



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

November, 2020

(808) 322-3524 www.daifukuji.org

See “archives” on our website for previous newsletters.

Thanksgiving Service on YouTube

Sunday, November 22

Dear Daifukuji members and friends,

We wish you a safe, peaceful, and happy Thanksgiving.

Because it is still not safe to hold in-person services, we will be offering a Thanksgiving Service which can be viewed on Daifukuji’s YouTube channel at any time after 5 a.m. Hawaii time on November 22. We hope that you will join us and chant along with us from the safety of your own home. Please use this link: https://www.youtube.com/channel/UCni_mBKgl4u1A1k4P8mvckw.

Our dear Sangha, you are always in our thoughts, in our hearts, and in our prayers. The temple doors are still closed, the end of the year is rolling into sight, and we all still have to be very careful and not let our guard down in terms of following the CDC guidelines. If you are feeling Covid fatigue, we feel for you: this has been an incredibly challenging and trying year. It is important that we all find ways to nurture ourselves, refresh ourselves, keep our spirits up, and continue doing everything we can to protect ourselves, our families, and our communities. We can and must stay strong together.

In addition to all that you are doing to stay as healthy and stable as possible, please consider starting a home meditation practice if you don’t already have one. To help you get started, we’ve put together a series of short videos called “Try Sit.” (See pages 6-7.)

While your Thanksgiving celebration may have to take a different form this year, we hope that you will find meaningful ways to spend this holiday. We will be thinking of you — our loving sangha — with much gratitude.

With warm aloha, in gassho,

Rev. Jikō and Deacon Jikai



Rev. Jiko & Deacon Jikai



Deepest Sympathy

We extend our loving thoughts and heartfelt sympathy to the family of the late **Stanley Yasuda**, 85, who passed away on September 25.

Namu Daihi Kanzeon Bosatsu



Mahalo Nui Loa

Mahalo nui loa to the following volunteers who gave our social hall kitchen a good cleaning: Ann Nakamoto, Jessica Yamasawa, Merle Uyeda, and Elaine Fernandez. Thank you to Steve Hoshin Mann for replacing a shelf and degreasing the stove grates, to Judie Myoko Fekete for shopping for plastic bins, and to Sylvia Ross for tidying up the Orchid Club's cupboard. Our kitchen is also getting a new gas water heater, which will be installed by Larry Yoshiyama. Mahalo, Larry.



Cookbooks for Sale

“Sharing Our Favorites With You!” is the name of this cookbook, which Daifukuji is selling as a fundraiser for the United Hawaii Soto-Shu Women's Association (UHSSWA) and the Daifukuji Fujinkai Women's Association.

Containing 338 recipes submitted by all nine of our Soto Zen temples in Hawaii, this spiral-bound cookbook would make a great gift for those folks who love to cook and try new recipes. Just reading the names of the dishes makes one's mouth water! For example: *Asian Salsa, Spicy Ahi Poke, Korean Tofu Salad, Soba Garden Salad, Baked Cranberry Apple Sweet Potato Packet, Stuffed Fried Lotus Root, Aku Burger, Misoyaki Butterfish, Shrimp with Black Bean Sauce, Ono Garlic Chicken, Gluten Free Mochi Waffles, Japanese Style Manapua, Chocolate Haupia Pie, Fried Sweet Taro, Blueberry Fluff.....yum, yum, yum!*

The cover of the book is beautiful and inviting.

These cookbooks are being sold for \$12. Please use the order form included with this newsletter.

Questions? Please contact us at (808) 322-3524, info@daifukuji.org.

Online Auction Mahalo

from Barbara Shoshin Bosz

First of all, put your right hand on your left shoulder, then your left hand on your right shoulder and squeeze! That's a big hug from me to all our generous donors, bidders, buyers, sharers, lookers and well-wishers. I miss hugging so this will have to do. Squeeze again!

We are off to a dynamite start with our first online auction which benefits the temple's Building Maintenance Fund. How fun and exciting it has been! Next time, (I hope there will be a next time) it will be held for a shorter duration. I think 8 days will be enough. What a great surprise it has been! For me, it has been very gratifying. I got many compliments on the photos; it was hard to go wrong with all the nice donations that came in.

If you did not see your donation up, you may see it in the future. The extras will go to the Daifukuji Gift Shop and I plan to run a FaceBook sale from there.

Is there something you were hoping to see that we did not have? I have received a request for golf items and powers tools. Let me know, since we can watch for these things. There are many eyes connected to our sangha.

I'd love to hear your ideas, comments and suggestions for this auction and a future one. You can message, write, call or text me.

