



Daifukuji Soto Mission

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*Treasuring the Past,
Embracing the Present*
December, 2010

8 Mornings of Meditation

Dec. 1- 8 6:00 a.m. - 7:15 a.m.



Arriving in silence, Buddhist practitioners select a meditation cushion or chair on which to sit. At 6 a.m. Rev. Jiko enters the hall, bows, offers incense, and rings the starting bell three times. Silence. After 25 minutes of

sitting, the bell is rung twice and everyone gets up for ten minutes of *kinhin*, walking meditation inside the Kannon Hall. *Kinhin* is followed by another 25 minutes of *zazen* – just sitting. The Robe Verse is then chanted and everyone joins the 15-minute morning service. This is what is offered at our temple during the eight days of the *Rohatsu Sesshin*, a period of *zazen* practice leading up to the 8th of December, the day of the Buddha's enlightenment. You may join us on any number of mornings. Bring a friend or family member. Experience the beauty and peace of a December morning as you silently pay homage to the Buddha.

2 Evenings of *Shakyo* (Tracing the Sutras)

December 9 & 16 7:00 p.m.

For a wonderfully peaceful way to spend a December evening at the temple, see page 8.



Bodhi Day Jodo-E Service & General Membership Meeting

Dec. 5 9:30 a.m.

Bodhi Day, the day of Shakyamuni Buddha's supreme enlightenment, will be observed at Daifukuji on the 5th of December. This is a very special day for Buddhists and all are invited to attend this service. The Dharma talk will be given by **Reverend Jiko**.

During lunch, which will be prepared by our Fujinkai, a **general membership meeting** will be conducted by temple president **Walter Kimura** and the 2011 & 2012 slate of temple directors will be presented. **Daifukuji members, please attend this service and meeting.**

Ordering Your Mochi for New Year's

Avis & Brian will be taking mochi orders after the service on December 5. Mochi order forms will soon be mailed out to you. Please call 322-3524 if you do not receive a form by Dec.1. The mochitsuki is scheduled for December 28.

In Memoriam

To the family of the late Toshiko Kimura, 96, who passed away on October 4, 2010, we express our heartfelt condolences.

Namu Shakamuni Butsu.

Welcome, New Members

With hearts of gladness, we warmly welcome the following new members to our Daifukuji sangha ohana:

Will and Fumie Nakamoto

Lynne Mui Farr

Kannon-ko & Ofudayaki *Wednesday, December 15 10 a.m.*

The last Kannon-ko service of the year, held together with *ofudayaki*, the ceremonial burning of sacred objects, will be held at 10 a.m. on December 15.

Please bring your old *omamori* (Buddhist charms), *ofuda* (house blessing cards), and other old burnable altar objects to the temple either before Dec. 15 or on the morning of Dec. 15. Prayers of gratitude for the blessings and protection of the buddhas and bodhisattvas will be chanted during the service.

Please join us at this last Kannon-ko service of 2010. If you wish, you may toss into the flames a list of those things (negative thoughts, words, and actions) which you do not wish to carry into the new year. May all obstructions to the Buddha Way be purified.



Life Care Center of Kona Visit: An Offering of Music, Dharma, and Love

On the afternoon of October 19, 2010, Rev. Jiko and the members of the Daifukuji Baikako Plum Blossom Choir, along with the members of the Daifukuji Happy Strummers led by Ms. Henrietta Chee, sang from their hearts to the residents and staff of the Life Care Center of Kona. Dressed in their lavender gowns, the ladies of the Baikako offered three soothing Buddhist hymns, which were followed by the cheerful songs and strumming of the Happy Strummers in their bright yellow t-shirts. *Hawaii Aloha* at the end had the residents swaying their arms back and forth above their heads. To invitations of "Please come again soon," the merry singers replied, "Thank you, we'll be back."





Calligraphy by Mrs. Kokuzo of Waipahu Taiyoji



Three-year-old Jukei Shinohara smiles sweetly as he cuts out a picture for the HSMA vision board at the Paleaku Peace Gardens.

