

A Monthly Newsletter of Iao United Church of Christ

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

February 2023

## **Associate Conference Minister Shares Reflection**

## **How's Your Prayer Life?**

One month into a new year is a great time to examine your prayer life. Prayer is vital to our spiritual lives and our ministries. Prayer is a fundamental action for all of us as followers of Jesus. Even when we are sitting in silent meditation, prayer is action. It is life-giving, healing work.

Prayer can rewire our brains. Neuroscientist Andrew Newberg, who is at the University of Pennsylvania, has been studying prayer and how it changes our brains for nearly 20 years. He has published several books about it, including *How God Changes Your Brain*, and has studied brain scans from people who pray one or more hours each day.

He argues that not only does prayer reduce stress and anxiety, but as little as 12 minutes of prayer every day can slow the aging process; that meditating upon God's love can increase our feelings of security, compassion, and love; and that over time intensive prayer can change numerous brain structures and functions in ways that change our values and how we per-

ceive reality\*. Prayer will rewire our brains, and as Christians we know prayer will transform us. How is your prayer life? Now is a great time to sit down with your pastor, a spiritual mentor, or a trusted kupuna and ask this vital question.

Jonathan Roach, Associate Conference Minister



#### February Lectionary

- Feb 5 5th Sunday after Epiphany Isa 58:1-9a(9b-12) Ps 112:1-9(10)
  - 1 Cor 2:1-12(13-16) **Matt 5:13-20** *Restoring Beauty*

#### Feb.126th Sunday after Epiphany

Deut 30:15-20 **or** Sirach 15:15-20 Ps 119:1-8 1Cor 3:1-9 **Matt 5:21-37** From the Heart

Racial Justice Sunday / Science and Technology Sunday

#### Feb 19 Transfiguration Sunday

Ex 24:12-18 Ps 2:or Ps 99 2 Peter 1:16-21 **Matt 17:1-9** Dazzling Reign

#### Feb 26 First Sunday in Lent

Gen 2:15-17;3:1-7 Ps 32 Rom 5:12-19 **Matt4:1-11** Abundant Grace

Seminary Sunday / Church Vocations Sunday

The lesson in **bold** is the focus of both the message of the day and any Sunday School lesson; the italicized title is the theme for the Sunday service.  $\bullet$ 



### **February Birthdays**

2/6	Lewis Hadley
2/7	Brett Yamane
2/11	Rena Hayashi
2/11	Cheryl Hadley
2/13	Annette Matsushima
2/13	Suzette Robinson
2/14	Anne Rowehl
2/14	Danny Johannes
2/14	Richard Carr
2/18	John Yoruw
2/20	Jim Robinson
2/22	Deann Sonoda
2/23	Carole Toy
2/23	Lynette Shiroma
	Betsy Hadley



#### February Worship Responsibilities

Greeter/Usher	Gail Ideue
Youth/Young Adult Reader	Jack Yurow
Adult Reader	Youlida Yurow
Aloha Hour	Jane Tesoro

# Shannon's Scoop Moderator's Notes

Please watch for Shannon's Scoop in next months Iao Pepa



# They Sang a Hymn

by Jack Belsom

"When they had sung the hymn, they went out to the Mount of Olives" (Mk. 14:26 NRSV). That verse always struck me. Just before the time in the garden and the betrayal, they sang a hymn. Some say it was just part of the Passover meal, which retells the story of God liberating the Hebrews from slavery in Egypt. I like to think that Jesus needed the encouragement that song of faith gave him as he went out to face the unknown. We may grumble about the music in worship (regardless of our preferences), but we cannot deny that ours is a singing faith.

Three months ago, I was invited to come out of retirement not to serve as a pastor but to serve as a church musician. After two months of that ministry and marking another year of life (I am now 78!), I am forced to ask myself: "Am I trying to prop up something that is struggling to survive, or am I equipping people to continue that singing faith in whatever form the church may take in the years ahead?"

Helping younger people learn to play ukulele, guitar, or other instruments can be a means of learning songs of faith from many different times and cultures. When I hear anyone singing or humming one of the songs we are learning, I know that they now have a resource. For example, we have been learning "Be Not Afraid" by Bob Dufford, S.J. His song draws heavily on Isaiah 43:2–3 and Luke 6:20. Singing about going through "raging waters" and walking "amid the burning flames" tells us that the journey may be difficult and that we are not alone on that journey. Dealing with hurting fingers from pressing strings on ukuleles, struggling to sing and making the music is part of the journey—not only to performing the song but to learning that following Jesus and going where God sends us may be challenging. When a song of faith becomes our own, we have a powerful resource for the future.

