



## Daifukuji Soto Mission

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

## *Treasuring the Past, Embracing the Present*

*October, 2008*

## Daruma-ki & E i t a i k y o Services

*Sunday, October 5  
9:30 a.m.*

*Guest Speaker:  
Ryan Nakade*



On October 5 our sangha will be observing Daruma-ki in remembrance of Bodhidharma. At Daifukuji one can find an image of this great 6th-century Zen teacher, who is the 28th patriarch of our lineage, in the alcove to the right of the main altar. An Eitaikyo service to perpetually remember deceased members will also be held.



Guest speaker will be Ryan Nakade who will speak on Buddhism and life as seen through the eyes of a 16 year old. All are invited to stay for a simple lunch to be

prepared by the Fujinkai. Please deliver flowers for the altar by the morning of Friday, October 3. *We hope you'll join us on Oct. 5 for a morning of meditation, chanting, song, and Dharma fellowship.*



## *Project Dana to Celebrate 1st Anniversary*

*Wednesday, October 8*

*8:30 a.m.*

The members and volunteers of Project Dana will be celebrating their 1st anniversary on Oct. 8 with special entertainment, food, and activities. This well-loved temple program, named Lei Wili O Na Kupuna (the intertwining lei of our honored seniors) by Project Dana coordinator Vivian Ontai, began in October, 2007 with the blessing of our temple board of directors. It is open to all members of Daifukuji age 60 and up and is offered free of charge. New members & volunteers are always welcome to join. Through this program, we honor our temple elders and surround them with love and care. *Our warmest congratulations upon Project Dana's 1st anniversary! Omedeto gozaimasu!*

## **Goeika Workshop To Be Held** *Thursday, October 23 9 a.m. - 1 p.m.*

Baikako members are invited to participate in a goeika workshop on Thursday, October 23 from 9 a.m. to 1 p.m. The workshop will be conducted by the Reverend Daiho Iwata of Nagoya, Japan. A fellowship dinner with Rev. Iwata will be held on Wednesday, October 22 at 6 p.m. at the King Kamehameha Kona Beach Hotel restaurant.



## **Meditation & Dharma Study for Everyone**

The practice of zazen meditation and the study of the Buddhist teachings are for everyone. Together, they enrich our lives, bringing us joy and peace and stability. Who does not seek such qualities of life in an ever-changing existence filled with constant demands and challenges?

At Daifukuji, zazen and Dharma study are offered to you in a number of ways.

**1st Sunday of the Month, 8 - 9 a.m.,  
Cultural Hall**

**Every Wednesday Morning, 6-7:15 a.m.,  
Kannon Hall**

**Selected Thursday evenings, 7-8:30  
pm , Kannon Hall (see calendar)**

**Sunday Family Services 9:30-10:30  
a.m., Kannon Hall (see calendar)**

*You are cordially invited to experience  
the peace and richness of our Zen  
Buddhist tradition.*



Baikako members, please let Yoshiko Ikeda (322-3533) know as soon as possible if you will or will not be able to attend the dinner and/or workshop. A headcount is needed.

We love and appreciate our Daifukuji Baikako Plum Blossom Choir. Their beautiful voices soothe many a heart at funerals and temple services.

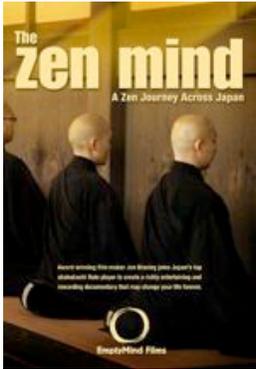
### ***The Baika Pledge***

***“As members of the Baikako, we pledge to live with true faith, to live in harmony with others, and to create a bright world.”***

## Library News

*by Clear Englebert*

The Daifukuji website now has the list of the library books arranged by title or author, and eventually you'll be able to



search by subject as well. The checkout policy is restated there, including a new request that the DVDs be returned after one week. The website listing will be updated occasionally to include new arrivals.

Speaking of new arrivals, the library now has copies of two very important Mahayana scriptures: "The Lotus Sutra" (translated by Burton Watson) and "The Avatamsaka Sutra" (all three volumes!) Avatamsaka means flower ornament, or garland, what we in Hawaii would call a lei. Thomas Cleary is the translator.

Two large-format books have been added to the library. "Buddha in the Landscape" shows images of very large peaceful Buddhas in rural Thailand. "Awakenings" was reviewed in the September, 2007 newsletter. It illustrates the beautiful Zen figure painting of medieval Japan, and is a serene visual treat.

