

## A Note from Pacific Health Ministry

Aloha! On behalf of the entire Pacific Health Ministry 'ohana, we are thinking of and praying for you, your family, friends, and loved ones during this unprecedented time. We also offer sincere words of gratitude to all of the brave individuals on the frontlines in this COVID-19 crisis. This includes all those who serve in the healthcare industry in many functions, the many other essential service workers in the larger community, and their families and loved ones. We are so grateful for the sacrifices you make each and every day to protect and care for the people of Hawai'i.

As a result of changes in our operations due to COVID-19, we made the prudent decision to distribute this print newsletter electronically. In addition to reading the newsletter on our website, we also invite you to subscribe to receive our weekly e-newsletters for additional updates, tips and resources. Subscribing is easy—just scroll to the bottom of our home page and enter your email address.

During this incredibly challenging time, we humbly ask for your kokua and support as we work to provide the highest quality interfaith spiritual care to the people of Hawai'i, pastoral training to students around the world and education for the community. While invaluable, a chaplain's work often goes unrecognized in the wider community. Yet now more than ever, it's vital for us to carry on as we support the emotional, mental and spiritual well-being of the people of Hawai'i.

Mahalo for continuing to support Pacific Health Ministry, today and every day. We continue to pray for the health, safety and well-being of you and your 'ohana.

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

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

E-mail:  
[reception@phmhawaii.org](mailto:reception@phmhawaii.org)

Office Hours:  
Monday - Friday  
8:00am - 4:30pm

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

CURRENT RESIDENT OR

Honolulu, HI 96814

1245 Young Street, Suite 204



Pacific Health Ministry | *Providing spiritual care and education*

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### Wishing You Health & Safety | Rev. Anke Flohr, Executive Director

We've experienced an incredibly challenging past few months. From the COVID-19 global pandemic to the stay-at-home order recently mandated for the state of Hawai'i, we are truly living in an unprecedented time as we adjust to a brand new way of living.

As the coronavirus continues to spread across the globe, our chaplains remain diligent in providing spiritual and emotional care to patients, families, staff and physicians at 11 healthcare facilities on three islands. Our presence, whether via phone, tele-communication, or in person (respecting the required six-foot distance), helps to ease the myriad of concerns being widely expressed about childcare, job security, loved ones living in another part of the world, and fears of contracting the virus.

Chaplains are an essential part of the inter-professional team of caregivers. We listen, pray, and offer words of hope, gratitude and encouragement from a variety of sacred texts. We also inform everyone that our spiritual care support is available 24 hours a day, seven days a week. Chaplains are a non-anxious presence, and are calm and compassionate listeners in times that are overwhelming and uncertain.

Thank you to all healthcare providers on the frontlines who are working to ease and overcome this suffering with loving care, research and hope. We are truly grateful for these everyday heroes.

During this difficult time, please know that we are praying for the health, safety and well-being of you and your 'ohana.

### Place-Based Education: A Reflection by CPE Resident Chaplain Utu | *Utufa'asili J. McDermott*



I will never forget the spiritual encounter I had at the Waikalua Loko I'a Fishpond. The fishpond is unique to Hawai'i by virtue of the permanent connection between the ocean and Ko'olau mountains. At first sight, one can imagine two hands ascending from the bottom of the bay, creating impressive greenery and rich, red-brown mountain ridges where the water runs down into the fishpond, feeding the fishes and escaping into Kāne'ohe Bay.

Our CPE class, along with teachers in the windward O'ahu area, recently visited the fishpond and helped to fashion the crossing with sand and rocks, extending it to the other side of the pond. It's important to note that, at the time, I had some health concerns. Along with my colleagues Jennifer and Brianna, I formed a line with teachers, passing buckets full of rocks from one person's hands to the other until the rocks jam-packed the path. In linking formation this way, I sensed a sacred embrace, offering us a true spirit of connectedness.

One can only be nurtured as I have by the majestic beauty of this holy place flowing inside oneself to provide healing and comfort—healing me in my fears and worries. Corresponding with the tender, ambient spirit of the water that strengthens is the breath of the wind that is restoring, and the sun that is nourishing—the sacred is present in the Loko I'a and present to all with peace.

The Loko I'a is spiritual in the sense that we are connected to the earth, to each other, and to the Sacred. The spiritual healing of such a place is our realization of this very truth—the truth of caring for the environment like caring for our bodies and caring for each other.

## Healthcare Facilities Served

**Kapiolani Medical Center for Women & Children**  
Chaplain Bora Kim  
Chaplain Puanani Lalakea  
Chaplain James Bell

### The Queen's Medical Center Punchbowl

Chaplain Aldean "Al" Miles  
Chaplain Estela Reza

**Kuakini Medical Center**  
Chaplain Gail Sugimoto Leong  
**Hawaii State Hospital**  
Chaplain Charles Card  
Chaplain Scott Berggren

### Kaiser Foundation Hospitals

Chaplain Phyllis Hormann  
Chaplain Leavitt Thomas

### Maui Memorial Medical Center

Chaplain John Herberger  
Chaplain Amy Crowe

### Pali Momi Medical Center

Chaplain Lena Ann Keanu-Reichel  
Chaplain Nathan Kohashi

### Pohai Nani Good Samaritan Society

Chaplain David Hendrickson

### The Queen's Medical Center West Oahu

Chaplain Thomas Hong

### Straub Medical Center

Chaplain Steven Stitely

### Wilcox Medical Center

Chaplain Sarah Rentzel Jones

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**A Message from the Board by Rev. Dr. Bert Sumikawa** | We are grateful and excited to welcome Rev. Dr. Bert Sumikawa to the PHM Board of Directors. We spoke with Dr. Sumikawa to learn more about his story and his Buddhist path.

