

SUNRISE FOUNDATION

in partnership with TOHO NO HIKARI HAWAI`I

presents

JOURNEYS TO WELLNESS XII

Saturday, October 26, 2024

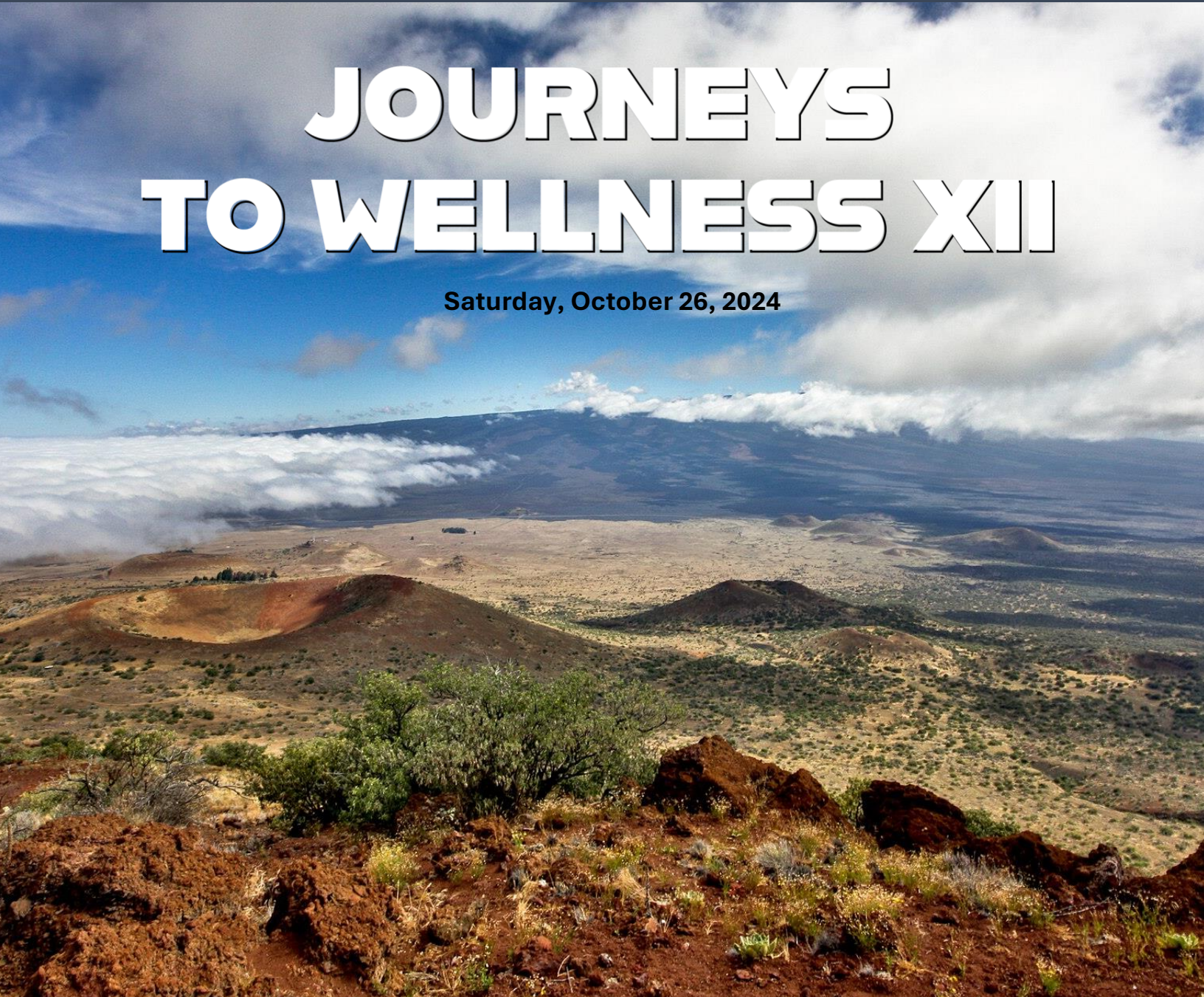


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TOHO NO HIKARI HAWAI`I • 3510 Nu`uanu Pali Drive • Honolulu, HI 96817

A gathering offering awakening insights, mindful reflections and spiritually grounded practices aimed at achieving a healthy and harmonious body, mind, spirit, community and `aina.

