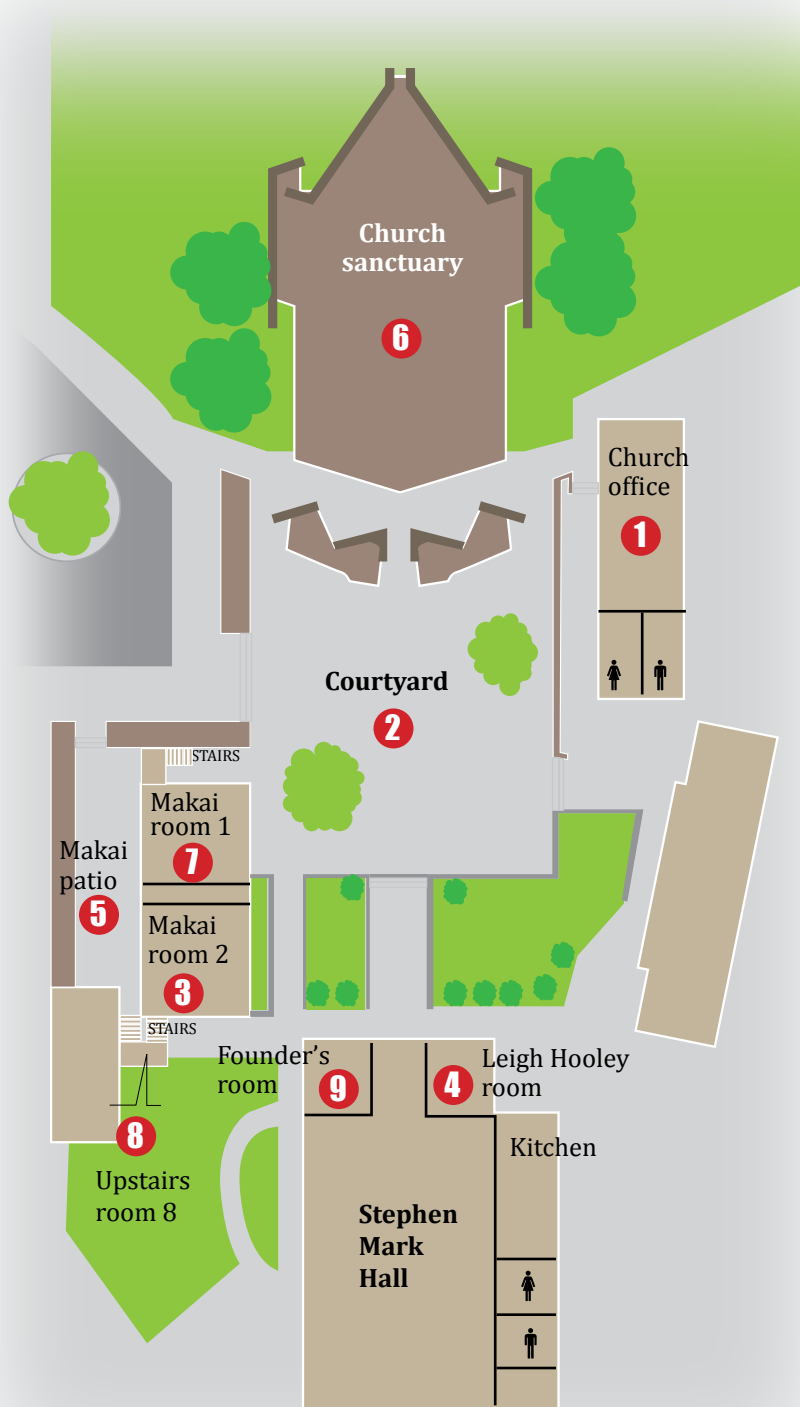


COMMUNITY CHURCH OF HONOLULU
Campus map

NUUANU AVENUE



Sunrise Ministry Foundation

PRESENTS

Journeys To Wellness IV

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

Saturday, October 31, 2015



"Hanalei Sunrise Taro 1" photo by Ron Tosh, with permission

The kalo (taro) plant
is life and the symbol of our annual Wellness event

CO-SPONSORS

Community Church of Honolulu (Principle co-sponsor)
Hawai'i Forgiveness Project
Honpa Hongwanji Mission of Hawai'i – Social Change Committee
Inclusive Orthodox Church
Institute for Religion and Social Change
Interfaith Alliance of Hawai'i Interfaith Alliance of Hawai'i
Mindful Hawai'i
Interfaith Alliance of Hawai'i
MOA Hawai'i
Mo`ili`ili Hongwanji Mission
St. Clement's Episcopal Parish

The Advisory Board of Sunrise Ministry Foundation

- **Sr. Joan Chatfield, M.M., Ph.D.**, chairperson
- **Janet Fujioka**, secretary
- **Corey Wong**, treasurer
- **Jeff Acido**
- **Martha Hernandez**
- **Marcus Kawatachi, Esq.**
- **David Laeha, CPA**
- **Ann Miller**
- **Manu Nae`ole**
- **Norman Oshiro**
- **Rev. Dr. Bert Sumikawa**
- **Christopher Yeung**

- **Rev. Dr. Teruo Kawata**, advisor
- **Roger Epstein, Esq.**, of counsel
- **Rev. Dr. Wally Fukunaga**, Founding Manager and Director

Your financial support of the interfaith work of Sunrise Ministry Foundation is welcomed. You may send your tax-deductible contribution to
Sunrise Ministry Foundation (E.I.N. 23-706-8943)
1517 Makiki St. Apt. 1404, Honolulu, HI 96822

SMF offers community-wide programs and services for life enrichment and integrative wellness of the body, mind and spirit.
Live to your fullest potential!

Email: sunriseministryinfo@gmail.com
Website: sunriseministryfoundation.com

MAHALO NUI LOA TO THE FOLLOWING...

- The participants in today's program, for their vision, passion, time and talents
- 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 lunch and refreshments
