



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

April, 2020

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

See "archives" on our website for previous newsletters.

## Temple Closed Until Further Notice

### A Message from Bobby Command, Daifukuji Board President

Aloha Daifukuji members and friends,

We look to the Buddha for refuge; we look to the Dharma for refuge; we look to the Sangha for refuge.

We understand that the three jewels of Buddhism are intertwined and not to practice them all at the same time only results in a hollow existence. Now, more than ever, we may experience some of that hollow existence, but we can now understand why we look to the Sangha for refuge. We realize Daifukuji is not the tangible historic building, not the Kyodan Board of Directors, and not the programs offered by the temple. It is an intangible living "community" created by common attitudes, interests and goals. It is the fellowship manifested by the sum of all those things that is the Sangha.

We deeply miss seeing one another and being able to gather at services or pay our respects to a dear loved one at their funeral service. Many have lost their jobs or their jobs are threatened by the recession. Perhaps some of you know or have a loved one suffering and you are not even able to be with them during their time of need. It must be a painful and difficult time for all.

But community ripples out like the waves created by a stone tossed into calm water. And we have a responsibility to our larger community in which we reside. We realize we must do our part to maintain the larger Sangha. So, for now we accept that we will be isolated and apart from each other, but with the knowledge that when this crisis is over, we will emerge together, stronger, smarter and better able to confront the next challenge, whenever it may come.

Daifukuji is doing its best to do its part. The board has voted to cancel all of our in-person services and gatherings at our temple until further notice and abide by the "stay at home" directives. Through incredible technology, we conducted our first virtual board meeting to discuss our near-term plans, which will mirror any and all directives issued by federal, state and county officials. We will re-convene monthly, or more if necessary, and adjust our policy accordingly.

Please support Rev. Jiko as she tries her best to attend to the spiritual needs of our membership during this crisis. Please support our board as we weather this storm in search of calmer waters, and work to settle our minds and retain a deep sense of gratitude for all we have in life.

In Gassho

Bobby



## Aloha from Rev. Jiko

Dear Daifukuji Members and Friends,

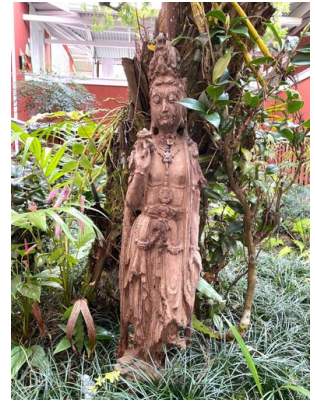
The degree to which this pandemic has caused widespread sickness and death around the world has been heart wrenching. I express my condolences to all who have lost loved ones to COVID-19 and offer healing prayers for those who are ill. May the buddhas and bodhisattvas' balm of boundless compassion alleviate the profound suffering that is shrouding our world in pain.

It is easy to get swept away in this immense ocean of suffering. To avoid drowning, I have found it important to ground and re-ground myself in the solid earth of the Buddha-Dharma, to turn to my spiritual sources of strength and inspiration, to rely on my practice of zazen, and to consciously choose to live in gratitude rather than in fear. Daily, I thank the "helpers," those people in every community around the globe who are helping the sick, the grieving, and the jobless, & those who are sacrificing their safety to keep our communities running.

As the world changes before our eyes, we may feel waves of sadness and fear wash over us. Let us remember that our hearts are linked to Buddha's Great Heart of Compassion, which is infinitely vast and all embracing. Let us remember that we can always return to and rest in this Heart-Mind of Compassion.

During this period of temple closure, I am devoting myself to several projects, among them coordinating the distribution of the face masks so lovingly sewn by sangha volunteers. Inspired by these ladies' selfless service to our community, I have also been offering twice weekly online services with the help of Amy Jikai. Thus far, we have offered a Spring Higan & Kannon Service, a Family Service for children, a Loving-Kindness Service, a Hanamatsuri service & tea pouring ceremony in the garden, and today, an early morning service. Our hope is to offer services that bring comfort, peace, and light into the lives of our viewers. Perhaps our many bloopers bring smiles to your faces, such as the time our iPhone slipped on our rickety makeshift tripod during a service, giving our viewers a nice view of the temple ceiling rather than the altar. Thank you, everyone, for bearing with our unprofessional productions and for your warm words of encouragement. Also during this time, my son Ryan Jigaku, who lives in Oregon, is helping me make short Dharma videos for children. We are trying to use this time creatively.

