

FROM PASTOR TOM

Factors of Happiness

These gifts are ours to embrace!

There is an ancient wisdom saying: “The wanting soul will see only what it looks for (we set our own limits to our focus). However, the un-wanting soul will see everything. If we draw limits around possibilities, we will never embrace what seems amazingly impossible!”

One of our members recently read “The Happiness Advantage” by Shawn Achor and passed it along to me with markers for illustrations they thought would enhance sermons or add “salt & pepper” to Bible study classes.

I have not completed the book yet, but the first hint is that: “Each of us governs all the factors of our own happiness” - which is a way of saying each of us sets for ourselves our own openness to gifts of grace and happiness.

The second hint is: “There is no limit to the possibilities of happiness and joy, unless we determine to let the limits of circumstances or others hold us back!” The author links this to our experiences of satisfaction and success. It is kind of like saying, “You will find what your look for!” Or, “If our openness to happiness is unlimited so will be the unbounded possibilities of our achieving expectations.”

Our faith re-minds us, “Our prayers will guide us toward our expectations – so be mindful (open minded) when we pray. If we are open minded then grace will abound with unexpected possibility.”

Achor says we each define happiness for ourselves. “Nobody else can do it for us!”

He notes the chief “Happiness Researcher” Barbara Frederickson, of the University of North Carolina, offers 10 defining positive emotions that can express happiness. See if you agree with this list? Check-off spaces are provided for your convenience. “ __Joy, __Gratitude, __Serenity, __Interest, __Hope,

__Pride, __Awe, __Amusement, __Inspiration, and __Love!.

I embrace these ten and add a few more (some of which come from Achor’s book) – check these off too: __Patience, __Generosity, __Forgiveness, __Hospitality, __Compassion, __Creativity, __Discovery, __Friendship, __Participation, __Involvement, __Reconciliation, __Exhilaration, as well as __Welcoming Surprise.

Now, comes your turn! What would you add to your list?

- plus more:.....

Just considering and applying these possibilities – “between-you--yourself-&-others-&-God” - can expand moments for meditational retreat, and become for us prayers leading to a sense of refreshment and well being.

I am glad – Happy – I had opportunity to crack open the covers of Achor’s book which started me asking all over again, “How can we spread our joy and happiness?”

Warmest Blessings to those from our church who are going on Retreat to KMC, Volcano, this weekend – and for those of us who while unable to join them will also pray for happiness to abound,
Pastor Tom

Exploring Your Questions Of Faith and Practice: Adult Bible and Faith Study at Holy Cross

“Come join the discussions with your questions!”

Several opportunities available for **Adult Bible and Faith Study** are offered each week at the Church of the Holy Cross. Each opportunity to learn is designed for open participation and no previous preparation other than the general

life experience you already have is needed. Each session can stand alone, however, the study usually follows a theme or Book of the Bible and is based on shared understanding of the text or material. You can “drop-in” for any session and gain from the discussion.

Monday Night 6:30 -8:00 PM Bible Study (Pastor Tom’s Office): Currently we are discussing the Parables (Stories) of Jesus.

Wednesday Morning Bible Study (9:30-11:00 AM) (Pastor Tom’s Office) Currently, we are reading the New Testament letters of Paul and other writers.

Sunday Morning Conversation (9:00-9:45 AM) in the Lounge – Currently, we are reading the anthology of brief paragraphs from the writings Rev. William Sloane Coffin found in his book “Credo.” These are commentaries on Christian practice and ethics in our contemporary society and cover a wide variety of perspectives. We freely share our response to his ideas.

IYAA Wednesday Evening Bible Study – 7:30 - 9:00 PM in the Lounge. Topics are chosen by IYAA members and vary as group leadership is shared. Open discussion and welcome participation.

Care Givers’ Support Group - Second Tuesday each month– in the Building of Faith - 10:00 AM to 12:00 Noon
Open discussion - supporting those who are caring for others. Folks come together to share resources and ask questions as they inquire about self-care as well as strategies and programs that have been helpful. One key element is learning “care givers are not alone” in their efforts of caring for loved ones. Helps with gaining perspective on the challenges faced by care givers.

