



79-7241 Mamalahoa Hwy., Kealahou, HI 96750

February, 2025

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

See "archives" on our website for previous newsletters.

## Nirvana Day Service (Nehan-e)

Sunday, February 9, 2025

10:00 a.m.

ALL ARE INVITED



All are invited to Daifukuji's Nehan-e Service. This Nirvana Ceremony commemorates the parinirvana of Shakyamuni Buddha. A scroll showing the reclining Buddha surrounded by his followers and animals in mourning will be displayed inside the temple. In his last discourse, the Buddha taught that although the physical body dies, the Dharma is eternal. By living the Dharma and practicing the precepts, we can see that the Buddha is always with us. A Dharma message will be delivered by Rev. Jikō.

Everyone is invited to stay for lunch which will be prepared by Lawrence Kaigaku Goff and sangha volunteers. Although paper goods will be available, we would appreciate you bringing your own reusable plate, utensils, & mug to help Daifukuji become more eco-friendly.

The gift shop will be open. Donations of canned and packaged food for the Hawai'i Island Food Basket will be accepted.

**Our Fujinkai is having a pancake breakfast fundraiser and humbly asks for everyone's support.**

**See page 2 for details.**

# PANCAKE BREAKFAST

Food and fellowship to bring our community together!

Saturday, Feb 15, 2025 • 7:00am to 10:30am

**A FUNDRAISER FOR THE DAIFUKUJI FUJINKAI**

**\$10**

TICKET IS GOOD FOR 1 BREAKFAST PLATTER WHICH INCLUDES MISO SOUP AND COFFEE,  
TEA, OR JUICE

**DAIFUKUJI SOTO MISSION SOCIAL HALL**  
79-7241 MAMALAHOA HWY, NEXT TO TESHIMA'S RESTAURANT

Tickets may be purchased in advance at Daifukuji Soto Mission  
Tickets will also be sold at the door on February 15

FOR MORE INFORMATION & TO BUY TICKETS CONTACT

**(808) 322-3524**

Manju,  
cookbooks,  
plants, etc. will  
also be sold



The temple gift  
shop will be open

**Mahalo for supporting the Daifukuji Fujinkai!**

The Fujinkai humbly asks for your support. Proceeds will be used to fund conferences, field trips, and other educational activities and community service projects sponsored by the Daifukuji Fujinkai.

If you are unable to attend the breakfast but wish to support the Fujinkai, please know that monetary donations are gratefully accepted. Please make checks payable to DAIFUKUJI FUJINKAI and mail them to Daifukuji Fujinkai, P.O. Box 55, Kealakekua, HI 96750.



Mahalo to Naoko Moller and her assistants for a wonderful miso-making workshop.

## A Message from Rev. Jikō: Thanking Our Cells

Aloha Sangha members and friends,

At long last the rain is falling, the grass is turning green, and the *sakura* tree in the temple garden is putting forth its first pink blossoms. Each day we can say *thank you* for nature’s abundant gifts with the awareness that there are many places in the world where water and other natural resources are scarce or threatened. Drought conditions affect millions, as we have seen in the tragic wildfires which decimated large swaths of Los Angeles. To the people, animals, and plants who are hurting as a result of these fires, let us send our loving-kindness and support. *Namu Kanzeon Bosatsu.*

Mindful living is a big part of our Soto Zen practice. Each day we should reflect upon all that sustains our lives — sunlight, air, water, soil, people, animals, plants, and a myriad of living things, seen and unseen. — and express gratitude to the universe. For example, inside one’s body about 30 trillion cells are hard at work, making one’s existence possible. How often do we thank the cells in our bodies? Sometimes I practice what I call “cell meditation.” At night, as I rest my head on my pillow, I put my palms together in *gasshō* and sincerely thank the cells in my body, including the mitochondria, for working hard, even while I rest and sleep. And, when I’m able to donate blood at the local Blood Bank of Hawaii’s blood drive, I pray that my healthy blood cells will be able to help someone in need. It could be my imagination but I feel that the cells in my body respond to gratitude. So, when you practice *metta*, sending waves of loving-kindness to all beings everywhere, be sure to include the cells in your body that are keeping you alive. Remember, even while you’re relaxing and sleeping, these cells are working hard, doing their best to keep you healthy. Let’s be sure to do our best to take care of them by giving them healthy, nourishing foods, exercise, love, a wholesome environment, and many *mahalos*.

At Daifukuji, we have begun 2025 with great energy and positivity, welcoming many new members into our sangha. The members of our sangha are like the cells in our bodies, all practicing the Buddha Way to benefit others and to create a safer, healthier, happier, and more peaceful world for all beings. I bow in gratitude.

*Namu kie butsu. Namu kie hō. Namu kie sō.  
We take refuge in the Buddha. We take refuge in the  
Dharma. We take refuge in the Sangha.*

Mahalo for being my aloha shōyū Sangha! \*

In *gasshō*,  
*Jikō Nakade*

\*See the January, 2025 newsletter for more on this topic.

### SCAM ALERT!

Please be aware that a scammer, using Rev. Jikō’s name, is sending emails to temple members and asking for gifts cards. This is a scam. Always remember to carefully check the sender’s email address. If something seems fishy, please call Rev. Jikō immediately. Many Buddhist temples are being targeted in this way. We must all exercise caution.

## 2025 Hawaii Soto-Shu Calendars

Would you like to have a 2025 Soto-Shu calendar, featuring pictures of Soto Zen temples around the world? Please drop by to pick one up. The calendars are in a box on the library table inside the temple. We are offering them for free, compliments of Daifukuji Soto Mission.



These individuals were among the ten who joined the Daifukuji Fujinkai in 2024. The Fujinkai is open to all.

## Daifukuji Fujinkai News

The Daifukuji Fujinkai got off to a great start this year with over forty members attending the group's first gathering of 2025. Thank you to all who came, prepared lunch and activities, and helped in a variety of ways. Fujinkai president Joyce St. Arnault led the meeting and expressed her warm appreciation to everyone, while Rev. Jikō recognized new Fujinkai members and presented each of them an ojūzu. We are truly fortunate to have an enthusiastic group of Fujinkai officers and members.

On January 18, the Fujinkai hosted Naoko Moller's miso-making workshop, which received many good comments. Naoko Moller sensei explained the significance of miso and koji in Japanese cuisine. After the group was served a delicious vegan miso-themed lunch, everyone put on gloves and got to work making miso out of smashed garbanzo beans. What's more, each person received a jar of miso to take home. Thank you to sensei Naoko and her assistants Hiromi Beck and Mineko Yajima for an excellent workshop.

The next Fujinkai activity is a pancake breakfast fundraiser on February 15. The Fujinkai humbly asks for everyone's support.

For more information about the Fujinkai, please go to [https://www.daifukuji.org/activities/Fujinkai\\_Brochure\\_2022.pdf](https://www.daifukuji.org/activities/Fujinkai_Brochure_2022.pdf) or stop by the temple. New members are always welcome.





Meet the Sangha Sisters, a women's spirituality group which has been gathering at Daifukuji on the second Friday of the month for over 20 years. This is where many loving bonds of friendship are formed. For information, please call Susie at (808) 936-5817.

## Daifukuji Zazenkai's Invitation to An Evening of Meditation & Fellowship

*Saturday, February 8, 2025*



4:30 p.m. Instructions for those new to zazen practice

5:00 - 6:00 p.m. Zazen (In person and via Zoom)

6:00 p.m. Welcome circle, followed by a vegetarian potluck dinner - Please bring your own reusable set of tableware.

The Daifukuji Zazenkai warmly invites those who attend zazen sessions on Mondays, Wednesdays, and Fridays, as well as those who are interested in starting a zazen practice, to a special gathering on Saturday, February 8, 2025.

Those who are new to zazen practice are asked to arrive by 4:30 p.m. Zazen instruction will be given by Rev. Jikō with the assistance of Sharlene Hōju inside the meditation hall. Others may arrive by 5:00 p.m.

Please dress comfortably in dark colors and avoid wearing shorts and tank tops. Also, please do not use strong fragrances in the meditation hall.