HSMA Conference Mahalo

“HSMA: Envisioning a World in Which All Life is Buddha” was the theme of the 2010 Hawaii Soto Mission Association fall conference which was hosted by our temple the weekend of Oct. 23 - 24. Saturday’s events included a ministers’ meeting, opening ceremony, HSMA meeting, dinner, and program held at Daifukuji, while Sunday’s service and Dharma sessions were held at the Paleaku Peace Sanctuary and Gardens.

Rev. Shuji Komagata’s vivid account of his Zen training at Saijoji monastery in Japan, Teiho Wagner’s informative talk on the conference theme, the creation of an HSMA vision board by the entire group, a delicious *inaka*-style dinner provided by our Fujinkai chefs, the playing of Bodhi Bingo, entertainment by Reiko, Randal, and Kuulei, a delicious bento ordered from Sushi Shiono’s, and the wonderfully warm hospitality of the Daifukuji members all seemed to have made a deep impression on the 49 guests who came from our sister Soto temples in Hawaii to attend this conference.

To all of our very hardworking Daifukuji Board and temple members, thank you for a job well done!



The Soto Mission of HI group with Daifukuji members on the temple steps

Practical Steps for Being Green (from Teiho’s conference message)

Old Way

Styrofoam
Trash to landfill
Junk food
Leave lights on

Round light bulbs
Neglect landscape

Accumulate junk

Overextend oneself
Buy imported food
Toxic cleaning chemicals

Green Way

Paper products
Recycle
Healthy food (shojin ryori)
Turn off lights when leaving room

New energy-efficient bulbs
Plant fruit trees, water potted plants

Reduce, reuse, recycle (give to bazaar)

Live a balance life
Buy locally grown food
Vinegar or Simple Green

Mahalo to Michael Nakade, Cindy Asada, Alfreida Fujita, & Renee Kimura for taking care of the otera families who attended the Oct. 22nd jizoku trip to Kona. Your kindness is appreciated.



Library News by Clear Englebert

Most of the library's books are in English, but the Japanese language section has some excellent Dharma gems.

The new arrivals in Japanese are:

"Oriori No Howa (Dharma Talks)" by various authors

"Kokoro O Tagayasu (Cultivating the Mind)" by Shoan Kojima

"Zen no Seikatsu (Zen Life)" by Rev. Sensho Nakane

"Ori Ori no Howa: Zengo Ni Manabu (Occasional Dharma Talks: Learning from Zen Words)" by various authors

"Soto Shu Gaisetsu" (Soto Shu Outline)

"Dogen Zenji Goichidaiki" (Biography of Dogen Zenji) by Tetsuei Izuka

"Buddha" the original 12 volume graphic novel by Osamu Tezuka

Three new pocket-size books are:

"Dhammapada: The Sayings of Buddha" by Thomas Byrom, translator

"Zen and the Birds of Appetite" by Thomas Merton

"Awakening Loving Kindness" by Pema Chodron

The new children's books are:

"Havoc in Heaven: Adventures of the Monkey King" by W.J.F. Jenner

"Tales of Misers" by Luis Fernandes

"Stories of Wisdom" by Luis Fernandes

"The Magic Chant" by Meera Ugra

"Jataka Tales: Bird Stories" by Kamala Chandrakant

"True Friends" by Margie Sastry

"Stories of Courage" by Margie Sastry

"Nandivishala" by Lopa Mudra

"King Kusha" by Kamala Chandrakant

"The Acrobat and Other Buddhist Tales" by Gayatri Dutt

The other new arrivals are:

"The Heart of Being: Moral and Ethical Teachings of Zen Buddhism" by John Daido Looi

"Zen Teaching of Emptiness" by Gosung Shin

"Zen Master Raven" by Robert Aitken

"Letters to a Dying Friend: Helping Those You Love Make a Conscious Transition" by Anton Grosz

"Sit Down and Shut Up" by Brad Warner

"The Posture of Meditation" by Will Johnson

"Innovative Buddhist Women: Swimming Against the Stream" edited by Karma Tsomo

"Buddhist Women Across Cultures" edited by Karma Tsomo

"Zen Graffiti" by Azuki

"Open the Door to Self Emancipation" by Thich Thanh Tu

"Freeing the Heart" a wonderful collection of talks given by monks and nuns at the Nun's Community at Amaravati & Cittaviveka Monasteries in England

