



Daifukuji Soto Mission

P.O. Box 55 Kealahou, HI 96750
808-322-3524 www.daifukuji.org

Treasuring the Past, Embracing the Present

November, 2011

Thanksgiving Service: *Gathering In Gratitude*

Sunday, November 20 10:00 a.m.



Dear Sangha, let us all come together in the spirit of thanksgiving and bow our heads before the Buddha with our hands in *gassho*. For many, this

has been a difficult year;

yet, each one of us has so much for which to be thankful.

This year, I would like to ask you, our members and friends of Daifukuji, to add your personal touch to our Thanksgiving service. I invite you to express your gratitude by sharing a poem, a reading, a song, a piece of music, or a dance. You may present your offering individually or as a group. Each piece should be no longer than 4 minutes. We will weave together a lovely Thanksgiving service.

If you are interested in participating, please call Rev. Jiko (322-3523) or send an e-mail to rev.jiko@daifukuji.org by November 12.

Light refreshments will be served following the service. Flowers for the altars are always appreciated & should be delivered by November 18. Canned foods for the Hawaii Island Food Basket may be brought to the service on Nov. 20.

Thanksgiving Eve Interfaith Program

Wednesday, Nov. 23



***6:30 p.m. at the Makaeo
Big Pavilion at the Old Airport**

Let's celebrate the spirit of Thanksgiving with music and song. After a hiatus of four years, the Thanksgiving Eve Interfaith Program is back, thanks to the efforts of Pastor Chuck Frumin of Lovin' Life Ministries. Various faith groups in the community, including the Daifukuji Family Sangha & Daifukuji Taiko, will be participating in this program. There will be a special performance by the dynamic Tongan United Methodist Choir. Canned foods, as well as monetary donations, will be collected for the Hawaii Island Food Basket. Admission is free.

*Time is still tentative. Please confirm time with Rev. Jiko before the event.

**Kokua Needed:
General Clean-
Up Day**
Sunday, November 27



8:00 a.m.

Daifukuji members & members of temple groups, we humbly request your kokua at our year-end temple clean up. Please bring rags, buckets, gloves, and garden tools, labelled with your name. Refreshments will be provided.

Let's beautify our temple and grounds in time for Bodhi Day, the day of the Buddha's enlightenment. Many helping hands are needed. We will begin at 8 a.m. with a short meditation inside the temple.

Questions? Call Ron Iwamoto at 322-9147.

**Fujinkai Coffee Festival
Bento Sale**

Saturday, November 12

The Daifukuji Fujinkai women's group will be making bentos and other goodies to sell at the Kona Coffee Cultural Festival on November 12. Monetary donations to the Daifukuji Fujinkai for the purchase of ingredients and supplies are appreciated.

Kokua is needed on the following days:

Friday, Nov. 11, 2011 at 1:00 p.m. -- preparation of vegetables

Saturday, Nov. 12, 2011 at 4:00 a.m. -- bento making

Questions? Please call Ella Yasuda at 322-8806. This bento sale is an annual fundraiser that benefits the Fujinkai. Please help make it a success.

Welcome To Our Sangha

The Daifukuji Sangha extends a warm welcome to **Brett Stone**, who recently became a member of our temple. Brett is also a member of the Daifukuji Zazenkai. Aloha and welcome, Brett!

**D a i f u k u j i
B a i k a k o
Welcomes Five
New Members**



Harmony, discipline, meditation, reverence, bringing comfort and joy to others, and focusing one's mind on the buddhas and bodhisattvas are what comprise the path and practice of Baikako members. All are welcome to join this serene musical form of Soto Zen practice.

The members of the Baikako Plum Blossom Choir welcome the following new members and thank them for joining:

- Elaine Fernandez
- Jean Ikeda
- Nancy Osako
- Evelyn Tabata
- Merle Uyeda

Domo arigato to Baikako president and long-time Baikako member, Michiko Enomoto, for helping Rev. Jiko lead the Baika sessions for beginners. If you are interested in joining this enthusiastic group of beginners, please call Rev. Jiko at 322-3524. Now's the perfect time to join! You don't have to be able to read Japanese.

Library News *by Clear Englebert*

Daifukuji library donates some of our Dharma abundance to other Soto temples. Our space is limited, and wonderful books get donated, so we share with the other islands in a great circulating Dharma-go-round.

