga with Ambika = 9:00 AM Tai Chi = 1:00 PM Zoom Dhar- = 6:00 PM Zen Taiko = 7:00 PM Daifukuji	= 6:00 AM Zazen = 8:00 AM Samu = 10:00 AM Gift shop = 5:30 PM Gay Sangha	 ³ = 8:00 AM Zoom Dhar- ma Study = 9:30 AM Shakyo = 10:15 AM Youth Taiko = 11:00 AM Gift Shop
5 Dharma Keiki 9:30 am 7:45 AM Baikako Practice 2:00 PM Happy Strummers	6 = 5:00 PM Youth Taiko	7 = 9:00 AM Soleful Strutters Moai = 9:00 AM Tai Chi = 6:00 PM Zen Taiko	8 Project Dana 9:30 AM 6:00 AM Zazen & Service 5:00 PM Youth Taiko 6:30 PM Orchid Club	9 = 8:00 AM Zoom Yoga with Ambika = 9:00 AM Tai Chi = 1:00 PM Zoom Dhar- ma Study = 6:00 PM Zen Taiko	10 = 6:00 AM Zazen = 8:00 AM Samu = 10:00 AM Gift shop = 6:00 PM Sangha Sis- ters	 11 8:00 AM Zoom Dhar- ma Study 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
12 Nehan-e S…ice 10 am	13 8:30 AM Yoga with	14 9:00 AM Soleful	15 Kannon-ko 10 am	16 8:00 AM Zoom Yoga	6:00 AM Zazen	7 18 Pancake Breakfast
= 11:00 AM Lunch to follow	Liz = 5:00 PM Youth Taiko	Strutters Moai = 9:00 AM Tai Chi = 6:00 PM Zen Taiko	 6:00 AM Zazen & Service 5:00 PM Youth Taiko 	with Ambika = 9:00 AM Tai Chi = 1:00 PM Zoom Dhar- ma Study = 6:00 PM Zen Taiko	 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 	7 am -10:30 am = 10:15 AM Youth Taiko = 11:00 AM Gift Shop 11am-2pm
19 Dharma Keiki 9:30 am	20 = 8:30 AM Yoga with Liz = 5:00 PM Youth Taiko	21 = 9:00 AM Soleful Strutters Moai = 9:00 AM Tai Chi = 6:00 PM Zen Taiko	22 = 6:00 AM Zazen & Service = 5:00 PM Youth Taiko	23 = 8:00 AM Zoom Yoga with Ambika = 9:00 AM Tai Chi = 1:00 PM Zoom Dhar- ma Study = 6:00 PM Zen Taiko	24 = 6:00 AM Zazen = 8:00 AM Samu = 10:00 AM Gift shop 10am-1pm	 4 25 = 10:15 AM Youth Taiko = 11:00 AM Spring Ministers Meeting = 11:00 AM Gift Shop 11am-2pm
9:30 AM Spring HSMA Meeting	27 = 5:00 PM Youth Taiko	28 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	1 Service 5:00 PM Youth Taiko	 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 1:00 PM Zoom Dhar- ma Study 6:00 PM Zen Taiko 	 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 5:30 PM Gay Sangha 	 ⁴ 8:00 AM Zoom Dhar- ma Study 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm