

JOURNEYS TO WELLNESS

A gathering designed to promote wellness by offering different spiritual journeys toward a healthy body, mind, spirit and community.

Saturday, October 5, 2013

8:30 a.m. ~ 2:30 p.m.

The Community Church of Honolulu

2345 Nu`uanu Ave.

Honolulu, Hawai`i 96817



Sponsored by the Sunrise Ministry Foundation

Co-Sponsors include The Community Church of Honolulu

The Interfaith Alliance Hawai`i

Inclusive Orthodox Church

Hawai`i Forgiveness Project

Pacific Justice and Reconciliation Center

Institute for Religion and Social Change

Honpa Hongwanji Mission of Hawai`i-Social Concern Committee

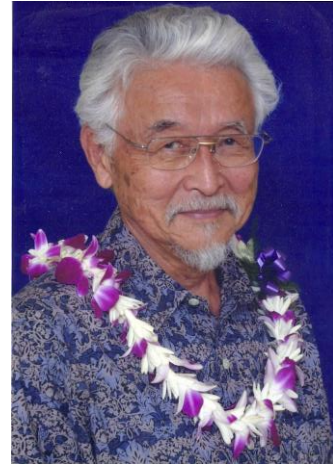
INTRODUCING THE SPEAKERS.....

REV. TERUO KAWATA, D.MIN.

Keynote Address: “The Healing Power of *Gaman*” (persevere)

Rev. Teruo “Terry” Kawata has been a significant leader in the religious community at home and abroad for the past 50 years. He served as Conference Minister of the Hawai`i Conference of the United Church of Christ for 10 years during the 70’s and 80’s. He also served as Adjunct Faculty at San Francisco Theological Seminary, as Visiting Minister at Silliman University in the Philippines, and, for over 20 years, as a board member of the Retirement Housing Foundation in California.

Born in Delano, California, Rev. Kawata, was interned as a young man at the Poston Relocation Camp in Arizona, 1942-1944. He and his wife Kiku have three children, three grandchildren and seven great grandchildren.



RESPONDENTS

Rev. Barbara Grace Ripple

After serving in the ministry on the mainland and in Saipan for 17 years, Rev. Ripple was appointed in 1998 as Superintendent of the Hawai`i District, United Methodist Church and served in that position for. She currently serves on the Advisory Committee of the Interfaith Alliance of Hawai`i.

Rev. Thomas Okano

Local-born Rev. Okano is a graduate of UH and Ryokoku University in Japan. After serving as resident minister of several missions throughout the islands, he served as Bishop of the Honpa Hongwanji Mission of Hawai`i, 2007-2011. He and his wife Michiko have three children, and four grandchildren.

INTRODUCING THE PARTICIPANTS IN THE PROGRAM.....

Rev. Kekapa Lee is Senior Minister of First Chinese Church of Christ in Honolulu. He is a gifted musician of sacred and Hawaiian music and the performing arts.

Lisa Jacobs, Esq. is a Collaborative Attorney and Mediator with her own firm, Better Way Divorce. She was recently featured in the *Honolulu Star Advertiser*.

Manu Nae`ole, M. Div., is Christian Education Director at The Community Church of Honolulu. He also serves on the Board of Christian Endeavor Hawai`i.

Ardis Gomes is Kumu Hula at Kawaiaha`o Church. She also serves as Administrative Assistant at the Community Church of Honolulu.

Corey Wong is a highly trained teacher and practitioner of gongfu, taijiquan, qigong and acupuncture. He is a member of the American College of Sports Medicine.

Rev. Wally Fukunaga, D.Min., is the Founding Director of Sunrise Ministry Foundation. He currently serves on the Hawai`i Civil Rights Commission.

The Board Members of Sunrise Ministry Foundation

Sr. Joan Chatfield, M.M, Ph.D, president, **Janet Fujioka,** secretary, **Alan Goto,** treasurer, **Jeff Acido, Marion Carpenter, David Laaha, Lisa Jacobs, Corey Wong & Christopher Yeung.** **Rev. Terry Kawata** is Advisor.