Here are the rest of the new arrivals:

"Classic Buddhist Sculpture: The Tempyo Period" by Jiro Sugiyama

"Meditating Together, Speaking from Silence: Experiencing the Dharma in

Dialogue" by Gregory Cramer

"Images of the Buddha in Thailand" by Dorothy Fickle

"History of the Temple of the Emerald Buddha" by Subhadradis Diskul

"Bushido: The Soul of Japan" by Inazo Nitobe

"The Zen Canon: Understanding the Classic Texts" edited by Steven Heine and Dale Wright

"Zen Classics: Formative Texts in the History of Zen Buddhism" edited by Steven Heine and Dale Wright

"Buddha in the Landscape: A Sacred Expression of Thailand" by Mark Standen and John Hoskin

"The Japanese Mind: Essentials of Japanese Philosophy and Culture" by Charles Moore, Editor

"Mindfulness for Everyday Living" by Christopher Titmuss

"Introducing Buddhism" by Kodo Matsunami

"Turning the Wheel: American Women Creating the New Buddhism" by Sandy Boucher

"Scriptures and Ceremonies at Throssel Hole Buddhist Abbey" by The Order of Buddhist Contemplatives (a CD)

## Verses for Daily Living

Did you know that we have Soto Shu verses for daily living? On page 6 of this newsletter is one to tape to your bathroom wall and to recite whenever you take a bath or shower. Bring meaning and fulfillment to your day!



### IMPORTANT HEALTH TIP: STROKE IDENTIFICATION

During a BBQ, Yoko stumbled and took a little fall. She assured everyone that she was fine and that she had just tripped over a rock because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Yoko went about enjoying herself the rest of the evening. Later the same evening, she was taken to the hospital by her husband and passed away around midnight. She had suffered a stroke at the BBQ. Had anyone known how to identify the signs of a stroke, perhaps Yoko would be with us today. Some don't die. They end up in a helpless and hopeless condition instead.

A neurologist says that, if he can get to a stroke victim within 3 hours, he can totally reverse the effects of a stroke... totally. He said the trick is getting a stroke recognize and, diagnosed, and then getting the patient medically cared

for within 3 hours of the stroke.

Now doctors say that anyone can recognize a stroke by asking three simple questions titled **STR**:

**Smile** – Ask the individual to smile.

**Talk** – Ask the individual to say a simple sentence (e.g. it is sunny today)

**Raise** – Ask him or her to raise both arms.

Another sign of a stroke is this: Ask the person to stick out the tongue. If the tongue is crooked, i.e. if it goes to one side or the other, that is also an indication of a stroke. If he or she has trouble with ANY ONE of these simple tasks, call 911 immediately. Of course the person who is having the stroke may try to minimize the seriousness of the emergency because they don't want to cause "unnecessary" concern. But do not wait even one minute. It is certainly a matter of life or death.



*From  
the Shushogi....*

***The life of this day is a life that should be esteemed, a bag of bones that should be honored. We should love and respect our bodies and minds, which undertake this practice.***



## “Bad Advice” by Jiko Sensei

In the typical way of a teenager, my 16-year-old son Ryan tells me that I give him bad advice. “It’s not that way anymore, Mom!” he’d say, shaking his head. The worst advice I’ve ever given him, he’s said, are the words I uttered on his first day of kindergarten.

What did I tell my five year old as he headed out the door carrying a new backpack on the first day of kindergarten? According to Ryan, I said to him, “I love you. Have a good first day. Above all, be kind to everyone.”

“Mom,” he said to me not long ago, “your advice caused me much suffering. I tried to be kind to everyone, and do you know what happened at school? Kids walked all over me, took advantage of my kindness, bullied me. It’s a tough world out there. Kindness is not the most important thing, especially for a kindergartner. It’s survival. You should have said ‘be tough’ instead of ‘be kind.’”

I shared this story with another mother and she cried. Her heart ached for the children of our world, as did mine. It is a tough world in which they are living.

Yet kindness is the essence of our Buddhist practice. It is our love put into deed and action, our hope of bringing peace and joy to all beings, our way of alleviating the suffering in the world. The Dalai Lama has even said, “My religion is kindness.” Kindness is what we teach and model at Daifukuji. In the

raising of children, however, is there something more that we should be helping them develop?

