



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

October, 2023

(808) 322-3524 www.daifukuji.org

See “archives” on our website for previous newsletters.



Daifukuji Soto Mission
Sunday Oct. 29, 2023
9:00 a.m. - 1:00 p.m.
79-7241 Mamalahoa Hwy
*located in Honalo next to
Teshima's Restaurant*



A fundraiser for the Daifukuji Soto Mission
For more information, call 808-322-3524
www.daifukuji.org



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25th Daifukuji Soto Mission Bazaar

Sunday, October 29, 2023

9 a.m. - 1 p.m.

Volunteers needed

GUIDELINES:

1. Donations may be dropped off at the Daifukuji Hall from October 21 - October 27. Place items inside the hall. You may pick up a donation acknowledgment form for tax purposes. **We are NOT able to accept old computers, large electronic equipment, exercise equipment, large furniture, or large appliances.** Monetary donations will also be accepted. Please make your check payable to Daifukuji Soto Mission and write "bazaar" on the memo line.
2. Please have all rummage items cleaned. Clothing should be washed. Limit clothing donation to one 33-gallon trash bag of clothing per household.
3. Donation of live plants may be dropped off on Friday, October 27 or Saturday, October 28.
4. Donation of non-leafy vegetables, fruits, and other perishables may be dropped off Saturday, October 28 by 2:00 p.m. (No lettuce or leafy greens, please.)
5. Thank you for your past donations of homemade items such as baked goods. Because of new Health Department guidelines regarding homemade items, we are unable to sell them at the bazaar.
6. All bazaar sale items are final: no refunds, returns or credits.
7. All members, please wear your Daifukuji T-shirts, which are available for sale in the temple's Gift Shop. If the shop is not open, see Rev. Jiko to purchase shirts. Shirts are available in children's and adult sizes in a variety of styles.
8. The Temple Gift Shop will open at 8:00 a.m. on the day of the bazaar. All other units will open at 9:00 a.m.
9. Workers/members' vehicles should be parked in the cemetery area. Carpool if possible. If you need your car parked, please fill out and attach an identification tag to your keys for our parking staff. Key identification tags will be provided.
10. Lunch will be provided to all workers. Meal tickets will be issued to each Unit Chair by Avis Yamamoto.
11. At closing, each unit is responsible for cleaning its respective areas. Please assist other units as needed.
12. **If you'd like to volunteer, please contact co-chair Joyce St. Arnault at (808) 329-3833. If you have questions, please call co-chairs Barbara Bosz at (808) 987-2674 or Betsy Morrigan (808) 938-4492 , or Rev. Jiko at (808) 322-3524.**



Aloha from Reverend Jikō

Warm autumn greetings to all!

With Daifukuji's bazaar coming up at the end of October, along with the hard work such an undertaking entails, we must keep the safety, happiness, and well being of our sangha foremost in our minds. Fortunately, prior to the bazaar, two beneficial classes will be offered: a fall prevention presentation on October 11 (p. 4) and a mindfulness and meditation class on October 14 (p. 8).

At all times, but especially during hectic and challenging times, our Zen practices of mindfulness and meditation, as well our tradition's emphasis on kindness, compassion, and cooperation are essential to the well being of ourselves and others. To be able to remain calm, to work mindfully, to pause and rest when needed, and to express one's love and appreciation to others are the things that truly make a difference. We can always rely upon Buddha, Dharma, and Sangha in our everyday lives. Our bazaar work can become a wondrous field of Zen practice.

87-year-old Julio Fernandez, who cleans our temple every Friday, shared with me what his physician told him at a recent visit: "Above all, do not fall." Wise words of caution, indeed. Mindfulness helps. Giving one's full attention to what one is doing in the present moment and being aware of one's physical condition is highly beneficial when it comes to everyday safety.

Dear sangha, I bow in heartfelt gratitude for your support of Daifukuji. May you be safe. May you be content. May you enjoy coming to the temple and practicing the Way of the Buddha together.



Rev. Mizushima and Baikako members Reiko, Winnie, Michiko, Joyce, Rev. Jiko, Elaine, Jean, and Deacon Amy.

