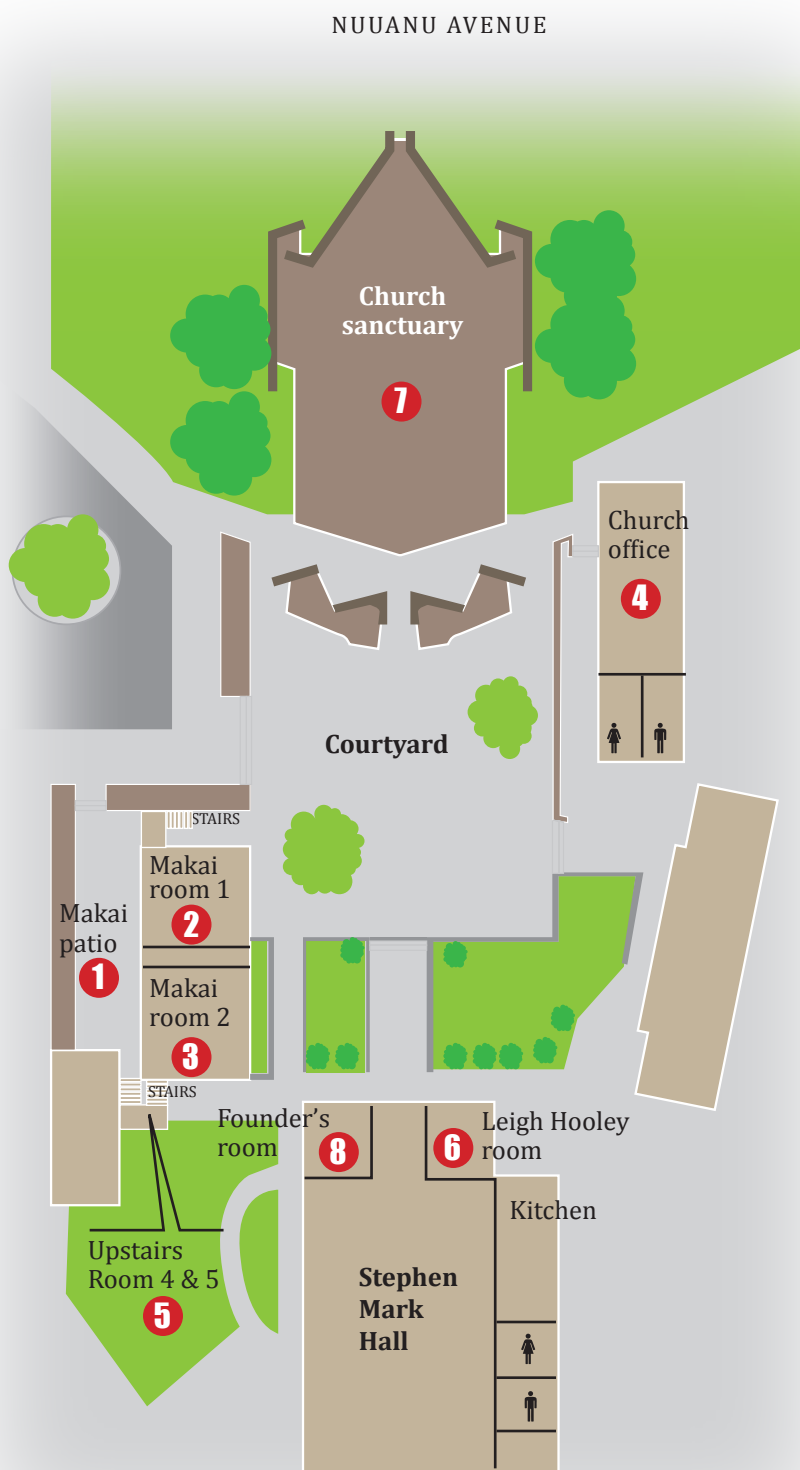


COMMUNITY CHURCH OF HONOLULU  
Campus map



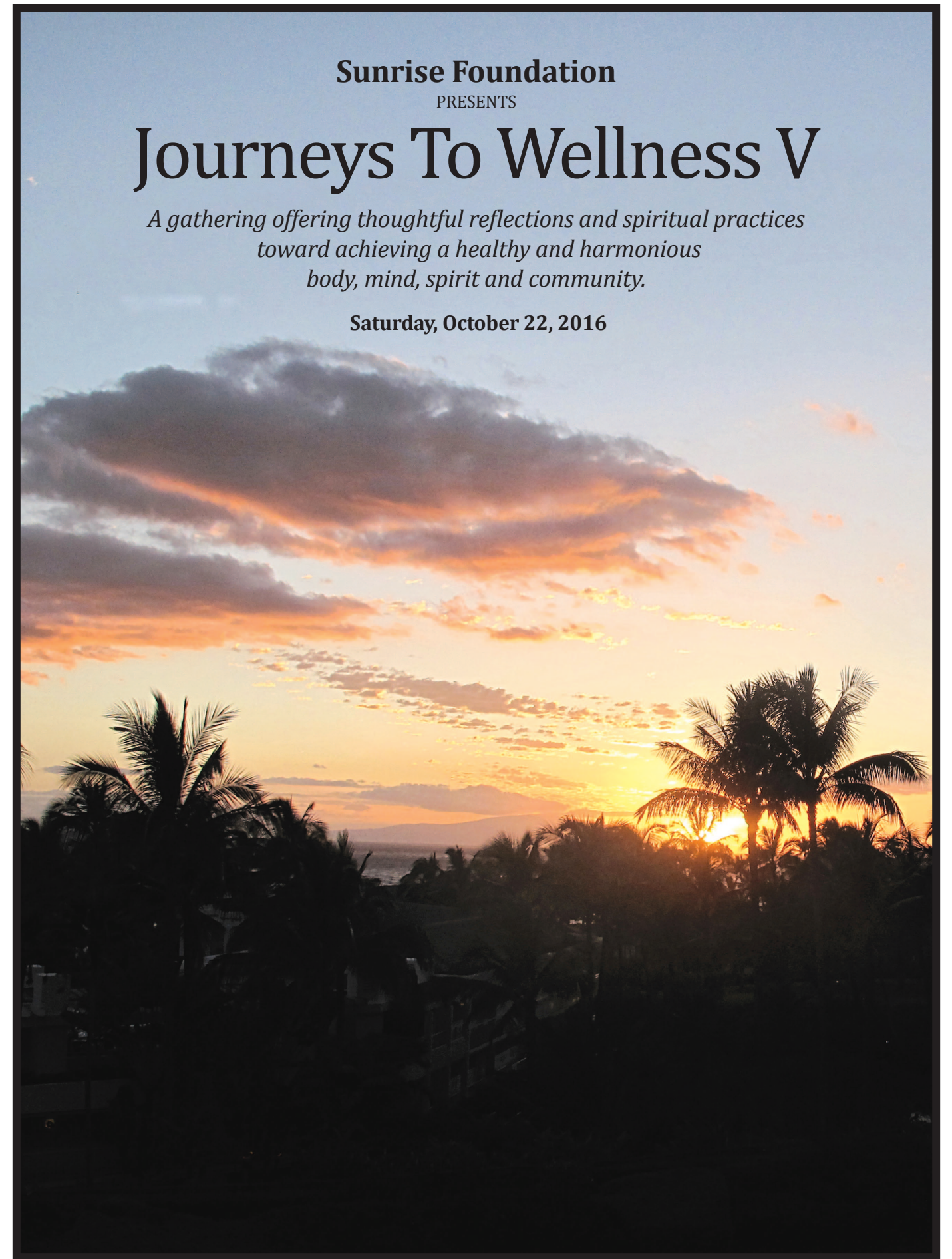
Sunrise Foundation

PRESENTS

# Journeys To Wellness V

*A gathering offering thoughtful reflections and spiritual practices  
toward achieving a healthy and harmonious  
body, mind, spirit and community.*

Saturday, October 22, 2016



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Your financial support of Sunrise Foundation is welcomed.

