

• MAHALO NUI LOA •

To the following for their kokua to today's event:

- The participants in the program – artists, speakers and workshop facilitators
- The Community Church of Honolulu for opening its campus
- Ardis Gomes, for professional technical support
- Martha Hernandez, for graphic design of the flyer and printed program
- Ann Miller, for editing
- Sarah Loui and her crew, for today's lunch and refreshments
- Glenn Bolosan, for custodial support
- Ryan Urabe and Art Lum, for handling the sound system
- Sharlene Yamauchi and helpers, for overseeing set-up and registration
- Chad Imano, for the free massage treatments
- Babs Miyano-Young, for the floral arrangement featuring the kalo plant
- Express Engraving, for the plaques and engraving
- All of you, for your participation and support

To the following individual donors to Sunrise Foundation, 2016-2017:

- | | |
|---------------------------|------------------------------|
| • Jeffrey Acido | • Carol Ohta |
| • Ernestine Enomoto | • Norman Oshiro |
| • JoAnn Farnsworth | • Cheryl Royce |
| • Janet Fujioka | • JP Sabbithi |
| • Wally Fukunaga | • Terry Shintani |
| • Yolanda Hernandez | • Laura Shun |
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| • Arlene Luster | • Ron & Ku`ulei Williams |
| • Irene Matsumoto | • Ronald & Sharlene Yamauchi |
| • Ann Miller | • Christopher Yeung |
| • Amy Mizuno | |

Our hearts are filled with gratitude.

Sunrise Foundation offers a variety of programs aimed at empowering its 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.



Sunrise Foundation fellowship gathering at the Maryknoll Sisters' Lanikai beach home.

Sunrise Foundation

PRESENTS

Journeys To Wellness VI

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

Saturday, October 14, 2017

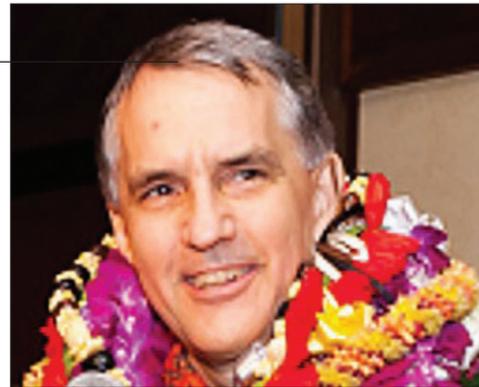


MEET THE SPEAKERS

KEYNOTE SPEAKER:

JOHN HOUK, M.D.

Dr. Houk is a primary care internist, teacher and family man. He also serves as an Assistant Clinical Professor at the University of Hawai'i, John A. Burns School of Medicine and as Medical Director of Arcadia and 15 Craigside Retirement Residences. In 2012, he was named Hawai'i Medical Association Physician of the Year. He resides with his family in Kailua.



RESPONDENTS:

Puanani Burgess

Ms. Burgess is a widely acclaimed poet, teacher and cultural translator. Her One-Peace-at-a-Time, based in Hawai'i, is internationally recognized and takes her all over the world as a lecturer and consultant. In 2009, she was named a "Living Treasure" by the Honpa Hongwanji Mission of Hawai'i.



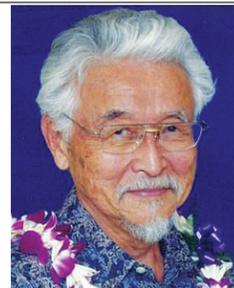
Rev. Dr. Jayaprakash (JP) Sabbithi

Rev. JP, as he is fondly known, moved with his family from India to Hawai'i in 2002. As founding chaplain at Kaiser Permanente Hospital in Honolulu, he helped implement its palliative care program. In 2013, he was named Director of Counseling Services at Hospice Hawai'i. Today, he is particularly concerned with cultural and spiritual issues in end-of-life care.



Rev. Dr. Teruo "Teri" Kawata

Rev. Kawata has been a significant leader in the religious community here and abroad for the past 50 years. He has served as Conference Minister of the Hawai'i Conference of the United Church of Christ and as Adjunct Professor of San Francisco Theological Seminary. Today, he copes daily with the challenges of aging met by him and his wife, Kiku.



MODERATOR:

Rev. Dr. Wally Fukunaga

Following a bout with cancer, Wally set forth to start a foundation to promote wellness of the body, mind, spirit and community. This led to establishing Sunrise Ministry (SMF) in 2010, renamed Sunrise Foundation in 2015. SMF launched the annual "Journeys to Wellness" in 2012.

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 Honpa Hongwanji Mission of Hawai'i
 St. Clement's Episcopal Parish
 The Interfaith Alliance Hawai'i
 Toho No Hikari Hawai'i



Dr. Arnaldo Oliveira at last year's Wellness workshop.

The Board of Directors of Sunrise Foundation

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- Christopher Yeung, J.D. & Ph.D.

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- Pat Masters, PhD

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- Rev. Anke Flohr
- Alan Goto
- Abdul-Karim Kahn
- Kiichi Morimoto
- Corey Wong



Attendees at the 2016 "Journeys to Wellness" workshop.