- Ron Tosh, for the award wood bowl carvings
- Bryce Miyauchi, for engraving
- Mauna`ala Burgess, for video-taping this event
- Olelo, for the use of video equipment
- Ron and Sharlene Yamauchi and helpers, for overseeing registration
- Glenn Bolosan, for custodial support
- Martha Hernandez, for graphic design of flyer and program
- Our co-sponsors and supporters, for their encouragement and kokua

You are all warmly valued and appreciated

2014-2015 Individual financial contributors to Sunrise Ministry Foundation:

- Nancy Aleck
- Marion Carpenter
- Janet Fujioka
- Wally Fukunaga
- Betty Funayama
- Alan & Rosemary Goto
- Susan Hurd
- Marcus Kawatachi
- David & Debbie Laeha
- Clarence Liu
- Arlene Luster
- Ann Miller
- Amy Mizuno
- Manu Nae`ole
- Norman Oshiro
- Bert Sumikawa
- Laura Lynn Shun
- Bishop Randolph Sykes
- Christopher Yeung
- Nancy Aleck
- Ron & Sharlene Yamauchi



Kahu Lahela Johnson leading the Circle of Aloha at the Oct. 5, 2013 "Journeys to Wellness II."

We are also grateful to the many who gave to SMF through their in-kind and voluntary services



Presenting the 2015 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 and grateful to present this year's honorees.

HO`OIPO DE CAMBRA

A member of the Board of Directors of the Wai`anae Coast Comprehensive Health Center in Hawaii, promoting the involvement of indigenous people in their own research projects regarding health. As co-founder of the Wai`anae



Women's Support Group, she encouraged the publication of women's stories. Recipient of the Allan Saunders award, recognizing the contribution of individuals toward the advancement of civil liberties in Hawaii. Involved in developing and implementing the Peace Education Program in public schools in her community. She has worked with the American Friends Service Committee, consulting on Training for Transformation Workshops supporting the leadership of indigenous women. A native Hawaiian born in Papakolea.

