

Iao Pepa

Na Makani

A Monthly Newsletter of Iao United Church of Christ

2371 W. Vineyard Street, Wailuku | (808) 244-7353 | iaoucc@hawaiiantel.net

June 2022

And so, we have arrived beloveds – my last write-up for our Iao Pepa. I hope that my writings were informative, inspiring, and yet thought provoking at times. I strived to keep our members, non-members, friends, and great supporters informed of the happenings here at Iao UCC from the Pastor's perspective. Our goal with "Iao Pepa" was to show everyone the great work that happens behind the scenes. The ministries that occur beyond Sunday Worship and how this enormous "ministry machine" we call Iao United Church of Christ functions because of the many disciples in action. Because of the support of so many of you, members, non-members, friends, supporters, and agencies – we have been able to show that we can unite for a great purpose, and we hope to have shown you just that through the articles and pictures.

Since the transition began, the process of moving has reminded me how much "I dislike moving" but the thought of getting to see my grandbabies more often has given me the strength to move forward. The Transition Team has been busy meeting every Monday night to formulate a plan and bring recommendations to the Council when necessary. If anyone is interested in joining this team, feel free to join us on Monday nights at 5:45pm in Kanda Hall. Iao Church is also looking for volunteers to join in the Pastoral Search Committee, so if you feel called to search for the next settled Pastor, please let Shannon Ribao, our Moderator know by calling the office at 244-7353.

Last week, May 15th to the 21st was a busy week that really made this move "real." Rongchao's last Sunday with Iao Church was on Sunday the 15th. He has been by my side throughout the pandemic as we struggled together to bring you the virtual worship services through our Facebook live feed. We both had to learn how to put together the new Audio/Video system in the Sanctuary and how to trouble shoot problems that arose. Thank you, Sonny and Francis, for taking the helm as Iao Church will continue with their virtual presence and thank you Rongchao for your unwavering dedication to the church. Not bad for someone who still considers himself a seeker. "I think God had a hand in it" was what I heard from him this week when we shipped our cars out on Tuesday, he and mama Zhen left on Wednesday, our stuff left on Thursday, we got an offer for our home after five days on the market and he found us an apartment to live in on Friday. Yes, beloved Church, he has learned to see God in all things because of you – so I thank you for that wonderful gift in helping me teach Rongchao how God works in our lives.

As we leave this place, know that Rongchao and I carry you in our hearts and in our prayers. I hope that we have done well by you and have shown you the possibilities that still await you as a Church. Do not be afraid, do not give in to fear, but by the example of living in faith. The only bogymen we face are the ones we invent in our minds, do not let that temptation overtake who you are as Iao Church. Do not close yourselves off from the wider community that has depended on your spiritual guidance and transformative presences, even if you are the only Church at the table.

I leave you with this from John 14:27 – "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."

Blessings with love, appreciation, and gratitude for a wonderful journey,
Rev. Floren "Tino" C. Cordova,
Pastor



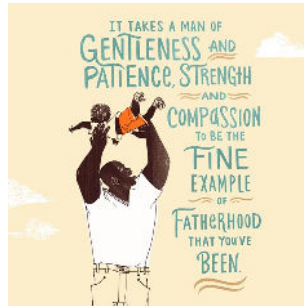
June Lectionary

June 5 **Pentecost Sunday**
Acts 2:1-21 or Gen 11:1-9
 Ps 104:24-34, 35b
 Rom 8:14-17 or Acts 2:1-21
 Jn 14:8-17,(25-27)
Gathered and Scattered

June 12 **Trinity Sunday**
First Sunday after Pentecost
Prov 8:1-4, 22-31
 and Ps 8
 Rom 5:1-5
 Jn 16:12-15
Wisdom Calls

June 19 **Second Sunday after Pentecost**
1 Kings 19:1-4,(5-7),8-15a and
 Ps 42 and 43
 Isa 65:1-9 and Ps 22:19-28
 Gal 3:23-29
 Luke 8:26-39
In God's Presence

June 26 **Third Sunday after Pentecost**
2 Kings 2:1-2, 6-14 and
 Ps 77:1-2, 11-20
 1 Kings 19:15-16, 19-21 and
 Ps 16
 Gal 5:1, 13-25
 Luke 9:51-62
Pick Up the Mantle



