

# PACIFIC HEALTH MINISTRY

*Providing Spiritual Care and Education*



Greetings PHM Supporters:

On behalf of the Board of Directors, please accept my warmest wishes at this special time of year.

## BOARD OF DIRECTORS

*President*

Mernie Miyasato Crawford

*Vice President*

Ralph Aona

*Treasurer*

Joanne Arizumi

*Secretary*

Walter Yoshimitsu

*Members of the Board*

Patricia Camero

Mimi Harris

C. Mike Kido

Michael Magaoay

Scott Makuakane

William W. Paty

Alice Tucker

## The "GIVING BIN"

This winter and spring Pacific Health Ministry's Giving Bin is collecting non-perishable food items that will be donated to a community food pantry.

Please drop off donations at the PHM office

Monday - Fridays  
8:30am - 4:00pm

Reflecting Pacific Health Ministry's interfaith mission, our Board membership includes individuals representing a wide variety of spiritual perspectives. In my own faith tradition, Jodo Shinsu Buddhism, December is the month in which *Bodhi Day* is commemorated. To Buddhists across the globe, the 8<sup>th</sup> day of the 12<sup>th</sup> lunar month is celebrated as the day the historical Buddha achieved enlightenment ('*bodhi*' in Sanskrit).

The historical Buddha was born as *Siddhartha Gautama* into a noble household. He lived a sheltered life of privilege, unexposed to poverty and illness until, as an adult, he became disillusioned and felt compelled to seek answers to the enduring plagues of human existence: suffering, sickness and death. Over time, delving into deeper meditative states, Siddhartha finally found the answers he sought about the nature of the Self and the root of Suffering, thereby becoming *Enlightened*. Having done so, Siddhartha became a Buddha or "Awakened One", and spent the rest of his natural born life living the *Dharma* (teachings) he had realized. I relate to the *Dharma* in its purest sense: The first step towards relief from suffering is the acknowledgement that suffering is an unavoidable truth of existence. The path out of suffering is a life lived in *Compassion, Gratitude and Mindfulness* with the acknowledgement that all living beings are intricately *Interconnected*. Human nature is such that we will often fail – this is also true.

I come at my work as a clinical Medical Social Worker, as a member of PHM's Board and in support of PHM's mission from this perspective. Our Staff every day are confronted with patients and families faced with suffering -- physical, mental, spiritual and existential. Through their caring presence and ministry, our Chaplains join each patient/family in the context of the patient's own belief system, helping each to find meaning and to feel healed. Each is a *Boddhisattva*, one who out of great compassion seeks and generates light.

The holidays are a time to be reminded of these principles, to take stock and recommit them into daily life. Despite differences found in our rituals, language, customs, forms, and structures observed across our varied faith traditions, we fundamentally celebrate the same ideals.

Under the skilled leadership of our new Executive Director, the Rev. Anke Flohr, for the benefit of the important work of our Chaplains, and the vital Clinical Pastoral Education and training PHM provides to the community, I also take time to pause to ask for your monetary support so that PHM's unique services – unduplicated in this State and indeed in the entire Pacific region – may endure. Many of you have already very generously given via Foodland's "Give Aloha" campaign and at the end of 2015, and for this we are so grateful.

***With Grateful Hands Together 'In Gassho', my sincerest best hopes for a peaceful, joyous and wonderful 2016 to you all.***

Mernie Miyasato-Crawford, LCSW  
President, BOD



Left - Right: Patricia Camero, Michael Magaoay, Alice Tucker, Anke Flohr, Ralph Aona and Mernie Miyasato Crawford



*“And now we welcome the New Year, full of things  
that have never been”* Rainer Maria Rilke

Aloha Friends of PHM:

**Hau’oli Makahiki Hou!** The Pacific Health Ministry (PHM) chaplains, staff, board members, students and volunteers wish you a Happy New Year. We are here to continue serving patients, staff, families, loved ones and the community in times of crisis and distress offering compassionate presence, and exploring meaning and resources of strength. Spiritual care is integral when illness or traumatic loss threatens or occurs. I often describe our ministry as “journeying” alongside person(s) so they are not alone.

