



Wahiawa Konko Mission Children's Newsletter



Konko Mission of Wahiawa
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WAHIAWA KONKO MISSION MONTHLY SCHEDULE

August 2015

- 1 Sat -**Monthly Service for Tenchi Kane No Kami-Sama**
(7:30 pm) 天地金乃神様 月例祭
-KMH Faith Enrichment Mtg. at HNL Church (1:30 pm)
- 2 Sun -**Sunday Service (9 am)** *Share Okage (till 11 am)
-1st Women's Group Gathering at Waipahu Church
*Rev. Edna Yano will be guest speaker (9:30 am-12:30 p)
- 8 Sat -Chorus practice @HNL Church (2-4 pm)
- 9 Sun -**Sunday Service (9 am)** *Share Okage Stories (till 11 am)
-Konko Missions on Oahu Volunteer Activity at
Kuakini Hospital Hale Pulama Mau Auditorium
(9:30 am-10:30 am). *Prayer at HNL 9 am. Lunch to follow.
- 10 Mon-HCRP Meeting at Gedatsu Church (1:30 pm)
- 15 Sat -Church clean up (9 am)
-KMH Board of Trustees Mtg. at HNL Church (10:30 am)
- 16 Sun -**Monthly Svc. Founder, Ikigami Konko Daijin-Sama**
(9:00 am) 生神金光大神様 月例祭 *Share Okage (till 11 am)
- 21 Fri -Monthly Volunteer Activity @Wahiawa Gen. Hospital
Long Term Care Facility (10-10:45 am)
-HOLIDAY! Hawaii Statehood! (56 years!)
- 22 Sat -Church clean up (9 am)
- 23 Sun -**Monthly Memorial Service 月例霊祭 (9 am)**
*Share Okage (till 11 am)
-Late Rev. Masayuki Kodama 42nd Memorial Svc (9 am)
At Honolulu Church.
- 25 Tue -Memorial Service at Punchbowl (Kubo Family) (10 am)
- 29 Sat -Ehimemaru memorial citrus tree maintenance (9 am)
- 30 Sun -Sunday Service *Share Okage Story (till 11 am)
-Brief Wahiawa Board Meeting (after service)
- 31 Mon-Church clean up (9 am)



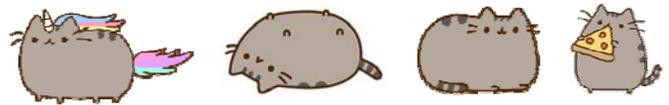
September 2015

- 1 Tue -**Monthly Service for Tenchi Kane No Kami-Sama**
(7:30 pm) 天地金乃神様 月例祭
- 5 Sat -Church clean up (9 am)
- 6 Sun -**Monthly Service for Ikigami Konko Daijin (9 am)**
生神金光大神様 月例祭
-Bi-annual Volunteer Activity at Wahiawa General Hospital
(10-10:45 am). *Curry lunch will follow.

Sunday School Oath

I will advance my faith through understanding the Founder's teachings and will strive to become a more useful person to society.

Sincerity is the essence of my faith, and its basic principles are courtesy, kindness, and devotion in everything I do.



Konko Missions on Oahu Volunteer Activity at Kuakini Hospital

Date: Sunday, August 9, 2015

Time: 9:00 a.m. prayer at Honolulu Church
(1728 Liliha St. Honolulu, HI)
9:30 a.m.-10:30 a.m. volunteer activity



Place: Kuakini Medical Center Hale Pulama Mau

Who: All is welcome to join

Memo: There will be singing, koto, dancing and balloon tossing. Afterwards, there will be a potluck lunch at the Honolulu Church. Come join us!



Mrs. Wanda Tamashiro (Konko Mission of Waipahu) came to Wahiawa Church to share her faith. Afterwards we all had a great time talking story and making Tanabata Star Fest decorations and celebrating July Birthdays.