The first four new arrivals are quite remarkable and are thanks to donations to the bazaar:

"Memoirs of a Buddhist Woman Missionary in Hawaii" by Shigeo Kikuchi. Ms. Kikuchi was the wife of Rev. Kikuchi of Kau, arriving at the Naalehu Hongwanji in 1917. The book is a quick and rewarding read. It's less than 70 pages long and is a fascinating glimpse at local history.

"Three Zen Masters: Ikkyu, Hakuin, Ryokan" by John Stevens. Ryokan (1758-1831) was Soto Zen's best known poet. He was a Japanese hermit monk who greatly admired the Chinese hermit poet Han Shan, the author of the well-known Cold Mountain Poems.

"Poems by Ryokan" has ten of Ryokan's haiku translated into four languages by Yuko Yuasa---English, Japanese, Chinese,

and Arabic. The book has fine Japanese paper and is a joy to hold.

"Zen and the Brain" by James Austin is an 850-page tome from MIT which has the subtitle, *Toward an Understanding of Meditation and Consciousness*.

"Zen Meditation: Plain and Simple" by Albert Low is an antidote to the previous book. Instead of just dwelling on "about" meditation, like the MIT book, the Low book explains "how to" meditate. The Buddha did it; Dogen did it. And you too can meditate---and this book can help. It's a uniquely well-done book about a core Buddhist subject.

"Peace is Every Step" by Gaetano Kazuo Maida is a very moving DVD about Thich Nhat Hanh. I highly recommend it; I was in tears by the end.

"Living and Dying in Zazen: Five Zen Masters of Modern Japan" by Arthur Braverman includes four priests and one laywoman. Three of the priests are Soto and one is Rinzai. The book is very readable (in fact it's hard to put down) and the inspiring examples will help to deepen your Buddhist practice.

Robert Aitken is a well-loved Hawaii writer and the library has two more of his books. "The Mind of Clover: Essays in Zen Buddhist Ethics" is a classic from 1984. "The Morning Star: New and Selected Zen Writings" is from 2003.

"Zen Gardens: Kyoto's Nature Enclosed" by Tom Wright and Katsuhiko Mizuno has peaceful full-page color photos for most of the book.



Tai Chi

by Philip Hema

The origins of Tai Chi are to be found in the martial arts of ancient China. Of the three styles surviving into the 21st century, "Yang" is the most wide-spread and popular in the West. The slow, almost hypnotic movements, called posture forms, are based on the "advance/retreat, strike/evade" reaction-responses thought to have been observed in a confrontation between a bird and a snake.

Today, the benefits of consistent Tai Chi practice have been well-documented. These include a calming of the mind and a loosening of the limbs, which results in increased flexibility, while the gentle stretching of muscles and tendons increases blood flow. Having to memorize the various posture-forms in correct sequence also challenges the memory.

But perhaps the most important benefit of Tai Chi practice is an increased sense of balance wherein the mind and the body become the mind/body, moving effortlessly through the various posture forms. Tai Chi Chuan can be practiced without regard to age or gender and certain forms may also be performed

from a seated position. Interestingly, a recent study by the Harvard Medical School documented the beneficial effects of Tai Chi for women and for people who have high blood pressure.

For Tai Chi practice, clothing should be comfortable, allowing full movement without restriction. Here in Hawaii we are fortunate to be able to practice outdoors year-round in parks and at the beach, adding the benefit of tapping into the natural forces present in such places.

If you are interested, please join us each Thursday at the Cultural Hall from 9 AM to 10 AM. Our group is small which allows for individual help in mastering the practice in a friendly and supportive atmosphere. For further information, please contact Philip @ 989-7167 or e-mail me @ kokuapets@gmail.com.

Philip, who studies Tai Chi with Bob Yokomoto, has been leading Tai Chi practice at Daifukuji for over a year & has been donating his time to do this. Thank you very much, Philip.



The Daifukuji Tai Chi Group



Fujinkai Autumn Field Trip *by Lorraine Tanimoto*

On Friday, October 14, twenty-nine Fujinkai members and guests embarked on a field trip and visited two of Kona's places of interest. Our first destination was the Keauhou Store. Present owners Kurt and Thea Brown restored the store in 2010, maintaining the atmosphere of the former Sasaki Store. Today, it is a mom-and-pop type of store with memorabilia. The next stop, the Original Hawaiian Chocolate Factory, turned out to be an educational experience. Owner Bob Cooper walked us through the four stages of their "cacao pod to chocolate" operation. Their chocolate factory creates three kinds of single-origin chocolate and these three types were sampled by everyone. The tour ended with lunch at Manago Hotel.

(The Fujinkai thanks Lorraine for her hard work in coordinating this field trip.)