"An Introduction to Buddhism and Zen" by Rev. K. Yokoi

"The Feeding of the Hungry Ghosts Retreat 2006: Four Dharma talks" a CD by Rev. Daishin Morgan and Rev. Hakuun Barnhardt

"Gaman: A Generation in Hawaii" by Sharon Simmons



M o r n i n g Meditation & Breakfast at Plum Village

by *Shinkaku*

(Shinkaku, a Daifukuji member, takes care of our temple and gift shop every Thursday. He may answer the phone when you call or greet you when you stop by. He recently visited Plum Village, Ven. Thich Nhat Hanh's meditation retreat center in France.)



I awake from a deep sleep and remain silently under the warm comforter. I have no clock and so, have no idea of the time. All I know is that I'm well rested. After a time and as if from a far distant place, I hear the sonorous sound of the bell, the call to morning meditation. As if by instinct, I flip back my cover and roll to sit on the side of the bed. I wait, listening for the next deep sound of the bell. Maybe the first had been a dream. I hear the second call and rise quietly, get dressed and begin to make my way to the zendo. Entering the cool morning air, I stop for a moment, looking up at the stars. Yes, a restful moment well spent. I begin the slow walk to meditation. Each deliberate step sets my mind at ease. I begin to notice others making their way silently to the zendo. As I come closer to the meditation hall the bell sounds again but, this time I can hear a monk chanting as the bell's sound disappears into the morning air. I arrive at the hall and wait outside for a time, listening to the bell and the chanting of the monk, looking up at the star filled sky. I turn and enter the hall. I remove my slippers, placing them on the rack in the hall's entry way. Entering the zendo, I bow to

the Buddha at the far end. The meditation cushions are aligned and waiting. A few monks have arrived before me. Silently making my way to a cushion, I bow to it and then turn to bow again to the Buddha. I sit and close my eyes. I can hear the rustling of the monk's robes as they take their positions and then all is silent. Again, as if from a far off place, a small bell sounds. A monk begins to read a gatha, first in English and then in French. The bell sounds again and the monk begins to chant in Vietnamese. As the chanting nears its end the meditation group, en masse, responds three times to the chanting monk. It is such a lovely sound, so melodious. With the end of the chanting we begin our meditation, which lasts for 45 minutes. It's easy to tell when the end of the meditation time is drawing near, people begin to shift their positions. When sitting is finished another bell sounds. Everyone stretches a bit and then stands. Another bell and we bow to each other. A final bell and we turn to bow to the Buddha. We make our way silently out of the zendo and walk, without a word, toward breakfast.

On my way to breakfast I stop in my room and sit on my bed. I prefer to wait here for the ringing of the bell that is the call to breakfast. The bell sounds, I rise and walk the short distance to the dining hall. Queues have already formed, each person serving his own breakfast. This meal is always the same. Large metal pots of gruel which are supplemented with grains and fresh fruit. Toasted breads to be covered with jams made in the village. A cup of tea. Each takes a bowl for the gruel with grains and fruit. Each takes a plate for the toasted bread.

I have prepared my breakfast and select a table at which to sit. I place my dishes on the table and bow to the others already seated at the table. Each returns my bow. I take my seat and bow to my food, remembering to be thankful for all that has caused this food to be before me. Thankful to nature for growing this food and thankful to all of those who worked to bring this food to this very spot. Lastly, I hope that the way in which I conduct my life will be worthy of receiving the bounty of their toil. I begin to very deliberately eat my breakfast. I cut the bread into bite sized portions. I take my first spoonful of gruel, being careful to place my spoon beside my bowl as I enjoy each bite. Occasionally I take a piece of bread. When I have finished eating I rest for a moment, drinking my tea. Then I move to the end of the dining hall where I rinse my dishes and place them in the drying racks. As I exit the hall I see a roommate and say "Bon Jour," my first words of the day. The sun is up now. What a wonderful way to begin each day.

