# Mānoa Connection

MĀNOA VALLEY CHURCH

*Connecting our ʻohana*

eNewsletter January 5, 2022

## Pastor Abe's Message

Dear Friends and Members of Mānoa Valley Church,

New Website

I hope you had a blessed Christmas season and that you are having a good start to the new year. As we end 2021 and begin 2022, I hope you have had some time to give thanks as you reflect on God's goodness and faithfulness throughout the past year. And I hope you are filled with hope and expectation, even amidst this challenging time, as we look forward to how God will continue to work in us and through us, and in the world He so loves in this upcoming year.

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You may have noticed that our church launched a new website last month. If you haven't seen it yet, you can access it at the following link http://manoavalleychurch.org. A special thanks to Esther Han, for her help in creating and refining this new website.

I'd like to start by recognizing and giving thanks to the talented team of **Jim Yuen** and **Roy Miyahira** that created, maintained, and updated our previous website. Thank you for all your hard work in serving the congregation in this way. And thank you to the Communication Committee as you continue to serve the community and keep it informed of news and upcoming events through the monthly newsletters, this new website, and many other ways. On behalf of the church and wider community, I'd like to express our gratitude and thank you for all you do.

Regarding the new website, I would like to emphasize that it is a 'work-in-progress.' In the coming months, we plan to add more pages to highlight different ministry areas of our church. If you have an idea, we'd love to hear from you. We are open to suggestions!

I would like to add that when the new website was being built, we did our best to use images that were submitted to the church from people who gave permission to MVC to use the photos for promotional materials. That said, if you find yourself in an image on the site and would like it removed, please write the church office and we will gladly do that for you.

Lastly, thank you to our Communications Committee, who did a fantastic job proofreading and editing the new website. There are always additions and changes being made to the site, and we don't always catch every typo or mistake. If you see any edits or corrections that need to be made, or if you have any suggestions, please feel free to contact the church office and send your comments (office@manoavalleychurch.org).

May God bless you and Mānoa Valley Church in this new year. And may you continue to be in awe of the gift of Christmas in this Christmastide season— the miracle and good news of Jesus Christ, come to be with us!

In Christ, Pastor Abe

## Moderator's Message by Roger Au

Happy New Year! I hope that you've had a great Christmas season. We are blessed with volunteers who are committed to serving God and His church. Annually, members meet to pray, listen, discern, and plan the direction of MVC in the coming year.

Our **Leadership Retreat** is scheduled for Saturday, January 15th, 8:00 am to 1:30 pm on Zoom. Our goal is to set the Council's focus for the coming year. Like last year, we hoped the session would be in-person, but due to the emergence of the Omicron variant, meeting virtually will keep us safer. Breakout rooms will encourage deeper participation and discussion.

Starting with an optional *prayer retreat* on Friday night, we'll center and focus our thoughts. The Saturday morning session will review the current environment and update any items from last year. Later, we'll dedicate ourselves towards *setting primary goals* for the Council for 2022. Our intent is to work on a few areas, rather than lose focus by having too many goals. These goals will serve as guidelines for our committees to reach our common target. To fulfill the mission of our church, some of them could be related to the *new Pastor position*, *allocation of funds* related to pandemic relief, and *rewriting our bylaws.* During the lunch period, facilitators will summarize the key conclusions of the retreat. We will also review and develop guidelines for more focused Council meetings.

Our intended outcome is to develop a living plan to present at the next Congregational meeting. This plan will provide guidance towards our committees' overall goals and objectives. To check our progress throughout the year, we may need to establish recurring meetings.

> The Retreat is open to all MVC members and friends, not only those serving in a leadership position.

Please join us if you're interested in participating. Contact **David Park** at office@manoavalleychurch by Monday, January 10th.

*Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."*
*Proverbs 16:9 "In their hearts humans plan their course, but the Lord establishes their steps."*

## Carolers Spread the Joy of Christmas

Nobue sings along with the carolers.

