



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

May, 2022

(808) 322-3524 [www.daifukuji.org](http://www.daifukuji.org)

See "archives" on our website for previous newsletters.

## Memorial Day Service and Blessing of the Graduates



**Sunday, May 29 10:00 a.m.**

Prayers for world peace and a remembrance of our fallen soldiers and victims of war will be the focus of Daifukuji's Memorial Day service. Our featured speaker will be sangha member **MaryAnne Seibert**. At the end of the service there will be a blessing of the following high school graduates of the Class of 2022:

**Asia Macatiag, daughter of Paul and Iris Macatiag**

**Kawena Villasenor, daughter of Adrian and Susie (Yamane) Villasenor**

**Kimiko Tossman, daughter of Steven Tossman and Jessica Pascua**

If you know of any other graduate whose parents or grandparents belong to our sangha, please inform Rev. Jiko as soon as possible so that an invitation can be sent. (808-322-3524, [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org))

*All are invited to this service and to stay for a luncheon to be held in honor of the graduates.*

**TOBA FORM ON PAGE 11. PLEASE TURN IN BY JUNE 1.**



## Peace Ceremony

**Saturday, April 30      10 a.m.-Noon**

All are invited to attend Daifukuji's peace ceremony on Saturday, April 30 from 10 a.m. to noon. It will be held outside in the temple yard.

The purpose of the event is to dedicate our new peace pole, plaque, and cranes and pray for peace in our families, in our communities, and in our world.

The celebration will include the following: a blessing by Rev. Jiko, a message by Sharlene Iboshi of the Rotary Club of Kona Sunrise, a message by Bobby Command representing our mayor, a Buddhist *oli* chanted in Hawaiian by Dr. Holeka Inaba, music by the Daifukuji Happy Strummers and a performance by Kona

Daifukuji Taiko.

Please bring family and friends. Help send messages of peace into our world. We will livestream this event if possible via FaceBook <https://www.facebook.com/konadaifukujitemple/>.

We thank all who have contributed origami cranes. To the list of names which appeared in last month's newsletter, we add the following: Patsy Kawakami, Yoko and Hiro Otsubo, and Renee Kimura.

**Help is needed with set up at 8 a.m. on April 30. If you can volunteer or have questions, please call or text Barb, our event coordinator, at (808) 987-2673.**

## Welcome, New Members

Our Sangha sends a warm welcome to the following new members:

### **Terry and Sam Gant**

New members are always welcome. For information, go to [http://www.daifukuji.org/membership\\_brochure.pdf](http://www.daifukuji.org/membership_brochure.pdf) or contact the temple office at [info@daifukuji.org](mailto:info@daifukuji.org).

## Gay Sangha Resumes Meditation

In-person meditation will resume for Daifukuji's Gay Sangha on every first Friday at 6:00 p.m. Please be seated and ready for the bell to begin meditation by 6:00 p.m. Please wear a mask when indoors, except once you have gotten to your meditation seat you may remove your mask. You may keep your mask off until we are ready to process out of the meditation hall. Conversation afterwards will be outside and no masks are required. In the meditation hall the seats will be at least 6 feet apart. If you have not meditated at Daifukuji before, please arrive 15 minutes early for instructions. For more information, please call Clear at (808) 328-0329.



## Bishop to Officiate Soto Zen Buddhist Lay Confirmation Ceremony

Sunday, May 22      10:30 a.m.      Daifukuji Soto Mission

*Potluck Lunch*

On Sunday, May 22 at 10:30 a.m., we will be honored by the presence of Bishop Shugen Komagata , who will be serving as the officiant at this year's Soto Zen Buddhist Lay Buddhist Confirmation Ceremony. He will be accompanied by Reverend Shuji Komagata, resident minister of the Taiheiji Soto Mission of Aiea. **Members of the sangha are cordially invited to attend the ceremony and to join the potluck meal to follow.**

Fifteen sangha members will be receiving the bodhisattva precepts, as well as their Buddhist names.

They are:

**Linda Calloway, Huong Lam, Aimee Disharoon, Markus Fahrenberger, Dan Gordon, Jonika Macdonald Grossi, John Hamm, Gerald Hirata, Mark Holst, Travis Marsh, Richard Morley, Frank Paco Galman, Kym Peck, MaryAnne Seibert, and Stephen Tanaka.**

These individuals completed a three-month study of the precepts under the guidance of Rev. Jikō. A potluck lunch and fellowship will follow the ceremony.