Thank you! Domo Arigato! Mahalo! Gracias! Merci Beaucoup! Hugs!

Barbara Shoshin, Online Auction Co-Chair

barbarainkona@gmail.com, 808-987-2673

Co-Chair: Joyce St. Arnault

Crew: Nancy Osako, Michele Abe, Rev. Jiko, Laura Brown, Jeri Hall, Susie Weaver, Amy Jikai, Cherokee Shaner, Eliana Sattler, Reiko Sekine, Cheryl Pennell, Tony Takai & Bobby Command



Harold, Joyce, Jeri, Nancy, and Barbara — members of the hardworking auction crew.

Our online auction ends on Friday, October 30 at 5:00 p.m.

Here is the link: <https://www.32auctions.com/Temple2020>



November Programs Being Offered Online Via ZOOM

Dharma Study: The Heart of the Buddha's Teachings

Group 1: Tuesdays from 3:00 - 4:00 p.m. (Chat room opens at 2:30 p.m.)

Group 2: Thursdays from 2:00 - 3:00 p.m. (Chat room opens at 1:30 p.m.)

You may sign up for one of two groups. We are using the book *The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation*. Authored by the Venerable Thich Nhat Hanh, this book covers the core teachings of the Buddha in a very accessible and understandable way that's pertinent to our lives today. Books are available for purchase through Rev. Jiko at the reduced price of \$8 with checks made payable to: Daifukuji Gift Shop.

To register for these sessions, please contact Rev. Jiko at (808) 322-3524, or info@daifukuji.org. Please let her know which session (Tuesday or Thursday) you will be joining. She will send you the ZOOM link.

Donations to Daifukuji Soto Mission are appreciated and can be given through the temple's website:

<http://www.daifukuji.org/donation/index.html> or mailed to Daifukuji Soto Mission, P.O. Box 55, Kealakekua, HI 96750.

Zazen & Chanting - Every Wednesday morning from 6 a.m. - 7:20 a.m.; two Thursday evenings a month from 6 p.m. - 7:20 p.m. (**November 12 & 19**). Contact Rev. Jiko to receive ZOOM link, (808) 322-3524, info@daifukuji.org.

Sangha Sister's Women's Spirituality Circle - Meetings are held on the second Friday of the month at 7:00 p.m. Call Susie at (808) 936-5817 for information.

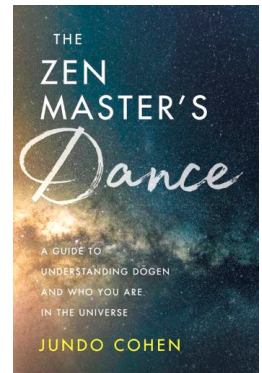
Bare Bones Writers Group - Meetings are held on the second Tuesday of the month at 9:00 a.m. Call Kathryn at (808) 345-2976 for information.

Daifukuji Sangha Social - This group meets on the third Sunday of the month from 10 - 11 a.m. The next meeting will be held on **November 15**. This is an opportunity to "talk story" with old friends and make new Sangha friends. We all had a great time at our September and October meetings. Not sure how this works or how to set up your personal device? No worries! Daifukuji member Kindness Isshin Israel has offered to assist anyone who needs help getting their cell phone, iPad, or computer connected to ZOOM. You may reach him at (408) 674-5533 or KINDNESSISRAEL@gmail.com. You may join the Sangha Social by contacting Rev. Jiko at (808) 322-3524 or info@daifukuji.org.

ZOOM Book Tour “The Zen Master’s Dance” With Zen Teacher Jundo Cohen

Tuesday, November 17 3:00 - 4:00 p.m. Hawaii time

To sign up for this Virtual Book Tour, please contact Rev. Jiko, who will send you the ZOOM link, info@daifukuji.org. This book will be available through the temple’s gift shop. It also can be ordered online: <https://wisdomexperience.org/product/the-zen-masters-dance/>.



Zen teacher Jundo Cohen’s book *The Zen Master’s Dance: A Guide to Understanding Dogen and Who You Are in the Universe* has just been published. Due to the pandemic, he is unable to travel and is offering us an online book tour via ZOOM. All are invited to join this book tour.