Heahea!

PROGRAM

Journeys to Wellness XII Saturday, Oct. 26, 2024 8:30

8:00 a.m. Registration in the foyer

8:30 a.m. Oli and hula: Kumu Hula **Ardis Gomes & Halau O Kawaiha`o**
Chants: **Mele Kāhea & Mele Komo**
Song: **E Mililani `O Iehova** - A traditional hymn based on Psalm 136

Welcome: **Reiki Kahikina Young**, Board Member, Sunrise Foundation
Rev. Takemasa Kawai, President, TOHO NO HIKARI HAWAII

MUSICAL INTERLUDE: **Hari Bayani**, flute
Dance of the Blessed Spirits – Christoph Willibald Gluck

8:45 a.m. Keynote Address: **Pōkā Laenui (Hayden Burgess), J.D.**
“Malama I Ka `Aina, E Ola Pono”
Cherish the land and live in health and harmony

Respondents: **Rev. Eric Matsumoto**
Rev. Dr. Ha`aheo Guanson
David Laeha
Moderator: **Rev. JP Sabbithi**

9:55 am Solo: **Hari Bayani**, *How Great Thou Art- Stuart K. Hine*

10:00 a.m. **2024 Puka`ana o ka lā (Rise Up!) Awards**

Awardees:

- 1. Aunty Puanani Burgess**, *Awarded Posthumously*
- 2. Nanci Kreidman**
- 3. Rev. Dr. Kaleo Patterson**

Introduced by:
Rev. Dr. Wally Fukunaga
Carolyn Sakai, Ph.D.
Arthur Lum, P.T.

10:15 a.m. Musical Tribute to the Awardees: **Jason Laeha**
• You Raise Me *Breezin-* George Benso • *Europa-* Carlos Santana
• *Kauanoeanuhea-* Keali`i Reichel • *Out in the Country-* Jason Laeha

10:30 a.m. WORKSHOPS

LOCATION

- | | |
|---|-----------------|
| 1. Conversation with speaker and respondents | Sanctuary |
| 2. Healing Through Your Human Energy Field: Ruey Ryburn | Social Hall |
| 3. Dancing to Tastiness-Sanuki Udon: Dawn Kanno, MOA staff | Garage |
| 4. Movement, Qi, Environment, and Spirituality: Corey Wong | Foyer |
| 5. New Winds in Mindfulness Hawai`i: Jimmy Toyama | Staff Mtg. Room |

11:30 am Lunch: Choice of Vegetarian Bento and Dim Sum Bento
prepared by **Sarah Loui**

12:30 am Circle of Aloha: Hawaii Aloha (see back page for the lyrics)

Taro is life

Mahalo for your presence & kokua. A hui hou, e malama pono!

MEET THE SPEAKERS

KEYNOTE SPEAKER



PŌKĀ LAENUI (HAYDEN BURGESS), J.D.

Pōkā Laenui (Hayden Burgess), J.D., is a distinguished attorney and human rights advocate deeply committed to peace, justice, and fundamental freedoms of people throughout the world. He received his Juris Doctorate in 1976 from the William S. Richardson School of Law, and was admitted to the Hawai'i Bar in the same year. Although his law practice was largely focused on the plight of Hawai'i's indigenous people, the expansive nature of his work has taken him to many other parts of the world. He has served as a legal advisor to the Waianae Community Mental Health board, as Executive Director of Hale Na`au Pono, as a Trustee of the Office of Hawaiian Affairs and on the boards of a host of other community groups. Today, he continues his practice of law, his writings and teachings, public speaking, a bit of farming and Tai Chi Chuan/Chi Kung. He is the father of 3, grandfather of 2, and husband of 52 years to Puanani Burgess, who had passed away on September 6, 2024. We are honored to have him speak in the place of his beloved wife, Aunty Puanani, who was to have been the keynote speaker for Journeys to Wellness XII. His presence graciously brings Puanani's *mana`o* to our midst.