You may send your tax-deductible contribution to

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**1517 Makiki St. #1404, Honolulu, HI 96822**

Sunrise Foundation is an interfaith, inter-cultural and inter-generational 501(c)(3) organization that offers community-wide programs, services and scholarships for life enrichment and integrative wellness of the body, mind and spirit.

Email: [sunriseministryinfo@gmail.com](mailto:sunriseministryinfo@gmail.com)

Website: [sunriseministryfoundation.com](http://sunriseministryfoundation.com)

## MAHALO NUI LOA TO THE FOLLOWING...

- The participants in today's program for their dedication and kokua;
- The Community Church of Honolulu for opening its campus for this event;
- Ardis Gomes, for office and clerical support;
- Sarah Loui and her crew, for today's lunch and refreshments;
- Martha Hernandez, for the graphic design of the flyer and printed program;
- Glenn Bolosan, for custodial support;
- Ann Miller, for editing;
- Ryan Urabe and Robbie Ray Tongg, for handling the sound system;
- Ron and Sharlene Yamauchi and helpers, for overseeing the set-up and registration;
- Koolau Farmers, for the kalo plant that adorns the altar in the sanctuary;
- Charles Dominiques, for the Puaka`ana o ka lā Award koa wood carvings;
- Bryce Miyauchi, for the engraving;
- Our co-sponsors and many individual contributors to the Sunrise Foundation.

*You are all warmly valued and appreciated*



**S**unrise Foundation offers a variety of programs aimed at empowering their participants to choose life and achieve their fullest potential in body, mind and spirit. These programs include ongoing support fellowships, book study groups, public forums, workshops, and the annual "Journeys to Wellness" event. The Foundation also serves as a liaison to a wide range of organizations in our community that provide wellness programs and classes.





## Presenting the 2016 Puaka`ana o ka lā (Rise Up!) Awardees

The annual Puaka`ana o ka lā award presentation was launched in 2014 to recognize and honor those who have made longstanding and significant contributions toward the promotion of wellness of the body, mind and spirit to our people and community. We are pleased to present this year's honorees.

### Terry Shintani, MD, JD, MPH

Dr. Shintani received his master's degree in nutrition at Harvard University and both his medical degree and law degree at the University of Hawaii. He is board certified in Preventive Medicine and serves as Professor and Associate Chair of the Dept of Complementary and Alternative Medicine at the John A. Burns School of Medicine. He has been appointed to the National Advisory Board of the American College of Lifestyle Medicine and is chair of the International Holistic Therapy Association, the Advisory Board of the Gandhi International Institute of Peace and a member of the Council of Elders of the Native Hawaiian Healers.

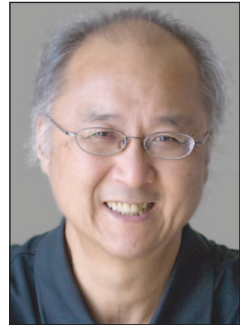
He is best known for his promotion of health in the Hawaiian community and for his whole person health programs. One of his programs won the highest national award from the U.S. Secretary of Health. He has written 12 books and was formally designated a "Living Treasure of Hawaii."



### Gregory Pai, PhD

Gregory Pai has practiced meditation since the mid-70s in the Tibetan Buddhist, Zen Buddhist and Vipassana or Insight Meditation traditions. His teachers include Chogyam Trungpa Rinpoche, Robert Aitken, Sayadaw U Pandita, Sayadaw U Silananda and Sayadaw U Kundala in the Burmese tradition, as well as Jon Kabat-Zinn. He was trained at the Spirit Rock Meditation Center and currently teaches a public meditation class at the Broken Ridge Korean Temple. He has also taught meditation to the mentally disabled at the Hawaii State Hospital, Kahi Mohala, Queens Hospital, as well as veterans at Tripler Hospital and at the Center for Alternative Medicine at the University of Hawaii School of Medicine.

Currently retired, Dr. Pai served in the administrations of Gov. Benjamin Cayetano and John Waihee, as well as Commissioner for the Hawaii State Public Utilities Commission and Chief Economist for First Hawaiian Bank.