In 2015 Pacific Health Ministry Chaplains met and supported 51,157 patients and their family members.

In this first PHM newsletter of 2016, our chaplains at Maui Memorial Medical Center (MMMC) Danette Kong and Mark Kliewer, and Chaplain Joshua Almanza at Kapiolani Medical Center for Women and Children (KMCWC) invite us on a journey of their hospital *labyrinths* – a path painted in MMMC’s courtyard and on a portable canvas at KMCWC. These labyrinths have become effective ways to handle anxiety and other tensions by promoting inner balance and reflection – because walking its path can still the mind. Labyrinths can be found in many hospitals across the USA.

Meet our newest Chaplains: Chaplain Laura and Chaplain Steven have joined the PHM staff in 2015. Chaplain Laura Ritter (Queen’s Medical Center) lifts up *a spirit of gratitude* for the journey through this New Year. Chaplain Steven Stitely (Legacy of Life Hawai’i) tells his journey with PHM from student to staff chaplain.

As we begin the journey through 2016, Mernie Miyasato-Crawford, President, Board of Directors reflects on PHM’s mission and her faith journey.

My journey has brought me “home” to Hawai’i Nei in September 2015.

Thank you for all your support of PHM in times of transition. I am looking forward to a new and strong year with many opportunities for serving the community. Your ongoing generosity, collaboration and partnership is very much appreciated as we expand providing spiritual care & education in Hawai’i.

In 2015 we trained 12 Clinical Pastoral Education students; 6 year-long residents and 6 summer interns.

In 2016 we are excited to be planning our first CPE program at Maui Memorial Medical Center.



May the gifts of Hawai’i:

Aloha, Maluhia (peace)  
and Hau’oli (happiness)  
be with us all!

May our hearts be connected with others throughout the world, especially those individuals, as highlighted in the article written by PHM Chaplains Danette Kong and Mark Kliewer, who experience the impact of terror, violence and war.



## THE LABYRINTH: A WAY TOWARD WELL-BEING

by Chaplain Joshua Almanza

The Chaplains' Office at Kapi'olani Medical Center for Women and Children continually seeks out new ways to increase access to the spiritual care and support provided by Chaplains. With backing from hospital administration, the Staff Chaplains introduced a new spiritual care initiative in the form of the labyrinth experience. For over a year, hospital staff – from the frontline to the executive offices – have taken part in bi-weekly labyrinth walks in a conference room right off the cafeteria. Despite close proximity to the fracas created by the hundreds moving through the cafeteria each day, the labyrinth still provides a sacred place of privacy, quiet, and calm. Its popularity prompted the Chaplains to include patients and family in this ministry event, only heightening the demand for this healing experience. According to a Coordinator for Organizational Effectiveness, walking her spiritual journey in the labyrinth made her feel like she'd "been to the top of the mountain and back again...all in 20 minutes". The usefulness of this centering activity comes as no surprise, seeing as it has stood the test of religion, culture, and time. This spiritual practice dates back more than 3000 years and has traversed continents in its various forms, inspiring humanity to reconnect with the sacred, taking root in Native American, Jewish, Hindu, and Christian groups, among others. As an embodied form of prayer, its abiding quality lies in its holistic benefits –offering spiritual renewal as well as physical benefits like lower blood pressure and breathing rates and emotional benefits related to reduced anxiety and fear.



Labyrinth at Maui Memorial Medical Center

*"The chaplain contributes value by providing and encouraging an environment of holistic care. They help establish or reinforce the sacred trust individuals can have with a healthcare institution, as people feel cared for as people, not just diagnoses or disease. I believe chaplains can and do install a sense of "radical humanness" to healthcare and can and must continue to do so."*

(White Paper: The Critical Role of Spirituality in Patient Experience. 2015. The Beryl Institute. P.12)

Trace Haythorn PhD, MDiv.  
Executive Director, Association for Clinical  
Pastoral Education (ACPE), Inc.