Respondents



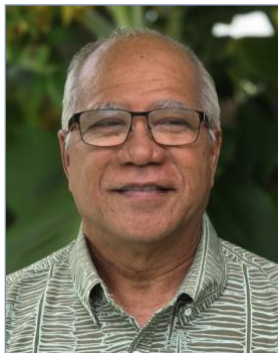
REV. ERIC MATSUMOTO

Eric Matsumoto was born and raised in Kona, Hawai'i. Following studying and training in Japan, he was ordained (tokudo) in 1988 and received full certification (kyoshi) in 1991. His ministerial career includes serving as resident minister of Honaka`a Hongwanji and Mo`ili`ili Hongwanji. In 2011 he was named Bishop of the Honpa Hongwanji Mission of Hawai'i, a statewide organization of over 30 temples. He is currently the minister of Aiea Hongwanji Temple.



REV. DR. HA`AHEO GUANSON

Ha`aheo Guanson is a Peacemaker, Professor and Priest. She is the co-founder of the Pacific Justice & Reconciliation Center, a nonprofit working on creating and advocating for a culture of nonviolence and peace for the children of Hawai'i. She is a member of the Fellowship of Reconciliation and teaches at the Matsunaga Institute for Peace at the University of Hawai'i. She currently serves at the Cathedral of St. Andrew as the assisting priest for pastoral care.



DAVID LAEHA, CPA

David LaeHa was born and raised on O`ahu. In 2002, he established CFO Hawai'i, a consulting firm specializing in providing CFO services to small firms. Recently, he became the interim Executive Director of Pacific Gateway Center, a non-profit dedicated to supporting immigrants and underserved communities. He is a founding member of the Sunrise Foundation BOD and a sensei with the Sogetstu School of Ikebana.

Moderator



REV. DR. JP SABBITHI

JP Sabbithi originally hails from India. He was the founding chaplain of the Pacific Health Ministry at the Kaiser Foundation Hospital and has served as Director of Counseling Services at Hospice Hawai'i. He currently serves as pastor at the Joy of Christ Lutheran Church in Honolulu and as Assistant to the Bishop of the Pacifica Synod of the Evangelical Lutheran Church in America.



PUKA`ANA O KA LA 2024 AWARDEES



AWARDED POSTHUMOUSLY

Auntie Puanani Burgess, the late Puanani Burgess was a poet, priest, auntie and friend to many. She was a community activist in the Native Hawaiian sovereignty movement for over fifty years. As the designer and facilitator for Building the Beloved Community – a process that brings ceremony, storytelling and circles of trust and respect – Auntie Pua shared Native Hawaiian practices throughout the world to bring healing and reconciliation. She served as the Horton Chair for the Highlander Research and Education Center in Tennessee and as a community scholar in residence at the Department of Urban Planning at the University of Hawai`i. Auntie Pua was an ordained Zen Buddhist priest in the International Daihonzan Chozen-Ji.

“You want to make a difference? Then start by looking within.”
Auntie Puanani Burgess



Nanci Kreidman, has spent 40 years supporting and advocating for women, children and, at times, men in abusive relationships. On her early exposure to what became her life’s work, she recalls. “When I was in my young 20s, I was working at a community action program and they were beginning to develop a shelter for abused women.” That was in New Jersey, where Kreidman grew up. She helped with the design of a safe place for abused women and she continued that work after she moved to Hawaii in the 1970s. In 1991 she was selected to serve as Chief Executive Officer of The Domestic Violence Action Center (DVAC) in Honolulu. Its mission was to create and support a safe place for abused and neglected women and children to be themselves and live life fully. Her work gave the people new opportunities to forge a safe path toward a hopeful life journey. “That’s a gift that keeps on giving,” Kreidman testified. In 2023, when she retired as its executive officer, the DVAC had a staff of 50 members.