A vegetarian potluck dinner will be held in the social hall.



**February Activities** (More activities listed at <https://www.daifukuji.org/activities.html>)

**Dharma Keiki** - We will meet just once this month on February 2 from 9:30 a.m. to 10:15 a.m. There is a ZOOM option for the first Sunday. A Dharma program for children of preschool age to grade 3 and their parents. Siblings welcome. By donation. Bring a healthy snack to share. Contact Rev. Jiko at [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org) for information. To register, please go to: <https://forms.gle/Azubjv2fbmEHUJZk6>.

**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. Sunset meditation is held on Monday evenings from 6:00 p.m. - 7:00 p.m. Practitioners are asked to arrive 10-15 prior to the starting time. Contact Rev. Jiko at [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org) to receive the Zoom link for the morning zazen sessions.

**Shakyo (Tracing the Sutras) & Shabutsu (tracing pictures of buddhas) - Saturday, February 1** from 9:30 a.m. to 11:00 a.m. in the Social Hall. All are welcome. By donation.

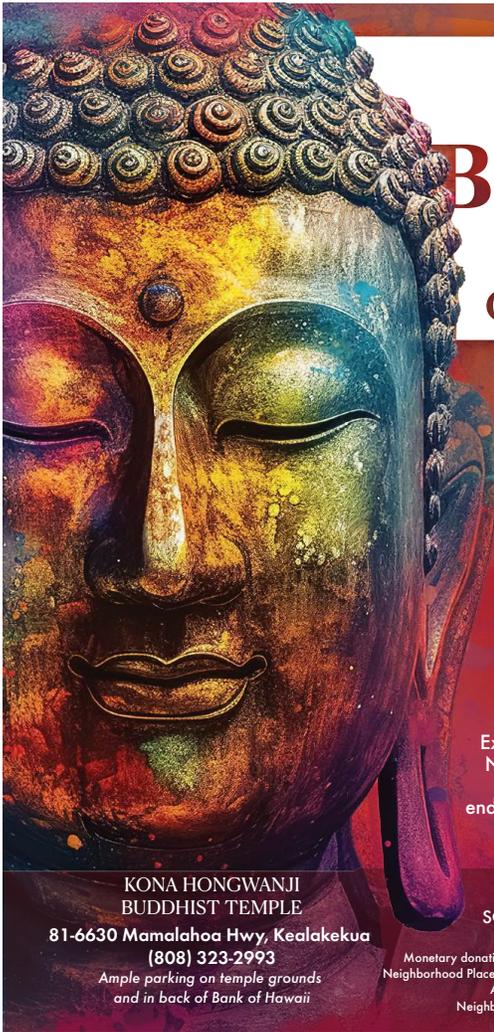
**Sangha Sisters Women's Spirituality Circle** - Meetings are held in person on the second Friday evening of the month. Call or text Susie at (808) 936-5817 for information.

**T'ai Chi** - All classes are one hour and held inside the Hisashi Kimura Cultural Hall. \$5.00 per class. Call or text 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** - We welcome volunteers 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 with Liz** - One-hour classes are held on Mondays from 8:30 a.m. - 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](mailto:liz217a@hotmail.com).



13TH ANNUAL  
**HAIB  
 BUDDHA  
 DAY**  
 CELEBRATION

SUNDAY  
**MARCH 9**  
 2025

**9:30AM**  
 KONA HONGWANJI  
 BUDDHIST TEMPLE  
*In-Person & Zoom*

GUEST SPEAKER:  
 Rev. Paul Ananda Normann is the  
 Executive Director of local non-profit  
 Neighborhood Place of Puna and is  
 passionate about preventing and  
 ending family and child homelessness.

KONA HONGWANJI  
 BUDDHIST TEMPLE  
 81-6630 Mamalahoa Hwy, Kealahou  
 (808) 323-2993  
*Ample parking on temple grounds  
 and in back of Bank of Hawaii*

CLICK or  
 SCAN TO REGISTER >  
 Admission is free.

