

**SUNRISE FOUNDATION**  
in partnership with **TOHO NO HIKARI HAWAI`I**  
presents



# **JOURNEYS TO WELLNESS XI**

**Saturday, October 28, 2023**

**TOHO NO HIKARI HAWAI`I • 3510 Nuuanu 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.***

## MEET THE SPEAKERS

### Keynote Speaker



#### **Kevin Y. Kawamoto, MSW, Ph.D.**

Kevin Y. Kawamoto is a former associate professor in the School of Communications and former lecturer in gerontological social work in the Thompson School of Social Work & Public Health, both at the University of Hawaii at Manoa. Prior to that he held positions at the University of Washington in Seattle and at the Freedom Forum Media Studies Center at Columbia University in New York City. He was a graduate degree fellow at the East-West Center and a Crown Prince Akihito Scholar at Nanzan University in Nagoya, Japan. His M.S.W. (multigenerational social work) and Ph.D. (communications) are from the University of Washington, and he is also a proud graduate of University of Hawaii at Manoa. His interests span gerontological health, Japanese culture and society, and interpersonal communication.

### Respondents



#### **Aunty Puanani Burgess**

Aunty Pua is a poet, teacher and an ordained Zen Buddhist priest. She has been a community activist in the Native Hawaiian sovereignty movement for over fifty years. As a designer and facilitator for Building the Beloved Community — a process that brings ceremony, storytelling and circles of trust and respect — Aunty Pua has shared Native Hawaiian practices throughout the world to bring healing and reconciliation.



#### **Danny Goya**

Danny Goya is a Trauma Informed Care trainer, a certified family literacy trainer for the National Center for Family Learning, and the founder of Ke Ala Hoaka LLC, a consultancy group specializing in trauma informed strategies. He is also the Director of Strategies and Innovation for the Mālama 'Āina Foundation a non-profit Native Hawaiian organization providing educational, social service and trauma-informed environmental programming through Native Hawaiian cultural values and traditions.



#### **Reiki Kahikina Young**

Reiki is a graduate of the University of Hawaii and a board member of Sunrise Foundation. In 2013 she underwent initiation through Usui Shih Roho Reiki, which changed her life. She is a third-generation Usui Ryoho Reiki practitioner. She also serves as Limahana for Hale 'Iki Ola'o Maunaloa. She enjoys spending time with her dog and plants.

### Moderator



#### **Donna Wallace**

Donna Wallace, who hails from Kalihi, had developed a long career in the insurance industry, both here and in California. Recently retired, she now serves as a Certified Spiritual Practitioner with the Centers for Spiritual Living, headquartered in Oregon, and co-facilitates a monthly grief support group sponsored by the National Kidney Foundation. She also serves on the Sunrise Foundation board as its Communications chairperson and as Grandma to her thriving grandchildren.

# PROGRAM

8:00 a.m. Registration in the foyer

8:30 a.m. Oli and hula: Kumu Hula **Ardis Gomes & the Halau O Kawaiaha`o Wailele O Nu`uanu** - Jay Kauka (rendition by Brothers Cazimero)

Welcome: **Ruey Ryburn, Dr.PH**, Sunrise Foundation Board Member  
**Rev. Takemasa Kawai**, Minister, TOHO NO HIKARI HAWAII

8:45 a.m. Keynote Address: **Kevin Y. Kawamoto, Ph.D.**  
“**Our Sacred Relationship to Water**”

*Respondents:* **Puanani Burgess**  
**Danny Goya**  
**Reiki Kahikina Young**

*Moderator:* **Donna Wallace**

9:55 am Musical Interlude: **Hari Bayani, flute**  
“Meditation” - **Jules Massenet**

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

*Awardees:*

1. **Ernest “Ernie” Lau**
2. **Pua Case**
3. **Gerald Oda**

*Introduced by:*  
Ruey Ryburn, Dr. PH  
Reiki Kahikina Young  
Rev. Jody Kanemaru

Musical Tribute to the Awardees:  
**Sherwood Chock** and **Robbie Berkstresser**, vocalists  
"For the Beauty of the Earth" - Folliett S. Pierpoint/John Leavitt

10:30 a.m. **WORKSHOPS**

**Location**

- |  |                 |
|--|-----------------|
| 1. <b>Conversation with keynote speaker and respondents</b>  | Sanctuary       |
| 2. <b>Calming Stress and Distress with Energy Healing:</b> <i>Caroline Sakai, Ph.D.</i>                          | Social Hall     |
| 3. <b>Sitting and Standing Your Way to Integrated Wellness:</b> <i>Corey Wong</i>                                | Social Hall     |
| 4. <b>Exchanging Omotenashi Through Tea:</b> <i>Roy Goshi-Otaguro</i>  | Garden          |
| 5. <b>Finding Meaning in Our Grieving:</b> <i>Felicia Marquez Wong,</i><br><i>MSW &amp; Rev. Dr. JP Sabbithi</i> | Staff Mtg. Room |

11:30 am **Lunch** We thank **Aisha Asami** from MOA Hawaii for the bento lunch  
Entertainment provided by **Kapono Wong & Hari Bayani**

**Circle of Aloha:** Hawai`i Aloha (see back page for the lyrics)

Mahalo for sharing your presence. Your mana`o is vital to the well-being of all of us, the community and nature. Let us kokua together toward keeping our water pure.