Baika Workshop Held

On September 9, Rev. Jikō and seven members of the Daifukuji Baikako participated in an afternoon workshop conducted by Rev. Hakuyō Mizushima, a Baika instructor from Kanagawa prefecture, Japan. Baikako members appreciated this opportunity to further their study.



Michiko Enomoto, a Baikako member for over 60 years, presented a gift to Rev. Mizushima.

Rev. Mizushima also shared his resonant and calming voice at our Autumn Equinox and Founders service the following day. Members of the sangha were invited to join him in singing "Magokoro Ni Ikiru" (Living With a Sincere Heart). We thank Rev. Mizushima for coming to Daifukuji.

Fall Prevention: A Presentation by Alice Bratton

October 11, 2023 9:30 a.m. Daifukuji Social hall

Fall prevention is important for all, but especially for seniors and people with disabilities.

On Wednesday, October 11, Daifukuji's Project Dana will be sponsoring a presentation by Alice Bratton from the Hawaii County Aging and Disability Resource Center. Daifukuji seniors and their caregivers are invited to attend the presentation and to stay for refreshments, bingo, and lunch.

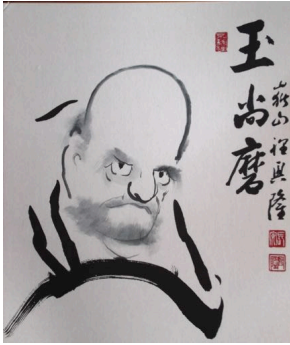
Please call Rev. Jiko at (808) 322-3524 or send her an email at rev.jiko@daifukuji.org if you would like to attend. (Project Dana members do not need to call.)

Attendees are asked to arrive by 9:30 a.m. An opening circle is held. Alice's presentation on fall prevention will begin at 10 a.m. Bring a costume, if you wish, for our Halloween-themed gathering.

Project Dana is a free monthly program for temple members age 60 and above. It is held on the second Wednesday of the month from 9:30 a.m. to noon. Seniors and volunteers gather for fun activities such as chair exercises, bingo, educational programs, holiday and birthday celebrations, and fellowship. Snacks and lunches prepared by volunteers are served. For information, contact Joyce at (808) 329-3833 or Rev. Jiko at (808) 322-3524. Daifukuji's Project Dana program is currently in its 16th year.

Sangha Photo Gallery





Bodhidharma Service (Daruma-ki) & Fujinkai's General Membership Meeting

Sunday, October 8 10:00 a.m.

Guest Speaker: Spencer Jōkai Kelly Potluck Lunch

All are invited to join our Sangha in observing Daruma-ki in remembrance of Bodhidharma, the 28th patriarch in our lineage. Also known as Bodai Daruma Daishi, this 6th-century Indian Buddhist monk transmitted Zen from India to China. We honor him on the day of his memorial.

A Dharma presentation on Plum Village, the Buddhist community of the late Venerable Thich Nhat Hanh located in France, will be given by Spencer Jōkai Kelly, a member of the Daifukuji sangha and Zazenkai.

All are invited to stay for lunch which will be a potluck affair. Please bring something to share if you can. If your dish is vegetarian, vegan, or gluten-free, please provide a label or note. We request that you bring your own reusable plate, utensils and mug/cup.

The Gift Shop will be open. 2024 calendars are in, as well as many new items.

Around noon, the Daifukuji Fujinkai's general membership meeting will be held. All Fujinkai members are encouraged to attend. New members are welcome. The Fujinkai is a gender-inclusive organization. For more information, please visit https://www.daifukuji.org/activities/Fujinkai_Brochure_2022.pdf or contact Rev. Jiko at rev.jiko@daifukuji.org.

Kannon-ko and Eitaikyo Service

Sunday, October 18 10:00 a.m.

In conjunction with the October Kannon-ko service, an Eitaikyo service will be held in memory of those whose names are recorded in the Daifukuji Eitaikyo record book. The Japanese word *eitaikyo* means "chanting the sutras in perpetuity." This annual service ensures that prayers are offered for the departed, even when family members of the deceased cannot be present for the service. If you are interested in having an individual or family's name entered into Daifukuji's Eitaikyo book, please contact Rev. Jiko (808-322-3524, rev.jiko@daifukuji.org). A one-time donation of \$250 per entry is requested.

