

•MAHALO NUI LOA•

To the following for their gracious kokua.

- > The participants in today's program – the speakers, workshop facilitators, performing artists and service providers
- > The Community Church of Honolulu for opening its beautiful campus
- > Honolulu Star-Advertiser, Hawai'i Herald, Hawai'i Public Radio & Television and Olelo for their coverage of the event
- > Kevin Kawamoto for his comprehensive and sensitive reporting of previous JTW events
- > Martha Hernandez for the artful graphic design of this year's flyer and printed program
- > Ann Miller for her careful editing
- > Ron and Sharlene Yamauchi for their spirited handling of the registration and set up
- > Ardis Gomes for her professional technical support
- > Glenn Bolosan for his diligent technical support
- > Kathleen Chock for the striking floral centerpiece
- > Sarah Loui Lum and her crew for today's delightful lunch and refreshments
- > Ryan Urabe for his expert handling of the sound system
- > Art Lum for his cheerful oversight of the parking and greeting of the handi-vans
- > Chad Imano for his socially conscious gift of free massage treatments
- > Our co-sponsors and individual contributors for their generous support
- > All of you for your presence and participation

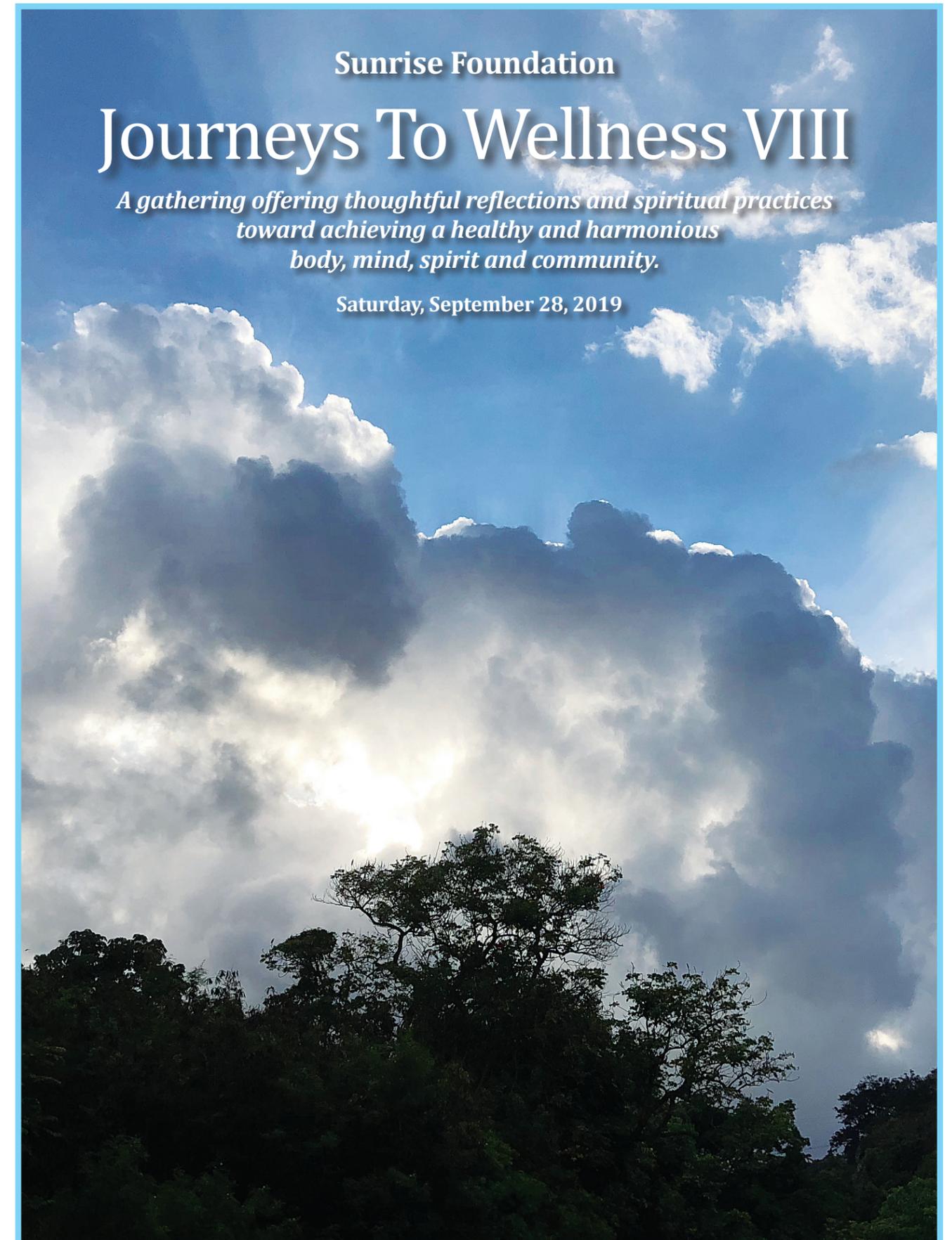
LAST YEAR'S SNAPSHOTS



2018 Puaka'ana o ka la Awardees and their presenters: Frank DeLima with Sr. Joan Chatfield, Rev. Teruo Kawata with Janet Fujioka and Wally Fukunaga, Amy Agbayani with Jeff Acido.



Frank DeLima making the crowd "bust out laughing" with his acceptance speech.



Sunrise Foundation

Journeys To Wellness VIII

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

Saturday, September 28, 2019

MEET THE SPEAKERS

KEYNOTE SPEAKER:

CAROLINE SAKAI, PH.D

Caroline is a psychologist in private practice. She previously served as Chief Clinical Therapist at Kaiser Behavioral Health Services, Hawai'i. She has been an authorized trainer of Thought Field ("Tapping") Therapy for two decades, as well as an EMDR facilitator, and has conducted many training courses for health professionals. Her book, "Overcoming Adversity: How Energy Tapping Transforms Your Life's Worst Experiences," is available at the foyer, with proceeds from the book going to 501 c3 Nalanikaleomana Foundation, which helps the Rwanda mission and the at-risk youth in Hawaii, especially in Waianae.