## PUKA`ANA O KA LA 2023 AWARDEES



**“Ernie” Y.W. Lau**, is the Board of Water Supply’s Chief Engineer and Manager. In that position, Lau is responsible for the overall strategic direction and management of the BWS, with a focus on furthering the department’s mission to provide a safe, dependable and affordable water supply to Hawaii’s people, now and into the future. On Dec. 3, 2021, his career made a dramatic turn that catapulted him into becoming a leading voice for protecting the safety of our drinking water. Speaking at a statewide press conference, he announced that BWS’ studies had confirmed the Navy’s test results that had detected the presence of petroleum products in the water system of the Red Hill residential area. He spoke in a firm yet modest tone, stating that further action must be done by the Navy to protect Hawai’i’s aquifer. “We cannot wait any longer”, he urged. “The water resource is precious. It’s irreplaceable. It’s pure. There is no substitute for pure water and our lives depend on it.”



**Pua Case**, was born and raised on the island of Hawai’i surrounded by the high mountains of Mauna Kea, Mauna Loa, Hualālai and Kohala. Her life path and purpose has led her to become a Kumu Hula and a teacher of the life ways, culture and traditions of the kanaka maoli or native peoples of Hawai’i. With a degree in Hawaiian language and culture, and a teaching degree in Social Studies, interwoven with the traditional teachings, philosophies and expectations from her kupuna, Pua has integrated Hawaiian knowledge and lessons into every aspect of her personal life and career. As the Lead Coordinator of Mauna Kea Education and Awareness, she has worked with a team of practitioners and instructors to provide cultural learning opportunities and ceremonies essential to the revitalization of the cultural expression of Hawaiians in their relationship to their sacred mountain, water and places around the world. Her work is committed to social and environmental justice and change for earth’s highest good.



**Gerald Oda**, Kailua-born Manager and Coach for the Honolulu Little League, is a 1997 graduate of University of Hawai’i at Manoa. He is a person with a clear character of honesty, humility and honor — as well as three World Series titles (Cal Ripken 12-under in 2005, Little League 11-12 in 2018, and again in 2022). Mr. Oda’s character was seen not only on the baseball field, but in the praises from the opposing teams’ coaches and by comments from his players, such as, “he teaches us about life.” As a coach, he always expressed the importance that a team’s needs supersede an individual’s need. That’s why at the 2022 Regionals, the Honolulu players didn’t display their names on the back of their jerseys, but instead had “We>Me” to emphasize that the we is greater than the me. Throughout his thirty years of coaching, Oda has been setting the foundation for an enhanced quality of life for countless young players and the communities they touch throughout their lives. He is a Buddhist and active in the Soka Gakkai International

### 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. Kitsu; **2022:** David Derauf, Tin Myaing Thein, Jan Edward Hanohano Dill.

# JOURNEY TO WELLNESS XI WORKSHOPS

## 1. CONVERSATION WITH KEYNOTE SPEAKER & RESPONDENTS

*Prayer Hall (Sanctuary)*

This workshop provides the opportunity to ask your question and engage in conversation with keynoter Kevin Kawamoto, Ph.D., and the respondents — Puanani Burgess, Danny Goya and Reiki Kahikina Young. Puka ana o ka lā awardee Ernie Lau has been invited to attend.

## 2. CALMING STRESS AND DISTRESS WITH ENERGY TAPPING

*Facilitator: Caroline E. Sakai, PH.D. Social Hall*

Caroline E. Sakai, Ph.D., is a clinical psychologist in private practice, who was formerly chief psychologist at Kaiser Hawaii Behavioral Health Services. She's deployed on trauma relief missions to New Orleans and Rwanda. She has published articles on Thought Field Therapy, EMDR and domestic violence, and written a book, *Overcoming Adversity: How Energy Tapping Transforms Your Life's Worst Experiences*. See website at [www.tftcenter.com](http://www.tftcenter.com)



Photo courtesy of Caroline Sakai

>Get introduced to the basics of Thought Field Therapy, which is the original energy tapping therapy and polyvagal informed therapy. Learn about transcending anger and stress, calming down anxiety and decreasing blood pressure, and managing pain and fatigue. Experience enhancing your physical and emotional health with hands-on practice and self-care tapping.

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## 3. SITTING AND STANDING YOUR WAY TO INTEGRATED WELLNESS

*Facilitator: Corey Wong*

*Social Hall*

Corey Wong is a licensed acupuncturist who has studied and taught medical qigong and taijiquan (tai chi ch`uan) for nearly 40 years. He has studied in China for three years, taught acupuncture in Los Angeles and given seminars and workshops in California, Hawai'i and Japan. In 2018 he offered free treatments to the Mayans in Yucatan as a member of Acupuncturists Without Borders. In his clinical practice, he incorporates acupuncture, tuina (Chinese medical massage), cupping, exercise education and vibroacoustic therapy.