This is one way to remember and express perpetual gratitude to one's deceased spouse, parents, grandparents, and departed loved ones.

October Activities

Dharma Keiki, October 15 - A Dharma program for preschoolers - 3rd graders that's held at 9:30 a.m. on certain Sundays. Contact Rev. Jiko for information & schedule. (808)322-3524, rev.jiko@daifukuji.org. No gathering will be held on October 29 due to the temple's bazaar.

Zazen (Meditation) - Zazen is offered in person and via Zoom every Wednesday and Friday from 6:00 a.m. - 7:00 a.m. Wednesday zazen is followed by 20 minutes of chanting. Practitioners are asked to arrive at 5:45 a.m. Monday evening zazen is held from 6 p.m. - 7 p.m. Contact Rev. Jiko at rev.jiko@daifukuji.org to receive the Zoom link for the Wednesday and Friday zazen sessions.

Shakyo (Tracing the Sutras) & Shabutsu (tracing pictures of buddhas) - Saturday, October 14 from 9:30 a.m. to 11:00 a.m. in the Social Hall. All are welcome. By donation.

Daifukuji Gay Sangha - 1st Friday of the month at 5:30 p.m. Meditation and discussion. For information, call Clear Houn at (808) 328-0329.

Sangha Sisters Women's Spirituality Circle - Meetings are held in person and via Zoom on the second Friday of the month at 5:30 p.m. Call Susie at (808) 936-5817 for information.

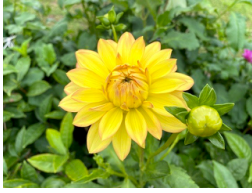
T'ai Chi - All classes are one hour and held inside the Hisashi Kimura Cultural Hall. \$5.00 per class. Call instructor Philip Kakuho Hema for schedule and other information: (808) 345-1492.

Soleful Strutters - T'ai Chi warm-up & walking on temple grounds at 9:00 a.m. on Tuesdays. For information, please contact Hannah Israel at (408) 421-8845 or Reverend Jiko at (808) 322-3524.

Samu Fridays - Volunteers are needed for temple cleaning and grounds maintenance on Friday mornings from 8 a.m. - 10 a.m. Coffee hour & fellowship follows. Bring a snack to share.

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.

Yoga via Zoom — **September 28 - November 2**, Thursdays from 8:00 - 9:00 a.m. HST. Welcome and Warm-up 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](http://www.daifukuji.org/donation/index.html). Instructor: Ambika "Jō-An" Rose, (808) 430-2620. Email for Registration & Zoom Link: ambikarose@hawaiiantel.net.



Welcome to Our New Members

Our sangha warmly welcomes the following new members:

Ken Ayukawa and May Ng

Richard Lawyer

New members are always welcome. For information, see Rev. Jiko or visit our website:

http://www.daifukuji.org/membership_brochure.pdf.

Mahalo to the Soleful Strutters Moai

Our sangha extends a big mahalo to the members of the Daifukuji Soleful Strutters group for preparing a beautiful spread of fresh fruits and veggies, salads, desserts, and beverages for the refreshment table on the occasion of our Ohigan service on September 10.

Bento Kits for Sale

By Betsy Kairen Morrigan



We have prepared beautiful bento lunch kits and are now selling them for \$25 at services, in the Gift Shop, and at temple meals. These bento kits contain a large microwavable bento box with metal utensils in an attractive cloth holder made out of washable fabric (including Bon Dance towels) sewn by Pam Kajikawa, with a cloth napkin made by Brenda Harai and chopsticks in a case donated by Mike Nakade. They are very unique to Daifukuji!

One big advantage of bringing your own sturdy, leak-proof bento box is that you can take home leftovers and chill or reheat them later in this container. The Board is encouraging all temple members, groups and guests to bring their own bento boxes or plates, utensils, and cups to any food occasion at the temple. Our goal is to reduce and, hopefully, eventually do away with providing single-serve paper and plastic goods at our meals.