### Ceremonies Which Hold Us Together

Dear Daifukuji members and friends,

I cordially invite you to the various ceremonies which will be held at Daifukuji during the upcoming months: the peace ceremony, the precepts ceremony, the blessing of the graduates, the Memorial Day and Obon services. Each ceremony brings the sangha together for a special purpose: to remember, to heal, to celebrate, to witness, to aspire, or simply to bask in the light of our shared humanity. A ceremony creates a sacred space: it is an elevator in our everyday lives that lifts us above our petty concerns. Ceremonies bring us together and hold us together. They remind us that we are connected to each other, to our Soto Zen lineage, to our ancestors, and to life itself.

Let us safely gather, wearing our masks when something tells us it would be wise to do so. Although we won't be dancing around the Bon dance tower in a big crowd this summer, there will still be opportunities to spend precious moments together at Daifukuji.

With warm aloha, in gassho,

Rev. Jikō      慈光

## May Programs



**Zazen** - Zazen is offered in person and via Zoom every Wednesday from 6:00 a.m. - 7:20 a.m. Practitioners are asked to arrive at 5:45 a.m. Twice a month (May 12 & May 26), zazen will be offered via Zoom only from 6 - 7:20 p.m. Contact Rev. Jiko at [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org) to receive the Zoom link for zazen sessions.

**Sangha Sisters Women's Spirituality Circle** - In person and via Zoom, 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** - Via Zoom, meetings are held on the second Tuesday of the month at 9:00 a.m. Call Kathryn at (808) 345-2976 for information.

**T'ai Chi** - Tuesdays - Beginners, Wednesdays - Intermediate, Thursdays - Advanced. All classes are one hour and start at 9:00 a.m. inside the Hisashi Kimura Cultural Hall. \$5.00 per class. Call instructor Philip Kakuho Hema : (808) 345-1492.

**Soleful Strutters** - T'ai Chi warm-up and walking on temple grounds at 8:30 a.m. on Wednesdays. For information, please contact Hannah Israel at (408) 421-8845 or Reverend Jiko at (808) 322-3524.

**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](mailto:liz217a@hotmail.com).

### **Yoga via Zoom (April 21 - May 26)**

Thursdays from 8:00 - 9:00 a.m. HST. Welcome and Warmup 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. For inquiry about this series and future yoga classes: (808) 430-2620. Email for Registration & Zoom Link: [ambikarose@hawaiiantel.net](mailto:ambikarose@hawaiiantel.net).



## Hatsubon (First O-Bon)

Throughout the summer season of Obon, Buddhists remember their departed loved ones and family ancestors and offer prayers and toba in their memory. As a Sangha, we gather to offer our love and support to those who are observing their departed family member's first Obon,

known as Hatsubon.

To date, the following are the names of the departed for whom this will be a first Obon:

**Toshio Ushijima, John Carlstrom, Miyoko Sakamoto, Nancy Kurihara, Roy Torioka, and Leonard Ota**

All are invited to attend Daifukuji's Obon service on Sunday, June 26 at 10 a.m. The Dharma message will be given by Rev. Shinsho Hata of Taishoji Soto Mission. All are invited to stay for the fellowship luncheon following the service. Please join us.

## The Significance of the O-Tōba 大塔婆

At the time of O-Bon, Buddhists offer long wooden memorial tablets called *ō-tōba* for the benefit of the deceased. The Japanese word "tōba" comes from the Sanskrit word "stupa." In India, the relics of Shakyamuni Buddha were kept in burial mounds called stupas. Over time, the stupa developed into a variety of forms as Buddhism travelled across Asia. Among these forms was the five-storied pagoda.



The top section of the *ō-tōba* ("O" meaning "large") is cut into a pagoda of five levels with each level depicted by a particular shape. Starting at the bottom, there is a square representing earth, then a circle representing water, followed by a triangle representing fire, a semicircle representing wind, and a jewel of fulfillment at the top representing space. Everything in the universe, including our human bodies, are made up of these five elements, which are constantly changing.