Rev. Dr. Kaleo Patterson was born in Wahiawa, Hawai`i. He has degrees from a plethora of institutions as well as justice, anti-racism and community involvement training. He has worked as a professor at the University of Hawaii, Manoa, a community organizer and as the founding director of the Pacific Justice and Reconciliation Center. He was ordained into the Christian ministry in 1983. Among the churches he served as pastor include Kaumakapili Church, Kawaiahaeo Church and Waianae Protestant Church. He currently serves as the Vicar at St. Stephen Episcopal Parish in Wahiawa and Chaplain, Waiawa Correctional Facility. In 1996 he was invited into the Royal Order of Kamehameha and in 2000 into the Kaito Gakko Judo Jujitsu. He is widely respected throughout the world for his leadership and work.

PREVIOUS AWARDEES

2014: Clarence Liu, Rose Nakamura and Kawika Patterson; **2015:** Ho`oipo De Cambra, Kalani Brady, M.D., Frances Kakugawa; **2016:** Terry Shintani, M.D., Gregory Pai, Ph.D., Sister Maria Rosario Daley, M.M.; **2017:** Nancy Aleck, John Houk, M.D., David Shoji; **2018:** Amy Agbayani, Rev. Dr. Teruo Kawata, Frank DeLima; **2019:** Alice K. Tucker, Kahu William H. Kaina, Robin M. Kitsus; **2022:** David Derauf, Tin Myaing Thein, Jan Edward Hanohano Dill; **2023:** Ernest “Ernie” Y.W. Lau, Pua Case, Gerald Oda

JOURNEY TO WELLNESS XII WORKSHOPS

You're invited to visit more than one workshop.

1. CONVERSATION WITH KEYNOTE SPEAKER & RESPONDENTS

Prayer Hall (Sanctuary)

This workshop offers the opportunity to ask your questions and engage in conversation with the keynote, Pōkā Laenui (Hayden Burgess), J.D., and the respondents – Rev. Eric Matsumoto, Rev. Dr. Ha`aheo Guanson, and David Laeha, CPA.

PHOTO BY AVENUE AT WIKIMEDIA COMMONS

2. HEALING THROUGH YOUR HUMAN ENERGY FIELD

FACILITATOR: RUEY RYBURN, DR. PH

Social Hall

Ruey Ryburn is a graduate of the four-year program at the Barbara Brennan School of Healing. In 2011, she opened her own Sacred Path Healing School in Hawai`i. It offers a three-year program of study leading to a diploma in spiritual energy healing.

- Her workshop will lead you through many aspects of your energy field, allowing you to learn aspects of inner awareness, along with exercises to align your energy field with your well-being. This will provide a radiant connection to your inner light and Spirit.



PHOTO COURTESY OF RUEY RYBURN

3. DANCING TO TASTINESS-SANUKI UDON

FACILITATOR: DAWN KANNO AND OTHER MOA STAFF

Garage

The leaders of this workshop are an energetic team of volunteers from MOA, led by Dawn Kanno.



COURTESY PHOTO

- UDON noodles are a popular comfort noodle soup in Japan, especially in Osaka, Nagoya and Kagawa on the island of Shikoku. The SANUKI UDON of Kagawa Prefecture is firmer than those of other regions. In Kagawa, instead of pounding with a wooden stick and their hands, they dance on the UDON to make it firmer. Join us and enjoy making your own ORGANIC UDON noodles by learning to dance on it and thus, creating a perfect mixture of flour, salt and water.

WORKSHOPS CONTINUED

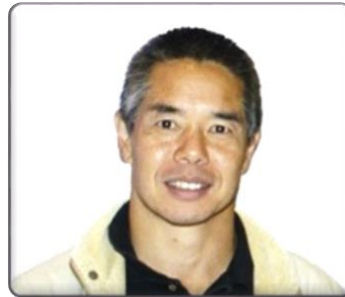
4. MOVEMENT, QI, ENVIRONMENT, AND SPIRITUALITY

FACILITATOR: COREY WONG

Foyer

Corey Wong is a licensed acupuncturist who has studied and taught medical qigong and taijiquan for nearly 40 years. He has studied in China, taught acupuncture in Los Angeles and given seminars in California, Hawai`i and Japan. In his clinical practice he incorporates acupuncture, Chinese medical massage, cupping, exercise education and vibroacoustic therapy.