*In **The Zen Master’s Dance**, Jundo Cohen takes us deep into the mind of Master Dōgen—and shows us how to join in the great and intimate dance of the universe. Through fresh translations and sparkling teaching, Cohen opens up for us a new way to read one of Buddhism’s most remarkable spiritual geniuses.*



Jundo Cohen is a Zen teacher and founder of the Treeleaf Zendo, a Sōtō Zen community using visual media to link Zen practitioners around the world. Treeleaf serves those who cannot easily commute to a Zen center due to health concerns; age or disability; living in remote areas; or work, childcare, or family needs; and provides zazen sittings, retreats, discussion, interaction with a teacher, and all other activities of a Zen Buddhist sangha, all fully online without thought of location or distance. Jundo was born and raised in the United States but has lived in Japan for more than half his life. He was ordained and subsequently received Dharma transmission from Master Gudo Wafu Nishijima and is a member of the Sōtō Zen Buddhist Association.

Here’s what he says about his presentation:

I will present a way for people who sometimes struggle with Dogen Zenji’s wild writings to appreciate his style and unique expressions of the Buddhist teachings. Some readers and practitioners have given up on trying to fathom Dogen, feeling that they just cannot get a taste for what Dogen was all about.

To help remedy this situation, I want to explain Dogen’s stylistic quirks in ways that readers will be able to relate to, comparing him to modern musicians and artists, what Coltrane created from the “old standard song book,” what Jimi Hendrix did to the “Star Spangled Banner” or Picasso did to a vase and table in order to uncover new angles and new light. This is much as Dogen did to the ancient Sutra passages, Koans, and stories of our Way, producing amazing sounds and making fresh discoveries from the inspirations and originals, turning them inside out, changing the beat or vision, going to uncharted places, hot riffin’ and rockin’ on the classics. In this way, Dogen sought to express, and to dance, a great dance which he experienced all reality as dancing, which all of us and the whole world are dancing right now.



Mary and Bodhi

Try Sit: How to Start Your Home Meditation Practice Videos with Rev. Jikō

A Review by Mary Park



“Aloha, Dear Friends.” Rev. Jikō begins each video, leaning towards us like she is giving us a warm hug through the video screen. Hearing her calm, sweet, comforting voice reminds me how much I have missed gathering with our Daifukuji sangha. Here is the next best thing: Ten, short 6-8 minute videos of Rev Jikō guiding us on how to engage in a meditation practice at home.

In videos 1-7, she covers proper sitting positions, how to find our center, what to do with our hands, eyes, tongue, and belly during meditation, and breathing.

Video 8: Our Monkey Mind is my favorite and I have watched it over and over several times. When we start our meditation practice, we may experience our mind jumping from one tree to another like monkeys screeching wildly. Rev. Jikō dispels the myth that during meditation we are to achieve some kind of blank slate with no thoughts and emotions. She reminds us that thoughts come and go. “The second you are thinking, ‘Yeah! I am not thinking,’ you are thinking again.” She advises us to return to our breath, posture, and sitting fully in the here and now. “In zazen, we are not trying to suppress our thoughts and emotions that come up. We are not tying our monkey to a chain. We simply pay kind and friendly attention to what is happening in our minds and bodies.”

Rev. Jikō encourages us to stop being so hard on ourselves, beating ourselves up, judging, criticizing ourselves — it doesn’t help. Instead, we are to have compassion for ourselves and stay alert. “Rest in the midst of compassion and loving-kindness. You are seated in the lap of the Universe. There is nothing to achieve or to attain. No need to strive or grasp to accomplish anything at all.” What a relief!

In videos 9 and 10, we learn how to make meditation practice a part of our lives and then we sit together for 5 minutes. And there’s more... as a special treat, she sends us off with a song.

Mahalo, Rev. Jikō for this offering. Your light shines brightly through the video screen. We are honored and grateful to be learning and sitting with you.

“A hui hou, until we meet again,” Rev. Jikō signs off on her videos. Try Sit videos are an excellent way to begin or re-establish your sitting practice. Or you can just watch these videos over and over to get a warm dose of comfort and ease from Rev. Jikō.

I highly recommend Try Sit videos. I give it my highest rating — a zillion stars.

(Continued on the next page)



Try Sit videos can be found on:

Daifukuji Soto Zen YouTube https://www.youtube.com/channel/UCni_mBKgI4u1A1k4P8mvckw

Try Sit: How to Start Your Home Meditation Practice Videos with Rev. Jikō

1. Starting a Home Meditation Practice: Introduction
2. Sitting in a Chair
3. Sitting on the Floor
4. Finding Your Center
5. Hand Positions Used in Meditation
6. What to Do with Your Eyes, Tongue Chin and Belly
7. Breathing
8. Our Monkey Minds
9. Making Meditation a Part of Your Daily Life
10. Sitting Together (Final)

Rohatsu Sesshin to be Held Online (December 1 - 8)

Since it is likely that Daifukuji will have to remain closed until at least the end of the year, Rev. Jiko is planning to hold this December's Rohatsu Session via ZOOM and hopes that you will consider joining her and Deacon Jikai for 8 mornings and 7 evenings of zazen.

