

• MAHALO NUI LOA •

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

- > The participants in the program - speakers, performing artists and workshop facilitators
- > The Community Church of Honolulu for opening its campus
- > Honolulu Star-Advertiser, Hawai'i Herald and Olelo for their coverage and promotion
- > Martha Hernandez, for the graphic design of the flyer and printed program
- > Ann Miller for editing
- > Ardis Gomes, for professional technical support
- > Glenn Bolosan, for custodial support
- > Sarah Loui Lum and her crew, for today's lunch and refreshments
- > Ryan Urabe, for oversight of the sound system
- > Chad Imano, for the gift of the free massage treatments
- > MOA for the hands-on opportunities at our "Wellness Fair"
- > Babs Miyano-Young for the floral arrangement
- > Express Engraving for the wooden platters, plaque and engraving
- > Our co-sponsors and individual contributors
- > All of you for your presence and participation

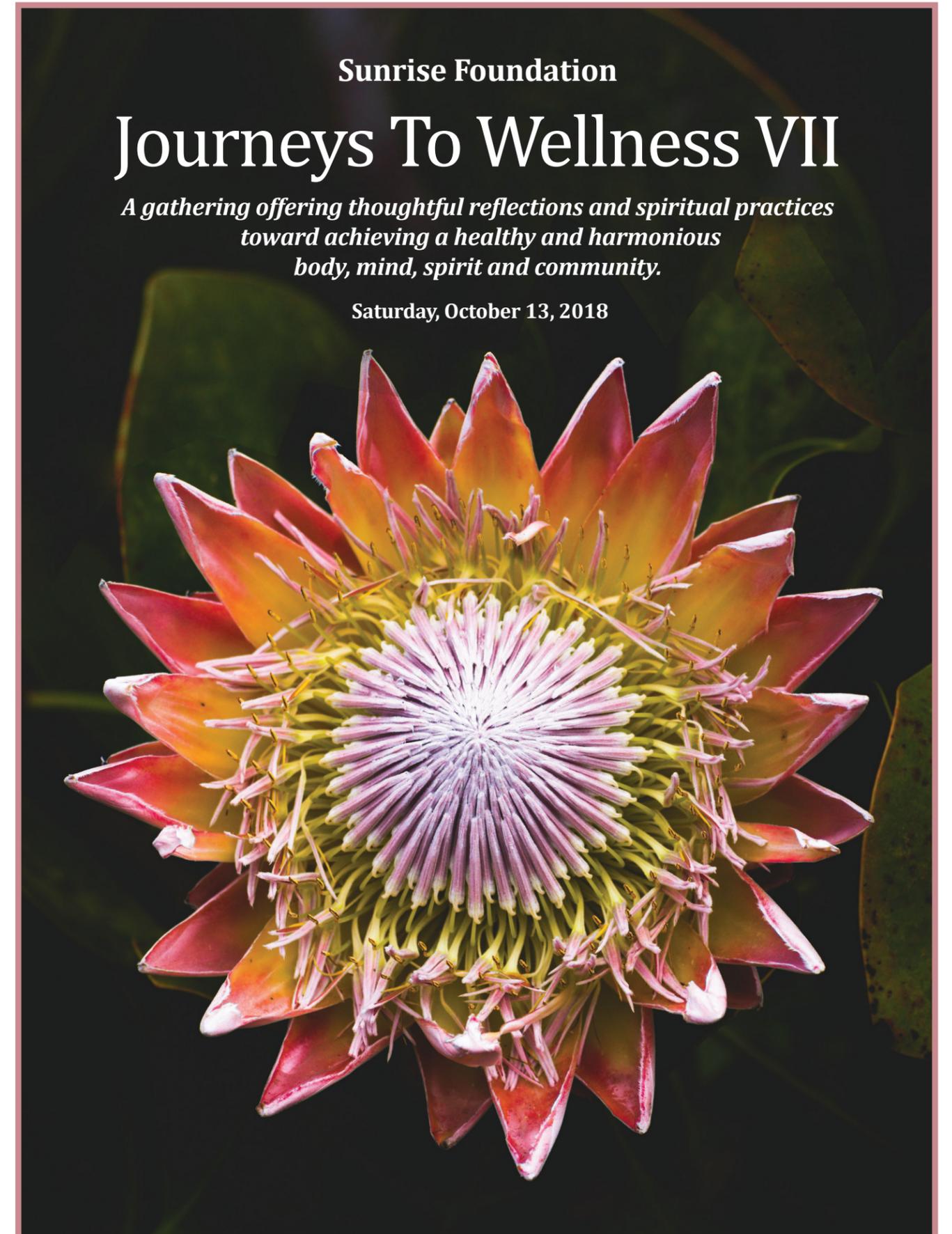
LAST YEAR'S SNAPSHOTS



Recipients of the 2017 Puaka'ana o ka lā Awards - Dave Shoji, Nancy Aleck and John Houk, M.D., with their introducers - Ann Miller, Sr. Joan Chatfield and Chew Nung Lum.



Debbie Laeha giving a lei of aloha to John Houk, M.D., 2017 keynoter, who spoke on "Aging - A Doctor's Perspective."



Sunrise Foundation

Journeys To Wellness VII

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

Saturday, October 13, 2018

MEET THE SPEAKERS

KEYNOTE SPEAKER:

RANDAL K. WADA, M.D.

Randy was born and raised in Nuuanu and is a graduate of `Iolani School, Northwestern University (BA, MS), and Emory University (MD). He completed residency training in Pediatrics at Children's Hospital of Los Angeles, followed by sub-specialty training in Cancer Immunology and Pediatric Hematology/Oncology at UCLA, a research fellowship at Children's Hospital of Los Angeles, and a faculty position at the UCLA School of Medicine. He