June Birthdays

6/4 Josaiah Warren
 6/6 Isaiah Mathin
 6/7 Jarvis Yoruw
 6/10 Rita Whitford
 6/11 Caroline Belsom
 6/20 Corey Tanaka
 6/21 Grace Mungwaath
 6/21 Shizue Kodoyama
 6/24 Linda Johannes
 6/28 Daniel Kamidoi
 6/29 Makelyn Johannes
 6/30 Shawn Yinmed

Worship Team for June 2022

Greeter/Usher: Youlida Yoruw
 Youth Reader: Makelyn Johanna
 Adult reader: Susan King
 Aloha Hour: Jane Tesoro and Jan Saiki

Total fed in April 2022

Total Children Served (0-17 yrs.)	133	Total Adults Served (18 yrs. +)	151
Total New People Registered	19	Total Days Program Operated	16
Unsheltered	37	Number of meals distributed	284

Shannon's Scoop | Moderator's Notes



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
~ Maya Angelou ~

Dear Pastor Tino,

On February 19, 2017, when I first walked into the doors of Lao United Church of Christ, I had never heard someone speak so passionately about Faith before. I was moved to tears when I heard your honest message. It was refreshing to hear a man of God that was so relatable to my own story that I craved to hear more. I continued to come back each Sunday to listen to your message. I could feel God speaking to me through your words. It was reassuring to hear you identify as an openly gay Pastor in a committed relationship with your partner. It made me feel safe to be myself.



Getting to know you over these past 5 years through various interactions such as: Membership Classes, Bible Studies, Pre-Marital counseling, our wedding, traveling to Oahu to attend our church leaders' event, Thanksgiving brown bag lunches for our houseless community, Pride Maui Booth, marching in the fair parade, working in the Frosty Pog booth, numerous council meetings, Keiki health fair and so much more has been a journey in itself.

My heart is heavy as I write this letter. You have brought so much into my life and the life of our church. I have gotten to know you as my Pastor, a fellow brother in Christ and as a friend. How do I say farewell to someone who holds such a special place in my heart?

You have been the inspiration behind what it means to "Be the Church." I never knew what that meant until you. You have shared your infectious personality, witty sense of humor and kind spirit with so many. All those who were lucky enough to know you are truly blessed.

As we close out this last month together as ONE, we will continue to carry you in our hearts as I'm sure you will have us in yours.

Thank you, Pastor Tino, for your never-ending hard work, true commitment, authentic leadership, selflessness, and for always reminding us to be "THAT" church. Words cannot express the gratitude and love we have for you.

May God Bless you on your next chapter in life. We will miss you tremendously. It's not goodbye, it's until we meet again...

We Love You!!!

With Love and Aloha,
Shannon Ribao
Moderator



As you know, Iao Church is partners with the Maui Food Bank. During the summer the need for food goes up and the giving goes down. Please help keep Iao's food pantry full by donating a can, a box, or a jar in the container located at the entrance to Fujitomo Hall. Below is just a refresher of what the Maui Food Bank does which in turn, you do when you donate food. (If you prefer to donation cash—Make your check out to "IaoUCC" and mark it for Food Bank in the memo.)

Astonishingly, over 10,000 people in Maui County have no idea where their next meal is coming from. Hunger touches people of every age, race, ethnic group, and neighborhood on our island, from the smallest *keiki* to our youth and seniors.

To address Maui's hunger issue, Maui Food Bank works through community partnerships to help collect and distribute food throughout Maui County. Maui Food Bank collects food donations from retail stores, food distributors, wholesalers, restaurants, farmers and farmer's markets, individuals and through food drives. Additional food items are purchased locally and from the mainland. Maui Food Bank is also a USDA food distributor.

Leveraging its network of over 100 partnering agencies, Maui Food Bank is able to serve 10,000 people a month who are food insecure. This includes the working poor, children and youth, seniors, the homeless, anyone who is at risk of going hungry. Maui Food Bank is even able to distributes food to the needy in rural communities of Hana, Molokai and Lanai.

In 2012, Maui Food Bank launched the [Aloha Backpack Buddies](#) program. Through the program, pre-filled backpacks of food are distributed to elementary school students from low income families every Friday. These backpacks contain six meals that keep children fed for weekend. Maui Food Bank annually distributes 12,120 backpacks, equivalent to 72,720 meals.



In addition to the Aloha Backpack Buddies program, Maui Food Bank provides Maui County residents with pre-packed holiday meal boxes, annually supplies Maui's hungry with over 300,000 pounds of fresh fruits and vegetables, and delivers healthy snacks to 1,000+ Maui students each week through the Kids' Cafe program.