### Sister Maria Rosario Daley

Sister Maria Rosario was born in Albany, N.Y. After receiving her B.A. degree from St. Rose College, she entered the Maryknoll Sisters 72 years ago. Her first missionary assignment, in 1948, was to the Territory of Hawai'i. She taught at Maryknoll High School in Honolulu,



St. Ann's in Kaneohe and St. Anthony's in Wailuku, Maui. Through the years, she taught, touched and empowered countless lives. Alumni from those schools continue sharing their lives with her, inviting her to important family events and sending photos of their grand- and great-grand children. After leaving the classroom, she earned a Master's Degree in mathematics from Boston College and worked for the Honolulu Catholic Dioceses, installing the first computer system and training the staff on how to use it.

Presently, she considers her primary assignment praying for our world and giving thanks to God for her 93 years of life on earth and all the octogenarians whom she still calls "my pupils."

### PREVIOUS AWARDEES:

2014: Clarence Liu, Rose Nakamura and Kawika Patterson  
2015: Ho`oipo De Cambra, Kalani Brady, M.D., Frances H. Kakugawa

## PROGRAM

- 8:00 a.m. Registration in the foyer fronting the sanctuary
- 8:30 a.m. Chanting of the Oli  
A Sacred Dance of the Hula  
Rev. Kekapa Lee  
Ardis Gomes
- 8:45 a.m. Welcome and Introductions  
Rev. Dr. Wally Fukunaga
- Panelists: **Claire Ku`uleilani Hughes, PhD**, Native Hawaiian Healing  
**Arnaldo Oliveira, PhD**, Electro-Dermal Screening & Treatment  
**Norman Oshiro, MOA**, Purification, Art, Beauty & Nutrition  
**Ruey Ryburn, PhD**, Sacred Path to Energy Healing  
Moderator: **David Laeha, CPA**
- 9:45 a.m. Open Discussion
- 10:15 a.m. Puaka`ana O Ka Lā (Rise Up!) Awards  
**Sr. Rosario Daley, M.M.** Introduced by Sr. Joan Chatfield, M.M., PhD  
**Terry Shintani, M.D., J.D., MPH** Introduced by Norman Oshiro  
**Gregory Pai, PhD** Introduced by Debbie Laeha  
**Sherwood Chock** Solo musical performance, "The Impossible Dream"
- 10:45 a.m. Introduction of Workshops and Facilitators
- 11 a.m. "Talk Story" with the Panelists  
1. **Claire Ku`uleilani Hughes**: Sanctuary  
2. **Arnaldo Oliveira**: Classroom 2  
3. **Norman Oshiro**: Classroom 1  
4. **Ruey Ryburn**: Founders Room
- Also offered 11 a.m. - noon are Tai chi exercises by **Tommy Amina** in the Makai Patio and free massage treatments by **Chad Imano** in the church office.
- Noon Lunch: Catered by **Sarah Loui**  
Each is invited to offer her/his own gesture of gratitude.
- 1:00 p.m. **Workshops**
- & 2:10 p.m. ① Tai chi: **Tommy Amina**  
② 5 Elements Healing Sounds: **Corey Wong**  
③ Laughter Yoga & Meditation: **John and Inessa Love**  
④ Christian Healing Ministry: **Rev. Christopher Golding**  
⑤ Nakem Pedagogy & Popular Education As A Praxis for Healing: **Jeffrey Acido, PhD**  
⑥ Ho`oponopono in Daily Life: **Bruce Keaulani & Kehau Lum**  
⑦ Introduction to Reiki: **Melissa Clark**  
⑧ Mindfulness Meditation: **Ernestine Enomoto**
- 3:10 p.m. Summation Session in the Sanctuary
- 3:30 p.m. Circle of Aloha  
Rev. Ron Williams

The kalo (plant) on the altar represents Life.