At the O-bon service, the *tōba* memorial dedications are chanted by the minister and the merit dedicated to the deceased. Departed loved ones and family ancestors are remembered with gratitude. It is our prayer that all be liberated from suffering and brought to great peace. See *tōba* request form on page 11.



## Temple and Grounds Clean Up

*Sunday, June 12*                      *8:00 a.m.*

Temple members and groups, please lend a hand.  
Refreshments will be provided.

Questions? Call clean-up day chairperson Shaun Roth at (808) 936-9815.

## In Memoriam

To the family of the late Leonard Ota who passed away on March 26, 2022, we express our deepest sympathy.

*Namu Daihi Kanzeon Bosatsu*

## Gift Shop News

by Clear Houn Englebert

The gift shop has many good books, and they are becoming more organized. The latest section is Precepts and so far it only has four titles: two new and two used. The new books are *Being Upright: Zen Meditation and the Bodhisattva Precepts* by Reb Anderson and *Invoking Reality: Moral and Ethical Teachings of Zen* by John Daido Looi. Both books are published by Shambhala and therefore the shop is able to offer them at a 25% discount. One of the used books is *Good Life: A Zen Precepts Retreat with Cheri Huber* edited by Sara Jenkins. It is apparently out of print. The other used book is *The Six Perfections: Buddhism & the Cultivation of Character* by Dale S. Wright. It's published by Oxford University Press and it's not exactly about the Precepts; it's about the Paramitas, but Rev. Jiko and I both agreed that it fits well in the section. What follows is one of my favorite poems (written by Ouyi Zhixu who lived in China from 1599 to 1655) titled "Song of the Six Perfections in Studying Buddha"

Don't be attached to body, heart, or worldly affairs.  
This is great generosity.

Don't generate greed, hatred, or ignorance.  
This is great morality.

Don't calculate the rights and wrongs of others or oneself.  
This is great tolerance.

Don't be disruptive or distracted.  
This is great diligence.

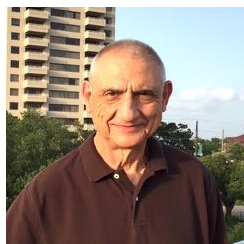
Don't keep deluded thoughts or pursue them.  
This is great concentration.

Don't be confused by delusion.  
This is great wisdom.

Truly study Buddha.



Daifukuji will not be holding a Bon Dance this summer due to potential risks associated with such a large gathering of people. The coronavirus is still present in our community. Let us continue to be as careful as possible.



## What Powers Us?

by Michael Keller

Some twenty years ago, I had moved from California to Nasa Bay, Texas, a beautiful community just outside of NASA where astronauts used to live (maybe still do). I had bought a house there and was unloading the dishwasher one day, putting dishes in cabinets, and when raising my arm to put one of these dishes away, I saw that my arm had moved without my willing it at all. That is, I saw that some other power had moved me, not myself.

It was profoundly shocking to me when I saw this. I had to stop what I was doing so I could recover. I had been studying Buddhism for perhaps a year at that point, and I was familiar with the Buddhist principle that in the entire universe there is nothing self-powered; rather, everything is powered by causes and conditions outside of it. However, knowing this hadn't prepared me for the shock of actually experiencing being powered, in normal activity, by something outside of me.

Nisargadatta says that it is a sign of spiritual progress "when one stops thinking that one is living, and gets the feeling that one is being lived, that whatever one is doing, one is not doing, but one is made to do." Nisargadatta is speaking of a person who had a steady consciousness of being other-controlled, not of someone who, as I, had had a momentary glimpse of it. Nevertheless, it was reassuring to me when I read this passage from *The Ultimate Medicine* because it was hard for me to retain what I had seen. I was also reassured about being other-controlled by passages in Keizan's *Transmission of Light*. Keizan is known as the "Great Patriarch" of Soto Zen. He asks rhetorically, "Do you not realize that you respond when called and you get where you are going by following directions.?" In Keizan's view, we are controlled by a power that "causes the eyebrows to raise and the eyes to blink." It "causes you to be born, causes you to die, causes you to move and act, causes you to perceive and feel." Keizan continues about other-control even more vividly: "Even though you see things and hear sounds, it is not these eyes seeing, not ears hearing."