- This workshop will explore how focused movements affect the body's qi or energy. Then working with how the qi connects to the environment, we open ourselves to embrace the spirit within us. Only then can we communicate with the Greater Spirit, Buddha or God. And there may be a moment of Enlightenment. Only one caveat, don't expect instant results. The workshop will explain why.



PHOTOS COURTESY OF
COREY WONG

5. NEW WINDS IN MINDFULNESS HAWAI`I

FACILITATOR: JIMMY TOYAMA

Upstairs in Staff Meeting Room

Jimmy Toyama is a retired civil servant and longtime community and political organizer. In 2015, he, along with others, founded Mindfulness Hawai`i (MH), a community of mindfulness practitioners from different traditions and disciplines with the common aim of shaping, contributing and sustaining an emerging culture of mindfulness.

>This workshop will explore the continuous evolution of Mindfulness Hawai`i till today. According to Jimmy, it "has evolved into challenging directions. The winds of change are blowing and we are moving in tandem with the winds' currents." An intent of this workshop is to share the new developments in MH and the mindfulness movement.



PHOTOS COURTESY
OF JIMMY TOYAMA



COMMUNITY SUPPORT

From its inception in 2010, Sunrise Foundation and its annual “Journeys to Wellness” have received encouragement and support from the following community groups:

- Broken Ridge Meditation Group
- Central Union Church
- Community Church of Honolulu
- Christ Church Uniting Disciples & Presbyterians
- Harris Memorial Methodist Church
- Hawaii Conference of the United Church of Christ
- Honpa Hongwanji Mission of Hawai`i
- Interfaith Alliance Hawai`i
- Jodo Mission of Hawai`i
- Joy of Christ Lutheran Church
- Kokua Kalihi Valley Comprehensive Services
- Lam Clinic
- Maryknoll Sisters of Hawai`i
- Mindfulness Hawai`i
- MOA Hawai`i
- Mohala Farms
- Mo`ili`ili Hongwanji Mission
- Navian Hawai`i
- Pacific Gateway Center
- Pacific Health Ministry
- Pacific Justice & Reconciliation Center
- Palolo Kwannon Temple
- Partners in Development Foundation
- Pearl City Community Church
- Pediatric Dental Group
- Sacred Path Healing School
- Shingon Shu Hawai`i
- St. Clement Episcopal Parish
- TOHO NO HIKARI HAWAII

The Sunrise Foundation Board Of Directors

- **Rev. Dr. Wally Fukunaga, *President***
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- **Sr. Bitrina Kirway, M.M.,
*Vice-President***
- **David Laeha, CPA**
- **Donna Wallace**
- **Arthur Lum, PT**
- **Ronald Yamauchi**
- **Rev. Dr. JP Sabbithi, *Secretary***
- **Gregory Pai, Ph.D.**
- **Reiki Kahikina**
- **Rev. Jody Kanemaru, *Treasurer***
- **Ruey Ryburn, Dr.PH**
- **Young**

We invite you to help Sunrise Foundation continue offering wellness programs and services for the body, mind, spirit, community and `aina with your gift of support. Kindly go to our website to make a donation online or send your check to:

Sunrise Foundation
P.O. Box 235708
Honolulu, HI 96823

Sunrise Foundation is an inter-spiritual, -cultural and -generational 501c3 whose outreach is local and global.

Email: info@sunrisefoundationhawaii.org
Website: sunrisefoundationhawaii.org

HAWAII ALOHA

E Hawai`i e ku`u one hanau e
Ku`u home kulaīwi nei
`Oli nō au in nā pono lani ou
E Hawai`i, aloha e

E hau`oli nā `ōpio o Hawai`i nei
`Oli ē! `Oli ē!
Mai nā aheahe makani e pā mai nei
Mau ke aloha, no Hawai`i

O Hawai`i, O sands of my birth
My native home
I rejoice in the blessings of heaven
O Hawai`i, aloha

Happy youth of Hawaii
Rejoice! Rejoice!
Gentle breezes blow
Love always for Hawai`i