Worldwide, the Soto Zen Buddhist organization encourages replacing single-serve items in order to show our love and care for the environment. "Even the small steps we take to go green, recycle, reuse, preserve, conserve, reduce waste and produce responsibly can make a big impact." <https://www.sotozen.com/eng/activity/sdgs/index.html>

Right here in our own sangha, these lovely bento kits that we have put together for you express how we are trying to live more simply without so much paper and plastic waste. We hope to see many of you enjoying our new bento kits!



Mindfulness and Meditation Class

Saturday, October 14

10:00 - 11:00 a.m.

Rev. Jikō and Clear Houn Englebert will offer a free class on Mindfulness & Meditation on Saturday, October 14. The one-hour class will begin at 10:00 am and half the time will be devoted to mindfulness and the other half to meditation.

Meditation and mindfulness are essential Buddhist activities. Mindfulness is the simple, repetitive effort of bringing one's attention back to the task at hand throughout the day. The meditation part of the class will include the correct postures on a cushion, bench, or chair, and etiquette in a zendo (meditation hall) is also covered. One of the most important parts of the class is what to do with your mind during meditation. The predominate form of meditation in Soto Zen is shikantaza—just sitting. It is simple but requires effort.

There will be time for questions and there will be tea at 11:15 a.m. Please call the temple at 808-322-3524 or send an email to rev.jiko@daifukuji.org to register.

**A Day of Silence:
Beginning a Meditation Practice
Saturday, November 18, 9 to 3**

Zen retreat



with Daifukuji Soto Mission

79-7241 Mamalahoa Hwy in Honalo (next to Teshima's.)
Pre-register at (808)322-3524 or info@daifukuji.org
A donation of \$15 is suggested. Arrival & check-in at 8:30.
Wear loose, comfortable clothes in subdued colors that cover your legs and shoulders, and avoid fragrances.
Consider bringing a vegetarian dish to share at lunch.
All are welcome. www.daifukuji.org



Zen movie "Tenzo"

With subtitles in English and other languages

59 minutes

Watch for free until October 30 - account must be created to access film.

<https://jff.jp/f.go.jp/watch/ic2023/films/tenzo/>

Two Soto Zen monks respond to the Great Eastern Japan Earthquake and Tsunami's effects on their respective temples and communities. Roshi Shundo Aoyama, a respected female Soto Zen teacher, is featured.



Appreciation

By Michael Keller

A few months ago, both on the website and in the Daifukuji Newsletter, I explained my intention to move from Hawaii back to Houston, Texas. I was regretful about leaving Hawaii but optimistic about the move. I must say, though, that the move was very stressful. I have my wife and zazen to thank for the move's not being more upsetting than it was.

In Hawaii, we lived in a 3-bedroom, 2-bath condominium. We had a good deal of furniture, plus a car, to ship to Houston. Closing dates for the sale of the condominium in Hawaii and the purchase of a house in Houston fell out in such a way that when we moved into the Houston house, we had a good 10 weeks in the house before we could receive the furniture and car. So there we were in a 5-bedroom, 3 & 1/2 -bath house that felt like an empty barn.

I will pass over all the frets that were involved in the purchases and other arrangements necessary to live in the barn before receiving the furniture and car. The resourcefulness, optimism, and energy of my wife were a great resource to me during this time.

And there was zazen. No matter the daily fretting, zazen each day put me in a space that made it bearable. I came to a deep appreciation of the practice. When I set thinking aside and just attended to breathing, I was lowered into a kind of deep peace, not cognizable or describable at all, that was very sustaining. Whatever it might be called, I was very grateful for the daily experience of it.

To read more essays by Michael Keller, visit his website <https://www.zazenessays.com/>.

Coming up in November....

Zazenkai's Breakfast Meeting.....	November 1	7:15 a.m.
Project Dana for Temple Kupuna.....	November 8	9:30 a.m.
Temple Tour (Public invited).....	November 12	3:00 p.m.
Kannon-ko Service.....	November 15	10:00 a.m.
Zen Retreat (Public invited).....	November 18	9 a.m. - 3 p.m.
Thanksgiving Service.....	November 19	10:00 a.m.
Temple & Grounds Clean Up.....	November 26	8:00 a.m.