is currently an Associate Professor of Nursing in the University of Hawaii School of Nursing and Dental Hygiene, Division Chief of Hematology/Oncology in the Department of Pediatrics of the John A. Burns School of Medicine, Medical Director of the Pediatric Stem Cell Transplant Program at Kapi`olani Medical Center for Women & Children and Medical Director of the Hawaii Bone Marrow Donor Registry, Hawaii Cord Blood Bank and Hawaii Cellular Therapy and Transplant Laboratory.



RESPONDENTS:

WENDI MAJOR, PH.D

Wendi is a Licensed Clinical Psychologist with Kapiolani Behavioral Health Service at Kapi`olani Medical Center for Women and Children. She provides both inpatient and outpatient services for pediatric patients and families. She is Vice-Chair of the hospital Bioethics Committee, collaborates as a member of the Palliative Care Committee, and is a full-time handler of Winne, the hospital facility dog.



RUEY RYBURN, DR. PH

Ruey has a doctorate in public health and 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. She also conducts a private practice in holistic healing. She currently sits on the board of Sunrise Foundation.

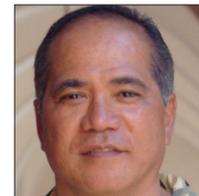


MODERATORS:



Rev. Dr. Jayaprakash (JP) Sabbithi

JP moved to Hawai'i from India with his family in 2002. He worked as a chaplain of Pacific Health Ministry at Kaiser Foundation Hospital, Honolulu. He is passionate about how culture influences our end-of-life care decisions. In 2013, he became Director of Counseling Services at Hospice Hawaii.



David Laeha, CPA

David earned his B.A. with honors at UH and MBA at USC. After working as a Chief Financial Officer (CFO) for various mainland and local firms, he opened his private consulting firm, CFO Hawai'i, in 2002. In 2017, he was named the CFO of the Office of Hawaiian Affairs (OHA). He is a founding board member of Sunrise Foundation.



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.