RESPONDENTS:

REV. DAVID C. RIVERS

Rev. David is an ordained minister in the United Church of Christ and currently serves as Senior Pastor of Central Union Church in Honolulu. Prior to coming to Hawai'i, he served churches in Oklahoma, Pennsylvania, Florida and Kansas. He is married to his high school sweetheart, Kate, and they have three children. His favorite hobbies are exploring new places with his family and ocean sports.



PŌKĀ LAENUI (HAYDEN BURGESS), J.D.

Pōkā Laenui has worked in the field of health care for many years, principally as the Executive Director of Hale Na'au Pono, the Waianae Coast Community Mental Health Center, from 1997-2015. In that position, he led in the development of health programs that integrated a multitude of practices, including tapping, that resulted in honors and national recognition. He and his wife of 50 years, Puanani Burgess, are parents of three grown children.



MODERATORS:



Ruey Ryburn, Dr. PH

Ruey is a graduate of the four-year program at Barbara Brennan School of Healing. In 2001 she opened her own Sacred Path Healing School that offers a three-year program of study leading to a diploma in spiritual energy healing. She also conducts a private practice in holistic healing.



Rev. Dr. Jayaprakash (JP) Sabbithi

JP moved to Hawai'i from India with his family in 2002. He is passionate about how culture influences our end-of-life care decisions. In 2013, he became Director of Counseling Services at Hospice Hawaii. He is currently the pastor at Joy of Christ Lutheran Church in Pearl City,



Rev. Dr. Wally Fukunaga

Following a bout with cancer in 2007, McKinley, Harvard, Princeton and Pacific School of Religion-educated Wally set forth to start Sunrise Foundation in 2010 to promote wellness of the body, mind, spirit and community. The foundation launched the annual "Journeys to Wellness" in 2012. He is also committed to justice, peace and inter-spiritual practices.