I am not sure why, after twenty years, I am again pondering this insight of mine while putting the dishes away. But lately the question has been pressing on me, who or what is the power that is in control of my life? Given the course of my life as I look back on it, although my life has been difficult at times, the power in control of it has been ultimately benign. It has taken good care of me. That I don't know what it is, is echoed by Keizan, from whom I have read so much that is valuable to me. He says about this power, ". . . It is something whose name you don't know even though it has always been living with you" and "naturally comes along with you." I can rest with the thought that this power is a very comforting mystery.

## Dharma Class Reunion and Potluck to be Held April 27 at 11 a.m.

Members of Daifukuji's Dharma classes, past and present, are cordially invited to a class reunion and potluck gathering. Many have been studying together via Zoom since the start of the pandemic. This is an opportunity for everyone to finally meet in person and to enjoy fellowship at the temple.

You may bring some food to share. Also, please support our sangha's efforts to "go green" by bringing your own plate, cup/mug, and utensils. Help will be needed with clean up.

## Library News

By Clear Houn Englebert



The first new arrival has just been published and it's my new favorite book. It's *Dogen: Japan's Original Zen Teacher* by Steven Heine. It's definitive, based on a lifetime of research, but the writing is not scholarly—it's very approachable. 'Great' is not a good enough word for this book. Also, the gift shop has copies available for 25% off the retail price. It's a "foundation book" for anyone's library of Zen books.

The rest of the new arrivals are in Japanese:

*Ichī Zensha no Shisaku* (Thoughts of a Zen Practitioner) by Daisetsu T. Suzuki

*Zen* by Daisetsu T. Suzuki, translated by Sumiko Kudo

*Dogen* by Taido Matsubara

*Dogen Hyakuwa* (100 Stories of Dogen) by Tozen Nakano

*Shobogenzo o Yomu* (Reading the Shobogenzō) by Tooru Terada

*Hannya Shingyo o Yomu* (Reading the Hannya Shingyo) by Kazuyoshi Kino

*Hannya Shingyo Kogi* (Lecture on the Hannya Shingyo) by Kazuyoshi Kino

*Zen to wa nani ka: Sorewa Darumakara hajimatta* (What is Zen: Beginning with Daruma) by Tsutomu Minakami

*Ryokan-sama o tabisuru* (Travels of Ryōkan-sama) by Kazuyoshi Kino is nicely illustrated with photographs.

*Nihon: Nara—Kamakura* (Kodanshaban Sekai Bijutsu #21) (Japan: Nara-Kamakura Era: #21 of the Kodansha World Art Series) This is a beautiful photography book showing the Buddhist art of the Nara/Kamakura Era. Even though it's from 1965, all the photos are in color.



# Daifukuji Board Report

by Steve Hoshin Mann, Corresponding Secretary

The Daifukuji Board of Directors met Thursday, April 7 on Zoom.

Rev. Jiko reported on the large number of groups and activities resuming at the temple. Judie Fekete has arranged for the termite tenting of the buildings August 22 through 25. Stephen Tanaka met with contractor Glenn Uchimura about repairing the entrance ramp; Glenn is proposing replacement of the rotted wooden parts, and then skimming plywood and a water-shedding, non-skid sheeting over that. The project is still under consideration. Kai Ioh has spoken to Protex Painting about rust-treating and painting the roof.

We decided not to hold a Bon Dance this year, feeling that it is too dense a crowd, especially if it rains. We don't have the needed volunteers available to us this year, and would be short on time to organize it.

We will be cleaning the carpets inside the temple. The fall Online Auction is tentatively scheduled for the end of October/beginning of November. Auction donations will be accepted in mid-October.



33 Kannon Pilgrimage Service



Daifukuji Baikako



Daifukuji Happy Strummers



Mahalo to the Zazenkai for our Hanamatsuri lunch.

