

79-7241 Mamalahoa Hwy., Kealakekua, HI 96750

December, 2017

(808) 322-3524 www.daifukuji.org

See "archives" on our website for previous newsletters.



Bodhi Day Service

Sunday, December 10

9:30 a.m. Potluck Lunch

Everyone is cordially invited to attend Daifukuji's Bodhi Day service which will be held on Sunday, December 10 at

9:30 a.m. This service, known also as *Jodo-e*, commemorates the great enlightenment of Shakyamuni Buddha. A Dharma message will be given by Rev. Jiko Nakade.

The service will be followed by a potluck lunch during which Daifukuji's own Santa Bodhi will be dropping by with treats for the children.

The Daifukuji Gift Shop, featuring an array of Buddhist items, will be open for your holiday shopping & will include an art show & sale featuring artist Spring Liao's ink paintings & paper cuts.



Mochi for the New Year



Orders for mochi will be taken by Avis and Brian Yamamoto after the Bodhi Day Service on December 10. You may also place your order using the form on page 13. Orders will be processed on a first-come-first-served basis. **Volunteers are needed for the mochitsuki on December 28**. Although we will be starting at 5:00 a.m., we would welcome help throughout the day. Please stop by and join us. Questions? Call 322-3524.



In Memoriam

To the family of the late **Chizuko Kudo** who passed away on October 20 at the age of 90, we extend our deepest sympathy.

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

Save the date!

New Year's Party to be Held on January 28

Temple members, supporters, and groups are invited to a New Year's party on January 28. The party will start with a brief general membership meeting. A party form will appear in the January, 2018 newsletter.

Coming up in January.....

New Year's Blessing ServicesDec.31, Jan.
Joint Zen Retreat January 6
Fujinkai HatsumairiJanuary 7
Project Dana January 10
Kannon-ko ServiceJanuary 17
Family services begin January 21
Regency at Hualalai service January 24
New Year's PartyJanuary 28



Rohatsu Sesshin December 1 - 8

Morning zazen (Dec. 1-8) 6:00 a.m. - 7:30 a.m. Evening zazen (Dec.1-7) 6:00 p.m. - 7:00 p.m.

The Rohatsu Sesshin is a period of meditation that honors the Buddha Shakyamuni's enlightenment, which in Japanese Buddhism, is observed on the 8th of December as Bodhi Day. Rohatsu means "the 8th day of the 12th month." In Zen, a sesshin is a period of intensive meditation. At Daifukuji, we'll be sitting in the morning and again in the evening. One is welcome to come to any number of sessions.

During this period of meditation which is held annually from December 1-8, zazen & morning service will be held each morning from 6:00 a.m. to 7:20 a.m.

Zazen will also be held each evening from 6:00 - 7:00 p.m. from December 1 through December 7.

The sesshin will end after morning service on December 8th and be followed by breakfast and fellowship at Teshima's restaurant.

Zafu (cushions) and chairs will be provided.

Please keep the following points in mind:

Plan on arriving at least a few minutes early and be seated before the starting time. Should you arrive late, it is best to sit on a pew & join the group during kinhin (walking meditation).

Please do not bring food, drinks, or electronic devices into the meditation hall.

Please do not wear shorts or tank tops. Socks are okay.

Questions? Please contact Rev. Jiko: (808) 322-3524 or info@daifukuji.org.

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Kannon -ko & Ofudayaki

Wednesday, December 20 10:00 a.m.

Ofudayaki, the ceremonial burning of sacred objects, will be held together with the last Kannon-ko service of the year at 10:00 a.m. on December 20. Please bring your old omamori (Buddhist charms), ofuda (house blessing cards), and other old burnable altar objects to the temple before December 20 or on the morning of the service.

All are welcome to attend this ceremony which is annually held in December.

Library News

By Clear Houn Englebert

The new arrivals this month fall into two categories: Art Books and Children's Books in Japanese. Two of the art books are in Chinese, and they are incredibly unique: *Precious Buddha Statues* by Yingho Lee has hundreds of color photographs of the world's finest examples of statues (as well as some paintings) of Buddhas, Bodhisattvas, and Arahants (people who were early followers of the Buddha). The other Chinese language art book (for which you don't need to know Chinese to appreciate) is *The Art Illustrative Records of Thunwang*. Many people know this area of China as Dunhuang and the cave temples are very old and quite gorgeous. I believe this large hardback book is the most complete collection ever published with an almost endless number of color photos.