Your financial support of Sunrise Foundation is welcomed.

You may send your tax-deductible contribution to

Sunrise Foundation

PO Box 235875, Honolulu, HI 96823

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: info@sunrisefoundationhawaii.org

Website: sunrisefoundationhawaii.org



Presenting the 2017 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.

NANCY ALECK

Born in California and has lived in Hawaii since 1974. She received her B.A. in Ethno-musicology and M.A. in Education from the University of Hawai`i.

Aleck has extensive educational administration and program coordination work experience with the Hawai`i State Department of Education, American Friends Service Committee and Salvation Army. In the DOE, she mostly worked with students with disabilities. At the AFSC, she served as local supervisor for a national Asia-Pacific Program. With the Salvation Army, she helped coordinate the Welfare & Employment Rights Coalition.

Aleck became Executive Director of Hawaii's People Fund in 2003 and served 13 years before retiring. The Hawaii's People Fund identifies and supports with seed grants grassroots organizations whose mission is to promote justice and progressive social change.



JOHN HOUK, M.D.

Dr. Houk, Board Certified in Internal Medicine, has been a primary care physician for 37 years in Hawai`i. Besides his private practice at Queens POB 2, he serves as Medical Director of Arcadia and Craigsid Retirement Residences and as an Assistant Clinical Professor at the John A. Burns School of Medicine, University of Hawai`i. In 2012 he was recognized as the Hawai`i Medical Association Physician of the Year.

Establishing primary care as the foundation of the health care system has been his passion in life. He has an aging patient population and special interest in treating geriatric patients. "I always want to give patients options. There are different paths one can choose to maintain and restore health. A discussion of lifestyle, including plant-based whole foods along with regular exercise, is what patients have come to expect at each visit."

He resides with his family in Kailua and in his leisure time enjoys golfing, gardening and researching his genealogy.

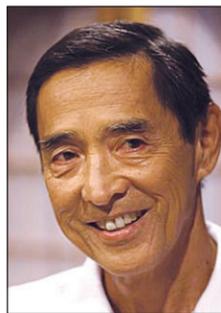


DAVE SHOJI

Recently retired after coaching University of Hawaii Rainbow Wahine volleyball for 42 years. Shoji was his game's winningest coach, retiring with 1,202 victories, and guided Hawaii to four national championships and nine NCAA final fours.

He also inspired a devoted following unlike any other in the sport, creating the country's first revenue-producing volleyball program. The man who coached 87 All-Americans inspired hundreds of girls and women to reach their potential and represent Hawaii proudly — in a sport the state loves like no other, and later as respected community leaders.

Shoji is in the American Volleyball Coaches Association and Hawaii Sports Halls of Fame. He was named coach of the NCAA 25th Anniversary team and was part of USA Volleyball's 2002 list of all-time great coaches. Shoji's sons, Kawika and Erik, played on the 2016 Olympic volleyball team.



PREVIOUS AWARDEES:

2014: Clarence Liu, Rose Nakamura and Kawika Patterson

2015: Ho`oipo De Cambra, Kalani Brady, M.D., Frances H. Kakugawa

2016: Terry Shintani, M.D., Gregory Pai, PhD., Sister Maria Rosario Daley

PROGRAM

8:00 a.m.	Registration in the foyer fronting the sanctuary	
8:30 a.m.	Oli	Rev. Kekapa Lee
	A Sacred Creative Dance	Sr. Yoo Soo Kim, M.M.
8:45 a.m.	Welcome & Introductions	Rev. Dr. Wally Fukunaga
	KEYNOTE ADDRESS:	
	"AGING: A DOCTOR'S PERSPECTIVE"	
	Primary care internist, physician leader, teacher and lecturer.	
	Subtopics: What can you expect as you age? The secrets of aging well. Caring for the aged. Age in place of other options. End of life: preparation and completion.	
	RESPONDENTS:	
	• Puanani Burgess, noted consultant, cultural translator, lecturer and poet	
	• Rev. Dr. Jayaprakash (JP) Sabbithi, board-certified chaplain, currently serves as Director of Counseling Services at Hospice Hawai`i	
	• Rev. Dr. Teruo Kawata, theologian, pastor and UCC Hawaii Conference Minister Emeritus	
10:15 a.m.	Puaka`ana O Ka La (Rise Up!) Awards	
	AWARDEES	
	Nancy Aleck	Sr. Joan Chatfield
	John Houk, M.D.	Chew Nung Lum
	Dave Shoji	Ann Miller
	Soloist: Sherwood Chock performs "You'll Never Walk Alone" (Rogers & Hammerstein)	
10:45 a.m.	WORKSHOP	FACILITATOR
	LOCATION	
	1. Spirituality and End of Life Issues	REV. J.P. SABBITHI
	2. Building the Beloved Community with Storytelling	PUANANI BURGESS
	3. Sacred Paths of Energy Healing	RUEY RYBURN, PH.D.
	4. Writing and the Coming Together of Body, Mind & Spirit	JIMMY TOYAMA
	5. Purification, Art, Beauty and Nutrition	NORMAN OSHIRO and MOA staff
	6. Secrets on Reclaiming Your Health	LESLIE SHARP
	7. Reiki: Healing Through Balance	ROSEMARY & ALAN GOTO
	8. Stress Transformation	SR. BITRINA KIRWAY, M.M.
	*During the workshops, free massage treatments are being offered by Chad Imano in front of the church office.	
Noon:	Lunch	Catered by Sarah Loui – an annual highlight of the Wellness event!
1:00 p.m.	Second Offering of Workshops	
2:10 p.m.	Summation Session in the Sanctuary	David Laeha, CPA
3:00 p.m.	Closing Circle of Aloha	Rev. Ron Williams

The kalo (plant) on the altar represents Life.