Sometimes we sing without accompaniment. Sometimes we use percussion instruments. Sometimes we attempt "traditional" hymns in the style in which they were written. We do that to set free the faith that those musicians expressed in the past, and I hope it encourages us to find new forms to express our shared faith with future generations.

**They sang the hymn**. Following the example of those who have gone before, we sing both old and new songs of faith as we live in the present and move toward God's promised future.

p.s. You are invited to join us for practice after worship each Sunday morning and also for a warm-up at 9:00 a.m. before the 9:30 a.m. worship service.

# B & G Iao Pepa Article

New forms for Rental Agreement for Kanda Hall and Sanctuary. Non-members will be required to show proof of \$1,000,000.00 liability insurance prior to renting our facility. If the activity is sponsored by a church member, the insurance would be waived, but the member must be present before and after the activity has been completed. Cleanup and locking of doors & gates shall be the members/sponsors responsibility. Please contact the office to check and see if Kanda Hall or Sanctuary is available on the date of the function. Allow (2) weeks advance notice prior to the function date. All rental applications will be reviewed by B & G Committee members.

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**Over 12 peo	ple add \$50 p	er person.		# o	f Occupants
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# Waiver & Release of Liability



This is an open and public area so secure your belongings and keep your space clean and safe.

In consideration of risk of injury, Host/Tenant and Attendees, who are voluntarily attending and/or occupying property, agree that Iao UCC is not held responsible for any bodily injury, as well as including but not limited to damage and/or theft of personal property, including damage and/or theft of of any vehicles parked on site, to the extent that statue or case law does not prohibit release for the duration of Host/Tenant and Attendees' participation in the activity, during this initial and all subsequent events of participation. *Emergency Dial 911* 

Church Bldg. Reps. (808) 276-9387 264-5327 446-0632 Masks are optional but highly recommended. No solicitation from Tenant, Attendees, or Outside Vendors allowed. No alcohol, drugs, smoking, or vaping allowed. Waiver & Release of Liability placards have been posted on all building walls.

- Iao Preschool Bathroom Renovations Project was completed in January 2023 by Gomes Construction. The cost was \$77,000.00 and paid by State of Hawaii 2021 American Rescue Plan Act Child Care Stabilization Grant Program.
- Thr Contractor installed aluminum window screens on all windows. Cost estimate \$4,000.00 and paid by a grant.



The Sanctuary Front Door Project contract has been signed by the contractor Pro-Bilt Construction Company and Iao UCC on 1/25/23. The contractor will be ordering materials and creating a project timeline. The project is scheduled to take appr

project timeline. The project is scheduled to take approximately 150 calendar days, but the project could be delayed depending on the availability of materials and shipping. The total price of the project is \$96,513.41.

Brief Project Description: Demo interior and exterior vinyl siding, demo existing wooden doors, dry rot door frame and install new door frame, flooring supports, new fiberglass entrance doors and hardware, repair concrete landing and steps, replace existing hand rail with new aluminum railing system and install new exterior LED lighting.

Thank you everyone for your monetary donations for the Sanctuary Door Project and patience to get this project under way! Without your help we would not have been able to repair the sanctuary front door. It has been a long time

coming, but soon we will be able to use our Sanctuary Front Door again. Mahalo Nui Loa

> B & G continue to help with Food Bank pickup and offload of supplies in Kanda Hall.



### KANDA HALL ROOF IS LEAKING – NEEDS RE-ROOFING!

During the weekend of January 27-29, heavy rains caused critical damage to Kanda Hall's already debilitated structure. Water continuously pounded down on Kanda Hall's roof which caused water to leak from the roof into the kitchen and the front entrance area. The roof was compromised due to years of wear and tear from weather conditions and other environmental factors.



The Buildings and Grounds Team consisting of Dennis Hashiro, Howard Ikeda and Daniel Kamidoi, came to the rescue by climbing onto the roof, patching and tenting to prevent further water leakage Into

Kanda Hall. The weather has cleared up for now, but our church cannot risk another heavy downpour or even more severe weather which will have a very destructive and devastating impact on the roof.

#### We need to take action **NOW** to replace Kanda Hall's roof.



Please consider donating to the Kanda Hall Roof fund to help restore the roof for this vital multi-purpose activity center. Kanda Hall houses the Food Pantry, is the preparation center for the Homeless Shelter dinners and where keiki meet for the after- school tutoring program. It also serves as a meeting space for church committee meetings, our Micronesian churches, support groups such as Alcoholics Anonymous (A.A.)and Al-Anon, youth who volunteer for Habitat for Humanity, in addition to many other community activities.

Any donation to help restore Kanda Hall's roof is greatly appreciated. If you have any questions, please call the office at (808) 244-7353 or speak to one of the B & G community.

