Mānoa Connection

MĀNOA VALLEY CHURCH

Connecting our ʻohana

e-Newsletter

Date: August 26, 2020

Pastor's Message

"People who give you their food give you their heart."

Dear Mānoa Valley Church,

As I write this, Governor Ige just announced the renewed COVID-19 restrictions in Oahu that will last through the beginning of October. Though these steps are necessary, the news isn't easy to hear. As I think about our community navigating life in the midst of the COVID-19 pandemic, I can't help but think that we are living in a moment of history that will be looked upon for decades to come. Though we don't yet realize the full extent to which this pandemic will impact and shape us, I don't think any of us would deny that these events have and will continue to change our reality and the world in which we live.

Links

Online Donations
Verse of the Week
Thought For The Day

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In the midst of these overwhelming times, I have also found myself steeped in God's grace, particularly in the ordinary things of life, including the meals we eat. No matter how disconnected we might feel, we are all bound and connected by our constant need for sustenance. We all need to eat and, hopefully, experience the grace to eat meals each day. Food can remind us of so many things, including our need to depend on God and others, our passions, our desires, our joy, our need to be cared for, our call to care for others, our creativity, our bonds, our stories, our longing for relationships, our human frailty, and so much more.

I wonder if that is the reason why so many of the accounts of Jesus Christ are stories about Him meeting with people at a table, sharing a meal? And as He breaks bread with strangers, we discover how God can use a meal to bring connection, to create a space where people can bring their needs, their brokenness—a place where people can be blessed and bless others, a space where people can share, remember, and be thankful . . . a place where strangers can become friends.

During this unprecedented season, where all of us, to some degree, feel the weight of being isolated and disconnected, a meal, by God's grace, can bring us together.

It is for that reason that the MVC Trustees are bringing the community together to create a Mānoa Valley Church Cookbook. This will include MVC congregants as well as the children and families of the Preschool and After-School programs. Part of the reason for this is to find a creative way to fundraise during this season, but also as a way to redeem this time and remind ourselves that God is present, and He continues to be so good and faithful, even when things are challenging and difficult.

In order to create this cookbook and make it a success, we need your assistance and participation. We are asking if you would consider submitting a recipe that has been a favorite of yours or your family, or a recipe that has been meaningful to you during the pandemic. Along with the recipe, we would also invite you to share a bit about yourself and how God has met you during the pandemic (this second part is

optional but encouraged!). We would be so grateful to include your recipe and story in our cookbook. And because we know that sometimes you can't just choose ONE favorite, feel free to submit more than one.

If you are interested in being part of this project, please send an email to office@manoavalleychurch.org letting us know you would like to participate. After we receive your email, you will receive a standard form and instructions on how to submit your recipe. We would like to have the cookbook ready in time for people to give these as Christmas gifts, so please don't wait! We will be collecting recipes and stories until September 30th.

Are You Prepared for a Natural Disaster?

Hurricane season in Hawaii ends in November. While we cannot stop a storm, we should take steps to prepare for it. God has told us to be prepared - in Proverbs 22:3, *The prudent sees danger and hides himself, but the simple go on and suffer for it.* Let's prepare and not suffer! We were spared when Hurricane Douglas veered offshore but may not be so lucky in the future.

A hurricane is a high impact natural disaster that could greatly affect us. Many people may need emergency shelter; debris like toppled trees and utility poles could clog streets and limit access. Vulnerable people could be trapped indoors and unable to access hurricane safe shelter and other types of aid. According to Danny Tengan, the HCUCC Disaster Coordinator, governmental emergency agencies are heavily tasked and may not be able to respond immediately to a local requirement. Additionally, supplies are limited in areas hit by a large disaster.

How can we prepare? Mr. Tengan helped respond to Hurricane Katrina in New Orleans and Maria in Puerto Rico. He recommends that everyone prepare a Go Kit. This includes important items and documents all packed in a knapsack, small suitcase, or container in case you need to evacuate your home in an emergency. AARP recommends:

- Basic electronics
  Pack a phone charger and a portable battery pack. A long-lasting LED flashlight, a small hand-cranked or battery-operated AM/FM radio (with extra batteries) are also helpful.
- Personal needs
  Buy a travel-sized version of toiletry items that you use. Backup eyeglasses, a small first-aid kit, wipes, and a multipurpose tool with a knife and can opener should be considered.
- Clothing
  Your bag should include change of clothes for a few days. Rain gear and waterproof boots are also helpful to have.
- Medications
  You'll need each of your meds for at least three days. If you have larger items, e.g. oxygen tank, consider a portable version.
- Important Paperwork
  In a waterproof bag, store photocopies of your birth certificate, driver's license, Social Security and Medicare cards; power of attorney and will/trust; marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards. Danny also recommends about $100 in small bills. Why? Everyone will depend upon the ATMs, and the stores will be out of change.
- Food and Water
  Bottled water is essential. Granola or energy bars are great because they are small yet filling.

We'll discuss preparation for sheltering-in-place in future e-Newsletters.
Here are links to important information:
State of Hawaii Emergency Management Agency
City and County of Honolulu Hurricane Preparation
AARP Go Bag

Watch a Show to Find Comfort and Stimulate Your Mind

This pandemic has challenged us to keep our spirits up and attend to our psychological well-being. One way to accomplish this is through what we watch. Thus, we'd like to share with our readers your recommendations for good shows to watch. Our question is "What movie or television shows do you find yourself watching these days? Why?"