Women's Support Group, she encouraged the publication of women's stories. Recipient of the Allan Saunders award, recognizing the contribution of individuals toward the advancement of civil liberties in Hawaii. Involved in developing and implementing the Peace Education Program in public schools in her community. She has worked with the American Friends Service Committee, consulting on Training for Transformation Workshops supporting the leadership of indigenous women. A native Hawaiian born in Papakolea.

KALANI BRADY, M.D.,

Traces his roots to the Keli`ikanaka`oleaipolani family from Kaua`i and is a graduate of St. Louis High School, Harvard



University and University of Pennsylvania. Besides his private practice at the Lau Ola Clinic in Kaka`ako,

Dr. Brady serves as an Associate Professor in the Department of Native Hawaiian Health at the University of Hawai`i, John A. Burns School of Medicine. For the past 18 years he has been on the weekly program "Ask the Doctor" (KHON TV). Named Physician of the Year by the Hawai`i Medical Association in 2007. Dr. Brady is a noted soloist who has performed in the NBC Christmas Service and with the Honolulu Symphony and community theatres

FRANCES H. KAKUGAWA

Award winning author, poet, educator and inspirational speaker Frances H. Kakugawa is an advocate of the power of listening



and writing to heal and enrich our lives. Among her 12 internationally published books, several are about

bringing dignity to Alzheimer's patients and their caregivers. They include "I Am Somebody," "Mosaic Moon: Caregiving Through Poetry" and "Breaking the Silence." She has received the Hawaii-Pacific Gerontological Society Award and appears in Living Legacy: Outstanding Japanese Women of the 20th Century in Hawai`i. She writes a monthly column in the Hawai`i Herald. Born in Kapoho on the Big Island, she now resides in Sacramento and is a frequent visitor to Hawai`i.

The inaugural 2014 awardees were Clarence Liu, Rose Nakamura and Kawika Patterson

PROGRAM

8:00 am	Registration in the foyer fronting the sanctuary	
8:30 am	Sounding of the Pū Oli The Sacred Space of Healing: A Prayer Welcome	Manu Nae`ole Rev. Kakapa Lee Sr. Yoo Soo Kim, M.M. Ann Miller
8:45 am	Introductions: KEYNOTE ADDRESS: "The Healing Power of Voice and Silence"	Rev. Wally Fukunaga Frances H. Kakugawa
	RESPONDENTS MODERATOR	Bishop Eric T. Matsumoto and Rev. Ron Williams Puanani Burgess
10:00 am	Break: Coffee and tea available in Stephen Mark Hall	
10:15 am	Reconvene for questions and open discussion	
10:45 am	PUAKA`ANA O KA LĀ (RISE UP!) AWARDS • Ho`oipo De Cambra • Dr. Kalani Brady • Frances H. Kakugawa	Introduced by Manu Nae`ole Introduced by Jeff Acido Introduced by Janet Fujioka
11:15 am	INTRODUCTION OF WORKSHOPS AND FACILITATORS #1 Conversation with Keynote Speaker and Respondents (morning session only) #2 Qigong and Taijiquan — Corey Wong (afternoon session only) #3 Mindfulness Meditation and Practices — Gregory Pai, Ph.D. #4 Essence of Ho`o pono pono — Puanani Burgess #5 Lomilomi: Traditional Hawaiian Spiritual Healing Touch — BettyAnn Kamakani #6 Movement: The Prayer of the Whole Self — Sr. Yoo Soo Kim, M.M. #7 Yoga: Honoring and Nurturing the Light Within — Nancy DeLamarter #8 The Okada Health and Wellness Program — Norman Oshiro #9 The Tao of Caregiving: A Map — Clarence Liu	Corey Wong
12:30 pm	LUNCH: Stephen Mark Hall Prayer of Gratitude	Catered by Sarah Loui Rev. Ron Williams
1:15 pm	Second offering of workshops (same locations)	
2:30 pm	Summation Session in the Sanctuary	Sr. Joan Chatfield, M.M., Ph.D.
3:00 pm	CIRCLE OF ALOHA	Rev. Bert Sumikawa