Konko Daijin says... "Teach and pass on the true faith to future generations without losing or straying from it." (GIII Shinkun 2-50)

Konko Mission of Wahiawa Annual Schedule for 2015

- 9/6 Sun -WGH Bi-annual Church Visit (10 am)
- 9/11 Fri -WGH Monthly Visit (10 am)
- 9/13 Sun -Wahiawa Church Autumn Memorial Service (10 am)
- 9/20 Sun -Honolulu Church Autumn Memorial Service (10 am)
- 9/29 Mon -201st Birthday of Founder, Ikigami Konko Daijin
- 10/4 Sun -Honolulu Church Autumn Grand Service (11 am)
- 10/11 Sun -Waipahu Church Autumn Grand Service (11 am)
- 10/13 Tue -Wahiawa Church Autumn Grand Service (6:30 pm)**
- 10/23 Fri -WGH Monthly Visit (10 am)
- 10/25 Sun -Wailuku Church Autumn Grand Service (11 am)
-24th Annual HCRP Peace Prayer (4:00 pm)
- 11/8 Sun -Hilo Church Autumn Grand Service (11 am)
- 11/11 Wed -KMH Pilgrimage to Honbu & Faith Training (thru 11/15)
- 11/13 Fri -WGH Monthly Visit (10 am)
- 11/28 Sat -KMH Board of Trustees Meeting (10:30 am)
- 11/29 Sun -Rev. Kikue Kodama's 18th Memorial Svc. @HNL (9 am)
- 12/11 Fri -WGH Monthly Visit (10 am)
- 12/13 Sun -Rev. Haruko Takahashi's 43rd Memorial Svc. (10 am)
- 12/23 Wed -Rev. Fumio Yasutake's 20th Memorial Service at Amagi
- 12/27 Sun -End of the Year Service (9 am)
- 12/30 Wed -Wahiawa Church Mochi Pounding (8 am)



Happy Birthday

To all the people born in the month of August!
Please continue to receive Infinite divine blessings from Tenchi Kane No Kami-Sama Ikigami Konko Daijin-Sama

Colette Abe
Masumi Furusho

Renee Yano
Tamiko Yamamoto



Rodney sensei, Todd sensei (back), Alex Yasutake, Edna Yano at the Joint Conference in Long Beach, California. We were all born and raised in Hawaii. It was great to see old faces and new faces and share our faith at the conference.



Delilah and Chris came to visit from Dallas, TX. Delilah, a childhood friend used to live across the street of the church and has danced Kibimai at our grand services and helped with many church events. It was really great to see the two of them. (Chris on L and Delilah on R)



An Awa-odori group came to the conference and danced for the audience. They also taught us how to dance. It was great fun. Below is the Youth Camp that did a skit and an ukulele group that sang many songs.



The Konkokyo Spirituality Bridge Group were able to make a thousand paper cranes in less than 3 days! Amazing! We used regular origami paper, as well as old wrapping paper that had been cut into perfect squares. The cranes have been taken to the Hiroshima Peace Memorial Park and offered at the Sadako Memorial.



This year, my mother, Reiko Sensei was also able to go to the Joint Conference. We were able to see Rodney Sensei (My brother who currently does goyo at SF Church).

Editor's Note

Dear Reader,

I hope this newsletter finds you in good health, happiness and overall well being. The month of July was full of excitement and events. My mother and I attended the KCNA (Konko Churches of North America) and KMH (Konko Missions in Hawaii) Joint Conference at the University of California, Long Beach University from July 17-19.

We flew out on July 16th to partially attend the Spiritual Bridge Group. But before the plane was gaining speed to take off the runway—the plane came to a stop. There was something wrong with the brakes. So we all had to return to the gate and get off the plane. Our plane was delayed for 2 hours, but after that, the plane flew safely and everyone in the airplane was clapping for the smooth landing when we arrived in LA.