Wind and rain could not discourage ten MVC carolers who recently visited the homes of members **Nobue Izutsu** and **Jane Nakabayashi**. With the help of ukulele players **Ruth Komatsu** and **Sam Browning**, the singers sang familiar Christmas carols and brought the spirit of the season to all who were there. Both Nobue and Jane came out to greet them and joined the carolers in singing their favorite songs. Nobue was even moved to shake the jingle bells we provided while **Inga Park Okuna** danced the hula to some of the carols.

Music is a wonderful way to bring people together to celebrate the birth of Jesus Christ. Thank you to **Ron** and **Kathy Lee, Ruth and Sam** for organizing & **Pastor Abe** for supporting the event and to **Inga**, **Sue Yamamoto, Bette Uyeda**, and Sam's three boys (**Mateo, Ama, Gio**), who lifted their voices to the Lord!

Click to see short caroling videos. Videos will take a few seconds to upload. **Movie** **Movie2**

## FIT4LIFE Program by David Park, MVC Office Manager

Have you ever had a health and fitness goal? Did you actually accomplish what you wanted? Not to be the bearer of bad news, but the statistics are actually against you…unfortunately. For example, about 75% of Americans are considered overweight, of which over 40% are obese. Also, let's say one loses weight. There's a statistic out there that 95% of people who actually lose weight gain it all back and then some. Oh, and it's a new year and that means people make "New Year's resolutions," right? Of people who make a resolution, 80% fail by February.

I'm not here to discourage you…but to tell you that it is okay. You're not alone. However, it looks and sounds like we all need all the help we can get! That is why you should consider the FIT4LIFE program!

FIT4LIFE is a pilot program that is intended to provide the expert and professional services of Point B Performance to you (and the Mānoa Valley community) free of charge! For 8-12 weeks, you'll learn the principles of what actually is required to achieve your goals or what's preventing you from doing so, as well as having a practical portion to actually put yourself through exercises in a proper way to stimulate your body towards your needs and wants.

There is too much information, too many voices and opinions about anything and everything in this digital age. And, when it comes to the health and fitness industry, that is no different. Filter out all the "noise" and learn from me, a professional, what it actually takes to achieve your goal(s).

Here are physical transformation photos from some former clients of Point B Performance:

- Early 30's
- 4 weeks

- Late 20's
- 5 months

If you are interested please go to pointbperformance.com/fit4life to sign-up. The first session will be on Wednesday, January 19th @ 10:30am and will be held at Mānoa Valley Church.

## Are You Willing to Share Your Memories of MVC?

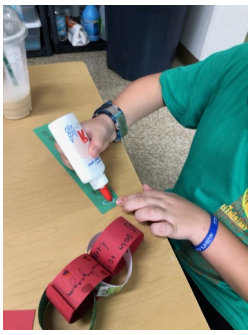
The 75th Anniversary Committee is seeking personal statements and stories from members about their memories of MVC over the past 25 years. The hope is that we can compile a booklet similar to the 50th Anniversary publication. While this one will not be as extensive, it will continue the Church timeline of events from 1996 to the present and offer personal glimpses of how MVC has brought members closer to God and each other. We invite members to write a piece and if available, submit photos. Here are some ideas that may encourage you to put your thoughts into writing:

- A person or persons at MVC who impacted you in a special way
- Top five memories of MVC events
- An important lesson you learned at MVC
- Why you came to MVC and why you stayed
- Where you have seen God at work at MVC
- How you've maintained your equilibrium, faith, and closeness to God during difficult times
- A special moment that others may not know about

If you have any questions, ask **Richelle Fujioka** at rfujioka@punahou.edu. We would like to receive submissions by March 1, 2022. Please consider writing a piece or encouraging someone else to add to the rich collection of experiences that makes MVC a special faith community.

## Preschool and After School Care Children Celebrate Christmas

Christmas is a special time for youngsters in our child care programs. Our Preschoolers dressed in costume to bring the Christmas story to life in their portrayal of the birth of Jesus. Youth in our After School Care program had fun learning new craft projects and developing their creative skills. Mahalo to our child care program staff for helping our children appreciate and celebrate the season.



## Important Ways to Connect with Others

- Monday, January 10, 7pm – *Prayer Fellowship* on Zoom
- Tuesday, January 11, 11:30am – *Tuesday Talk Story* with Pastor Abe on Zoom

Contact the Church office for information on how to join these groups.