The other art books are:

The Art of Buddhism by Denise Leidy, which is both authoritative and accessible. I'm not surprised to see that rare combination in this book, because it was published by the excellent old publisher Shambhala.

The Complete Illustrated Encyclopedia of Buddhism edited by Ian Harris, is published by an excellent new publisher, Hermes House in London. It's a real showstopper. The library has several books similar to this, but this one outdoes them all. Need I say---check it out!

Pilgrimage and Buddhist Art by Adriana Proser is published by the venerable Asia Society in New York. It covers Buddhist pilgrimage art in all forms and in all cultures. This art is so beautiful and sublime, that it could make you weep.

Sublime is not the right word to describe Borobudur. It's the largest Buddhist monument on Earth and the book *Borobudur* by Bedrich Forman tries to do it justice with lots of large photos. This is armchair travel at its best.

The new children's books are:

Warashibe Choja by Shogo Hirata, illustrated in color manga style by Yukata Ona, and

Okodate Masen Yo Ni by Kiyotaka Ishii and illustrated with paintings by Shigenori Kusunoki.

December Dharma Programs



Dharma Study Classes

No Dharma Study classes will be held during the month of December. Tuesday afternoon classes will resume on January 9, 2018 at 4:00 p.m. For more information, please call Rev. Jiko at (808) 322-3524.

Family Sangha Services: Sharing the Dharma with Children - Sunday, December 3 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. The Family Sangha will be on winter break starting December 17. The first Family Service of the new year will be held on January 21, 2018.

Zazen (Meditation)

- * See Rohatsu Sesshin schedule on page 2.
- * Every Wednesday morning from 6 a.m. 7:20 a.m.
- * Thursday, **December 14** from 6:00 p.m. 7:30 p.m.

Donations may be placed in the small offering box.

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

The Gay Sangha - Friday, December 1 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.



Call or e-mail to register and to request copies of the class materials

2018 Precepts Study & Soto Zen Buddhist Lay Confirmation

Receiving the precepts & one's Buddhist name and formally becoming a disciple of the Buddha is an important event in the life of a Soto Zen Buddhist. The 2018 Lay Confirmation Ceremony will be held at Daifukuji on June 3. In preparation for this ceremony, classes on the 16 Bodhisattva Precepts will be offered by Rev. Jiko once a week from March through May. She will try to find a day of the week that works for all involved.

If you are interested in signing up for these classes or learning more about what Lay Confirmation entails, please contact Rev. Jiko at (808) 322-3524 or email her at info@daifukuji.org.

2018 Soto Zen Calendars for Temple Members

If the calendars come in by December 28, Daifukuji members may pick up their calendar at the mochitsuki.

Daifukuji members living outside Kona: if you would like to have a Hawaii Soto Zen 2018 calendar mailed to you, please call the temple office at (808) 322-3524 or send an email to rev.jiko@daifukuji.org.



Fujinkai Autumn Field Trip

by Lorraine Jitoku Tanimoto

On Saturday, October 14, while the annual Ironman Triathlon event was happening in Kailua-Kona, twenty-three Fujinkai members and guests headed southward on a field trip. We made our first stop at the Kona Historical Society to see a traveling photo museum exhibit in the old Greenwell general store. For many of us, this was a trip down memory lane; for others, a history lesson about our coffee industry. We observed photos and read the captions accompanying the pictures of the Japanese *issei* and other multi-ethnic groups who toiled on farms with much perseverance. People pointed to familiar faces which they recognized in the photos. We reminisced our coffee picking days when we saw the double-decker lunch pail & a replica of the *hoshidana*. Some of us remembered standing at the top of a five-foot ladder and picking coffee. There was much to see and digest.

We next drove down Napoopoo Road to Big Island Bees, a multi-generational family business which has been in operation since 1971. After viewing an informational video about Big Island Bees, we went outside. From a partially screened area, we were able to observe the honey-making process and beekeeping as Joe, our guide, pointed out the drone (male bees) and queen among the busy female worker bees. We also got to sample the various kinds of honey which are commercially sold to many stores.

Our outing ended with a five-course lunch at the Beijing Gardens in Kealakekua.