# May 2022

April 2022							May 2022							June 2022								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
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3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11		
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24	25	26	27	28	29	30	29	30	31					26	27	28	29	30				

- Sangha Sisters
- Youth Taiko
- Adult Taiko
- Family Service
- Major Service
- Temple Board
- Fujinkai
- Kannon-ko Service
- Project Dana
- Zazen
- Samu
- Special Events
- Baikako Practice
- Dharma Study
- Happy Strummers
- Work
- Offsite Backup
- Bon Dance Group
- Teen Sangha
- Orchid Club
- Family Service
- Major Service
- Home and 16 more...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:45 AM Baikako Practice 2:00 PM Happy Strummers	2 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	3 9:00 AM Tai Chi	4 6:00 AM In-person & Zoom Zazen 8:30 AM Soleful Strutters Moai 9:00 AM Tai Chi 5:00 PM Youth Taiko	5 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 7:00 PM Zoom Temple Board	6 Gift Shop 9am-12 noon 8:00 AM Samu 6:00 PM Gay Sangha	7 Gift Shop 11am-3pm 8:00 AM Heart Sutra Zoom Class 9:00 AM Youth Taiko
8 Happy Mother's Day!	9 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	10 9:00 AM Zoom Bare Bones Writers 9:00 AM Tai Chi 9:00 AM Zoom Heart Sutra Study	11 6:00 AM In-person & Zoom Zazen 8:30 AM Soleful 9:00 AM Tai Chi 5:00 PM Youth Taiko 6:30 PM Orchid Club	12 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 6:00 PM Zoom Zazen	13 Gift Shop 9am-12 noon 8:00 AM Samu 7:00 PM Sangha Sisters	14 Gift Shop 11am-3pm 8:00 AM Heart Sutra Zoom Class 9:00 AM Youth Taiko
15 Precepts Ceremony Rehearsal	16 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	17 8:30 AM Soleful Strutters Moai 9:00 AM Tai Chi	18 Kannon-ko 10 am 6:00 AM In-person & Zoom Zazen 9:00 AM Tai Chi 5:00 PM Youth Taiko	19 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi	20 Gift Shop 9am-12 noon 8:00 AM Samu	21 Gift Shop 11am-3pm 8:00 AM Heart Sutra Zoom Class 9:00 AM Youth Taiko
22 10:30 a.m. Lay Confirmation Ceremony Potluck Lunch 11:30 AM Gift Shop	23 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	24 8:30 AM Soleful Strutters Moai 9:00 AM Tai Chi	25 6:00 AM In-person & Zoom Zazen 9:00 AM Tai Chi 5:00 PM Youth Taiko	26 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 6:00 PM Zoom Zazen	27 Gift Shop 9am-12 noon 8:00 AM Samu	28 Gift Shop 11am-3pm 8:00 AM Heart Sutra Zoom Class 9:00 AM Youth Taiko
29 Memorial Day Service Blessing of Graduates 10:00 AM Lunch 9:30 AM Gift Shop	30 8:30 AM Yoga with Liz 5:00 PM Youth Taiko	31 8:30 AM Soleful Strutters Moai 9:00 AM Tai Chi	1 6:00 AM In-person & Zoom Zazen 9:00 AM Tai Chi 5:00 PM Youth Taiko 7:00 PM Daifukuji Board Meeting	2 9:00 AM Tai Chi	3 Gift Shop 9am-12 noon 8:00 AM Samu	4 Gift Shop 11am-3pm 8:00 AM Heart Sutra Zoom Class 9:00 AM Youth Taiko

**Daifukuji Soto Mission O-Toba and Ko-Toba Request Form**  
**Please turn in by June 1, 2022**

At Obon, Buddhists express their gratitude to their ancestors by making memorial dedications in the form of TOBA. The names of the deceased will be read by the minister during the Obon Service to which you are invited on **June 26, 2022**. Please send or bring your request form to Daifukuji no later than **June 1** and make checks payable to **Daifukuji Soto Mission**. If you have any questions, please contact Rev. Jiko at (808) 322-3524, [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org).

**YOUR NAME** \_\_\_\_\_  
**PHONE NUMBER** \_\_\_\_\_ **E-MAIL ADDRESS** \_\_\_\_\_

**O-TOBA (written on wooden boards)..... Donation \$10.00 per request**

O-TOBA are offered in remembrance of:

1. Family ancestors as a group (Example: The Nakade Family Ancestors)
2. A deceased individual for whom this is a first Obon (hatsubon) (Example: The late \_\_\_\_\_)

PLEASE PRINT NAMES CLEARLY.