Dear friends, please take good care of yourselves. I look forward to the day when you will all return to the temple. In the meantime, please keep in touch and don't hesitate to call should the need arise. You are always in my heart. Namu kie butsu. Namu kie hō. Namu kie sō.



## Live-Streamed Services Offered Online

Rev. Jiko and Deacon Amy Jikai have been offering live-streamed services via the temple's Facebook page. Videos of these services may be viewed at: <https://www.facebook.com/konadaifukujitemple/>.



## COVID-19: 10 Suggestions from a Buddhist and Science Perspective for Natural and Behavioral Interventions

by Harold Jiho Hall, Ph.D.

*A member of Daifukuji, Dr. Harold Jiho Hall is a retired psychologist who lives with his wife Jeri in Kohala.*

1. The first suggestion is to see COVID-19 as empty, not real in itself. Viruses contribute to evolutionary change by creating successful genetic patterns that underlie all living cells. The scientific community saw viruses first as poisons and then as inert up to the mid-1930s, later as life-forms, and today as complex bio-molecules occupying a gray area between living and nonliving. Most known viruses in their merging with the cellular genome are harmless, not pathological to humans. They cannot be understood except in relationship to other things.
2. Be at peace with the idea the virus is largely unstoppable until “herd immunity” takes place, a vaccine is developed, or specific antivirals are available. Research shows that a cough is estimated to contain up to 3000 airborne droplets, each one less than 5 microns in length. Research by MIT professor Lydia Boruouiba (JAMA, 2020) shows that a sneeze spews out up to 40,000 droplets up to 27 feet away. She has videos in real time to back up her findings. Worse yet, the droplets drift and hang in the air before gravity sets them on various surfaces for different lengths of time (cardboard, up to 24 hours; plastic and stainless steel, 72 hours, and up to 4 days on glass). Covid-19 viruses have been found in ventilator shafts of hospitals. An open window or A/C may cause the droplets to drift to persons across the room, infecting them at distant points. Research shows that aerosolized infected droplets are produced by talking or just breathing. Asymptomatic persons make up at least 25% of Covid-19 cases. About 5-10% of those “recovered” later test positive for COVID-19. Absent containment, on average each infected person will infect 2 to 3 others. Fear of death? Here we have the wonderful teachings of Thich Nhat Hanh on birth and death as appearances and not reality, and the Buddha himself who offered us impermanence, nonself, interbeing, and emptiness to experience the true reality. In the process of understanding, fear disappears.
3. Build robust immunity. Covered in the last article for Daifukuji, a strong and resilient immune system acts both as the key factor in preventing and reducing the impact of most physical and stress-related conditions, and explains why many people including seniors do not become infected or have mild symptoms. Better immunity arises from many causes and conditions, all of which intertwine and lead toward well-being and longevity.
4. Get plenty of sunlight and outdoor time, for example, walking your dog or working in a garden. Previous studies have shown that influenza and other viruses can be inactivated by simulated sunlight. Virus viability is rapidly lost at higher temperatures and higher relative humidity (e.g., 38C and relative humidity of >95%).

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5. Be aware of the typical negative psychological impact of lockdown and take appropriate action to build in safeguards. Most studies reported negative psychological impacts including post-traumatic stress symptoms, confusion, and anger. Stressors included a lengthy quarantine, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma. Feeling relief was reported by only 4% of the individuals on lockdown in a major study. Build in healthy routines for you and your family or others sharing lockdown. Loving-kindness, humor, new learning, and other positive characteristics of your time on lockdown should be included for yourself and others. Many people started ZOOM and other teleconferencing accounts (free!) to communicate with family, friends, or to work at home.