Our Fujinkai group and guests enjoyed an educational trip which included moments of gratitude for the pioneers who paved the way for our Kona coffee industry. A big mahalo to the Kona Historical Society and to Big Island Bees for the kind hospitality shown to all of us.







Daifukuji Yoga

Amrit Yoga "Revealer" Ambika Rose will be offering two 5 -week series of yoga classes during the months of November and December. Attend all 10 or drop in! Classes will be held by donation in the Kannon Hall at Daifukuji.

Thursday morning classes 8:00 a.m. to 9:15 a.m.

November 9, 16, 30, (no class on Thanksgiving Day)

December 7 & 14

Friday afternoon classes 4:30 p.m. to 6:00 p.m.

November 10 & 17 (no class on November 24)

December 1, 8, & 15 (December 1st class to 5:45 p.m.)

Open to: Temple members and Kona community; beginners & experienced; drop in or whole series.

Bring: Yoga mat, loose clothing, empty stomach, and "dana" (donation)

A longtime member of our temple, Ambika "Jo-an" Rose has taught yoga for 40 years. The "style" is Amrit Yoga, an authentic, meditative exploration of pranic [Chi] energy through intention, alignment, breath & micro-moves. Following postures we pause: relax, breathe, and "let go!"

We EXPLORE ENERGY! Energy is our focus, so move to <u>your</u> body, consciously crossing over to the inner Self.

For inquiry call: (808) 430-2620

December Project Dana

Project Dana kupuna and volunteers, please dress in your red and green holiday colors for our gathering on December 13. Also, please bring a wrapped gift that's worth about \$5.00.

Questions? Call Joyce at 329-3833 or Elaine at 322-2084.

KTA Coupon Points

Please bring in your KTA receipt coupon points if you don't need them. They will be used to get food items for our Project Dana holiday meals and for the temple's New Year's party.

Thank you!

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, 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. Distribution of handout materials (Dharma members)
1:00-1:15	Opening and introductions with instructions for demonstrated methods (Rev. Jiko)
1:15-1:45	Compassionate Focused Therapy (CFT) ala Paul Gilbert (Dr. Ryngala)
1:45-2:00	Break
2:00-2:45	Neuroplasticity and M&M Five Laws of the Universe; Zhineng Qigong (Dr. Hall)
2:45-3:00	Break
3:00-3:45	Compassion and wisdom through M&M practice and 16 precepts; 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

Preregistration is required by the January 15 deadline by mailing a check for \$35 to Pacific Institute, c/o Dr. Harold Hall, POB 2709, Kamuela, Hawaii 96743, Email: pisca88@icloud.com. Students, seniors and those in special needs categories pay \$15 to cover cost of materials. All proceeds go to Daifukuji Soto Mission. Questions? Call Dr. Harold Hall at (808) 315-7341.



Family Sangha Field Trip

On November 5th, thirty-four members of the Daifukuji Family Sangha went on a field trip to Nechung Dorje Drayang Ling, a charming Tibetan Buddhist temple nestled in the peaceful surroundings of Wood Valley in Ka'u. We arrived at 11:00 a.m. and were warmly greeted inside the temple by Marya and Miguel Schwabe and Barbara Lee. Miguel kindly explained the fascinating history of the temple, which began as a Nichiren Buddhist temple and later became a Tibetan Buddhist temple in 1973. We sat in *zazen* and chanted the *Enmei Jikku Kannongyo* before going outside where refreshments were offered to us. The kindness of our hosts, the peacefulness of the valley, and the beauty of Nechung Dorje Drayang Ling made this a memorable field trip.





A Message from Rev. Jikō



"Just One Candle" By Theresa Jennings

If I light just one candle, and you light just one, too,

And we pass the flame from wick to wick, from us to you and you,

And if we keep it going, around the world you'll see,

The world is glowing with the light, that came from you and me.

Dear Daifukuji members and friends,

As the end of the year rolls into sight and we at Daifukuji begin preparing for the Rohatsu Sesshin, Bodhi Day, and the making of mochi for the New Year, I reflect with gratitude upon the development of our temple as a place of refuge for those who seek peace, wisdom, and a caring spiritual community.

This has been a year marked by serious natural disasters, horrible acts of violence, a looming threat of nuclear war, political instability, and environmental problems. Through it all, our temple, Daifukuji, has kept the light of the Buddha-Dharma burning brightly, offering a place of peace to the people of our community.