Shakyo: Tracing the Sutras *by William Chigen Lundquist*

Zazen, or sitting meditation, is not the only type of meditation helpful to Soto Zen Buddhists. Led by Mayo Chinn, a few of us here at the Daifukuji have been gathering on selected Saturday mornings throughout the year to practice Shakyo, which I think of as writing meditation. We sit and trace the Heart Sutra or various depictions of Kannon with either a calligraphy pen or a special type of ink and brush from Japan.

A brochure on Shakyo practice put out by the Soto Zen Buddhism International Center says Shakyo is a means of spreading the Buddha Way among people, and can also be a way of praying for fulfillment of wishes. "But today," said the brochure, "we can do shakyo in order to reflect on ourselves, or to attain mental well-being by mindfully tracing the sacred scriptures. It does not matter if one has faith in Buddhism or not, or if one's writing is good or not." I was relieved to read that last part, because my handwriting has always been terrible, and is not improving as I age. Fortunately, the value of Shakyo is in the doing, not in the perfection of the final product. We are meditating, not producing fine art, whether the final product is attractive or not.

I find by concentrating on doing something, I can focus my mind better than I usually do in Zazen. I've tried both the pen and the ink and brush, and traced both the sutras and images of Kannon and find all the variations useful. I sometimes end up with blobs of smeared ink when using the brush, but

there is something almost sensual about dipping the brush with just enough force to break the surface tension of the ink, then trying to apply just the right amount of ink to the paper with continuous, confident strokes. It isn't easy for me, but the added difficulty results in increased concentration.

The practice is simple enough. We sit up straight at tables and allow our minds to calm. We gassho as Rev. Jiko leads us in reciting the Four Universal Vows and the Heart Sutra. We can finish each page by dedicating our effort to others, as I have to the victims of the tsunami in Japan or the tornados in the Midwest. At the bottom we write our names and the date with the words "Humbly traced." At the end of the session, we gassho and recite the Fueko.

The practice is simple, peaceful and beautiful. Mayo cheerfully helps newcomers figure out how to begin. **Please join us at the next session scheduled for 9:30 - 11 a.m. on November 5.**



Tracing the sutras and pictures of buddhas and bodhisattvas harmonizes body and mind.

Thursday Evening Zen Daifukuji Kannon Hall 7:00 - 8:30 p.m.

November 3: Zazen & Chanting

November 10: Buddhist Movie Night
"Life of Buddha"

November 17: Zazen & Chanting

There are also weekly **Wednesday** morning zazen sessions which are held from 6 a.m. to 7:15 a.m. Please call Rev. Jiko (322-3524) for more information.

Note: **Zazenkai members** are invited to attend a potluck breakfast meeting which will be held after the first period of zazen on Nov. 30.

Studying the Precepts

Saturday Morning Study Group

November 5, 11 a.m. to noon (to be preceded by sutra tracing from 9:30 - 11:00 a.m.)

November 19 9 - 10 a.m.

December 3 11 a.m. - noon
(to be preceded by sutra tracing from 9:30 - 11:00 a.m.)

December 17 9 - 10 a.m.

These sessions are open to all. If you will be participating in the Buddhist confirmation ceremony in March or are thinking of doing so, you will find these sessions especially meaningful.

Please inform Rev. Jiko (322-3524 or rev.jiko@daifukuji.org) if you are planning to join this study group. All are welcome.



Thanksgiving Greetings from Rev. Jiko

Dear Daifukuji members and friends,
Happy Thanksgiving, dear sangha!

Visiting the Keauhou Store with the Fujinkai members was a walk down memory lane to an era when life was hard but simple, and getting a new bicycle at this particular store was a kid's greatest thrill. Looking at the sturdy showcases, shelves, and furniture in the store, all built to last by the late Yoshisuke Sasaki, I thought of this master carpenter from Japan who designed our beautiful temple, the Daifukuji Soto Mission, also built to last. His wife Kuma's diary was shown to me, written in her beautiful Japanese penmanship, a record of her daily life in Keauhou mauka. Today, while walking through the Daifukuji cemetery, I stopped at the grave of Yoshisuke and Kuma Sasaki and offered a prayer of thanks from all of the members of our sangha to the two of them. They were true pioneers. When the 100th anniversary of our temple is celebrated in 2014, we will remember them, as well as the other pioneers of that era -- the *issei* -- whose toils and determination made possible the establishment of Buddhism in Hawaii.