On Buddhism

*by Jigaku Ryan
Nakade*

(Ryan Jigaku, son of Rev. Jiko & Michael Nakade, sends his aloha to all of you from Ananda College of Living Wisdom outside Grass Valley, California.)



Buddhism will always hold a special place in my heart because it is the religion with which I grew up. Images and statues of Buddha evoke a warm and comforting feeling within me -- the feeling of familiarity and home. The

teachings and truths will always ring true to my soul, and seeing temples and shrines will always bring me home.

What resonates with many people about Buddhism is its emphasis on and appreciation of simplicity. If Buddhism were an athlete, it would be the coach's dream player: simple, down to earth, to the point, having compassion for others. Flashy and excessive distractions are eliminated, and what's left is the bare essence of existence. This makes one question what one really wants in life since the truth lies naked before one when all superfluous accessories are eliminated. Along with the middle path and mindfulness, this is the essence of Buddhism.

The middle path is perhaps what Buddhism is known for. This is an external view of one's internal spiritual journey, and ideally when one's life is put into perspective and studied, a middle path is the primary course taken. This often makes Buddhism a path for the mature. Immature over-compensations and extreme swings from one pole to another can go on forever in an endless cycle of Samsara. The middle path is the only cure for this vicious cycle. However, it may require one to surrender the opportunity for extreme results and be content in the here and now.

Although Buddhism does not speak about devotion in a conventional sense, it does take a similar form through the practice of mindfulness. Mindfulness is the pragmatist's ultimate dream for how one can become mindful right here and now. Cosmic consciousness and divine bliss sound lovely, but are often

impractical and irrelevant to life's daily dilemmas. However, anyone can start with mindfulness and it is almost impossible to become dogmatic about such a teaching. This is because one can become aware and easily catch oneself when mindfulness is continually practiced. When a state of mind and lifestyle is cultivated around this core principle, one can know that behind the scenes of life's chaotic play, stillness and peace prevail within.

Zen Buddhism is the religion with which I grew up. On one level, I think I know Zen to some extent. However, I have yet to compare my Zen to other paths and experiences in life, so any true and profound grasp of this branch of Buddhism will come in the future. Fortunately, this reflection has been happening since I have arrived at Ananda College. Being surrounded by a different form of spirituality and on a certain level participating in this new form of practice, I have gained a new and refreshed appreciation of my beloved Zen.

Some religions such as Taoism have a very "Vishnu" like quality, preserving and maintaining a flow of non-resistance. Zen, on the other hand, is more like Shiva. Its strict and disciplined practice works on the ego's destruction and annihilation. Any attempt to uphold a position of superiority and attain comfort will be burned into the ground with the hand of Zen. The Roshi or Zen master is the ultimate bane of the frail ego and resistance is proven to be futile. The intelligent and rational person might believe he can cleverly work his way around Zen's challenges, but even his sharp mind cannot save him this time

because the Koan is beyond intellect. Only the genuine realization and Satori, the "spiritual lightbulb of insight," can bring understanding and wisdom to an area in which logical and rational manipulation are impossible. This is the saving grace, not to the ego, but of something beyond.

For the most part, I see Buddhism as a primarily introspective religion. There are no Buddhist missionaries who seek to "convert" others to the path. People seem to find the path on their own and by themselves. This makes Buddhism a less mainstream path in the United States, but what it lacks in numbers, it makes up with the sincerity of its practitioners. This is because those who find the Buddhist path on their own tend to resonate with the teachings which emphasize discriminating intelligence and awareness of one's identity. Those who are not ready for this kind of critical pondering and self-responsibility will most likely enjoy something else.

Like any spiritual path, the Buddhist path is filled with challenges and obstacles. But, if one persists on the path, using the Buddhist teachings as a guiding torch in the darkness, wisdom, love, and compassion will inevitably prevail. And, as Buddha nature begins to flower within, one naturally awakens to the supreme truth-reality, right here, right now. Buddha nature pervades the whole universe, and it's time to wake up and see it. My fond aloha to all!