Monetary donations to HAIB, as well as the  
 Neighborhood Place of Puna, will be accepted.  
 A baby diaper drive for the  
 Neighborhood Place will be held.



SPONSORED BY THE HAWAII ISLAND CHAPTER OF THE HAWAII ASSOCIATION OF INTERNATIONAL BUDDHISTS



Rev. Paul Ananda's Dharma messages are offered straight from his heart. In his ministerial capacity, Rev. Ananda serves as the minister for Amida Hawaii -- a small group of Buddhist practitioners rooted in the vision of the Pure Land and working to bring about an enlightened world.

We are very honored to have Rev. Ananda speak at this year's HAIB Buddha Day service. Please join us on March 9th at the Kona Hongwanji Buddhist Temple.

## 13th Annual Buddha Day Celebration to be Held on March 9

*Kona Hongwanji Buddhist Temple 9:30 a.m. In-person & Zoom*

Buddhists of all traditions and the general public are warmly invited to join a celebration that honors the birth of Shakyamuni Buddha. The ceremony will begin at 9:30 a.m.HST in person at the Kona Hongwanji Buddhist Temple (81-6630 Mamalahoa Highway, Kealahou) and online via Zoom. There is ample parking on temple grounds and also in back of Bank of Hawaii in Kealahou.

Rev. Paul Ananda, Executive Director of the Neighborhood Place of Puna, who is passionate about preventing and ending family and child homelessness on Hawai'i Island, will be the featured speaker. **A baby diaper drive will be held. (You may drop off bags of disposable baby diapers at Daifukuji if you won't be attending the service but wish to help.)** Flowers are needed for the *hanamido* and altar offerings. Please contact Rev. Jikō if you have flowers to donate.

Admission is free. Should you wish to offer a donation to HAIB and/or the Neighborhood Place of Puna, you may do so at the door. Refreshments will be served after the service. Questions? Call Rev. Jikō at 808-322-3524. She and Rev. Blayne Higa serve as co-directors of Hawai'i Island HAIB.

## Our Sangha Welcomes New Members



With joy and gratitude, we began 2025 by welcoming the following new members:

Jordon Soujin Phillips; Lauren, Gustavo and Will Leite; Alexa Clem, Travis and Oliver Spain; Connie Zakalha; Janice Kameda; Aya Fujisaki and Gary Had, and Shelby Kaneshiro.

Information regarding temple membership, which is open to all, may be found online at [https://www.daifukuji.org/membership\\_brochure.pdf](https://www.daifukuji.org/membership_brochure.pdf) or by calling the temple office at (808) 322-3524.



### **Meditation Stages**

**by Michael Keller**

There have been two major stages in my own zazen practice. These were doing and watching.

I use the word “doing” for the first stage because of the effort I expended simply to breathe, as it seemed to me that I needed to deliberately draw in my breath and release it.

I made a transition from doing to watching when I saw that my breathing took place of itself and did not require my intervention. I don’t remember when this insight occurred, but I do recall that at some point during practice, I saw that a breath came in and went out entirely on its own. After all, in daily life, breathing does take place in exactly this way, so I was just seeing the truth.

When I ceased to “do” my breathing, the energy I was expending to do it was freed. Not only could I now just “watch” my breathing, but I could watch a good deal more.

There were flows of energy taking place in my body and heading mostly to my chest or heart area. When I followed Sufism (the mysticism of Islam), the ideal of spiritual development was to drop ego and open the heart. True heart opening in Sufism is very pronounced physically and enables a dervish (Sufi follower) to project love from his or her heart to another person, who can palpably feel it. The energy flows that I was now watching seemed to be opening my heart, and I was very grateful to be starting into this heart-opening process.

I could also observe that the activity that was going on in me during zazen was taking place entirely of itself. This was true not only of breathing and heart opening, but also of a lowering into a sense of oneness with everything. A Japanese priest, Gudo Nishijima Roshi, in *Introduction to Buddhism and the Practice of Zazen*, says about this sense of oneness, “We call the state ‘ineffable,’ or ‘dharma,’ or ‘truth,’ or ‘reality.’ But even these words are inadequate to describe the simple and original state that we return to in zazen.”