## MEET THE SPEAKERS

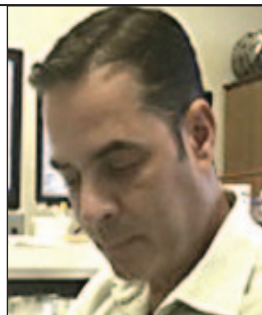
### CLAIRE KU'ULEILANI HUGHES

Claire Ku'uleilani Hughes, DrPH, RD, served the Hawai'i State Department of Health for over 33 years as a public health administrator, nutritionist and registered dietician. She writes a monthly article on Hawaiian health and culture for the Office of Hawaiian Affairs. In 2011 she was named a Living Treasure by the Honpa Hongwanji Mission of Hawai'i in recognition of her advocacy of health programs for the Hawaiian community.



### ARNALDO OLIVEIRA

Arnaldo Oliveira, PhD, is a facial-trauma surgeon trained in Brazil. He holds a doctorate in acupuncture and oriental medicine from the Oregon College of Oriental Medicine in Portland, Ore. Dr. Oliveira is currently in private practice at the Lam Clinic in Honolulu, specializing in electro-dermal screening and therapy and electro-acupuncture according to Voll.



### NORMAN OSHIRO

Norman Oshiro received his Bachelor of Science in Human Development from UH Manoa. For the past seven years he has served as the executive director of MOA Wellness Center in Kaka'ako, which offers a range of integrative services for physical and spiritual enrichment and improvement. He is a MOA purification therapist and teacher, organic farm specialist and licensed massage therapist.



### RUEY RYBURN

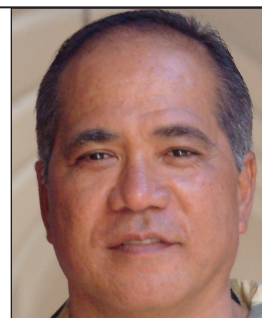
Ruey Ryburn holds a doctorate in public health and a master's degree in nursing. She is a graduate of the four-year program at the Barbara Brennan School of Healing. She started her own Sacred Path Healing School in 2001. It offers a three-year program of study leading to a diploma in spiritual energy healing. Dr. Ryburn is also a certified teacher of Sacred Health Yoga.



### MODERATOR:

### DAVID LAEHA

David Laeha, president and founder of CFO Hawaii LLC, has over 30 years of financial "healing" experience. He earned his BA with honors at UH, his MBA at USC and became a licensed CPA in 1997. After working as a CFO for various mainland and local firms, he began his private consulting firm, CFO Hawaii, in 2002, as a "healer" of small businesses and non-profits. He is a founding board member of Sunrise Foundation.



## JOURNEYS TO WELLNESS V WORKSHOPS

### Tai Chi

#### 1 Makai Patio

**Tommy Amina** was born in Hilo in a community comprised of multi-ethnic immigrants. He graduated from Hilo High School and later served in the U.S. Air Force in Japan. Following years of practicing tai chi from various master teachers, he started his own class. Currently, he teaches classes at Nuuanu YMCA and the Community Church of Honolulu.

> His workshop will focus on tai chi that will "strengthen the lower limbs to keep us walking as we age and peaceful meditative movement that one can do for hours and not tire." He vows that his classes "promote friendship and fun."

### Nakem Pedagogy and Popular Education Healing

#### 5 Makai Classrooms 4 and 5

**Jeffrey Tangonan Acido** was born in the Philippines of working class farming parents and grew up in Kalihi. He attended public schools, UH-Manoa (BA), Pacific School of Religion (Masters in Theology) and earned his PhD in Education at UH-Manoa. His work focuses on the intersection of working class experience and social movements of liberation. He hopes someday to establish a center to promote his vision and work.

> This workshop will center on the development of Nakem Pedagogy as a praxis for healing. It will be led by students and nakem practitioners who will share their findings in dealing with trauma both personal and historical in addressing the collective healing of our communities. Participants will be invited to share their story. The workshop will explore historical trauma as a starting point of healing.

### 5 Elements Healing Sounds

#### 2 Makai Classroom 1

**Corey Wong** is an acupuncturist for over 30 years who teaches and practices qigong, taijiquan and gongfu for Asian Horizons. He is a former instructor at an acupuncture school where he directed the medical qigong program and founder of a non-profit qigong organization in California. He also lived and studied in China for three years.