MEET THE PANEL



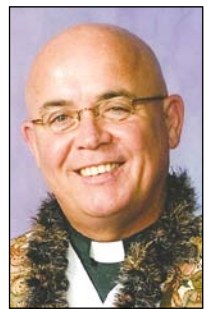
FRANCES H. KAKUGAWA

Award winning author, poet, educator and inspirational speaker Frances H. Kakugawa is an advocate of the power of listening and writing to heal and enrich our lives. Among her 12 internationally published books, several are about bringing dignity and compassion to Alzheimer's patients and their caregivers. They include "I Am Somebody," "Mosaic Moon: Caregiving Through Poetry" and "Breaking the Silence." She has received the Hawaii-Pacific Gerontological Society Award and appears in *Living Legacy: Outstanding Japanese Women of the 20th Century in Hawai'i*. She writes a monthly column in the *Hawai'i Herald*. Born in Kapoho on the Big Island, she now resides in Sacramento and is a frequent visitor to Hawai'i.



BISHOP ERIC T. MATSUMOTO

Born and raised in Kona and a graduate of University of Hawaii-Hilo and Ryukoku University in Japan, where earned a Masters Degree in Shin Buddhist Studies. He was ordained (tokudo) in 1988 and received full certification (kyoshi) in 1991. His ministry includes serving as resident minister of Honaka'a Hongwanji and Moiliili Hongwanji. In 2011, he was installed as the 16th Bishop of the Honpa Hongwanji Mission in Hawai'i. He cites his grandmother as a great influence in his religious life as a young person.



REV. RON WILLIAMS

Has served as Senior Minister of the Community Church of Honolulu since 2008. Prior to his arrival at CCH, he served as an Associate Minister at Central Union Church in Honolulu. As an ordained Minister with full standing within the United Church of Christ, Rev. Williams fully embraces a progressive understanding of the Christian faith. He is also an accomplished craftsman, magician, storyteller and ventriloquist.



PUANANI BURGESS

Consults and does her work One-Peace-At-A-Time. Based in Hawai'i, her work takes her all over the U.S., the Pacific and other parts of the world. Served as lecturer with the Department of Urban and Regional Planning at the University of Hawai'i. Also a widely acclaimed poet and cultural translator. She has been recognized for her work in mediation and the development of community-based organizations. Named a "Living Treasure" in 2009 by Honpa Hongwanji Mission of Hawai'i.

"JOURNEYS TO WELLNESS IV" WORKSHOPS

Conversations with Keynote Speaker and Respondents

Church Office

> Offered during the morning session only
An opportunity to continue the conversation with Frances Kakugawa and respondents, Bishop Eric Matsumoto and Rev. Ron Williams. Moderated by Sr. Joan Chatfield, M.M., Ph.D.

Qigong and Taijiquan

Courtyard

> Offered during the afternoon session only
Corey S.C. Wong is a noted acupuncturist who teaches and practices qigong, taijiquan and gongfu for Asian Horizons. A former instructor at an acupuncture school and founder of a non-profit qigong organization in California. Lived and studied in China for three years.
> The workshop will discuss tai chi's and qigong's relationship with the body, mind and spirit. Different movements will be taught with the intent of experiencing the feeling behind the movement and posture. What is the feeling and where can it lead us?

Mindfulness Meditation and Practices

Makai Classroom 2

Gregory Pai, Ph.D., has practiced meditation since the mid-seventies in the Tibetan Buddhist, Zen Buddhist and Vipassana Meditation traditions. Taught meditation at various hospitals, the Institute for Human Services and the University of Hawai'i School of Medicine. Currently teaches a public meditation class every Saturday afternoon at the Broken Ridge Korean Temple in Palolo Valley.
> Mindfulness meditation is a process of focused introspection based on deep relaxation and guided con-

centration that helps reduce stress and develop a deeper awareness of physical, spiritual and mental processes. It allows for a deeper understanding of the workings of our total beings and the possibilities for transformation and wellness.