I believe that persisting in zazen will take any person to these places.

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

Conference website: <https://sites.google.com/taishoji.org/10th-ussotoconference/home>



# 10th U.S. Soto Conference

Hosted by the Hawaii Soto Mission Association

**October 23-26, 2025**

**Soto Mission of Hawaii  
1708 Nuuanu Ave.  
Honolulu, HI 96817**



**VISIT THIS LINK FOR MORE INFORMATION**  
**SIGN UP TODAY!**

Join the US Soto Conference, connecting Soto Zen Buddhist communities across Hawaii and the mainland US. Engage in diverse classes and activities, network with fellow practitioners, and explore a wide range of topics. There's sure to be something for everyone.

#### Classes and Presentations

Introduction to Zazen  
Shishobo: The Four Wisdoms  
The Many Faces of Kannon  
New Buddhist Music  
Sutra Writing Workshop  
The Roots and Varieties of Buddhist  
Manga and Anime  
A Record of Persistence and Assimilation:  
Japanese Buddhist Temples in Hawaii  
Soto-Shu Music in Hawaii  
Dharma Keiki: A Buddhist Program for  
Children  
Project Dana: A Program for our Kupuna  
(Elders)  
More to come...

#### Activities

Zen Cooking  
Baika  
Zazen  
Calligraphy  
Art Project Workshop  
Juzu Making Workshop  
Shakyo: Tracing the Sutras  
Lei Making Workshop  
Taiko Workshop  
Bon Dance Workshop  
More to come...

#### Additional Activities

Marketplace  
Social Mixer  
Banquet Dinner  
Tour Oahu's Four Soto Zen Temples  
Luau Dinner Show  
More to come...



2025 & 2026

Daifukuji Board of Directors

**Officers:** President - Barbara Shōshin Bosz, Vice-president - Stephen Shōdō Tanaka, Recording secretary - Betsy Kairen Morrigan, Corresponding secretary - Teri Jigen Hollowell, Treasurer - Joyce Yūkō St. Arnault, Assistant treasurer - Steve Hōshin Mann

**Directors:** Linda Jōkō Calloway, Bobby Command, Travis Hosshin Marsh, Carlo Taizan Mireles, Kai Ioh, Andrea Shōen Shea

**Advisor:** Rev. Jikō Nakade

We thank outgoing director Eliana Jishō Sattler for her dedicated service to our temple and sangha.

We warmly invite families with young children to give Dharma Keiki a try!



### DHARMA KEIKI

("Keiki" means "children" in Hawaiian.)

**BUDDHIST TEACHINGS FOR KIDS & THE YOUNG AT HEART**  
Supported by the Hawaii Soto Mission Association and administered by the Hawaii Soto Mission Head Office

First Sunday of the Month via Zoom  
Twice a month in person at Daifukuji Buddhist Temple

9:30 a.m. HST - 10:15 a.m. HST Via ZOOM

- Registration is required and must be done online.
- A waiver and release of liability form must be signed.
- Adult participation is required. Zoom sessions will not be recorded by the host. Participants must agree to not record nor screenshot any part of the program or its participants.
- Children learn Buddhist teachings through music, meditation, songs, stories and mindful movement in a multi-cultural setting - Hawai'i!
- Material is presented by experienced teachers.
- This program is offered free of charge. If you wish, you may make a donation to the Buddhist temple or center of your choice.

FOR MORE INFORMATION, PLEASE CONTACT REVEREND JIKO. Call (808) 322-3524 or send an email to: [rev.jiko@daifukuji.org](mailto:rev.jiko@daifukuji.org).