The members of our temple board have worked hard to keep the temple operating smoothly, while the Fujinkai, Baikako, Zazenkai, Dharma study and Family Sangha groups have dedicated themselves to the study and practice of the teachings & to serving our temple. Through their volunteerism, our library and gift shop staff have made the Dharma available & accessible. And, thanks to the endless giving of the samu group, the temple and grounds have been lovingly maintained, creating a pleasant environment for all of the temple groups that regularly gather here for their various activities.

To all of you who have given your time and resources to contribute to the welfare of our temple and sangha, thank you very, very much. My heart overflows with deep gratitude for your support, which makes so much possible at Daifukuji. *Okagesama de*, our temple continues to be a bright light in our community. Let us continue to keep our flame burning, passing it from wick to wick, from heart to heart.

In April of 2018, the Daifukuji Fujinkai, with the help of temple members, will be hosting the 53rd Annual United Hawaii Soto Shu Women's Association conference. We look forward to welcoming Fujinkai groups from around the state of Hawaii.

Everyone, mahalo nui loa for your generosity and support. I am pleased to say that the establishment and growth of the **Daifukuji Legacy Endowment Fund** (http://www.daifukuji.org/endowment/index.html) holds the promise of a bright future for our temple and humbly ask that you please keep this fund in mind while making your year-end donations.

May your holidays be peaceful and warm. I wish you all a happy Bodhi Day & a bright New Year.

With gratitude and aloha, in gassho,

Rev. Jikō

2018 Memorial Services Chart (as of 11/7/17)

13th Year Memorial Service (2006)