One day, while looking at the beautiful koa pillars of our main altar and thinking about the bad advice Ryan said I gave him, I remembered that in our teachings there are **two pillars: wisdom and compassion**. Kind, loving actions need to be rooted in wisdom. Compassion is the tender heart reaching toward suffering beings; wisdom is the penetrating insight of seeing things as they are, of understanding the root causes of suffering, and of knowing what skillful means to use in any given situation. Kindness and wisdom stand together, side by side. Our practice leads to the opening of the eye of wisdom and to the opening of the heart of kindness.

That kindergartner is now 16 years old. He continues to challenge me with his questions and occasionally tells me that I give him bad advice. I like that. He is thinking for himself, questioning, searching for answers, wondering if Buddhism works for him or not, meditating, practicing yoga, and looking at ancient and new age teachings. He is trying to make sense of it all.

I have invited him to share his thoughts with our sangha at the Darumaki service on Oct. 5. He has agreed to talk about Buddhism and life from the perspective of a teenager. I’m wondering what he’s going to say. Please take a break from picking coffee and join us on Oct. 5th for Dharma togetherness.

(In gassho)

*Namu Kie Butsu. Namu Kie Ho. Namu Kie So.*

# Bath Verse

*Nyuyoku no ge* 入浴之偈

**Bathing the body,  
may all living beings  
be clean in body and mind,  
pure and shining  
within and without.**

**Moku yoku shin tai  
to gan shujo  
shin jin muku  
naige ko ketsu**



# Sangha Photo Gallery



Yoshiko & Norman at Family Sangha Picnic



Project Dana September Birthdays



Dharma Study Group



Toshie Hanato, Winner of Jan Ken Po Contest



Snack Time for the Samu Volunteers

# October 2008

September 2008							October 2008							November 2008						
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	6				1	2	3	4								1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						

- Aikido
- Youth Taiko
- Adult Taiko
- Family Service
- Major Service
- Fujinkai
- Kannon-ko Service
- Project Dana
- Zazen
- Sangha Sisters
- Special Events
- Baikako Practice
- Dharma Study
- Happy Strummers
- Temple Board
- Untitled
- Teen Sangha
- calendar
- Orchid Club
- Samu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:00 AM Baikako Practice 9:30 AM Family Service	29 5:00 PM Youth Taiko	30 5:00 PM Aikido 6:30 PM Adult Taiko	1 6:00 AM Zazen 3:00 PM Youth Taiko for Beginners 5:00 PM Youth Taiko 7:00 PM Fujinkai Board	2 6:00 PM Aikido 7:00 PM Temple Board	3 8:00 AM Samu 6:00 PM Adult Taiko	4
5 Darumaki... 9:30 a.m. 8:00 AM Zazen	6 5:00 PM Youth Taiko 7:30 PM Happy Strummers	7 5:00 PM Aikido 6:30 PM Adult Taiko	8 Project Dana 8:30 a.m. 6:00 AM Zazen 3:00 PM Youth Taiko for Beginners 5:00 PM Youth Taiko 7:00 PM Orchid Club	9 6:00 PM Aikido 7:00 PM Evening Zazen	10 8:00 AM Samu 6:00 PM Adult Taiko 7:00 PM Sangha Sisters	11 9:30 AM HSMA Meeting
12 9:00 AM Taiheiji 90th Anniv.	13 5:00 PM Youth Taiko 7:00 PM Bon Dance Practice	14 5:00 PM Aikido 6:30 PM Adult Taiko	15 Kannon-ko 10 a.m. 6:00 AM Zazen 3:00 PM Youth Taiko for Beginners 5:00 PM Youth Taiko	16 6:00 PM Aikido 7:00 PM Evening Zazen	17 8:00 AM Samu 6:00 PM Adult Taiko	18
19 9:30 AM Family Service	20 5:00 PM Youth Taiko 7:30 PM Happy Strummers	21 5:00 PM Aikido 6:30 PM Adult Taiko	22 6:00 AM Zazen 3:00 PM Youth Taiko for Beginners 5:00 PM Youth Taiko 6:00 PM Baikako Dinner	23 9:00 AM Goeika Workshop 6:00 PM Aikido	24 8:00 AM Samu 6:00 PM Adult Taiko	25
26 9:30 AM Family Service	27 5:00 PM Youth Taiko	28 5:00 PM Aikido 6:30 PM Adult Taiko	29 6:00 AM Zazen 3:00 PM Youth Taiko for Beginners 5:00 PM Youth Taiko	30 6:00 PM Aikido	31 8:00 AM Samu 6:00 PM Adult Taiko	1