JOURNEYS TO WELLNESS VI WORKSHOPS

1 Spirituality and End of Life Issues

Founders' room

Rev. Dr. JP Sabbithi is a board certified chaplain and has been a Christian minister for the past 30 years, mostly in the health care settings. JP is currently Director of Counseling Services at Hospice Hawai'i.

> His workshop will explore how spirituality and/or faith influence our decisions on end of life issues. How does one's religious beliefs and spiritual practices prepare us for aging, dying and death? How do they enable us to live our lives fully until the very end of our earthly lives?

8 Stress Transformation Through Keolaniau

Room 15

Sr. Bitrina Kirway, M.M. is a Maryknoll Sister from Tanzania who came to serve in Hawai'i in 1991. In 2008, she was elected to the Central Governing Board of the Maryknoll Sisters. She is certified as a HeartMath trainer and holds a license for Transformative Medicine from the Graduate Institute, Bethany, CT.

>Keolaniau (Free Flowing Energy) is about transforming stress into healthy, positive and creative energy. This workshop will offer simple yet practical and useful Keolaniau-based techniques to lower stress and anxiety level. They include heart-focused breathing and meditation. The heart is the most powerful organ in the body.

2 Building the Beloved Community with Storytelling

Makai room 2

Puanani Burgess' consulting work with One-Peace-At-A-Time takes her all over the world. She is also a poet and cultural translator. Burgess has worked in mediation and served as lecturer for the University of Hawai'i's Department of Urban and Regional Planning.

> A workshop in which you can learn and experience the principles and practices of building beloved community through storytelling.

3 Sacred Paths of Energy Healing

Leigh Hooley room

Ruey Ryburn, Ph.D., whose doctorate is in public health, is a graduate of the four-year program at the Barbara Brennan School of Healing. She opened her own Sacred Path Healing School in 2001. It offers a three-year program of study leading to a diploma in spiritual energy healing.

> Her workshop will teach and provide experiential learning of the human energy field. The essential connection of the human energy field to spirituality and well-being will also be explored with a journey through the chakra system.

4 Writing and the Coming Together of Body, Mind and Spirit

Church office

James (Jimmy) Toyama is a retired civil servant and longtime community and political organizer. Between 2008 and 2016 he was a columnist for the Paradise Post, a monthly publication on the Big Island with approximately 18,000 readers. His column sought to tell stories of people and groups that form the rich tapestry of Hawai'i's people and cultures. He currently serves as the convener of Mindful Hawai'i.

> This workshop will take participants on journeys through selected articles from Jimmy's column, "Nurturing Our Taro Patches." It will explore how mind, body and spirit come together through the exercise of writing, thus allowing the practice of writing to contribute to one's awareness and wellness.

5 Purification, Art, Beauty and Nutrition

Makai room 1

Norman Oshiro received his Bachelor of Science in Human Development at 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 MOA arts and culture instructor, an organic farm specialist and licensed massage therapist. He will be assisted by MOA staff at this workshop.

> This workshop offers a comprehensive spirit, mind and body wellness program based in nature. Participants will receive Okada's Health and Wellness Program's purification therapy, flower therapy and tea therapy. Come and walk away refreshed, revived and happy!

6 Secrets on Reclaiming Your Health

Makai patio

Leslie Sharp has battled her own demons. She has maintained a 120-pound weight loss for more than 17 years and eliminated diabetes, blood pressure and cholesterol medication from her life. In 2015, she graduated from the Institute of Integrative Nutrition and received the designation of Health Coach.

> By sharing her own personal journey, Leslie Sharp will offer you insights into what small lifestyle changes are required to positively reclaim your health, regardless of your age. Learn to live your life fully again!

7 Reiki: Become Aware of What Reiki Is & Experience the Healing Energy

Sanctuary

Rosemary and Alan Goto have been trained in the Usui Shiki Ryoko System of Natural Healing and have been engaged in the practice for over 20 years. Rosemary has assisted a Reiki Master in more than 60 training classes, volunteered Reiki treatments for patients at Kapiolani Women's & Children Medical Center and currently offers treatments at her home.

> Workshop participants will become aware of Reiki. They will have the opportunity to receive a mini treatment to actually experience Reiki's healing energy.

* During the workshops, free massage treatments are being offered by **Chad Imano** in front of the church office.

COMMUNITY CHURCH OF HONOLULU Campus map