TO REGISTER, PLEASE GO TO: <https://forms.gle/AzabJv2FbmeHUJZk6>

## Coming Up in March...

Shakyo Session.....March 1  
Dharma Keiki..... March 2 and 23  
HAIB Buddha Day, Kona Hongwanji .....March 9  
Project Dana.....March 12  
33 Kannon Pilgrimage & Spring Higan Service with guest speaker  
Bishop Shuji Komagata.....March 16  
Temple Tour.....March 30

# February 2025

January 2025							February 2025							March 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31	23	24	25	26	27	28	23	24	25	26	27	28	29		
													30	31						

- Sangha Sisters
- Youth Taiko
- Adult Taiko
- Major Service
- Dharma Keiki
- Temple Board
- Fujinkai
- Kannon-ko Service
- Project Dana
- Zazen
- Samu
- Special Events
- Baikako Practice
- Dharma Study
- Happy Strummers
- Work
- Offsite Backup
- Bon Dance Group
- Teen Sangha
- Orchid Club
- Family Service
- Major Service
- Home
- and 17 more...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 By Reservation New Year's Party 11 AM 11:00AM Gen. Membership Meeting	27 8:30AM Yoga with Liz 5:00PM Youth Taiko 6:00PM Sunset Meditation	28 9:00AM Soleful Strutters Moai 6:00PM Zen Taiko	29 6:00AM Zazen & Service 5:00PM Youth Taiko	30 9:00AM Tai Chi 11:00AM Zoom Dharma Study 6:00PM Zen Taiko	31 6:00AM Zazen 8:00AM Samu 10:00AM Gift shop 10am-1pm	1 Shakyo 9:30 am 8:00AM Zoom Dharma Study 10:15AM Youth Taiko
2 Dharma Keiki 9:30 am 7:45AM Baikako 2:00PM Happy Strummers	3 8:30AM Yoga with Liz 5:00PM Youth Taiko 6:00PM Sunset Meditation	4 9:00AM Soleful Strutters Moai 6:00PM Zen Taiko	5 6:00AM Zazen & Service 5:00PM Youth Taiko	6 9:00AM Tai Chi 11:00AM Zoom Dharma Study 6:00PM Zen Taiko 7:00PM Temple Board	7 6:00AM Zazen 8:00AM Samu 10:00AM Gift shop 10am-1pm 4:00PM Fujinkai Board	8 Zazen Gathering 4:30 pm 8:00AM Zoom Dharma Study 10:15AM Youth Taiko 2:00PM Beginners Ukulele
9 Nirvana Day Service 10 am Gift Shop Open 9 am-noon	10 8:30AM Yoga with Liz 5:00PM Youth Taiko 6:00PM Sunset Meditation	11 9:00AM Soleful Strutters Moai 6:00PM Zen Taiko	12 Project Dana 9:30 am 6:00AM Zazen & Service 5:00PM Youth Taiko 6:30PM Orchid Club	13 9:00AM Tai Chi 11:00AM Zoom Dharma Study 6:00PM Zen Taiko	14 6:00AM Zazen 8:00AM Samu 10:00AM Gift shop 10am-1pm 5:00PM Sangha Sisters Time TBA	15 Gift Shop Open During Breakfast 7 a.m. to 10:30 a.m. Pancake Breakfast 10:15AM Youth Taiko
16 Baika Workshop 9:30 am	17 8:30AM Yoga with Liz 5:00PM Youth Taiko 6:00PM Sunset Meditation	18 9:00AM Soleful Strutters Moai 6:00PM Zen Taiko	19 Kannon-ko 10 am 6:00AM Zazen & Service 5:00PM Youth Taiko	20 9:00AM Tai Chi 11:00AM Zoom Dharma Study 6:00PM Zen Taiko	21 6:00AM Zazen 8:00AM Samu 10:00AM Gift shop 10am-1pm	22 Hawaii Soto Ministers Meeting 10:15AM Youth Taiko 2:00PM Beginners Ukulele
23 Hawaii Soto Mission Association Meeting	24 8:30AM Yoga with Liz 5:00PM Youth Taiko 6:00PM Sunset Meditation	25 9:00AM Soleful Strutters Moai 6:00PM Zen Taiko	26 6:00AM Zazen & Service 5:00PM Youth Taiko	27 9:00AM Tai Chi 11:00AM Zoom Dharma Study 6:00PM Zen Taiko	28 6:00AM Zazen 8:00AM Samu 10:00AM Gift shop 10am-1pm	1 8:00AM Zoom Dharma Study 10:15AM Youth Taiko