CHC CHURCH CAMP: September 15-16

The church overnight camp will be held at KMC on Sept 15-16. Meet at the church on Saturday by 8:30 am to be bussed up to the cottage at KMC, return to the church on Sunday at around 3 pm.

The camp committee has planned many fun activities for the weekend, including: hiking, story-telling, cooking outdoors, games and

many more activities. They have planned all of the meals.

Sign up with members of the Board of Christian Education: Sue Smith, Gail Wung, Joyce Nakamoto, Saeko Hayashi, Yoko Hayano, Amy Yamaki and Lei Jack. All adults and children are invited with no fees to attend! You may also join for the day only event (Sat and/or Sun) and not sleepover. Stop by the church office or See Sue Smith for National Park entry pass for this weekend.

Sunday School for students not attending the camp will be conducted at the regular time with Jeanne Hernandez conducting the class.

J’S MINI MART

The Board of Stewardship & Missions would like to add a new addition to our monthly J’s Mini Mart. Beginning with our September 23rd Mini Mart, we are adding a mini garage sale table to our mini mart. We are soliciting slightly used items that the membership would like to donate to the church to be recycled to other members. Each participant will be allowed to bring no more than **5 pre-priced** items that can be carried in their arms to be sold at the mini garage sale. If the item is not sold on that day, we are requesting that the donor take it home since we have no storage space for the items. Suggested items such as small appliances, costume jewelry, toys, dishes and other household items will be accepted. Clothing will **NOT** be accepted as an item.

We’re sure that everyone has a few items that they are not using in the kitchen or around the house and would like to donate it to the mini garage sale. We will do this every month along with the mini mart with your donation of cooked food, jams and jellies, vegetables and flowers. Let’s give it a try and see how this works.

5 FOR 5 CHURCH

CHC is ‘5 for 5’ in Mission Support: With great joy, we share the good news that your church is a “Five for Five” congregation of the United Church of Christ. The Hawaii Conference reports that in 2011 you gave to *Our Church’s Wider Mission* Basic Support and all four of the special mission offerings: One Great Hour of Sharing, Strengthen the Church,

Neighbors in Need, and The Christmas Fund. Because of the breadth of your vision and depth of your commitment to ministry, you are a leadership church in the United Church of Christ.

Through your generous giving, you are *changing lives* in your own neighborhood *and* in places far away, reaching out in compassion and justice to imagine and then build a better world. Our missionaries, development workers overseas and disaster relief workers here and in the US proclaim the gospel in myriad ways: digging wells, staffing schools and hospitals, or working with refugees, they partner *with you* in transforming the lives of those affected by the ravages of famine, weather, disease and war. We work *together* for environmental justice, racial justice and justice in public education and health care.

GIVE ALOHA

The Foodland / Sack 'n Save Give Aloha Matching Gift program continues throughout this month. A prorated matching gift will be given to the organization the donor contributes to. In the past this amount has been about 20-25% of the donor's gift amount. The CHC number is **77840** and donors can make any amount of gift up to a maximum of \$249 per organization. However, the church receives a report of the amount of the donation, but not the donor's name. If you choose to donate, please drop off your receipt to the church office so that proper credit can be recognized. Thank you.

SENIOR MINISTRY

Our next senior ministry session will be on Thursday, September 27th, 10 am in the Building of Faith. We will not have a speaker. Instead we will be preparing floral arrangements to deliver to our "shut ins". Lunch will also be delivered to selected individuals. We would appreciate your assistance in delivering. Lunch will be free to those who assist in delivering. Please come! Please help! Thanking you in advance.....moira.

GUN VIOLENCE

The Staff of Sojourners Magazine reminds us:

"As Christians around the country and globe pray for those affected by the attack on a Sikh gurdwara near Milwaukee, we are again reminded that gun violence continues to devastate our communities. Whether on the streets of Chicago or a movie theater in Aurora, Colo., no place is immune to the pain caused by the loss of innocent life.

The prevalence of gun violence reveals both the depth of human sin and the failure of our politicians to address the problem. While many absurdly claim that buying more guns and carrying them into more places will somehow stop these horrific events, Christians know the truth — violence only leads to more violence.

A faithful witness requires following the call of Jesus to be peacemakers and the example of nonviolence he offered to a broken world. As our families and faith communities struggle with responding to tragedy, Sojourners (...we all are called...) to support those witnessing to the power of nonviolence and the need for healing."