Richelle Fujioka writes: "When we first framed this question, it revolved around humor and the way that some shows will always make us smile. Two movies that came to mind were *Fifty First Dates* and *Groundhog Day*. They both involve characters caught in a day that repeats itself again and again, something you might consider a boring plot, but the main male characters (played by comedians Adam Sandler and Bill Murray) exploit the repetition to fix their numerous mistakes at attracting the attention of a woman who otherwise wouldn't give them the time of day. They bungle up their prime opportunities, naturally, and in so doing provide a good laugh. *Groundhog Day* is currently on Netflix."

Jerry Hamada tells us, "I've discovered many programs on YouTube that I never made time to watch or discover. For my relaxing enjoyment, I've been watching *Only in Japan* because I am not able to travel there at this time; cooking programs to learn cooking techniques; *What's My Line* from my childhood programs; and new programs such as *Intelligence2* to broaden my academic knowledge."

Roy Miyahira echoes Jerry's comments, saying, "Prior to the pandemic, I hardly watched YouTube. Now it has become a wonderful source for viewing great music videos such as famous orchestras in concert, conductors in rehearsals, world renowned soloists, opera arias, big band and jazz ensemble concerts and soloists, unusual musical instruments, and marching band competitions. Besides being very entertaining, these videos are very educational and inspiring."

Here's a good suggestion from **Maizie Okimoto**: musical theatre productions. She says, "I have always enjoyed Rodgers and Hammerstein productions. Right now I'm looking forward to watching Great Performances on PBS. On Friday August 21, they will be featuring *The King and I*. The heartwarming stories and music give me a great lift and leave me humming or singing the songs."

Here are scenes from *The King and I.*

Catherine Miyahira discovered a new favorite after running out of reruns of *Hawaii Five-O* and *Magnum P.I.* It is the series *New Amsterdam*, a medical drama that premiered in fall 2018 on NBC. She tells us, "I've always had an interest in the medical field and I fell in love with this show. Not only did I watch all the episodes for this past season, I also watched all of season one. This kept me entertained for several weeks."

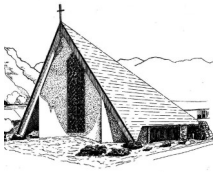
Finally, **Bette Uyeda** tells us of the benefits of watching shows that make you laugh out loud and also that challenge your mind:

"In the midst of pandemic lethargy, I have found a way to energize my mind and body by watching old TV programs. One TV station plays old sit coms like *Bewitched*, *I Dream of Jeannie*, and even *The Flying Nun*. Who can forget Sally Fields flying around Puerto Rico with her white cornette serving as her wings? The stories are silly but they made me laugh then and they continue to tickle my funny bone 50 years later. I also enjoy watching reruns of the popular *Frasier* sitcom, which ran from 1993-2004. You can hear me laughing out loud late at night while watching the show.

In addition to comedies, I've rediscovered old mystery shows. I like to solve mysteries so I'm watching shows like *Perry Mason* based on stories written by Erle Stanley Gardner, which I read as a teenager. I've also discovered *Matlock*, another courtroom drama starring Andy Griffith and *Diagnosis Murder*, based on a doctor, played by the inimitable Dick Van Dyke, who enjoys solving crime cases.

While I watch TV, I keep busy by sewing, cleaning up, and completing various projects. There's no room for boredom. A good belly laugh is great for our health because it produces endorphins in our brain that relax and restore us. The mysteries challenge our thinking processes as we try to figure out 'who dunnit.' The television, like the computer, has become an important ally during this pandemic, helping us to escape our boredom and keeping us company as we face each new day."

Update: Building Fund Pledges Still Being Accepted



Thank you to those who have responded to our Building Fund Drive. We have received 33 commitments totaling $202,325 in pledges. This amount is 40% of our goal of $500,000 which will fund our maintenance projects for the next five years. If you haven't done so already, please consider supporting this effort and mailing in your pledge card.

Give Aloha Program Kicks Off in September

give aloha
Foodland's Annual Community Matching Gifts Program

For the past ten years, we have been part of Foodland's Give Aloha program. This has been a wonderful way to do a painless fundraiser. Last year Foodland and Western Union's matching gift of $3,632 equaled 23.5% of your donations.

Beginning September 1, please go to your nearest Foodland or Sack N Save to make your donation of up to $249 for the Building Fund. Remember, you must have a Maika'i card. If you do not have one, the customer service agent can help you. Our organization number is **78558**.

Flu Shot is Being Offered at MVC

FLU SHOT

Would you be interested in receiving your flu shot at the church? CVS Health/Longs Drugs has approached the church about hosting a flu shot clinic. They will accept the following insurance coverages – HMSA, HMA, HMAA, Medicare, and MedQuest but not Kaiser.

The clinic is currently scheduled for Saturday, September 19, beginning at 9 a.m. Participants will be scheduled in 5 minute intervals. We need a minimum of 12 people to hold the clinic. Family members and friends are also welcome. Please email the church at office@manoavalleychurch.org by September 4 to indicate your interest.

Just a Reminder

We would like to have the MVC cookbook ready in time for people to give these as Christmas gifts, so send your recipes and stories from now until September 30.

Look for our next e-Newsletter, scheduled to come out on September 16.