There have been many airplane crashes and plane trouble in the recent news. It was a good feeling that the plane flew and landed safely. I flew on the airplane many times in my life, but this is the very first time it has been delayed, but better safe than sorry. We often take for granted the simple fact of getting to our destination, but it is very important to pray for a safe trip wherever we may go. And when we arrive safely, it is equally important to give thanks.

Now, back to the conference adventures. I felt so energized by attending the conference. I was able to talk to old friends and meet new friends. The people of KCNA are so full of energy. They are eager to learn the faith and are very dedicated. In the past I remember being with the young adults' group. Now, they have a family and they are helping to run the family camp. And now their children are in the youth camp. I can see the continuous cycle of involvement in their faith community. It was very impressive. There were about 140+ attendees at the conference.

While at the conference, **Rev. Kishii** of Toronto Church gave us a t-shirt from last year's KCNA Youth Camp. It is so cute. It says, "Don't worry, be **Rodney!**" I couldn't believe it was a shirt of my own brother. He is really loved by many people. The KCNA Youths especially adore my brother. I totally understand why. He's funny, humble, kind, mellow, understanding, empathetic, generous, forgiving, thankful, energetic, jack-of-all-trades, wise, knowledgeable and he's cool. I'm really glad he's my brother. I'm very proud of him.

The planning was so detailed, the food was oh so delicious—I think I gained about 2 extra pounds in just 4 days! Gaaaaah!! The speaker was also lively and informative. And

the group discussions were very deep and meaningful. In five years, the KCNA/KMH Joint Conference will be hosted in Hawaii. We must work very hard to be able to continue these joint conferences. It is my prayer and goal that we can plan a conference as amazing as this last one I just attended.

The guest speaker for the conference was **Mrs. Lore Lapinski**. She spoke to us about effective goal setting, using the **SMART** method. It's an acronym for **Specific, Measureable, Achievable, Relevant and Time-bound**. It was great that she taught us this because I have already been using this method without knowledge on the patients I take care of at the hospital. I'll give you a true story.

There once was a patient who came in for a bowel obstruction. She did not have a bowel movement for about a week. No laxative or enema worked. The doctor was planning an exploratory surgery the next day and the patient was very anxious. I asked her what her personal goal was, so I could write it down. She said that she does not want the surgery, wants to have a bowel movement and go home tomorrow. Although the surgery was already scheduled, I wrote down her goal on her personal goal board because that's what she wanted. It was a SMART goal.

That evening I gradually talked the patient into giving thanks to her intestines. She was skeptical at first, but never heard of such a concept so she decided to give it a try. I guided her into talking to the intestines. Only to give thanks and apology for all the work it has done and all that was never acknowledged. She began to feel very good. Her anxiety melted away. That evening after taking a walk in the hallways, she returned back to her room and had the largest bowel movement ever. She called me to her attention about the big news. She felt her bowels clear up and was extremely relieved.

The next day when I returned to work, that patient was not there. I asked a day shift nurse where she went, and she said that the patient was discharged. She didn't need that exploratory surgery and everything was fine. I was amazed. Her SMART goal came true. I believe it was because she was able to appreciate her bodily functions and doing so melted her anxiety and stress. The bad can turn to good and pain and discomfort can be relieved just by feeling gratitude. I have encountered several patients with extreme constipation that has received the blessings of having their bowel movements normalize once again. It may seem like an embarrassing topic, but if we don't have



SMART Goals	
S	SPECIFIC and Clear <ul style="list-style-type: none">• What exactly should be realised?
M	MEASURABLE <ul style="list-style-type: none">• How will we measure this?
A	ACHIEVABLE <ul style="list-style-type: none">• Is it feasible?• Do we have control/influence over it?
R	RELEVANT & RECORDED <ul style="list-style-type: none">• Is this goal recorded and relevant to my life or business right now?
T	TIME-BOUND <ul style="list-style-type: none">• What is a realistic timeframe?

normal body functions, our bodies are in big trouble. We say our grace before our meal and give thanks to the food. But do we ever give thanks after we use the restroom? It only makes sense that we do.