*I dedicate the merit of these prayers to.....*

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
- 

**KO-TOBA (written on paper)..... Donation \$5.00 per request**

KO-TOBA are similar to O-toba, but are written on paper instead of wood and are a second option. Please print names clearly. *I dedicate the merit of these prayers to.....*

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

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

Your Name	_____
Donation for Toba	\$ _____
O-bon service donation	\$ _____
(optional)	
Total Enclosed	\$ _____



# Dharma Lei



## Bishop's Office Newsletter

Soto Zen Buddhism Hawaii Office

c/o Soto Mission of Hawaii 1708 Nuuanu Avenue, Honolulu HI 96817 U.S.A.

Tel & Fax: 808-538-6429

E-Mail: [info@sotozenhi.org](mailto:info@sotozenhi.org)

WEB: <http://global.sotozen-net.or.jp/eng/>

Second Quarter, 2022

Issue No. 40

### Bishop's Message:

Aloha from the Bishop's Office,

I hope this message finds you in good health and spirit. 2022 is off to a quick start, and we find ourselves already entering April! Along with the passing of time comes many changes in our lives here in Hawaii and around the world. With the expiration of the mask mandate on March 25 in Hawaii, I feel a sense of cautious optimism in the air. While we try find our way back to a more relaxed way of life in Hawaii, I encourage everyone to continue to use his or her best judgment on when it may be wise to wear a face mask.

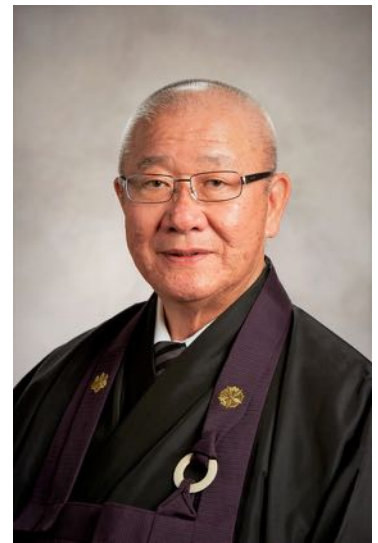
On the other side of the globe in Eastern Europe, the ongoing conflict in the Russia-Ukraine War has sent out ripples radiating around the world. I am deeply saddened that this war has come at the cost of thousands of lives already lost on both sides. I reaffirm my belief that there is no such thing as a "just war" when I think about the broken and displaced families and how the lives of so many people have changed for the worse. I pray that a peaceful resolution is still in reach.

Locally in Hawaii, we look forward to the arrival of new Hawaii Soto-Shu minister, Rev. Tomoki Hirasawa and his wife, Yuki. Rev. & Mrs. Hirasawa are coming from Kanagawa, Japan, and are set to arrive at Maui Mantokuji on April 18. The couple have a busy schedule ahead of them as the Mantokuji Fujinkai will be hosting the 55<sup>th</sup> Annual United Hawaii Soto-Shu Women's Association Conference just a few days later on April 23. With the arrival of one minister, we will soon be saying goodbye to another. Rev. Shinsho Hata will be returning to Japan with his wife Mamiko and son Jake later this year in August.

As I write this message to you, I reflect upon all the changes happening around me both near and far. Some changes bring happiness while others can be utterly heartbreaking. Changes in life means welcoming new people into our lives and sometimes saying farewell to others. Change is inevitable and it isn't just a part of life—it is life itself.

I am reminded of one of my favorite phrases I tell people—to "live each day to the fullest." We must strive to do this consistently and earnestly. The collective experiences we have in life—both good and bad—gives us the context of what it means to live a full life. Please continue to take care of yourselves and your family. May the blessing of the Buddha be with you.

In Gassho.

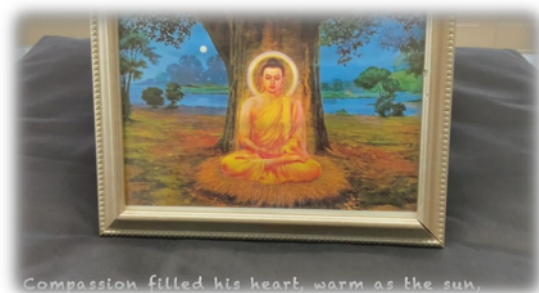


## NEW SONG “MORNING STAR”

At the end of December’s Daifukuji Rohatsu Sesshin, a song came to Rev. Jiko Nakade. She wrote it down and added the ukulele chords. Its title is “Morning Star.” She shared the song at the last spring HSMA meeting. This song makes us feel so calm and realize the preciousness of Buddha's enlightenment.