Every morning from December 1 - 8, there will be zazen from 6:00 a.m. to 7:00 a.m., followed by a brief morning service.

Every evening from December 1 - 7, there will be zazen from 6:00 p.m. to 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. A sesshin is a period of intensive meditation.

If you are interested in participating and wish to receive the ZOOM link, please contact the temple office. (808) 322-3524, info@daifukuji.org.

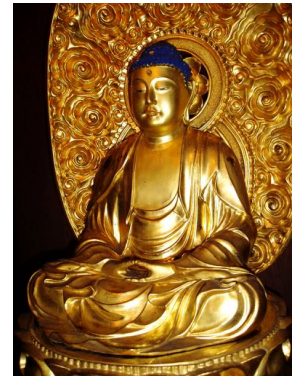
Online Study of the Precepts (January - March, 2021)

“How can I live a life of wisdom and compassion?”

12 weekly classes via ZOOM

Saturdays from 8:00 a.m. to 9:00 a.m.

First class: Saturday, January 9, 2021



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. One will go through a process of study and reflection together with Rev. Jikō and a group of Sangha friends. The sharing of one’s life is done in an atmosphere that is gentle, accepting, and compassionate. Many have found their lives illuminated and enriched by this inner journey.

In January of 2021, Rev. Jikō will be starting a new series of precepts study sessions using ZOOM. This 3-month course is comprised of 12 weekly one-hour sessions. It is an opportunity to learn about the 16 Bodhisattva precepts, which form the moral and ethical foundation of the Soto Zen tradition.

Once it is safe to travel and gather, Bishop Shugen Komagata will be going from temple to temple to offer Soto Zen Buddhist Lay Confirmation ceremonies.

These sessions are open to **all** who are interested in studying the precepts and do not require participation in the precepts ceremony.

There is no class fee. If desired, one may make a donation to Daifukuji Soto Mission.

For more information or to sign up, please contact Rev. Jikō at (808) 322-3524, rev.jiko@daifukuji.org.



“Reverend Takuan” and “How to Make Takuan Pickles”

Do you love the crunchy, tangy, sweet yellow daikon pickles called *takuan*, which are popular in Japan and also a local favorite? Well, did you know that these pickles are named after a Zen priest?

In a video made with her Sunday School students in mind, Rev. Jiko tells two stories about “Reverend Takuan” and has fun showing viewers how to make *takuan* pickles. This video is on Daifukuji’s YouTube channel: https://www.youtube.com/watch?v=A_FXo3kX_ms&t=10s.

Daifukuji Gift Shop

Our gift shop is currently closed due to the Covid crisis. However, in the near future, items will be posted on the temple's Facebook page for viewing and shopping. Please stay tuned for updates.

Library News

By Clear Houn Englebert



Here are the new arrivals:

"An Evening of Mindfulness at Kona Daifukuji" is a DVD of the Thich Nhat Hahn monks in September, 2019 by Aki Imai.

"Meditation for Beginners" by Jack Kornfield is a combination book and CD with guided meditations.

"When Things Fall Apart" by Pema Chodron is a set of two CDs read by the author.

"The Holy Teachings of Vimalakirti" by Robert Thurman (Uma's dad) is a very readable translation of this important Mahayana scripture. Vimalakirti was a lay Buddhist in India. Thurman makes the point that Vimalakirti can be considered the first Zen master, apart from Shakyamuni himself.

"The Blue Zones Solution" by Dan Buettner is the original Blue Zones book.

"Appreciate Your Life" by Hakuyu Taizan Maezumi was donated to Daifukuji by the Zen Center of Los Angeles.

"The Rakshasa Ghost and the Bhikshu" by Hsuan Hua is a beautifully illustrated children's book about some of Shakyamuni's previous lives. I was so intrigued by the cover picture that I decided feel like a kid again and I just read the whole book. I recommend it to everyone.

"Kokoro" by Lafcadio Hearn is a collection of 15 essays by this much loved author. They examine the inner spiritual life of Japan.

"The Art of Living" by Thich Nhat Hanh was published in England. I love the title of one of the chapters: A Cloud Never Dies.