> Mahalo. B& G members.

### The Joy Of The Lord

The joy of the Lord will be my strength I will not falter, I will not faint He is my shepherd, I am not afraid The joy of the Lord is my strength



# **Must-Have Pineapple Casserole**

#### Ingredients

- 1/3 cup sugar
- 5 tablespoons flour
- 2 (20-ounce) cans pineapple chunks, drained, with 6 table-spoons of the juice reserved
- 1 cup white cheddar cheese, shredded
- 32 buttery round crackers, crushed

#### Directions

**Step 1** -Preheat the oven to 350 degrees F.

**Step 2** -In a medium bowl, combine the sugar, the flour, and the reserved pineapple juice.

- **Step 3** -Add the pineapple chunks to the flour mixture and toss well to combine.
- **Step 4** -Spoon the pineapple mixture into an 8x8-inch casserole dish.
- Step 5 -Top the casserole dish with the shredded cheese.

**Step 6** -Combine the crackers and the melted butter in a bowl.

**Step 7** -Spread the cracker mixture on top of the pineapple mixture. **Step 8** -Bake the casserole until bubbly, about 30 minutes.

Step 9 -Serve.



Ladies Lunch Bunch is back on the calendar. Pack your lunch and we will meet on the lanai of the Sanctuary. We have been known to share stories of all kinds. History, health, decorating, likes and dislikes. It's a time to get to now each other a bit more than just on Sunday mornings. Hope you can fit this into your schedule. The first Friday of the month, at the Sanctuary, 11:20-2ish. Leave when you need too, stay as long as you like.



From "Easiereats.com"



Look what Lynette Kaneshina did with all those items she received from her dentist, Her total donation was 10 bags of personal hygiene products . Lynette had new Oral B toothbrushes, toothpaste & floss from her previous dental visits. She added a bar of Dial soap and stick deodorant to the bags. Very nice way to share what she had with others. Susan King took them up to Kanda Hall to share with our Food Pantry visitors and Cup Of Cold Water.

#### ONE GREAT HOUR OF SHARING

# Ben Sheets to be Installed as Pastor and Teacher of Lāna'i Union Church

The 'Aha O Nā Mokupuni 'O Maui, Moloka'i A Me Lāna'i will install **Benjamin Sheets** as Pastor and Teacher of Lāna'i Union Church on Saturday, February 11 at the winter meeting of the Association being held at Iao UCC located at 2372 W. Vineyard Street, Wailuku. Please RSVP to Warren Orikasa at 808-276-8089. Bento Lunches will be provided.



One Great Hour of Sharing (OGHS), a special offering in the UCC, will be coming up soon. This year's theme is "It's Time to Share," based on Galatians



6:9-10, and Sunday, March 19, the fourth Sunday in Lent, is the recommended date for collecting this offering.

Each year on the third Sunday in February, the Sunday closest to the anniversary of Henry 'Ōpūkaha'ia's death, churches are encouraged to honor the legacy of the young Hawaiian credited with inspiring the Sandwich Islands mission that brought Christianity to Hawai'i.





You are invited to join Iao UCC, Kaahumanu Church, and Wailuku Union in worship on February 22, 2023 at Wailuku Union in a combined Ash Wednesday Service. Kahu Wayne will be leading us in this meaningful worship. Please watch for time in your email.

## A WORD ABOUT ASH WEDNESDAY

**Ash Wednesday**, in the Christian church, the first day of Lent, occurring six and a half weeks before Easter (between February 4 and March 11, depending on the date of Easter). Ash Wednesday is a solemn reminder of human mortality and the need for reconciliation with God and marks the beginning of the penitential Lenten season. It is commonly observed with ashes and fasting.

In the early Christian church, the length of the Lenten celebration varied, but eventually it began 6 weeks (42 days) before Easter. This provided only 36 days of fasting (excluding Sundays). In the 7th century, 4 days were added before the first Sunday in Lent in order to establish 40 fasting days, in imitation of Jesus Christ's fast in the desert.

It was the practice in Rome for penitents and grievous sinners to begin their period of public penance on the first day of Lent in preparation for their restoration to the sacrament of the Eucharist. They were sprinkled with ashes, dressed in sackcloth, and obliged to remain apart until they were reconciled with the Christian community on Maundy Thursday, the Thursday before Easter. When these practices fell into disuse (8th–10th century), the beginning of the penitential season of Lent was symbolized by placing ashes on the heads of the entire congregation.