How You Can Help Fight Hunger on Maui Maui Food Bank is the only organization in Maui County that collects and distributes bulk quantities of perishable and non-perishable food items to Maui's hungry. Help Maui Food Bank fight hunger by:

[Hosting a food drive](#) at your business, school, place of worship, community service club, or in your neighborhood.

[Volunteering](#) at Maui Food Bank's warehouse, in the office, and even at special events.

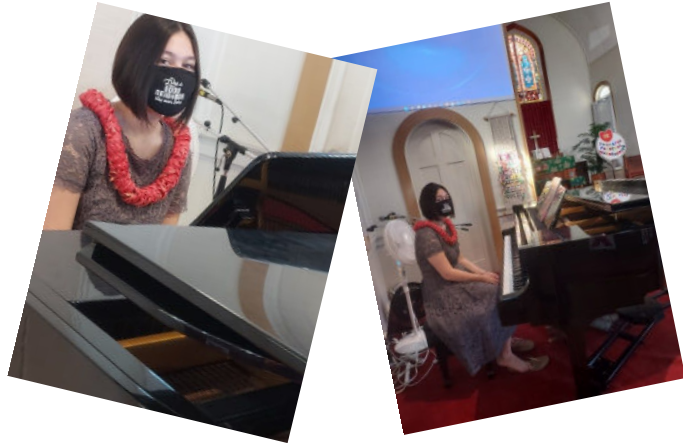
*****[Donating directly](#) to programs that service Maui's hungry.**



The church office will switch to their Summer hours on June 1, 2022.
 June Office Hours will be:
 Monday thru Thursday:
 9 am-4:00 pm
 Food bank
 Monday thru Thursday
 9am-4:00 pm
Closed on Fridays.

Come One, Come All to the Micronesian Festival
June 25, 2022
UHMCC
10 am-4p.
Exciting Entertainment
Dances
Arts
Foods and Crafts for Sale

Anela Awai-Stewart was accepted into the STEM prep program this summer and will be in Philadelphia interning at the University of Pennsylvania from mid June into early August.



Congratulation to All Our Graduates

C.J. Petrus from 6th grade to intermediate

Collage awaits Jack Yoruw and Jenna-Lynn Johannes



Jeviohn Yoruw from preschool to kindergarten.



And on to high school Jaydee Hadely, Shyela Schmidt, & Macdelina Nau Rowa



Residential households in the US are now eligible for another order of free at-home COVID-19 tests on USPS.com. Be sure to check the expiration date on the box of test you have.

Here's what you need to know about your order:

- Each order now includes eight rapid antigen COVID-19 tests
- Your order of eight tests will come in two separate packages (four tests in each package), each with its own tracking number
- Packages will ship separately for free

To make an order fill out the form online: <https://special.usps.com/testkits>



PLANTS GALORE

When: Saturday, April 30, 2022
Where: David and Grace Murata's Resident
639 Holopuni
Kula, HI
Time: 8:00 a.m.-1:00 p.m.

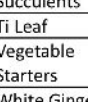


Just in time for Mother's Day and End of the Year Teacher gifts.

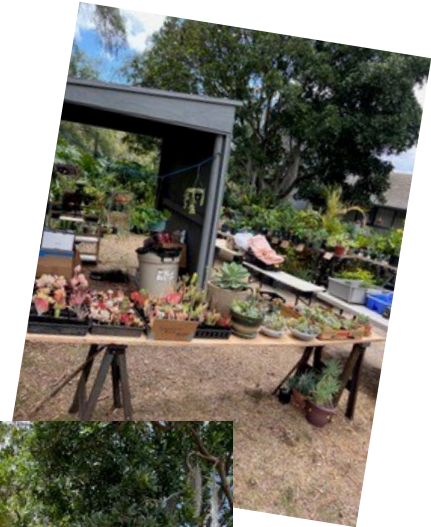
A wide variety of plants

Lots of succulent plant arrangements!

Aloe Vera	Hanging Basket	Papaya	Signature Tree
Areca Palm	Herbs	Peace Lily	Snake Plant, Dracaena
Bamboo	Hibiscus	Pele's Hair	Trifasciata, Mother in law's Tongue
Bromeliad,	Kukui Nut Plant	Pencil Plant	Spider Plant
Fireball	Live Worms for Compost Bin	Philodendron	Succulent Dishes / Arrangements
Chili Pepper	Momoya	Pineapple	Succulents
Coffee Plant	Monstera	Plumeria	Ti Leaf
Coral	Oyster Plant	Pothos	Vegetable Starters
Crotons		Potocarpus	White Ginger
Dracaena, Dragon Tree		Royal Palm	
		Rubber Plant	



What a success! The total for this sale was an amazing wonderful delightful success (Drum roll, please) \$2,611.70! A heartfelt Mahalo goes out to David, Grace, Jody (their daughter), husband Patrick, Dawna, Pastor, Warren, Pam, Dennis, Dan, Youlida and Howard. Jody and Patrick even extended it for another weekend! These funds have been designated for the Front Door project.