"Records of the Transmission of the Lamp" by Daoyuan is a multivolume set and we now have volumes 1 and 6. This is a collection of Buddhist biographies, teaching, and transmission stories of Indian and Chinese masters from Bibashibutsu (six Buddhas before Shakyamuni) until around the year 1008. Like the *"Denkoroku"* by Keizan, it is easy to read but not so easy to understand.

"Zen Teachings in Challenging Times" is a collection of the writings of 25 American Soto Zen teachers; edited by Dai-En Bennage.

Our Japanese language section is enriched by these donations from Kazuyo Sasaki:

"Myanma no Meisou (The Meditation of Myanmar)" by Mahasi Sarydau, translated by Maha Thera Wijnanda. This is a book on Vipassana Insight meditation.

"Ikkyu-san," a beautifully illustrated children's book about the famous monk.



“Compassion” Tote Bags

Let’s spread our temple’s message of “Compassion.” We offer 2 types of durable 100% cotton canvas tote bags for sale — a 15” X 16” (3”width) bag with no pockets for \$17 and a 14” X 14” (7”width) bag with inside pockets for \$20. The image is that of our benevolent Hawaii Kannon, the Bodhisattva of Great Compassion. The order form for bags and cookbooks is attached to this newsletter.

Online General Membership Meeting to be Held December 13

Daifukuji members, we would love to have you join us!

A general membership meeting will be held via ZOOM video conferencing on Sunday, December 13, 2020 at 10 a.m. All Daifukuji members are cordially invited to attend this virtual meeting at which the election of directors for the term 2021 - 2022 will take place. A ZOOM link will be sent to all members whose email addresses are on record at the temple. **The link will be sent out on December 11, two days prior to the meeting. If possible, please help the senior members in your family, who don’t have internet know-how, join this meeting.**

Any temple member* may nominate a temple member* to serve as a director on the Daifukuji Board. The deadline for nominations is November 29, 2020. Nominations may be submitted to Bobby Command (808) 895-2416, rhcommand@gmail.com or Tony Takai (319)759-1996, tonytakai@gmail.com. Questions may be directed to either Bobby or Tony. (*Members need to hold current membership status.)

Temple members, if you are unsure if the temple has your current or preferred email address, please contact Rev. Jiko at (808) 322-3524 or rev.jiko@daifukuji.org.

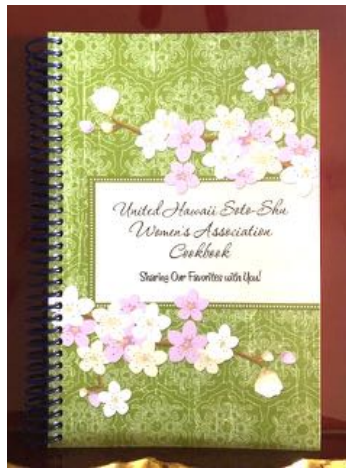
Do you need help setting up your personal device? Daifukuji member Kindness Isshin Israel is offering to assist anyone who needs help getting their cell phone, iPad, or computer connected to ZOOM. You may reach him by sending a text message to (408) 674-5533 or sending an email to KINDNESSISRAEL@gmail.com. Please contact Kindness as soon as possible since this cannot be done at the last minute. Mahalo nui loa to Kindness.



We are sorry to announce that this year’s mochitsuki will not take place due to the circumstances surrounding Covid-19.

Holiday Gift Ideas

Cookbooks & Tote Bags



\$12

338 recipes; benefits UHSSWA & Our Fujinkai



\$17 & \$20 Bags

Durable 100% cotton canvas tote bags with reinforced handles

You may order cookbooks and bags and pick them up on the dates below. Sending in your payment will make pick up easier. Thank you for your support!

Order Form: Mail to Daifukuji Soto Mission, P.O. Box 55, Kealakekua, HI 96750

NAME _____

PHONE NUMBER _____ EMAIL _____

COOKBOOKS Quantity _____ X \$12 = \$ _____

Make checks for cookbooks payable to: Daifukuji Fujinkai.

“COMPASSION” TOTE BAGS (2 Styles)

1. 15” X 16” (3” width), no pockets Quantity _____ X \$17 = \$ _____

2. 14” X 14” (7” width), inside pockets Quantity _____ X \$20 = \$ _____

Make checks for tote bags payable to: Daifukuji Gift Shop. Total \$ _____

Pick-Up Date (Please circle one)

Saturday, Nov. 7

Sunday, Nov. 8

10 a.m. - Noon

10 a.m. - Noon

Check(s) Enclosed

If you are not available on either pick-up day or receive this form after the pick-up days, please call Rev. Jiko to arrange a pick-up date.(808) 322-3524