For the past two years I have had the privilege of working on a DVD project about our nine Soto Zen temples in Hawaii, a project sponsored by the Hawaii Soto Mission Association. As this project nears completion, I am overcome with feelings of gratitude for the ministers and sangha members of the past who lit the lamps of the Buddha-Dharma that are still burning brightly in our temples today.

The early ministers rode into the fields on horseback to minister to the Japanese immigrant laborers and to teach them about Kannon-sama's boundless compassion. They labored alongside the people of their communities to build, board by board, the temples in which we congregate today.

Look at our temple, Daifukuji. With the rays of the afternoon sun striking it from the west, it is breathtakingly beautiful -- a red and white phoenix with its wings stretched open wide, beckoning all to enter its doors.

May you enjoy a bountiful Thanksgiving with an abundance of peace in your hearts. **I hope to see you at our Thanksgiving Service on November 20th. Family & friends are welcome.**

In gassho, with much gratitude,
Rev. Jiko

Coming Up in December...

- Jodo-e Bodhi Day Service & General Membership Meeting.....Dec. 11
- Project Dana.....Dec. 14
- Kannon-ko & Ofudayaki.....Dec. 21
- Mochitsuki.....Dec. 28
- New Year's Blessing Services.....Dec. 31 & Jan. 1

Sangha Photo Gallery



Fujinkai Autumn Field Trip Oct. 14, 2011



Happy Halloween! Here's Toshie Hanato, winner of the "Scariest Costume" category of the Project Dana costume contest.



Dr. Richard Stevens' "Learning From Place" class visited Daifukuji on Oct. 7th and did some weeding and planting. Mahalo, everyone!



Yaeko Hakoda's costume was judged "funniest" in the costume contest.

November 2011

| October 2011 | November 2011 | December 2011 |
|----------------------|----------------------|----------------------|
| S M T W T F S | S M T W T F S | S M T W T F S |
| | 1 2 3 4 5 | 1 2 3 |
| 2 3 4 5 6 7 8 | 6 7 8 9 10 11 12 | 4 5 6 7 8 9 10 |
| 9 10 11 12 13 14 15 | 13 14 15 16 17 18 19 | 11 12 13 14 15 16 17 |
| 16 17 18 19 20 21 22 | 20 21 22 23 24 25 26 | 18 19 20 21 22 23 24 |
| 23 24 25 26 27 28 29 | 27 28 29 30 | 25 26 27 28 29 30 31 |
| 30 31 | | |

- 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
- Bon Dance Group
- Teen Sangha
- Orchid Club

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|-------------------------------------|--|---|--|--|
| 30 9:30 AM Family Sangha Field Trip | 31 5:00 PM Youth Taiko | 1 | 2 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Fujinkai Board | 3 9:00 AM Tai Chi Session 7:00 PM Zazen & Chanting | 4 8:00 AM Samu | 5 9:30 AM Sutra Training 10:00 AM Youth taiko-beginners 11:00 AM Precepts Study |
| 6 8:00 AM Baikako Practice 9:30 AM Family Service | 7 5:00 PM Youth Taiko 7:30 PM Happy Strummers | 8 7:00 PM Beginners Baika Class | 9 Project Dana 8:30 am 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Orchid Club | 10 9:00 AM Tai Chi Session 7:00 PM Buddhist Movie | 11 8:00 AM Samu 1:00 PM Bento Prep 7:00 PM Sangha Sisters | 12 Bento Making 4 a.m. 10:00 AM Youth taiko-beginners |
| 13 9:30 AM Family Service | 14 5:00 PM Youth Taiko | 15 | 16 Kannon-ko 10 AM 6:00 AM Zazen 5:00 PM Youth Taiko 7:00 PM Youth Taiko Board | 17 9:00 AM Tai Chi Session 7:00 PM Zazen & Chanting | 18 8:00 AM Samu | 19 9:00 AM Precepts Study 10:00 AM Youth taiko-beginners |
| 20 Thanksgiving Service 10 a.m. | 21 5:00 PM Youth Taiko 7:30 PM Happy Strummers | 22 7:00 PM Beginners Baika Class | 23 Interfaith Service 6:00 AM Zazen 5:00 PM Youth Taiko | 24 Happy Thanksgiving! | 25 | 26 10:00 AM Youth taiko-beginners |
| 27 General Clean Up 8 am | 28 5:00 PM Youth Taiko | 29 | 30 6:00 AM Zazen 6:30 AM Zazen Meeting 5:00 PM Youth Taiko | 1 9:00 AM Tai Chi Session 7:00 PM Temple Board | 2 8:00 AM Samu | 3 10:00 AM Youth taiko-beginners |