You can watch the video from the link below or the QR code.

<https://www.youtube.com/watch?v=WpLAyRjvKgo&t=89s>



## ZEN FOOD RECIPE GANMODOKI - DEEP FRIED TOFU PATTIES - Mrs. Naoko Moller

### Ingredients (serves 3)

- 1 package firm Tofu
- Carrot - half of one carrot
- 1 Tbsp. dried hijiki-seaweed
- 1 Tsp. salt
- 3-4 string beans chopped (or some shelled edamame)
- 2-3 Tbsp. of potato starch (or tapioca starch)
- Oil

### Instructions

1. Wrap Tofu with a paper towel and put some weight on top for an hour to drain water. While waiting, roughly grate carrot. Soak hijiki-seaweed in 1/2 cup water.
2. Squeeze excess water from the tofu and in a mixing bowl knead it well for smooth texture. Also, add salt and starch. Squeeze excess water from the carrot and previously soaked hijiki and mix them in to the tofu mixture.
3. Heat the oil to medium about 150C/350F. Make the patties and slowly put them in the oil.  
\*Do not put too many at once as the temperature of the oil goes down.  
\*Start with low heat and gradually let the heat rise to a higher temperature.  
\*If the oil is too hot, the patties will burst.  
\*Do not touch the patties in the oil for a while until the surface is pretty much cooked.
4. Serve and enjoy with salt, shoyu (soy sauce), shoyu with dashi broth, or plain. Add some grated daikon (radish), grated ginger, chili for more flavor.



# Learning and Living the Heart Sutra

## *Understanding the Hannya Shingyo*

April 16 - July 2, 2022 (No classes on April 23 & 30)  
10 classes via ZOOM, Saturdays from 8 a.m. - 9 a.m.  
Instructor: Rev. Jiko Nakade



The Hannya Shingyo, known as the Heart Sutra, is perhaps the most famous of all Buddhist texts. It is the most frequently chanted sutra in Soto Zen temples in Hawai'i and elsewhere. Around the world, this sutra is also chanted by other Buddhist groups. It expresses in just 262 Chinese characters the reality of Emptiness and the perfection of wisdom.

During this series of 10 classes, we will delve into the Heart Sutra and unpack its profound meaning. Rev. Jiko will also introduce the practice of *shakyo* (sutra copying) and give instruction on the chanting of the sutra in both English and Japanese. Class participants will be given the opportunity to share their interpretation of the sutra through creative expression such as art, poetry, prose, song, and dance.

There is no class fee. Donations to Daifukuji Soto Mission are appreciated and can be made through the temple's website <http://www.daifukuji.org/donation/index.html> or by check.

For more information or to sign up for either series, please contact Rev. Jikō at (808) 322-3524, [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org).

All are welcome to join these sessions.



# May Peace Prevail on Earth



*Peace Pole  
Dedication With the  
Rotary Club of Kona Sunrise*

*Prayers for Peace  
Metta Sutta in Hawaiian  
chanted by Dr. Holeka Inaba*

*Taiko Drumming*

*Happy Strummers*

*Fellowship*

**Saturday, April 30, 2022**

**10:00 a.m. - Noon**

**Daifukuji Soto Zen Buddhist Temple**

**79-7241 Mamalahoa Hwy (next to Teshima's Restaurant in Honalo)**

**[www.daifukuji.org](http://www.daifukuji.org)**

**This event is free. All are welcome.**



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

🌸 2022 🌸

## KONA DAIFUKUJI "ZOOM" YOGA 4.8.22

**6 Thursdays 8-9 am HST Apr. 21,28 May 5,12,19,26**

- 7:45 – 8 am HST Welcome Warmup
- 8:00 – 9 am "ZOOM" YOGA!
- 9:00 – 9:20am Chat (optional)
- 1:45 – 2 pm EST, DLS
- 2:00 – 3 pm
- 3:00 – 3:20 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!

*Consciously Crossing over to the Inner Source of Self!*

**Bring: Yoga mat, loose clothing, H2O, & towel, empty stomach**

"Dana"=Temple Offering by mail or at: <http://www.daifukuji.org/donation/index.html>

Email for REGISTRATION & Link: [ambikarose@hawaiiantel.net](mailto: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** 4.8.22