The Essence of Ho'oponopono: Building a Beloved Community

Leigh Hooley Room

Puanani Burgess consults and is recognized for her experience in mediation and community development.
> Ultimately, the outcome of any ho'oponopono is to restore the balance and harmony of the person, his or her 'ohana and the community. This workshop will teach and help you experience certain key principles and practices of ho'oponopono.

Lomilomi: Traditional Hawaiian Spiritual Healing Touch

Makai Patio

BettyAnn Kamakani has taught and practiced traditional Hawaiian lomilomi/la'au lapa'au/ho'oponono for 20 years. Her kumu was Ronnie Kamea'aloa Dudoit of Mālama ka Ohana a Pau Loa (Keeping the Family Well). She assisted him in his practice at St. Francis Medical Clinic, the Key Project in Kahalu'u, the Ko'oa Health Center in Punalu'u, and Lili'oukalanani Church in Hale'iwa.
> Lomilomi is the traditional Hawaiian art of spiritual healing. Practitioners are instruments of a higher force working with their hands. Lasting relief is attainable with humility and compassion, through faith, love and sincerity. Treatments offer wellness of the body, mind and spirit by enhancing the natural process of your whole

being to heal itself.

Movement: The Prayer of the Whole Self

Sanctuary

Sr. Soo Yoo Kim, M.M. is a native of South Korea and a Maryknoll Sister for 33 years. Drawing deeply from the wisdom of her family and the Christian contemplative tradition, she strives to make God's love visible through the mediums of print-making, painting, photography and Sacred Dance. She has danced at the Peace Prayer Service at the United Nations.
> Sacred Dance gestures are a universal language, present in all religious traditions. In her workshop, Sr. Kim will lead us through some simple and expressive gestures accessible to young and old. Your whole body, mind and spirit are waiting to dance together to communicate with the Creator. Come and learn how expressing oneself from within is a healing experience.

Yoga: Honoring and Nurturing the Light Within

Makai Classroom 1

Nancy DeLamarter is a student of Yoga and meditation and a practicing Social Worker. She has taught yoga as a doula to expecting couples, children and families at bereavement and cancer camps, in schools and healthcare facilities, to chair-bound elderly and those facing end-of-life.
> Today's workshop is for caregivers. May we begin by caring for ourselves. First, we will experience our bodies, by breathing, moving and sensing. Then we will engage in simple asanas (yoga that is accessible to all ages) and synchronize our body and breath. Finally,

we will pause to experience the peace and stillness in accepting what is before us.

Experience the Okada Health and Wellness Program (OHWP)

Makai Classroom 8 (upstairs)

Norman K. Oshiro has served as the Executive Director of MOA (Mokichi Okada Association) Hawaii the past six years. Its Wellness Center in Kaka'ako offers a range of integrative services and programs that teach and promote physical and spiritual enrichment and improvement. Mr. Oshiro is a MOA arts and culture instructor and a certified natural food and farming advocate. He is also a licensed massage therapist.
> This workshop offers a comprehensive spirit, mind and body wellness program based in nature. Participants will receive Okada Health and Wellness Program's purifying therapy, flower therapy and tea therapy.

The Tao of Caregiving: A Map

Founders' Room

Clarence Liu is a retired hospice chaplain. "Care of the soul" is a way the early church described this ministry. In a materialistic age, the soul is not something we are comfortable speaking about. Yet in Christianity the soul is understood as the very essence of the human person, made in the image and likeness of God, and thus divine. "At the center of our being is a point of nothingness....a point of pure truth, a point or spark which belongs to God...." *Father Thomas Merton*
> In this workshop, Clarence will reflect upon his 41 years of caring for the soul with insights and lessons on how to accompany those undergoing illness, aging and dying.