PROGRAM

8:30 am	Registration in the foyer fronting the sanctuary.	
9:00 am	Oli Welcome	Rev. Kekapa Lee Lisa Jacobs Manu Nae'ole
	Hula	Ardis Gomes
9:15 am	Keynote Address "The Healing Power of <i>Gaman</i>" (persevere)	
	Introduction Respondents	Rev. Teruo Kawata Rev. Wally Fukunaga Rev. Barbara Grace Ripple Rev. Thomas Okano
10:15 am	Introduction of Workshops & Facilitators	Corey Wong Founders Rm.
	#1 Journey of Forgiveness Facilitator: Michael North	
	#2 Journey of Mindfulness Facilitator: Ernestine Enomoto	Leigh Hooley Rm.
	#3 Journey of Contemplative Prayer & Christian Practice Facilitator: Rev. Ron Williams	Church Office
	#4 Journey of Reiki Facilitators: Alan & Rosemary Goto	Makai Classroom 1
	#5 Journey of Music Facilitator: Tom Poole	Makai Classroom 2
	#6 Journey to Your Greatness Facilitator: Arna (Kahu Lahela) Johnson	Sanctuary
	#7 Journey of Creative Expression Facilitator: Michael Yano	Lanai, Courtyard
	#8 Journey of Magic Facilitator: Rev. Don Asman	Makai Lanai, Classroom Bldg.
11:30 am	Lunch	Stephen Mark Hall Tom Poole
	A Song of Gratitude	
	Taiko Presentation by Pacific Buddhist Academy	
12:30 pm	2nd Offerings of Workshops (same locations)	
1:45 pm	Summary Session in the Sanctuary Demonstration: "The Hidden Power of Tai Chi" Sharing & Community Building	Rev. Wally Fukunaga Corey Wong Lisa Jacobs
2:15 pm	Circle of Aloha	Kahu Lahela Johnson

Mahalo nui loa to the following:
The Community Church of Honolulu for the use of its beautiful campus;
The participants for sharing their vision, energy and talents;
Ardis Gomes for formatting and printing the flyer and program;
Sarah Loui for preparing and coordinating our wonderful lunch;
Glenn Bolosan for opening and setting up the facilities;
Our co-sponsors and supporters;
and most especially to all of you for your presence and support.

Aloha kakou!

INTRODUCING THE WORKSHOP FACILITATORS

Don Asman was born and raised in Connecticut, and served churches in South Dakota and Minnesota before coming to Hawai'i in 1979, where he served at The Manoa Valley Church. A simple magic trick as a gift from his stepfather when he was 12 started him on the journey of using magic as an instrument of hope and healing.

Ernestine Enomoto has been a student of Vietnamese Zen master Thich Nhat Hanh since the 1990s. In 1997 she was given the dharma lineage name, *True Mindfulness of Peace*. Upon returning home to Hawai'i, she founded the Honolulu Mindfulness Community and in 2003 was made a dharma teacher in the Thich Nhat Hanh tradition.

Alan & Rosemary Goto have been practicing Reiki for over 14 years. Alan uses Reiki primarily with family members while Rosemary offers Reiki to the community. Rosemary gives Reiki to infants, children and women at the Kapiolani Medical Center for Women and Children and has a private practice where she sees clients at her home.

Arna (Kahu Lehela) Johnson clears blocks of stagnant energy in people's minds, bodies, lives, homes, and work environments through blessings and cleansings, Quantum Healing Hypnosis Therapy, Feng Shui, Lomilomi, and Self-awareness Workshops, which assist in creating flow, harmony, peace, well-being, and connectedness to the spirit that resides within and around us.

Michael North is a strategic business development advisor for startup businesses and non-profits. He was founder and CEO of North Communications, a public access network company, and co-founder of Greenstar, a green energy and media company. He currently is a leader of the Hawai'i Forgiveness Project and the Zhou Enlai Peace Institute.

Tom Poole, Director of Worship & the Arts and Director of Choirs at Calvary by the Sea Lutheran Church, is a native of Northeast Georgia, and a graduate of the University of Georgia, the Southeastern Baptist Theological Seminary, and the Southern Baptist Theological Seminary. He moved to Hawai'i in the Fall of 1997.

Ron Williams is the Senior Minister of The Community Church of Honolulu. He previously served as an Associate Minister at Central Union and minister at several other churches in Hawai'i and on the mainland. He is committed to a gospel that is inclusive and transformational.

Michael Yano earned a Bachelor Degree in Fine Art from the University of Hawai'i at Manoa in 1969. An earn-and-learn work career ensued with some success. Overcome by a spiraling lifetime affliction with depression, he discontinued work in 1989. Since 1997, he has been on a quest for learning about and practicing wellness of the whole self.