**Family Service Winter Break
No services Dec. 19, Dec. 26, Jan. 2,
and Jan. 9
Family services resume Jan. 16, 2011**

From page 1.....

Tracing the Hannya Shingyo

At 7:00 p.m. on Dec. 9 and again on Dec. 16, Rev. Jiko will be offering two evenings of *shakyo*, the buddhist practice of tracing the sutras. We have received beautiful *shakyo* kits of the Hannya Shingyo **in English** from the Soto Zen Buddhism International Center, so you may now trace the sutras in either English or Japanese (kanji) and take home a piece of sacred calligraphy that can be displayed in your home.

Shakyo is done in silence. Tracing the Hannya Shingyo is a form of meditation, one that brings peace and harmony to body and mind. You may dedicate the merit derived from your practice to your family, your ancestors, or as a personal prayer.

All supplies will be provided and donations gratefully accepted. Call Rev. Jiko (322-3524) for more information.



H o l i d a y Greetings from Jiko Sensei

Dear Members and Friends,

I wish all of you a very happy Bodhi Day and thank you for your support of Daifukuji throughout 2010. In the way of the Buddha-Dharma, much has been accomplished this year, thanks to everyone's combined efforts, love, and dedication to a path that is both compassionate and noble.

At the Hawaii Soto Mission Association fall conference which was recently

hosted by our temple, I talked about the importance of collectively creating a vision for our Soto temples in Hawai'i and invited conference attendees to participate in the making of a vision board.

To large sheets of white paper, Soto Zen Buddhists from all islands glued words, pictures, and photos expressing their hopes and dreams for Soto Zen in Hawai'i. It was a joy seeing everyone standing side by side, happily immersed in making this collage, this vision board.

Organizations such as ours are organic in nature and subject to stagnation, decay, growth, and change. From time to time, it is important for us to review our purpose and re-define who we are and what it is that we wish to contribute to our sanghas, our communities, and our humanity. With Daifukuji's centennial coming up in 2014, I hope that all together we will be able to create not only a beautiful vision for our temple, but a beautiful reality for all Soto Zen Buddhists in Hawai'i.

May you have a joyful holiday season,
one that brings peace to your heart.
Namu kie butsu. Namu kie ho. Namu kie so.

With much aloha, in gassho,
Rev. Jiko

Coming Up in January...

New Year's blessing services will be held at 11:45 p.m. on Dec. 31 and at 10:00 a.m. on January 1.

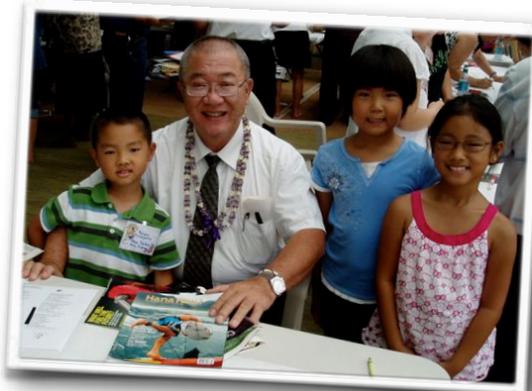
Jan. 9	Fujinkai Hatsumairi & Lunch
Jan. 12	Project Dana
Jan. 16	Family services begin
Jan. 19	Kannon-ko Service
Jan. 23	Daifukuji New Year's Party & Board Installation

(New year's party form to be included in January newsletter.)

Hawaii Soto Mission Association Fall Conference



Rev. Shinohara & family playing Bodhi Bingo



Bishop Komagata with Reigen, Yu, & Remi
Paleaku Peace Gardens, Kona



2010 Fall Ministers Meeting at Daifukuji

*Front row (left to right): Jill Teiho Wagner, Rev. Jiko, Rev. Kokuzo, Bishop Komagata, Rev. Lang,
Rev. Ishii, Amy Jikai Nakade*

Back row (left to right): Rev. Shinohara, Rev. Oyama, Rev. Shuji Komagata



Creating an HSMA Vision Board Together



Mike Asada & HSMA President Kenichi Watanabe