While on a walking excursion looking for plumerias, Auntie Fley's group stopped at Pastor Tino's "house" (Fujitomo Hall, church office) for a short visit.



Special Sundays in June



Aloha Hour

May was the first month resuming our Aloha Hour. It started off slow but is getting back into its groove a little more each week. Prepackaged snacks are served with bottled water. If you are able to help set-up and serve for a month, please let Jane Akitake ((808) 250-1518 or the church office know (808) 244-7353.



The Strengthen the Church (STC) Offering reflects the shared commitment of people across the United Church of Christ to cooperatively build up the UCC. Conferences and the national setting equally share the gifts given by members and friends through their local congregations. The funds raised support leadership development, new churches, youth ministry, and innovation in existing congregations. **By your generosity to this offering, you build up the Body of Christ.**

As God calls our congregations to be the church in new ways, your generosity will plant new churches, awaken new ideas in existing churches and develop the spiritual life in our youth and young adults. Most congregations will receive the STC offering on Pentecost Sunday, June 5, 2022. Contributions can be made by clicking on the “donate” button on our web site (iaoucc.org) or by dropping off or mailing your donation to 2371 W. vineyard Street, Wailuku, 96793 (note in memo STC).

Taken from:

THE BOOK OF HOME REMEDIES AND HOUSEHOLD TIPS

2022

(The Old farmers Almanac) Compiled by Boys Town

SALT FOR PREVENTIVE HEALTH AND NATURAL REMEDIES

Salt can be a wonderful preventive natural remedy, especially because it is so cheap and has so many uses.

Try these **preventive health measures for salt**, a historically important food that can act as a great natural remedy. Salt is inexpensive, but it has many uses for your frugal household. Beyond its use as a food seasoning, salt has dozens of uses.

For example, salt kills weeds. It extinguishes flames, preserves colors in your wash, removes stains from coffee cups; helps clean your oven, and extends the life of many items from toothbrushes to flowers.

Natural Health Remedies Using Salt

1. Flushing Sinuses

Although this use of salt is ancient, modern medical research has shown that flushing the sinus passages with a saline solution can help prevent/relieve sinus infections, *relieve postnasal drip*.

One caveat: Boil your tap water for a 3 to 5 minutes and then cool until lukewarm before using. I'd sterilize my water for any solution I planned to use in my sinuses, throat, or eyes.

For more ways to clear your sinuses, check [these natural remedies for colds](#).

2. As an Eyewash

Dissolve 1/4 teaspoon of salt in a cup of warm water and used it as a wash for tired, irritated eyes. Be sure to boil your tap water for 3 to 5 minutes and then cool before using

3. Reducing Under-Eye Puffiness

Dissolve 1/2 teaspoon of salt in a cup of hot water; soak a washcloth or cotton balls in the solution, and apply to the puffy areas.

4. Cleaning Teeth

Try a mixture of salt and baking soda for your "toothpaste." Pulverize sea salt in a blender or crush it with a rolling pin, mix with an equal amount of baking soda, shake, and store in a small glass jar. Mix with a bit of water, and brush as usual. Both salt and baking soda have antimicrobial properties that kill many of the pathogenic bacteria that cause cavities and gum disease.

5. As a Gargle, Mouthwash, or Breath Sweetener

Mix a teaspoon of the tooth-cleaning mixture in a cup of warm water. (Boil your tap water for 3 to 5 minutes and then cool before using.) Find more [natural remedies for curing bad breath](#).

6. Reducing Fatigue

Soak your tired feet or entire body in a warm, salt-infused bath for a restorative effect.

7. As an Exfoliant

Mix equal parts of sea salt and olive oil and rub gently over the body for an exfoliating, moisturizing scrub. Rinse with warm water. For the face, mix equal parts of salt and honey.

8. Relieving the Pain of Insect Stings

Mix salt with a bit of water and apply to the sting immediately. Learn how to [prevent and treat insect stings](#).