VOLUNTEERS FOR SEPTEMBER

USHERS: Newton Chu, Roberta Chu

FLOWERS:

- 9/16: Amy Shiroma, Clarice Suzuki
- 9/23: Joyce Nakamoto
- 9/30: Amy Saito (Mem), Thelma Sato

CHILDCARE:

- 9/16: Roberta Chu
- 9/23: Eileen Shiraishi
- 9/30: Miyeko Yamane

LAYREADERS:

- 9/16: JP Thoma
- 9/23: Anne Sadayasu
- 9/30: Karl Kawahara

REFRESHMENT:

- 9/23: Kay Kawachika, Margaret Torigoe

Personal:

Reprinted from *The Silver Bulletin*
Hawai'i County's Outstanding Older Americans Enshrined

The Hawaii County Office of Aging unveiled a perpetual plaque display on August 16, 2012 featuring individual photos and names of 87 seniors who were honored as Hawaii County's

Outstanding Older Americans since the program's inception in 1968.

The beautiful glass encased display is located at the Aging and Disability Resource Center at 1055 Kinoole Street in Hilo. **LILY INOUYE** (2005) is among this outstanding group of individuals.

Medication Adherence Clinics To Be Held at ADRC

Medication Adherence Clinics will be offered to seniors who may be confused about the combination of prescription medication, over the counter drugs and vitamin supplements that they are taking.

The UHH College of Pharmacy is partnering with ADRC to provide this new service to help senior better understand the interaction of drugs that they are taking.

The clinic will be operating on Thursday and Friday morning. Call ADRC at 961-8626 to make an appointment. Bring all medications and supplement that you are taking. Dates for this month are Sept 13-14, Sept 20-21 and Sept 27-28.

AHEC Announces Events

The Association of Hawaiian Evangelical Churches will hold a Recognition of Licensing Service for Clara Daog on September 29 at Opihikao Church (Opihikao Road and Kalapana-Kapoho Road). Clara is a licensed minister serving at Opihikao

Chinese Civic Association of Hawaii Moon Festival & Annual Membership Meeting

Saturday, September 29, 2012

At Church of the Holy Cross

Building of Faith

440 West Lanikaula Street, Hilo, HI

Registration: 5:30 p.m.

Food: Main Dishes & Moon Cakes Will Be Provided by CCAH; Members & Guests Are Asked to Bring a Dessert

Election of Officers and Board Directors

Cost & Reservation: \$5 / Adult, \$3 / Student (7 - 22 years old), Free / Children (6 or under) (Cost of Food Is Subsidized by Association)

Reservations Must Be Made with Newton Chu's Office at 961-0406 by September 24, 2012

Success Secrets... Life Secrets

Dream. Dream big Feel it.
Each one of us on this earth has it... The ability to lead... and inspire.

Sometimes our work feels small and insignificant. But remember, a small ripple can gain momentum .. and build a current that is insurmountable.

Begin with one small step. Don't let others stand in your way. Walk your own path. Some may laugh. So what? Many will follow. Don't ever give up.

Success.. seems to be largely a matter of HANGING ON after others have let go.

– William Feather

Fear keeps people small.

Run towards your fears. Embrace them. On the other side of your greatest fears, lives your greatest life.

- Robin Sharma

Get out of the stands. Get on the court. Play the game of life!

Take risks. Leap, and the net will appear.

Be positive. What you think is who you become.

Dream. Dream big. Feel it. Believe it. Achieve it.

What every your dreams are... go for it! You will inspire others.

Extend a hand. Care. Be kind.

When someone does something good, applaud! You will make two people happy.

- Samuel Goldwyn

Be a positive role model.

Be the change you want to see in the world. – Gandhi

Make a difference.

Now is the time to... lead out loud.

www.leadoutloud.ca

FRIDAY FILMS MUSICALS

Films are shown from 1:45 pm at The Institute for Astronomy: from Komohana turn makai on Nowelo and take the first left to the end. Park on the street.

Cost of the series is \$10, payable at the door. For more information contact Susan at 933-9313.

Sept 14: Broadway Melody of 1940

Flying Down to Rio (1933)

Sept 21: Cabaret (1972)