6. Note emergency warning signs which imply you should contact your primary health care provider, call 911, or go to the hospital. These signs include but are not limited to the following:

Difficulty breathing, often sensing the lungs are filled with fluids;

Persistent pain or pressure in your chest;

Bluish lips, a sign you are not getting enough oxygen

Cognitive confusion or inability to arouse

Complete loss of smell or taste, affecting up to 70% of persons infected with Covid-19.

7. Be aware that both lockdown and the pandemic will end. The CDC and WHO states you can leave home isolation if you have not had a test and all 3 of the following occur: (1) no fever for 72 hours (i.e. 3 days without symptom-reducing meds), (2) other symptoms improve—reduced cough, shortness of breath; and (3) At least 7 days have passed since symptoms first appeared. If you have been tested positive, then all 3 above apply plus you need 2 negative tests 24 hours apart.

8. Continue with your healthy routines. Create a “life radius” of locations and activities associated with maintaining your health and addressing the suffering that pervades their space.

9. Create a purpose for the rest of your life and know your talents and skills, as well as those of people around you, in order to accomplish it. People who have a strong sense of purpose and can articulate it live an average of 7 years longer. People who believe in a faith-based tradition and go to activities at least 4 times monthly live 4-14 years longer.

10. Believe that there are no limits to compassionate-wisdom. Stop wasting time which is better spent on helping others. There is an infinity of ways to serve others.

**In need of cloth face masks for you and your family? Please call Rev. Jiko at (808) 322-3524. The temple is offering them at no charge.**



## In Memoriam



We extend our deepest sympathy to the family of the late **Paul Teramoto**, who passed away at the age of 59 on February 7, 2020. A private service was held.

Our heartfelt condolences are extended to the family of the late **Raymond Ikeda**, who passed away at the age of 57 on March 18, 2020. Service information to be announced at a later date through West Hawaii Today.

*May the Buddha's compassion surround you.*

## Welcome to Our Sangha



We extend a warm welcome to the following new members:

**Susie and Terry Weaver**

**Faith Stone, James Putorti, and Devi Stone-Chung**

**Darlene Kirihara**

New members are always welcome. Membership information is available on our website: <http://www.daifukuji.org>.



Ministers & Leaders of Hawaii Island Groups



Daifukuji Members Chanting a Sutra

## HAIB Buddha Day Service Held in March

It was fortunate that the HAIB Buddha Day service was held in March and that many people from around our island were able to gather to pour sweet tea over the baby Buddha. Mahalo to Kona Hongwanji Buddhist Temple for hosting this annual service, to the many volunteers who helped set up, prepare refreshments, and clean up, to Rev. Satoshi Tomioka for his uplifting Buddha Day message, and to the New Dharma Band from Honokaa for providing the entertainment. Thanks also go to the members of the Hawaii Island HAIB committee, whose good planning resulted in a lovely celebration of the Buddha's birth. To all who attended this service, thank you very much.



Mahalo to the volunteers!



## Library News

*By Clear Houn Englebert*

The library has recently expanded. Rev. Jiko noticed that there was space for high shelves on each side of the windows that are directly behind the main bookcase. Now there are four shelves, two on each side of the windows. Dogen's works are on your right as you face the library, and Keizan's works are on your left. That matches the symmetry of the main altar in the hondo (ceremony hall). When you face the main statue of Shakyamuni in meditation, the statue of Dogen is on your right and the statue of Keizan is on your left.

There's also a new spinning rack for displaying the DVDs. The audio rack has moved to the north side of the main bookcase.

There's a display of Daifukuji temple cards for sale on a table (not the table with the free items) on the opposite wall from the library, next to the big row of sliding doors. The cards are on trays, and we're on the lookout for better trays.

## Two Zen Classes (Via Zoom if Temple is Still Closed)

Clear Houn Englebert will be teaching two free classes in May: Mindfulness on Sunday, May 17, and Zen Meditation on Sunday, May 24. Each class is from 1:00PM until 2:30PM and preregistration is required.

Mindfulness is the simple, repetitive effort of bringing one's attention back to the task at hand throughout the day and, although it's simple to define, doing one thing at a time is difficult to practice. The class will include: suggestions for re-centering oneself, being mindful in difficult situations, and dealing with bothersome thoughts.