CO-SPONSORS AND PARTNERS

• Community Church of Honolulu (Principle Co-Sponsor)

- Broken Ridge Meditation Group
- Central Union Church
- Church of the Crossroads
- Harris Memorial Methodist Church
- Hawaii Conference of the United Church of Christ
- Honpa Hongwanji Mission of Hawaii
- Hospice Hawai'i
- Interfaith Alliance Hawai'i
- Jodo Mission of Hawai'i
- Lam Clinic
- Mindful Hawai'i
- 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

- > Rev. Dr. Wally Fukunaga, president
- > Sr. Joan Chatfield, M.M., Ph.D., vice-president
- > Rev. Dr. Jayaprakash (JP) Sabbithi, secretary
- > Ronald Yamauchi, treasurer
- > Ann Miller, communications chair
- > Jeff Acido, Ph.D.
- > Janet Fujioka
- > Sr. Bitrina Kirway, M.M.
- > David Laeha, CPA
- > Arlene Luster, Ph.D.
- > Rev. Gary K. Omori
- > Ruey Ryburn, Dr. PH
- > Norman Oshiro
- > Rev. Dr. Bert Sumikawa
- > Christopher Yeung, J.D., Ph.D.

ADVISORS

- > Rev. Dr. Teruo Kawata
- > Clay Kimoto, Esq., of counsel

RESOURCE ASSOCIATES

- > Rev. Anke Flohr
- > Alan Goto
- > Abdul-Karim Kahn, Ph.D.
- > Kiichi Morimoto
- > Cory Wong



Jimmy Toyama facilitating a workshop on "Writing and the Coming Together of Body, Mind & Spirit."

Your financial support of Sunrise Foundation is welcomed. You may send your tax-deductible contribution to:

Sunrise Foundation
PO Box 235708, 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 2018 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.

AMY AGBAYANI

Endorsed by
Jeff Acido

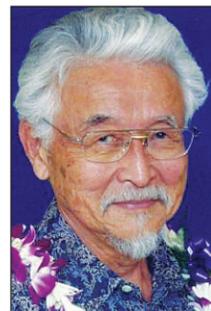
Dr. Agbayani came to Hawaii from the Philippines to study at the East-West Center in the turbulent 1960's. The antiwar protests of the era helped set the stage for Agbayani's lifetime fight for civil rights and social justice. She was the first chair of the Civil Rights Commission of the State of Hawai'i. As Assistant Vice Chancellor for Student Diversity at the University of Hawai'i Manoa, she helped build the Student for Excellence, Equity and Diversity Department. She co-founded Operation Manong (a program to help working class, low-income Filipino students) and fought for policies that helped underserved and oppressed Hawai'i communities. During her tenure at UH, her office broadened to oversee more than 20 programs to recruit and assist students who are diverse in terms of culture, ethnicity, gender, age, disability, religion and sexual orientation.



TERUO KAWATA

Endorsed by
Janet Fujioka &
Wally Fukunaga

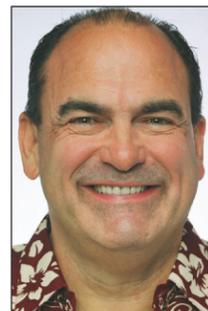
Rev. Dr. Teruo Kawata has been a significant leader in the religious community at home and abroad for the past 50 years. He served as Conference Minister of the Hawai'i Conference of the United Church of Christ, 1980-1990. Under his leadership, the Conference undertook bold and creative measures to strengthen the local churches and serve the community in areas of social justice and peace. Rev. Kawata also taught at Pacific School of Religion in Berkeley and Silliman University in the Philippines. For over 20 years, and until recently, he served as a board member of the Retirement Housing Foundation in California that helped build hundreds of low-income housing projects throughout the nation, including two in Hawai'i. In 2013, he gave the keynote address at Journeys to Wellness II, on "The Healing Power of *Gaman*" (persevere), that told of his experience as a young man at the Poston Relocation Camp in Arizona from 1942-1944.



FRANK DELIMA

Endorsed by
Sister Joan
Chatfield

Frank DeLima is one of Hawai'i's most popular and beloved comedians. For more than 30 years he has been entertaining local residents and tourists alike with zany parodies, an outrageous sense of humor and spontaneous creativity. Comedy has been ingrained in Frank's life since childhood. While growing up in Pauoa Valley, he realized that he had a natural talent for making family and friends laugh. He noted, "The ability to draw laughter or a smile is one of the greatest gifts you can give to people. Laughter makes a happy heart and humor breaks down barriers." But comedy is not Frank's only passion. In 1980, he founded the Frank De Lima Student Enrichment Program that is devoted to helping Hawai'i's students understand the importance of education. Since its inception, De Lima has made more than 350 visits to Hawai'i schools statewide, using comedy to promote learning, wellness and leadership.