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- MOA Hawai'i
- Mo'ili'ili Hongwanji Mission
- Pacific Health Ministry
- Palolo Kwannon Temple
- Pearl City Community Church
- Pediatric Dental Group
- Sacred Path Healing School
- Shingon Shu Hawai'i
- St. Clement's Episcopal Parish
- Toho No Hikari Hawai'i

The Board of Directors of Sunrise Foundation

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- > Kiichi Morimoto
- > Cory Wong

Last year's
crowd enjoying
lunch!



Help us bring health and wellness of the body, mind and spirit to Hawaii's people with your gift of aloha!

Sunrise Foundation
PO Box 235708, Honolulu, HI 96823

Sunrise Foundation is an interfaith, inter-cultural and inter-generational 501c3 that offers community-wide programs, services and scholarships aimed at promoting integrative wellness.

Email: info@sunrisefoundationhawaii.org

Website: sunrisefoundationhawaii.org



Presenting the 2019 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 integrative to our people and community. We are pleased to present this year's honorees.

ALICE K. TUCKER

Alice Tucker has long been a vital and vibrant presence of aloha and wellness in Hawai'i. For nearly twenty years (1978-1997), she served as the Director of Volunteer and Employee Services at the Rehabilitation Hospital of the Pacific. Prior to that, she worked as Hawaiiana Instructor for the Hawai'i Visitors Bureau and as Program Coordinator of the Central YMCA. In her retirement she became a fulltime community volunteer. She currently serves on the boards of the Pacific Health Ministry (immediate Past President), Manoa Valley Theatre, Rotary Club of Honolulu, Oahu Jewish Ohana, and the Rev. Yoshiaki Fujitani Lecture Series. Previously, she served on the boards of the Samaritan Counseling Center (past Chairperson), Temple Emanu-El (past President) and Hawaii Medical Association (past President). Our community has long been richly blessed by her compassion, wisdom and wit.



KAHU WILLIAM H. KAINA

Kahu Bill Kaina has been a notable and dedicated healing presence in Hawai'i. He served with distinction as senior pastor of Kawaihau Church (1984-1997), Kaumakapili Church, Moanalua Community Church, Lihue Union Church, as Coordinator of Hawaiian Churches in the Hawaii Conference of the United Church of Christ and as president of the Association of Hawaiian Evangelical Churches (1996-2002). He was active on the boards of the Bishop Museum, the Liliuokalani Children's Center, the Kamehameha Alumni Association and the Hawai'i Community Foundation. During his 38-year tenure as a Rotarian, he was named a Paul Harris Fellow with Rotary International. Currently he serves on the board of Partners in Development Foundation. Kahu Bill has long touched, inspired and empowered the lives of our people and community.



ROBIN M. KITSU

Thanks to English teacher Robin Kitsu, at-risk students at Nanakuli High and Intermediate School receive a thorough grounding in various forms of the media, including journalism, multimedia, drama and video production. Through his school's Performing Arts Center, Mr. Kitsu has directed his students in over 40 musicals and dramatic productions that have been performed at schools throughout the island, as well as State and national conferences. His students have won State and national awards for their plays, school newspaper and video news programs. Despite being classified as at-risk, nearly all of Mr. Kitsu's students graduate from high school and a high percentage go on to higher education. As Chair of the English Department, Mr. Kitsu has been actively involved in developing the school's Standards Implementation Design. He is truly a shining light in the Waianae Coast Leeward Community and has instilled significance and hope to countless youth and their families.