## **A Challenging and Efficient Journey: from CPE Resident to PHM Staff Member** By Chaplain Steven Stitely

PHM Staff Chaplain serving at Legacy of Life Hawai'i

In the winter of 2012 I was looking for a CPE residency. I had completed one unit of CPE as part of my Master of Divinity degree requirements and had thoroughly enjoyed it. I wanted to do a yearlong residency as part of a discernment process to determine whether or not chaplaincy in the institutional setting was part of my call. So I started looking at the various residency positions that were available. My wife also was looking over the list of places with openings and she noticed PHM in Hawaii. After looking a little more deeply, I became interested in the multiple institutions that PHM served and the opportunity to gain experience in different settings. This interest led to me applying, and in late May we found out that I had been accepted and would start in August.

I spent the first four and a half months of my residency at Queen's Medical Center and its fast pace and large size kept me engaged and challenged. I found great satisfaction in serving in the on call role and responding to traumas in the Emergency Department. It was very powerful to be able to be there for families in the midst of their crisis and to provide a calm reassuring presence. I also really enjoyed my work in the Family Treatment Center, the adolescent psych ward. It was very rewarding to be able to bring my previous experience as youth minister into my role as chaplain while working with these young people.

The second portion of my first year residency was spent at Pali Momi Medical Center, working with Chaplain Nathan Kohashi. It was a very different experience than being at Queen's. Pali Momi felt like being welcomed into a large extended family. There were fewer emergency calls and more time to spend investing in staff and end-of-life care.

The positive experiences in my first year inspired me to want to complete a second year residency. One of my cohorts was serving at Kapiolani Medical Center for Women and Children and I knew from hearing of his experience that it was a challenging placement. But it also provided him the opportunity to experience ministry in a pediatric setting. So I applied for the second year position there and was accepted.

I quickly discovered that I had underestimated the emotional tenderness that working with the neo-natal and pediatric populations brought out in me. But it was also equally rewarding to be there for families and children in times of crisis. I grew tremendously, both personally and professionally, during this year having the opportunity to combine my previous experience as a youth director, the basic skills I had gained as a first year resident, and the new skills and lessons learned. As the spring drew to a close and summer began, I felt confident and competent to leave my student role and venture into the world of professional chaplaincy.

As I look back on my time as a resident at PHM, I see that the agency created for me an environment where self-reflection and growth were not only possible but encouraged. PHM placed me in this environment and provided preceptors and a supervisor that pushed, waited, asked questions, gave directions and, most importantly, they were available.

As my time as a resident was ending and I started looking toward the future, PHM was there for me as well. A couple of positions became available as I was looking for a staff chaplain job. Ms. Linda Rich, the PHM interim administrator at the time, Dr. Sergei Petrov, my former CPE supervisor, and my past and present preceptors provided guidance and feedback about the various positions and my suitability for each. The process was smooth and efficient. And, with a large amount of divine serendipity, PHM was able to offer me a position serving at the Legacy of Life Hawaii on the same day that my wife was offered a full-time teaching post. Together we were able to sit down and to discern that staying here in Hawaii and my continuing relationship with PHM was the right path for us.

## 2016 Staff

Rev. Anke Flohr  
*Executive Director*

Rev. Dr. Sergei Petrov  
*CPE Director &  
Community Educator*

Chaplain Ruth Peterson  
*Good Samaritan Pohai Nani*

Chaplain Jessica Gibo  
Chaplain Stephen Prusinski  
*Hawaii State Hospital*

Chaplain Scott Berggren  
*Kahi Mohala Behavior Health*

Chaplain Phyllis Hormann  
Chaplain Stephen Broadus  
*Kaiser Foundation Hospitals*

Chaplain Joshua Almanza  
Chaplain Bora Kim  
*Kapiolani Medical Center  
for Women & Children*

Chaplain Gail Sugimoto-Leong  
*Kuakini Medical Center*

Chaplain Steven Stitely  
*Legacy of Life Hawaii*

Chaplain Danette Kong  
Chaplain Mark Kliewer  
*Maui Memorial  
Medical Center*

Chaplain Nathan Kohashi  
*Pali Momi Medical Center*

Chaplain Al Miles  
Chaplain Jessica Pomaes  
Chaplain Laura Ritter  
*Queen's Medical Center*