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

PROGRAM

8:00 a.m.	Registration in the foyer	
8:30 a.m.	Oli	Kekapa Lee
	Welcome	Jayaprakash (JP) Sabbithi
	Meditation	"Air" (Johann Sebastian Bach) Hari Bayani, flute
8:45 a.m.	KEYNOTE ADDRESS "Resilience and Mortality: Conversations Your Doctors Wish They Could Have With You" RESPONDENTS: Wendi Hirsch Major, Ph.D. & Ruey Ryburn, Dr. PH	Dr. Randal Wada
10:00 a.m.	Puaka`ana o ka lā (Rise Up!) Award AWARDEES Amy Agbayani Teruo Kawata Frank DeLima INTRODUCED BY Jeffrey Acido Janet Fujioka Sr. Joan Chatfield, M.M.	Wally Fukunaga
	<ul style="list-style-type: none"> Honoring the late Rev. Ron Williams, Sr. Minister, Community Church of Honolulu Sherwood Chock, soloist, sings "One Moment in Time" (Albert Hammond & John Bettis), Hari Bayami and Sean Uyeno, accompanists 	
10:45 a.m	Workshop	FACILITATOR LOCATION
	1. Conversation with Dr. Randal Wada & Respondents	Church Office
	2. Millennials' Pursuit of Wellness In Today's World PANELISTS: Kevin Faller, Grace Jean-Pierre, Gregg Yamauchi & Reiki Young	JEFFREY ACIDO, PH.D. Makai Patio
	3. Improve Everything, Including You!	REV. GABRIELLE FACKRE CHAVEZ AND THOMAS C. CHAVEZ Founders' Room
	4. Meditation and Principles of the Martial Arts	GARY K. OMORI Sanctuary
	5. Pathways to Your Peak	CHRISTA WITTMIER AND MICHELLE GARCIA Classroom 2
	6. Mindfulness: A Way to Enhance Awareness and Reduce Stressg	GREGORY PAI, PH.D.. Leigh Hooley Room
	7. Good Soil: Organic Farming, Holistic Health & Sustainable Communities	MARK HAMAMOTO Classroom 1
	<ul style="list-style-type: none"> During the workshops a "wellness fair" will be held in the walkway and mauka patio offering free massage therapy by Chad Imano and tea ceremony, flower arrangement and Okada Purification Therapy by MOA. 	
Noon	Lunch	Catered by Sarah Loui Lum - a highlight of the Wellness event!
1:00 p.m	Second Offering of the Workshops	
2:15 p.m.	Summation Session in the Sanctuary	David Laeha, CPA
	Kindly fill out the feedback sheets. Your input matters!	
3:00 p.m.	Circle of Aloha	Norman Oshiro

The kalo (plant) on the altar represents Life.

JOURNEYS TO WELLNESS VII WORKSHOPS

1 CONVERSATION WITH DR. RANDAL WADA & RESPONDENTS

Church Office

This workshop provides the opportunity to ask your question and engage in conversation with Dr. Wada and the respondents to his address.



Sr. Yoo Soo Kim, M.M., opening Journeys to Wellness VI with a striking creative sacred dance on global unity.

2 MILLENNIALS' PURSUIT OF WELLNESS IN TODAY'S WORLD

Makai Patio

Jeff Acido, Ph.D., a millennial, was born in the Philippines and raised in Kalihi. He received a B.A. from UH Manoa and a Masters in Theology from Pacific School of Religion in Berkeley, CA. In 2015, he was awarded the Ph.D. in Education at UH Manoa. He is currently employed as a Community Organizer at Kokua Kalihi Valley.

> This workshop will feature four millennials — Kevin Fallor, Grace Jean-Pierre, Gregg Yamauchi and Reiki Young — who are from diverse backgrounds and embody different paths to wellness of the body, mind, soul and community. What are their stories? Their aspirations and fears? What role does religion and/or spirituality have in their lives? How do they see themselves helping to create a more just, green and peaceful world?