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, M.M.
2017: Nancy Aleck, John Houk, M.D., Dave Shoji
2018: AmyAgbayani, Rev. Dr. Teruo Kawata, Frank DeLima

PROGRAM

| | | |
|-------------|---|---|
| 8:00 a.m. | Registration in the foyer | |
| 8:30 a.m. | Oli | Rev. Kekapa Lee |
| | Welcome | Ruey Ryburn, DrPH |
| 8:40 a.m. | KEYNOTE ADDRESS | Caroline Sakai, PhD |
| | Helping hands for health Overcoming adversity Promoting growth in spirit, mind and body Enhancing well-being | |
| | RESPONDENTS: REV. DAVID RIVERS AND PŌKĀ LAENUI | |
| 9:45 a.m. | Puaka'ana o ka lā ("Rise up!") Awards | Rev. Wally Fukunaga, DMin |
| | AWARDEES | INTRODUCED BY |
| | Alice K. Tucker | Rev. Anke Flohr |
| | Kahu William H. Kaina | Art Lum |
| | Robin M. Kitsu | Rev. Gary Omori |
| | <i>Presentation by students from Nanakuli High School: "I Want You Back" and "I'm a Woman"</i> | |
| 1020 a.m. | Honoring the late Sr. Joan Chatfield, M.M. | Sr. Bitrina Kirway, M.M. |
| | • Sherwood Chock , soloist, sings "Ave Maria" (B.S. Bach/C. Gounod) | |
| 10:30 a.m. | Introduction of Workshops & Facilitators | |
| | WORKSHOP | FACILITATOR(S) LOCATION |
| | 1. Conversation with Dr. Sakai & Respondents | Church office |
| | 2. Blue Zones Project | MOLLY MAMARIL & PONO SHIM Sanctuary |
| | 3. 21st Century Medicine | NORMAN OSHIRO, MOA HAWAI'I Makai room 1 |
| | 4. Acupuncturists Without Borders Community Clinic | COREY WONG, ASIAN HORIZONS, LLC Makai room 2 |
| | 5. Tao Calligraphy and Meditative Movement | DIANE FUJIO & ORLENA WONG Leigh Hooley room |
| | 6. Centering Prayer Meditation | CAROL ALEVIZOS Founders room |
| | 7. Equipping Youth, Cultivating the Land & Preserving Culture | BRUCE KEAULANI & STAFF, LIVING LIFE SOURCE FOUNDATION Makai patio |
| 10: 45 a.m. | Gift of Magical Ukulele Sounds | "Kawika" Kapono Wong |
| 10:55 a.m. | First Offering of Workshops | |
| | • During the workshops Chad Imano will offer free massage therapy in the walkway fronting the office. Kindly sign up. | |
| Noon | Lunch | Catered by Sarah Loui Lum - a perennial highlight! |
| 1:00 p.m. | Second Offering of Workshops | |
| 2:10 p.m. | Summation Session in the Sanctuary | Rev. JP Sabbithi, DMin |
| | KINDLY FILL OUT THE FEEDBACK SHEET. YOUR INPUT MATTERS! | |
| 2:30 p.m. | Tai chi presentation in honor of Sr. Joan Chatfield | Corey Wong |
| 2:45 p.m. | Circle of Aloha "Hawai'i Aloha" | Rev. Gary Omori |

Mahalo nui loa for your presence & support! Granting you wellness of the body, mind & spirit.

JOURNEYS TO WELLNESS VIII WORKSHOPS

1 CONVERSATION WITH DR. CAROLINE SAKAI AND RESPONDENTS

Church Office

This workshop offers the opportunity to ask your questions and engage in conversation with the keynote speaker and the respondents



Rev. Gary Omori, Zen minister, teaching his workshop on prevention from falling at last year's Wellness event.

2 BLUE ZONES PROJECT

Sanctuary

Molly Mamaril works as the Engagement Lead for the Blue Zones Project in Mānoa-Makiki-McCully-Mōili'i. She earned a B.A. from the University of St. Thomas and a M.S. in Natural Science Resources and Environmental Management from UH Manoa.

Native son **Pono Shim** believes that the people of Hawaii are a significant resource to others around the world. He aligns all his work in Economic Development with that belief and practice. Pono is a widely respected leader and speaker in our community.

>> This workshop will provide a Blue Zones Project presentation about the National Geographic longevity research and how the Project is working in 8 communities throughout Hawai'i to bring health and wellness among its people. Learn how to enrich and prolong your own life through healthy life-style choices made easy. At the end, the workshop will offer a list of well-being nudges that you can do at home to make you and your family healthier and happier.