Chaplain Walter Stevens  
*Queen's Medical Center  
West Oahu*

Chaplain Anthony Silano  
*Straub Clinic & Hospital*

Chaplain Charles Card  
*VA Community Living Center*

## **A Spirit of Gratitude** By Chaplain Laura Ritter

On Wednesday, November 25, at 8:30 in the morning on the front lawn of The Queen's Medical Center Punchbowl campus, a gigantic 150-year-old Nawa tree toppled to the ground. Although two people suddenly found themselves "in the dark" as fallen branches surrounded them, no one was seriously injured. A few hours later, I was invited by staff and

physicians at the Queen's Cancer Center to provide a blessing for their annual holiday meal. Many of the Cancer Center staff were walking across campus together when the tree came down and felt unsettled by the near miss that they encountered. My hope was that this powerful, shared experience could guide us to become vividly aware of the fortune in our own precious lives. Here is what I offered.

*I want to take this moment to acknowledge the work that you do in a spirit of gratitude.*

*Your willingness to be present and to walk alongside the patients that you serve here is of immeasurable value – you meet people at perhaps the most challenging and vulnerable time of their lives. This is your daily work, so you may not recognize just how valuable it is. Please take a moment to honor and acknowledge the incredible work that you do.*



*Photo taken by Rev. Al Miles*

*And in talking to staff today I was reminded that the relationships we have with patients are reciprocal – the patients that we meet touch and transform our lives. They enter our hearts - with their own vulnerability, their joy, their sorrow and their willingness to share with us how they are getting through such challenging times. Witnessing their journey informs and enlightens our own life. As you all know there is no way you can do this work and not be changed. May we acknowledge the opportunity we have and the blessings that patients bring to our lives.*

*And finally may we give thanks for this life. The falling of the tree is a reminder of how precious our lives are and the truth that we don't know what is next or how long our lives may be. This*

*blessing is to experience what our patients remind us of daily – that each moment is sacred, that each moment counts.*

*May we acknowledge in gratitude the grace that protects us and may we recognize this is the time to fully and wholeheartedly engage in our lives.*

*Photo taken by Rev. Al Miles*





## Hands and Hearts to Transform Humanity

***“Blessed are those who stand in the world offering their Light-filled, healing hands and hearts to transform humanity.” – Eileen Dielesen***

In the last few months, we have once again been reminded of the violence which ensnares our world, the pain brought on by vicious anger and retribution, the devastation that appears unexpectedly and without any appearance of remorse.

Here on our beautiful island of Maui, it is hard to fathom the terror we read about and witness in our media. Here, we are caressed by gentle winds and the warmth of a gracious sun. We gaze up toward dancing palms against the backdrop of a splendidly blue sky and find a sense of solace in the strong shadow of Haleakalā.

Yet, those of us who work within hospital halls are familiar with suffering and sorrow on a daily level. We understand the fragility of this precious life, and cannot comprehend why there are those who choose to inflict even more sorrow upon fellow humanity.

As we conclude a season normally reserved for gratitude and celebration, be aware of those with whom you share a call to service and healing – your colleagues in ministry on the PHM Staff and Board, and those with whom you serve in your places of worship. Together, let us all be reminded of WHO we are in the midst of uncertainty and adversity.

Please take time today for silence to reflect, even for a few short seconds, on our connection with those around the world – be it in Paris, St. Bernadino, Beirut, Kenya, Israel, Russia, South Carolina, or Missouri – who are hurting this day.

Malama pono –

Rev. Danette Kong and Rev. Mark Kiewer



1245 Young Street,  
Suite 204  
Honolulu, HI 96814

Telephone:  
(808)591-6556  
Fax:  
(808)593-9206

Website:  
[www.phmhawaii.org](http://www.phmhawaii.org)

Email:  
[admin@phmhawaii.org](mailto:admin@phmhawaii.org)

Administrative  
Office Hours

Hours of Operation:  
8:00am - 4:30pm

Monday - Friday

CURRENT RESIDENT OR

RETURN SERVICE REQUESTED

NON PROFIT ORG.  
US POSTAGE PAID  
HONOLULU, HI  
PERMIT NO.1673

**Pacific Health Ministry**  
1245 Young Street, Suite 204  
Honolulu, HI 96814