> The workshop will explore the sounds of the 5 Elements and how they are used for healing. While the 5 Elements theory has long been an important part of traditional Chinese medicine, the use of their sounds for healing is not widely known. Come and feel the energy of sounds resonate in your body.

### Ho'oponopono in Daily Life

#### 6 Leigh Hooley Room in Stephen Mark Hall

**Bruce Keaulani** is the spiritual and knowledge descendent of David K. Nuuhiwa, a legend in Native Hawaiian martial arts and surfing. Arising from his own experiences, skills and vision, he founded the Living Life Source Foundation. LLSF perpetuates peace and thanksgiving in all nature's living spirits by restoring Aloha Spirituality for all humanity and alleviating world suffering.

> Ho'oponopono means to "care for, correct, adjust, amend and put to right." This workshop will impart helpful insights into how to have this important Hawaiian practice be a part of our daily life, whether in our thoughts, conversation, work, play or any other activity. Such a practice can help transform our bad days into good days, and our negative thoughts into positive thoughts.

### Laughter, Yoga & Meditation

#### 3 Makai Classroom 2

**John and Inessa Love** are certified Laughter Yoga Leaders and founders of Honolulu Laughter Club. John is also a long-term meditation practitioner in the tradition of Thich Nhat Hanh and an ordained interfaith minister. Inessa is a long-term tai-chi practitioner.

> Laughter Yoga is an interactive activity that combines improvisational and easy to do "laughter exercises" with yogic breathing and relaxation techniques. There are no yoga postures, so anyone can do it regardless of the fitness level. It is easy, playful and fun. Laughter is the best medicine!

### Introduction to Reiki

#### 7 Sanctuary

**Melissa Clark** is a Certified Reiki Master Teacher of the Usui Method of Natural Healing and is a fourth-hand direct disciple of the founder of Reiki. She brings authenticity and a wide range of skills to her Reiki practice through her extensive training with John Harvey Gray and Lourdes Gray. John Gray is one of the original 22 masters trained by Hawayo Takata, who brought Reiki from Japan to the West.

> This hands-on Reiki workshop features clear exposure to what Reiki is and how it can help everyone to gain vitality and balance the body. It will demonstrate how Reiki enhances the healing process of one's full self — the physical, emotional and spiritual. You will see how simple Reiki is to learn to use on yourself, others and pets! Questions are welcomed during this fun and interesting hour. Reiki is a miracle!

### The Christian Healing Ministry: Grounded and experiential experience of the Divine

#### 4 Church Office

**Christopher Golding**, a vegan priest, husband and father of two, serves as the Associate Rector of the Parish of St. Clement in Makiki. He has been involved in healing ministry for the past nine years and currently leads the weekly Healing Eucharist at St. Clement. He is a member of the local chapter of the Order of St. Luke, an ecumenical ministry dedicated to the teaching and practice of the Christian healing ministry.

>The Christian healing ministry finds its roots in the deep wells of biblical and monastic spirituality. This workshop will outline the theological basis for the ministry of healing and discuss its practice within the Episcopal Church. Rev. Golding will also share his own personal experiences of the ministry and encourage others to explore this path of wellness.

### Mindfulness Meditation

#### 8 Founders Room in Stephen Mark Hall

**Ernestine Enomoto** is a mindfulness practitioner and a student of Zen master Thich Nhat Hanh. In 2003 she was made a dharma teacher and given the lineage name True Mindfulness of Peace. Together with lay practitioners, she sits regularly with the Honolulu Mindfulness Community at the Bodhi Tree Dharma Center.

> Like all things, being happy is an impermanent state and requires nourishment. Through the meditative practice of mindfulness, we can learn to feed our happiness, transforming our suffering and that of our loved ones. This workshop will offer five meditative practices for nourishing happiness. Thich Nhat Hanh reminds us that we already have all the necessary conditions to be happy and fully present in our lives.