The meditation class will include correct posture on a cushion, bench, or chair and etiquette in a meditation hall. There will be special emphasis on what to do with your mind during meditation. The main form of meditation in Soto Zen is *shikantaza*---just sitting. This class will end with a meditation session, and there will be time for questions at both classes.

These practices are essential parts of Zen training and, together with keeping the Buddhist precepts, lead to the "goalless goal" of awakening. To pre-register please call 322-3524 or visit [daifukuji.org](http://daifukuji.org). **If the temple is still closed, the classes will be held online via Zoom video conferencing.**



## Mahalo Nui Loa

Mahalo nui loa to the following seamstresses who have been devoting their time and energy to sewing cloth face masks for the members of our Sangha: Michiko Enomoto, Edna Yamane, Yukie Yamane, Itsuyo Yamane, Reiko Kodaira, Merle Uyeda, Susie Weaver, Linda Akamatsu Camp, Esther Shigezawa, and Andrea (Harai) Shea. Ladies, please know that your efforts are truly appreciated by all. Thank you for the love and care that you've extended to the members of our community during this difficult time. Also appreciated is the support given by Dr. Harold Jiho Hall and The Pacific Institute, the Daifukuji Fujinkai Women's Association, and H. Kimura Store. **Should you need a mask for yourself or your family, please call the temple at (808) 322-3524 or send an email to [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org). There is no charge.**



Thank you very much to Larry Yoshiyama, Stephen Tanaka, Jack Tabata, Warren Ikeda, Chester Mitamura, and Raymond Baltero for contributing their energy, enthusiasm, and muscle power, which made the completion of the trench and pipe installation project possible. Amazingly, work was completed in just three days, rather than the projected seven days. Mahalo to Cy Nakamoto for his generous donation of a truckload of gravel.



Arigato to Shinkaku Marquis for creating and donating eight ceramic flower pots for our temple garden. Each pot represents a tenet of the Buddha's Eightfold Path. Mahalo to Michele Abe for donating the orchid plants to fill the pots.

A warm thank you to Elaine, Julio, and Joyce for keeping the columbarium clean, to Stephen and Stanley for maintaining the lawn & hedges, to Larry, Warren, Chester and Shinkaku for keeping the weeds under control, and to other members of the samu group for their kokua with various tasks. Lastly, thank you to George Hashimoto of the Kona Okinawa Kenjinkai for thoughtfully replacing the broken roller on the sliding storage cart in our social hall. Mahalo nui loa.



## UHSSWA Cookbook in the Making

The United Hawaii Soto-Shu Women’s Association (UHSSWA) will be publishing a new cookbook this year. Temple members are invited to submit their favorite recipes. Along with each recipe, you may include a memo. For example, “My mother prepares this dish every year on my birthday” or “My uncle always serves this dish at family gatherings.”

Cookbook published by the UHSSWA in conjunction with the Hawaii Soto Mission Association

If you would like to contribute one or more recipes, please send them via email to Merle Uyeda at [mteiko@icloud.com](mailto:mteiko@icloud.com). You may also mail your recipe to Daifukuji Soto Mission, P.O. Box 55, Kealakekua, HI 96750. We would love to receive your favorite recipes as soon as possible. Questions? Please call Merle, cookbook committee chair, at (808) 323-3553.

## New Appliances

Thanks to bazaar fundraisers of the past which have over the years boosted our temple’s Building and Maintenance Fund, we have been able to replace not one, but two old and inefficient kitchen appliances. Thank you to Larry Yoshiyama for upgrading the gas pipes and hooking up the new Wolff stockpot burner.



Happy Cooks

We also thank Larry Yoshiyama and Warren Ikeda for donating their expertise and labor to bring our hall kitchen up to current Department of Health standards. Grease interceptors and floor sinks were installed, and protective casings placed around the fluorescents lights.

Everyone, please know that these are the kinds of upgrades that are made possible by your hard work and generous contributions to the temple’s annual Building Fund Bazaar. Mahalo to all!