Jan. 22

June 26

Aug. 14

Aug. 27

Sept. 6

Sept. 14

Katherine Shimizu

Mildred Mitamura

Stanley Shimizu

Momoe Furuuchi

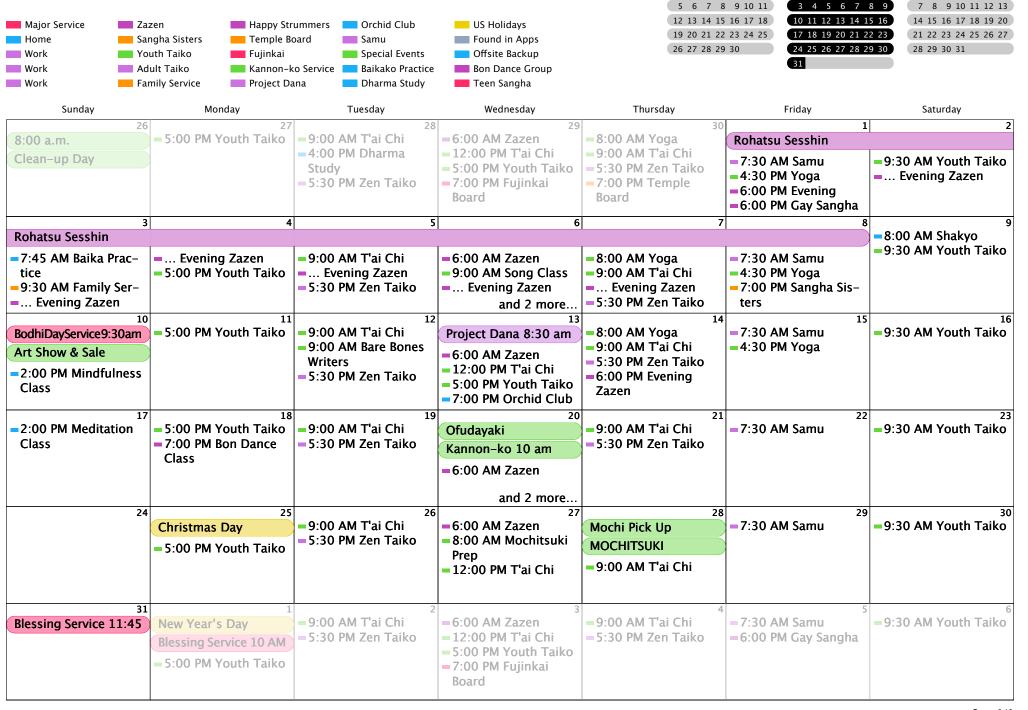
Yasuno Sugamoto

Goro Inaba

One Year Memorial Serv	• •	Mildred Murata Oct. 13 Yoshiko Tanaka Dec. 2 17th Year Memorial Service (2002) Torao Deguchi Feb. 15 Irene Kimura Feb. 25 Ronald Abe May 19 Harris Ota May 20 Minoru Inaba June 6		
Rowena Inaba	March 2		,	
Sharon Ikeda	April 25			
Ernest Kawakami	May 4			
Alfreida Fujita	July 16			
Kaneyasu Enomoto	Sept. 25	17th Year Memorial Service (2002)		
Susumu Oshima	Sept. 25			
Miyeko Miyose	Sept. 28	•		
Chizuko Kudo	Oct. 20			
	()		•	
3rd Year Memorial Servi				
Kazuo Iwamuro	April 12	Tomomi Ikeda	Aug. 14	
Sirinee Sugai	April 18	Matsue Sasaki	Aug. 19	
Shizuko Kabei	Aug. 9	Mitsuyo Hanato	Oct. 14	
Takeshi Matsumoto	Oct. 8	Fumie Kusunoki	Dec. 27	
Robert Bowman	Nov. 9	Turrile Rusurioki	Dec. 21	
Takao Honda	Nov. 23	23rd Year Memorial Serv	orvioo (1006)	
Christo Izumi	Nov. 24	Yaeko Araki	June 16	
Jean Kunimura	Nov. 27	John Raynon	July 30	
		Kazo Tanima	Sept. 16	
7th Year Memorial Service (2012)		Harry Arase	Oct. 14	
Tadao Sugai	Jan. 5	Tamao Hanato	Nov. 21	
Akinori Ota	Jan. 18	Tamao Hanato	INOV. Z I	
Evelyn Kadooka	March 2	27th Voor Momorial Corp	ioo (1002)	
Kikuno Asada	March 19	27th Year Memorial Service (1992) Kikue Yamaquchi Nov. 21		
Ruth Nishida	April 24	Kikue Yamaguchi	NOV. ∠1	
Tatsuki Kusunoki	July 12			
James Clendenon Jr.	Aug. 18	20 nd Vaan Marsanial Cam	ine (400C)	
Carey Ushijima	Sept. 18	33rd Year Memorial Serv	` '	
Bryan Hanato	Oct. 20	Namiko Ota	Feb. 8	
Fusae Teshima	Nov. 10	Ishitaro Ishizawa	March 27	
Doris Yamauchi	Nov. 15	Minoru Nakamoto	Oct. 25	
Wade Furuuchi	Dec. 4	Hisayo Ota	Nov. 22	
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To arrange a memorial service, please call Rev. Jiko at 322-3524. Services may be held at the temple or at your home. The names on this list are from the Daifukuji Record Book. Please inform Rev. Jiko of any errors. Thank you.

December 2017



January 2018

SMTWTFS

1 2 3 4 5

November 2017

SMTWTFS

1 2 3 4

December 2017

SMTWTFS

2017 Daifukuji Mochi Order Form

A fundraiser for the Youth Taiko Group & Youth Activities

Mochi Tsuki is scheduled for: Thursday, December 28, 2017 Pick up from 9:30.a.m. – 2:00 p.m.

We will be taking orders and payment at the Jodo-E service. You can also complete the information below and pre-pay. Please call the temple, 322-3524, with any questions.

While every effort will be made to accommodate our members and long-time customers, we will process orders on a first-come-first-served basis. When we are sold out, names will be added to a Wait List. Once we determine that we have extra mochi, we will call individuals from this list.

We enjoy being a part of your New Year tradition, and we truly appreciate your support!

We humbly ask for volunteers to help with our Mochi Tsuki. It has been said that the Mochi Tsuki helps to keep everyone together because the mochi is so sticky. Although we will be starting at 5:00 a.m., we would welcome help throughout the day. Please stop by and join us.

Name:		_ Phone #:		
Quantity Ordered	Item	Price	Total	
orustea.	& Kagami Mochi	\$7.00 per set	\$	
	Ko Mochi	\$7.00 tray of 10	\$	
Return form to: Daifukuji Soto Mission		Grand Total	\$	
	79-7241 Mamalahoa Hwy. Kealakekua, HI 96750			

Please make checks out to: Daifukuji YBA

ATTN: Mochi Order