9. For Poison Ivy

Soak the affected areas in hot salt water to help relieve the itch and dry up blisters. Find out [how to treat poison ivy](#)



Food Boxes received peanut butter and eggs last month

Ingredients (for 25 approx.)

- 1 cup peanut butter
- ½ cup sugar
- 1 egg



Preparation

1. Preheat oven to 350°F (180°C).
 2. In a large bowl, mix together the peanut butter, sugar, and egg.
 3. Scoop out a spoonful of dough and roll it into a ball. Place the cookie balls onto a nonstick baking sheet.
 4. For extra decoration and to make them cook more evenly, flatten the cookie balls by pressing a fork down on top of them, then press it down again at a 90° angle to make a criss-cross pattern.
 5. Bake for 8-10 minutes or until the bottom of the cookies are golden brown.
 6. Remove from baking sheet and cool.
- Enjoy!

Nutrition Info

- Calories **81**
- Fat **5g**
- Carbs **5g**
- Fiber **0g**
- Sugar **3g**
- Protein **2g**

Estimated values based on one serving size.

Our Fundraiser is going well. We still have about 50 tickets available for you to pick-up.



IMPORTANT DATES:

- *Money Due: June 15 for tickets distributed before May 20.
- *ALL money due: July 15
- *Redeem all tickets by July 24



Summer Fun Word Search

BARBECUE LEMONADE
 BATHINGSUIT PARTY
 BEACH BOAT PICNIC
 CAR TRIP POOL
 CHALK SUNGLASSES
 FAMILY SUNSHINE
 FIREFLIES SWIM
 FIREWORKS TOWEL
 FRIENDS VACATION
 FUN VOLLEYBALL
 GAMES ZOO
 ICE CREAM



L	F	I	R	E	F	L	I	E	S	S	D	M	V	E
L	E	S	O	O	Z	I	S	A	E	U	A	Y	A	N
A	Q	W	H	K	K	N	R	S	Y	E	X	T	C	I
B	D	I	O	L	B	M	S	E	R	F	P	R	A	H
Y	R	M	A	T	I	A	B	C	W	I	J	A	T	S
E	Q	H	I	Q	L	A	E	V	C	O	I	P	I	N
L	C	I	S	G	R	C	T	N	K	F	R	X	O	U
L	C	O	N	B	I	K	I	F	V	A	U	K	N	S
O	G	U	E	F	B	C	F	R	R	M	Z	U	S	H
V	S	C	G	T	I	U	S	G	N	I	H	T	A	B
K	U	C	A	R	T	R	I	P	L	L	E	N	S	Q
E	G	A	M	E	S	E	L	B	O	Y	Y	N	U	X
H	C	A	E	B	Y	O	O	P	X	O	B	E	D	F
D	S	B	G	E	D	A	N	O	M	E	L	S	N	S
C	Z	H	U	R	T	J	E	M	T	C	K	Q	X	Z

Provided By Chicken Scratch NY

9		7	8				6	
		6	7				1	8
	1							
		8			4			
1				5				3
				9			7	8
				1				
6			4					5
5					9			1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May	2022	31	1	2	3	4
			RSVP DUE for 6/11		<u>Office Closed</u> Pastor's Day Off Micronesian Women's Group 6-7(K)	
5	6	7	8	9	10	11
					<u>Office Closed</u> Pastor's Day Off Micronesian Women's Group 6-7	
12	13	14	15	16	17	18
			Money due for initial ticket sales		<u>Office Closed</u> Pastor's Day Off Micronesian Women's Group 6-7	
19	20	21	22	23	24	25
Juneteenth 	Juneteenth (observed) 				<u>Office Closed</u> Pastor's Day Off Micronesian Women's Group 6-7	
26	27	28	29	30	1	2
1:00 p.m. Farewell Liturgy Celebration 				 Pastor Tino	July 2022 	



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Iao United Church of Christ

2371 W. Vineyard Street
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(Summer Hours)

Email: iaoucc@hawaiiantel.net

Website: iaoucc.org

facebook.com/groups/iaoucc/

IN PERSON/VIRTUAL SUNDAY WORSHIP 9:30 A.M.

Pastor	Florentino Cordova
Moderator	Shannon Ribao
Church Admin	Theresa Supera
Choir Director & Pianist	Vacant
Newsletter	Dawna Krueger
Iao Preschool Director	Flerida Iniba

You are always welcome at Iao UCC.
We are a people of God, living and sharing the love of Christ through words and actions.