New Gas Stove



New Burner





# Dharma Lei

## Bishop's Office Newsletter

Soto Zen Buddhism Hawaii Office

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Second Quarter, 2020

Issue No. 32

### Bishop's Message: Bishop Shugen Komagata

Aloha from the Bishop's Office,

I hope you are doing well. As you already know, the world is currently in a great state of worry and uncertainty regarding COVID19, also known as the Novel Coronavirus.

In many parts of the world where the number of infected people is rising, Soto Zen Buddhism has taken measures to prevent the spread of this virus. I was informed that Rev. Ryoju Tahara of the Soto Zen Buddhism South America Office in Brazil is just one of many ministers who decided to temporarily close their temples for the duration of the outbreak. Many Soto Zen temples in Japan will have observed their Ohigan service without their congregation present.

In Hawaii, we are also facing an increasingly difficult situation that seems to change with each passing day. The Soto Mission of Hawaii has cancelled all the services and all activities, including classes, events, and meetings until the end of April 30. Please contact your temple to learn about any schedule changes or cancellations.

While we hope and pray for the best, it is important that each of us does his or her part to keep our families and ourselves safe. I encourage you to do simple things like frequently washing your hands. Around the world, the "fist bump" has replaced the handshake. Perhaps we can also bow to one another with two hands in *gassho* instead of shaking hands!

Since the novel coronavirus may be spread even by individuals who may not be exhibiting symptoms, we have been encouraged to avoid unnecessary exposure by not going out into public, especially if you're older or have a preexisting medical condition. Although this new practice of "social distancing" appears to be the "new normal" until we gain the upper hand over the spread of this illness, we must remember to continue to be compassionate and caring towards others.

I will continue to pray for your health and safety. Please remain vigilant, and take care of yourself and loved ones.

In Gassho,

A handwritten signature in black ink that reads "Shugen Komagata".

Bishop Shugen Komagata



## **A Message from Rev. Shunei Oniuda, President of the Administrative Headquarters of Soto Zen Buddhism**

I would like to extend my heartfelt condolences for those who have lost their precious lives from the novel coronavirus (COVID-19) and offer a prayer that they may rest in peace.

For those who have been affected by this illness, I pray that they will recover as soon as possible, and I would like to offer my deepest sympathy to their families and relatives who have also been affected by this illness. Also, my thoughts are with all those experiencing tremendous difficulties whose lives have been affected by the spread of this epidemic and the need to stay home.

In the Kamakura Period of Japanese history when Dogen Zenji was teaching, there were times when cool summers caused by climate change often brought poor harvests. There were outbreaks of plague, and, during the Great Kanki Famine (1230-31), it is said that about a third of the population of Japan perished. In times such as these, Dogen Zenji emphasized that these were the very times to not neglect the Buddha Way.

With the spread of the novel coronavirus infection, many people are upset. They are frightened because of the spread of the infection and anxious because their own lives are at risk. It is in such a time that the teachings of Shakyamuni Buddha, Dogen Zenji, and Keizan Zenji are necessary.

Shakyamuni Buddha taught right view, right speech, and right practice in the face of the sufferings of sickness and death. It is necessary to have correct and current information about the novel coronavirus infection to insure that harmful rumors and discrimination do not occur. It is also necessary to take care so that we do not become infected by this virus and other people are also not infected.

Even if people are agitated or anxious in the confusion caused by others who are fearful and buy up or hoard food and other goods, let us act calmly. Let us act in accordance with the spirit of Dogen Zenji's teaching of *the intention of first saving others before ourselves* and in accordance with the Bodhisattva's Four Embracing Actions.

By doing our best to disinfect our hands and maintain proper etiquette when coughing and sneezing, we are preventing not only our own infection but practicing good hygiene so that others are not infected. This is to naturally practice the way of benefitting others.

Also, Keizan Zenji taught that we should have compassion and love for all things, that we should sympathize with others' sufferings as if they are our own, and that with the mind of compassion we should be diligent in the practice of zazen. I encourage you to endeavor to practice zazen during this time that we must spend quietly at home.

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