October 2023

September 2023							October 2023							November 2023							
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17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			

- Zazen
- Sangha Sisters
- Youth Taiko
- Adult Taiko
- Major Service
- Happy Strummers
- Temple Board
- Fujinkai
- Kannon-ko Service
- Project Dana
- Orchid Club
- Samu
- Special Events
- Baikako Practice
- Dharma Study
- Home
- Work
- Offsite Backup
- Bon Dance Group
- Teen Sangha
- Youth Taiko
- Adult Taiko
- Family Service
- Major Service and 15 more...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:45 AM Baikako Practice	2 8:30 AM Yoga with Liz 5:00 PM Youth Taiko 6:00 PM Sunset Meditation	3 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	4 6:00 AM Zazen 5:00 PM Youth Taiko	5 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 6:00 PM Zen Taiko	6 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 5:30 PM Gay Sangha	7 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
8 Bodhidharma Service Daruma-ki 10 AM Potluck Lunch 12:00 PM Fujinkai Meeting	9 8:30 AM Yoga with Liz 5:00 PM Youth Taiko 6:00 PM Sunset Meditation	10 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	11 Project Dana 9:30 AM Fall Prevention Talk 6:00 AM Zazen & Service 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 Zen Taiko 7:00 PM Temple Board	13 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 5:30 PM Sangha Sisters	14 Meditation &...s Class 10 AM 9:30 AM Shakyo 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
15 Dharma Keiki 9:30 am Teen Zazen 11 a.m. 2:00 PM Happy Strummers	16 8:30 AM Yoga with Liz 5:00 PM Youth Taiko 6:00 PM Sunset Meditation	17 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	18 Kannon-ko 10 am Eitaikyo Service 6:00 AM Zazen & Service 5:00 PM Youth Taiko	19 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 6:00 PM Zen Taiko	20 6:00 AM Zazen 8:00 AM Samu 9:30 AM Ministers Meeting 10:00 AM Gift shop 10am-1pm	21 9:00 AM Bazaar Items Accepted 10:00 AM HSMA Meeting 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
22 ... Bazaar Items Accepted 10:00 AM Services at Soto Mission of Hawaii	23 ... Bazaar Items Accepted 8:30 AM Yoga with Liz 5:00 PM Youth Taiko 6:00 PM Sunset Meditation	24 ... Bazaar Items Accepted 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	25 ... Bazaar Items Accepted 6:00 AM Zazen & Service 5:00 PM Youth Taiko	26 ... Bazaar Items Accepted 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 6:00 PM Zen Taiko	27 ... Bazaar Items Accepted 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm	28 Bazaar Set Up 9 AM 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm
29 BAZAAR 9 am to 1 pm	30 8:30 AM Yoga with Liz 5:00 PM Youth Taiko 6:00 PM Sunset Meditation	31 9:00 AM Soleful Strutters Moai 9:00 AM Tai Chi 6:00 PM Zen Taiko	1 6:00 AM Zazen & Service 5:00 PM Youth Taiko	2 8:00 AM Zoom Yoga with Ambika 9:00 AM Tai Chi 6:00 PM Zen Taiko	3 6:00 AM Zazen 8:00 AM Samu 10:00 AM Gift shop 10am-1pm 5:30 PM Gay Sangha	4 10:15 AM Youth Taiko 11:00 AM Gift Shop 11am-2pm



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KONA DAIFUKUJI "ZOOM" YOGA ^{9.2.23}

6 Thurs. 8-9am HST Sept.28 Oct.5,12,19,26 Nov.2

- 7:45 – 8 am HST Welcome Warm-up
- 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!

*Part 1: "Basic Asanas/Postures." Tuning into our body **ENERGY!***

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



Instructor: Ambika "Jō-An" Rose

I have taught yoga for 46 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 ^{9.2.23}



Mindfulness

&

Meditation



a free one-hour class
at Daifukuji Zen Buddhist temple
Saturday, October 14 at 10 am

Pre-registration is required.

info@daifukuji.org / 808-322-3524



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