>This workshop consists of sitting and standing exercises to strengthen, stretch and balance all parts of the body. The exercises are well-suited for everyone, especially seniors and those who find it difficult to stand and do floor exercises. Regardless of our age, we possess the power to feel better physically which, in turn, enhances our mental, emotional and spiritual lives.

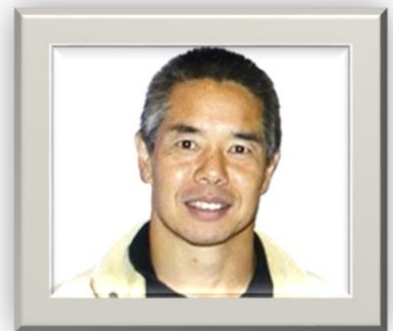


Photo courtesy of Corey Wong

## WORKSHOPS CONTINUED

### 4. EXCHANGING OMOTENASHI THROUGH TEA

*Facilitator: Roy Goshi-Otaguro, Garden*

Arts and Culture Program Manager

At this workshop, you will be given a brief history of the tea ceremony in Japan. You will also receive a lesson in Mokichi Okada's teaching on how the Japanese tea ceremony plays a unique role in creating a rapturous sense in our personal being, that, in turn, helps to create a more peaceful and productive society and world.

The act of drinking tea is not the therapy, but rather, it is in the act of sincerity and love in making the tea for the guest. Therein lies the spirit of gracious hospitality. That is the literal meaning of the term omotenashi. More broadly, the term points to the careful selecting of seasonal flowers to arrange in the tea room alcove and the hanging of a timely scroll or painting. The thoughts and love that go into preparing a simple bowl of hot matcha tea are manifested in the therapy/energy/



Photo courtesy of Jody Kanemaru

spirit that is transferred from the host to the guest. This conveyance makes the recipient become a kinder and more loving human being.

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### 5. FINDING MEANING IN OUR GRIEVING

*Facilitators: Felicia Marquez-Wong, MSW and Rev. Dr. JP Sabbithi*  
*Staff Meeting Room*

Felicia Marquez-Wong, MSW, served as a social worker mostly in the hospice and bereavement setting until she retired to be a fulltime caregiver for her mother, who had dementia. Since her mother's death in 2022, she has volunteered at various programs.

Rev. Dr. JP Sabbithi, is the pastor of the Joy of Christ Lutheran Church in Pearl City and the Regional Assistant to the Bishop of the Pacifica Synod, Evangelical Church in America. For many years he also served on the chaplaincy staff of the Pacific Health Ministry.

>When you are at a loss, where and how do you find meaning? How do you discover your self-worth? Most people experience tears as an expression of relieving us from grief, just like water brings relaxation to our tired bodies. What do those tears mean? Come and join the workshop with activities on finding meaning in our grieving.



Courtesy photo

Felicia Marquez-Wong, MSW



Courtesy photo

Rev. Dr. JP Sabbithi

# 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
- Lam Clinic
- Maryknoll Sisters of Hawai'i
- Mindfulness Hawai'i
- MOA Hawai'i
- Mo`ili`ili Hongwanji Mission
- Navian Hawai'i
- Pacific Health Ministry
- Palolo Kwannon Temple
- Pearl City Community Church
- Pediatric Dental Group
- Sacred Path Healing School
- Shingon Shu Hawai'i
- St. Clement Episcopal Parish
- TOHO NO HIKARI HAWAII



Presentation of Plaque of Appreciation to Norman Oshiro for his nine years of exemplary service on the Board of Sunrise Foundation. Presenting the award at the spacious home of David and Debbie Laehas are Debbie Laeha and Wally Fukunaga. Norman and wife, Jennifer, are relocating to Maui, their birthplace.

## THE SUNRISE FOUNDATION BOARD OF DIRECTORS

- **Rev. Dr. Wally Fukunaga,**  
*President*
- **Sr. Bitrina Kirway, M.M.,**  
*Vice-President*
- **Rev. Dr. JP Sabbithi,**  
*Secretary*
- **Rev. Jody Kanemaru,**  
*Treasurer*
- **Rev. Anke Flohr**
- **David Laeha, CPA**
- **Arthur Lum, PT**
- **Rev. Norman K. Oshiro**
- **Gregory Pai, Ph.D.**
- **Ruey Ryburn, Dr.PH**
- **Caroline Sakai, Ph.D.**
- **Donna Wallace**
- **Ronald Yamauchi**
- **Reiki Kahikina 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](mailto:info@sunrisefoundationhawaii.org)  
Website: [sunrisefoundationhawaii.org](http://sunrisefoundationhawaii.org)

## HAWAII ALOHA

E Hawai'i e ku`u one hanau e  
Ku`u home kula'iwi 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



### In Memoriam **CLAYTON KAZUMI KIMOTO**

Longtime Sunrise Foundation Board member, who passed away on Nov. 1, 2022.

He was a contemporary prophet who lived out his faith with integrity ... listened to the voices of the forgotten with compassion ... cared for all of life with love ... fought for justice with courage ... loved his wife and family with his whole being ... served his church and community with devotion ... gifted all with his laughter ... left an imprint that will always be a living treasure.