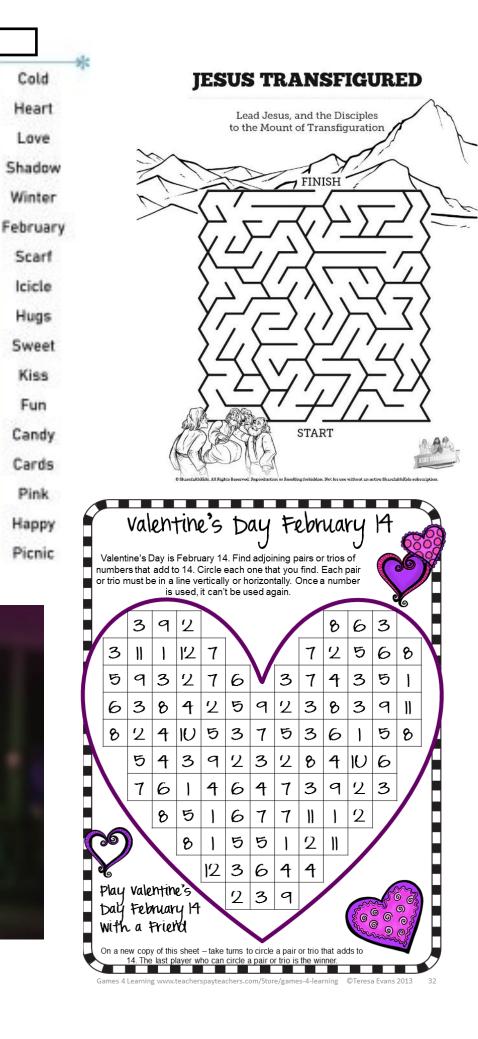
At Iao United Church of Christ, the ashes obtained by burning the palms used on the previous Palm Sunday are applied in the shape of a cross on the forehead of each worshipper on Ash Wednesday. Together with Good Friday (which marks the crucifixion of Jesus before Easter), Ash Wednesday where only one full meal and no meat are to be consumed. Although Ash Wednesday is not a holy day of obligation, it is traditionally one of the most heavily attended non-Sunday services of the liturgical year. Worship services are also held on Ash Wednesday in Anglican, Lutheran, and some other Protestant churches. Eastern Orthodox churches begin Lent on a Monday and therefore do not observe Ash Wednesday.











# February 2023

Calendarpedia Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
		Feb. 7, 14, 21 and 28 MCA 6:30- 8:30(S)	Food Pantry Closed			
			Happy Day AFG 9 am (K)	AA 7-8 (K)	Micronesian Women's Group 6-7(K)	AA 7-8 (K)
5	6	7	8	9	10	11
Guest Minister Kahu Alika Kosrae Maui Church 4pm(S)		MFG District Meeting 5:30-7:30 (K) MCA 6:30-8:30(S)	Food Pantry Closed Happy Day AFG 9 am (K)	AA 7-8 (K)	Micronesian Women's Group 6-7(K)	Installation of : Benjamin Sheets 11 am (S) RSVP to Warren AA 7-8 (K)
12	13	14	15	16	17	18
Guest Minister Jack Belsom Kosrae Maui		Member Visitation 1:30 pm Upper Parking Lot Hanny Valentine's Day MCA 6:30-8:30 (S)	Food Pantry Closed today and 2/22 Happy Day AFG 9 am (K)	AA 7-8 (K)	Micronesian Women's Group 6-7(K)	AA 7-8 (K)
Church 4pm(S) 19	20	21	22	23	24	25
Guest Minister Roxanne White- Light	PRESIDENTS DAY 2023 Church Office Open	Happy Day AFG 9 am (K) —>	Worship Led by Roxanne WhitelLight 7 pm		Micronesian Women's Group	Kosrae Campus Workday
Kosrae Maui Church 4pm(S)		WICA 0.30-0.30(3)	a) Alder	AA 7-8 (K)	6-7(K)	AA 7-8 (K)
26	27	28	1	2	3	4
Guest Chaplin Tim Greathouse		Food	Pantry			
<	Church	Habitat	For	Humanity		
	5:45 Zoom	MCA 6:30-8:30(S)				

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Data provided 'as is' without warranty



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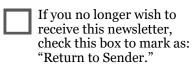
iaoucc@hawaiiantel.net



**Address Services Requested** 

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#### Iao United Church of Christ 2371 W. Vineyard Street Wailuku, HI 96793–1626

Office phone: (808) 244–7353 Food Pantry: (808) 446 –**7537** Office hours: Mon. to Fri., 9 a.m. to 3 p.m.

> Email: iaoucc@hawaiiantel.net Website: iaoucc.org facebook.com/groups/iaoucc/

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

Pastor	
Moderator	
Office Administrator	
Choir Director & Pianist	
Newsletter	
lao Preschool Director	

Shannon Ribao Theresa Supera Jack Belsom Dawna Krueger 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.