3 IMPROVE EVERYTHING IN THE WORLD, INCLUDING YOU

Founders' Room

Rev. Gabrielle Fackre Chavez currently serves as the Interim Conference Minister of the Hawai'i Conference of the United Church of Christ. She is the author of "Alive in Grace — Recipes for Vitality, Value and Peace." Thomas C. Chavez is the author of "Body Electronics" and "The Book of Life as We Live It."

> Thomas and Gabrielle will share insights and practices from The Compass Way, a simple and profound body-based tool for gaining awareness of self and how we form relationships with others in real time. Find out more about how you embody your consciousness than you have ever known. Use this understanding to improve everything in your life!

4 MEDITATION AND PRINCIPLES OF THE MARTIAL ARTS

Sanctuary

Rev. Gary K. Omori received his Masters in Social Work from UH Manoa and worked for many years as a consultant in problem resolution, community building and government relations. He is a 7th degree black belt in Aikido and founder and (until 2016) Chief Instructor of the Koshinkan Dojo. He is a priest of the Rinzai Sect of Zen Buddhism, at Daihon Chozen-Ji in Kalihi.

> Whatever your age or physical mobility, this workshop is meant to offer a helpful window into how to rely on yourself to live a more tranquil, self-reliant and fulfilling life. It will show the benefits of applying Zen meditation and principles of the martial arts as means of developing a greater understanding of one's original nature in this complex world. On a very practical level, the workshop will teach us how to prevent falls.

5 PATHWAY TO YOUR PEAK

Classroom 2

Christa Wittmier is a stage IV cancer survivor and co-founder of the Aloha Cancer Project. Her work in the community includes organizing large-scale events, such as the global arts festival POW! WOW! Hawai'i, providing entertainment as a DJ and writing as a columnist.

Michelle Garcia is a scholar and entrepreneur who is dedicated to creating social and environmental impact, and to enabling people to unleash their strengths and lead flourishing lives. A native of the Philippines, she is founder and president of RISE, an environmental organization to promote partnership with nature.

> Within every heart lies a deep desire to burst into union with something larger than oneself — whether in humanity, nature or the divine — and experience ecstasy. This experiential and transformative workshop will teach you how to have more peak experiences and unleash your greatest potential.

6 MINDFULNESS: A WAY TO ENHANCE AWARENESS AND REDUCE STRESS

Leigh Hooley Room

Gregory Pai, Ph.D., has practiced meditation since the mid-seventies in the Tibetan Buddhist, Zen Buddhist and Vipassana traditions. He has taught mindfulness meditation and practices at various hospitals, institutions and the University of Hawai'i. He currently teaches a public meditation class every Saturday afternoon at the Broken Ridge Korean Temple in Palolo Valley.

> Mindfulness is a process of focused introspection based on meditation, deep relaxation and guided concentration. It helps reduce stress and deepen awareness of the unity of the physical, spiritual and mental realms. It allows for a fuller and richer understanding of the workings of our total being and the possibilities for transformation and wellness.

7 GOOD SOIL: ORGANIC FARMING, HOLISTIC HEALTH AND SUSTAINABLE COMMUNITIES

Classroom 1

Mark Hamamoto is the Founder and Executive Director of Mohala Farms, a 6-acre organic farm and non-profit organization in Waialua, started in 2005. Hawai'i born, he studied at Whitworth College and Pacific School of Religion. From 2001-2008, he served as Community Development Coordinator at Kokua Kalihi Valley community health center, where he helped secure 100 acres of state land to start Ho'oulu 'Aina.

> Good soil is the foundation of organic and sustainable farming and a powerful metaphor for holistic health. This workshop will discuss elements that make good soil and how Mohala Farms was built upon its use and values. For nine years, the farm has provided room, board and hands-on agricultural training to over 300 farm interns. It is fully powered by solar energy and has its own fresh water supply. The workshop will invite people to become involved with the work and mission of Mohala Farms.

COMMUNITY CHURCH OF HONOLULU Campus map