When we are specific about our goals, Kami-Sama listens well. Large goals need lots of “Bite-sized” goals to build up on the larger goal. In doing so, there is no goal that cannot be achieved. **Loie** also mentioned that it was important to have a SMART goal buddy—and it cannot be your significant other. That person will become a key to pushing you forward and encouraging you with your goal. Your buddy has to contact you at least once a month to see how things are going, and if your goal is being actualized. He/she will be there as your personal goal-oriented cheerleader.

My goal before going to the conference was to have even one person realize the importance of giving thanks to our body parts and organs. And I was able to do so. It was like a divine arrangement. I was eating lunch at the cafeteria on the second day of the conference. A completely random attendee approached me. I didn’t know who she was, but she said her goal was to meet and greet every sensei at this conference. So we talked a little and introduced ourselves. I also mentioned that I am also a nurse. She looked at me wide-eyed. She asked what kind of nurse I was. I said I am a nurse on the oncology unit. She was even more surprised and told me about her daughter who has stage 3-4 cancer and is going through a lot right now. They have run out of options, except to just pray. But that lady came to the conference hoping to find a way to deal with this dire situation. That’s when Kami-Sama (Divine Parent) gave me the opportunity to talk to her about cancer and that cancer cells are much like adolescent youths that are rebelling. Cancer cells need more love than any other cell in the body. I was able to tell her that it’s very important to not use words like “kill, destroy, remove, fight” cancer—because doing so will make cancer worse. I explained that it is very important to give thanks to each organ system in our body because they are like individual companies. There is the blood pumping company (heart), the thinking company (brain), the breathing company (lungs), the toxin metabolizing company (liver), the waste filtration company (kidneys), the power company (muscles), etc. There is so much to give thanks to. At the moment of shock for our indebtedness of our blessedness—the toxic energy in our bodies will turn to good. Good things happen when we are appreciative.

This individual who randomly came to see me was astonished by this insight. She said, “This is it! This is why I had to attend the conference!” We were both very happy

because we achieved our goals for the conference.

There is one factor in the SMART goal that I want to add to. The “A” for achievable: do we have control or influence over it? I will state this very clearly, that many things are beyond human power. Do you think it is even in our powers to wake up every morning? Last year, due to a back injury I sustained at work, I couldn’t get out of my bed for two days. At that moment, I felt very powerless and I left this situation to Kami-Sama. I was so scared; I thought I might not be able to walk again. Everything we do, whether we are aware of it or not, requires the blessings of Kami-Sama. In blessedness, our goals can be realized. Even impossible goals can be realized through the powers of Kami. Although we may think we are in control of our lives, we are actually not. We



cannot control our bodily functions, nor can we stop the time. We cannot change the weather, and we cannot change how others’ influences will affect our lives.

Goals can be achieved when all the conditions are right—if we are determined and have placed our trust in the hands of Kami, anything is possible. It is important to have faith and not forget the spiritual requirements of goal-setting.

On Sunday, August 2, **Mrs. Wanda Tamashiro** took the initiative to create a Hawaii Konkokyo Women’s only group. The first meet was held at the Konko Mission of Waipahu. It was extremely fun and I feel it was a great success. There were about 30 women who gathered. **Wanda** asked me to do the sermon for the first meeting. I talked about faith and taking control of our health. I wasn’t paying attention to the time, and that’s what happens when you ask me to deliver a sermon. I talked for about 40 minutes. But I was thankful for everyone’s full attention and interest in the topic.

Afterwards, we did some chair-yoga exercises by **Ms. Sheila**, and played fun games. We also ate a very healthy and delicious lunch. Attending this Women’s Group gave me another burst of energy. And I was confident that we still have the power to spice things up in our diocese. I can’t wait to attend the next gathering.

School has already started for some and will start for the college students this month. Whether we have graduated already or no longer go to school, we will always be students that learn new things throughout our life time. We will also be teachers that teach others lessons (good or difficult). Whatever your role, I am wishing you happy learning and teaching.