3 21ST CENTURY MEDICINE

Makai room 1

Norman Oshiro serves as Executive Director of MOA Hawai'i, a statewide organization that promotes and practices the teachings of founder Mokichi Okada. MOA has centers throughout Japan and the world. They offer a range of integrative services for physical and spiritual enrichment and improvement.

>> 21st Century Medicine can be described as a form of comprehensive medicine. Having been awakened to the truth that human life is derived from the spiritual, M. Okada achieved a deep insight into human life and determined that it is an inseparable union of the spiritual and the physical. He also advanced a theory of pathology that resulted in the Okada Purifying Therapy (OPT) as a mean of freeing people of illness. Participants will learn of the alternative medicine M. Okada taught and also be given the opportunity to receive an OPT treatment.

4 ACUPUNCTURISTS WITHOUT BORDERS COMMUNITY CLINIC

Makai room 2

Corey S.C. Wong has been a licensed acupuncturist who has studied in China for three years and taught qigong and taijiquan for more than three decades. He has given seminars and workshops in California, Hawaii and Japan. As a member of the Acupuncturists Without Borders he went to Yucatan, Mexico to offer free treatments to the indigenous Mayan people in 2018.

>> This workshop will offer a safe and simple but powerful ear acupuncture treatment that has been used in communities around the world affected by disasters, human conflict, poverty and social injustice. Unresolved trauma affects not only the health of the individuals, but the well-being of families, communities and nations as well. Research has shown that acupuncture is a helpful somatic therapy that rebalances the brain, nervous system and hormonal system. You're invited to learn of and experience its calming and healing effects.

5 TAO CALLIGRAPHY AND MEDITATIVE MOVEMENT

Leigh Hooley room

Diane Fujio is a Certified Master Teacher of the Tao Academy. It was Dr. and Master Zhi Gang Sha's dedication to the empowerment of service that drew her to his mission 12 years ago. Her deepest desire is to help others achieve health and happiness from serving others.

Orlena Wong is one of the leading teachers in Hawaii for the Tao Academy. She is also the co-director and spiritual leader of master Sha Tao Center in Honolulu. She has dedicated her life to spread Love, Peace and Harmony throughout the world.

>> This workshop seeks to share a method of healing that supports the traditional methods while simultaneously nourishes the soul. Participants will learn and experience the power of Tao Chang and Tao Source field that includes Tao oneness calligraphy. Tao is a way of life. A field of sacred quietness is created through the practices of Tao love meditation and song. People who have used this meditative movement have reported receiving from it balance and stability.

6 CENTERING PRAYER MEDITATION

Founders room

Carol Alevizos is a volunteer with Contemplative Outreach Ltd. and the Hawai'i Chapter of Contemplative Outreach, which contributes to the renewal of the Christian contemplative tradition through the practice of Centering Prayer. She and others lead a contemplative prayer group at Central Union Church in Honolulu and at other locations.

>> The workshop will introduce the practice of resting in God's loving arms as a healing response to what comes up in daily life. Centering Prayer is a receptive method of opening, consenting and awakening to God's loving presence and healing action within. It is a deepening of our relationship with God, building trust in God, which may help to live lives more deeply, freely and fully. "Come and be healed!" is the workshop's divine invitation.

7 EQUIPPING YOUTH, CULTIVATING THE LAND AND PRESERVING CULTURE

Makai patio

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, vision and skills, he founded the Living Life Source Foundation that seeks to restore aloha's spirituality in all humanity and thus alleviate human suffering. It has an active youth outreach program.

>> This workshop will combine native Hawaiian protocol for cleansing, ho'o pono pono for healing, and reverence for spiritual awakening. It will teach how to live fully, inclusively and safely when abiding in respect for the land and sea, and aloha to all others. It will invite us to be guided by the angels above that break down all barriers of fear, distrust, and disunity. Be awakened and empowered by an anointed teacher of Hawaiian culture and by Hawai'i's unique mana.

COMMUNITY CHURCH OF HONOLULU Campus map