I am a retired pediatric dentist and was ordained as a Buddhist minister of the Hongwanji (Pure Land) Sect. After 40 years of practicing dentistry, I began my longtime dream of becoming a minister. It was then that I pursued the study of Buddhism through many study classes and taking online classes. After attaining full minister status, I was an Associate Minister at the Honpa Hongwanji of Hawaii and the Resident Minister at Mō'ili'ili Hongwanji before retiring. I now serve as both minister of Windward Buddhist Temple as well as overseeing minister of Buddhist Sangha. Buddhist countries throughout the world partake in Ohigan, memorial services that mark the spring and fall equinoxes. However, the true meaning of Ohigan is often neglected.

Ohigan is celebrated during the equinoxes when the length of both the day and night are equal in length. In Buddhism, this balance of light and dark symbolizes the Middle Way, an expression of Buddhist Awakening. When the Dharma (teachings) are applied to our daily lives, it is called the Middle Way, and it avoids the extremes of suffering and pleasure, pessimism and optimism, as well as the extremes between purely material perceptions of the world versus mental perception, and tries to walk the practical "in-between."

Ohigan observance is a reminder to all Buddhists that our aim is to discover the True Middle Way and to walk carefully through life on the path to awakening. This path is through the practice of the six paramitas, or "perfections" that brings one from this shore (shigan) or the shore of delusion and self-centeredness to the Other Shore (ohigan).

During Ohigan, consider these six perfections or paramitas and how they relate to our lives, and with our interaction of others. These six paramitas are part of the path of the bodhisattva, one who vows to leave behind self-centeredness and practices perfection in order to become a Buddha for the sake of all beings. Though we are imperfect and limited beings, the six paramitas below are realized through the heart and mind of entrusting faith; in this way, we are brought to perfection through the working of Amida's Compassionate Vow.

1. **Dana:** May I be generous and helpful!
2. **Sila:** May I be pure and virtuous!
3. **Ksanti:** May I be patient of others!
4. **Virya:** May I be strenuous, energetic and persevering!
5. **Dhyana:** May I practice meditation and attain mindfulness to serve all beings!
6. **Prajna:** May I gain wisdom and be able to guide others to awareness!

### Pacific Health Ministry New Year's Celebration

On Thursday, January 13, our chaplains, staff, Board and PAG members, founders, students, and on-call chaplains gathered together at the Pagoda Floating Restaurant & Catering for a special New Year's luncheon, where we enjoyed fun games, prizes, and engaging conversation.

### Visit to the Waikalua Loko I'a Fishpond

On Thursday, January 23, the current CPE residents Bree, Jennifer, Nori, Raul and Utu spent a half day with facilitator Herb Lee and Windward teachers performing valuable work at the Waikalua Loko I'a Fishpond in Kāne'ohe.



## MUSIC AND THE BODY, MIND AND SPIRIT CONNECTION

The body, mind and spirit are all interconnected, each part playing a vital role in the overall health and wellbeing of an individual. So where does music fit into the body-mind-spirit connection? We spoke with some of our chaplains who are also passionate musicians to learn more about their love of music and how it helps them foster a mindful and healthy body, mind and spirit.



**Chaplain Lena Keanu-Reichel, Pali Momi** | My main musical instrument is my voice, my *leo*. I was fortunate enough to grow up in a musical household. My late grandma Marilyn Sullivan was a music teacher and pianist, my father is a drummer, and many of my uncles play ukulele and guitar. My music-filled childhood and adolescence have inspired me to weave music into my life for the past 20 years and in various capacities. While attending Kamehameha Schools, I played the violin, danced in the dance company, participated in Song Contest, and sang with the Kamehameha Schools Concert Glee Club. I also studied music formally and received my Bachelor's degree in Music from the University of Hawai'i at Mānoa.

I find deep spiritual meaning in expressing myself through music. When I sing, I connect with the Divine, my kupuna (ancestors), and those with whom I'm singing. I engage my whole person when I sing—my breath, vocal folds, body, mind and spirit come together to create that which is my lifeblood: music. I'm so grateful for my musicianship, as it offers balance to my work as a chaplain.

**Chaplain Charles Card, Hawaii State Hospital** | I was exposed to music at an early age. At home while I was growing up, I was surrounded by my father's music. I remember him playing his expensive accordion regularly. He also picked up the banjo and mandolin and played for us. It was fun watching and listening to him play.



Our family friend, Mr. Kosuzu-san, was a lead guitarist for the NHK studio in Japan, and I had the privilege of holding his guitar on my lap as a four-year-old, which I believe imprinted in me the desire to play the guitar. As I grew older, I gained experience playing the trumpet in high school band, but eventually my music career came to a halt as I focused on school work. But about 12 years ago, I resolved to pick up the ukulele, and my passion for music was reignited.

During my time at Pacific Health Ministry, I've had the privilege of incorporating music into my practice. While working with veterans at the Community Living Center, I conducted weekly worship services using my ukulele. I also played the ukulele for patients interested in music when working at Straub Hospital. I'm currently playing ukulele at the Hawaii State Hospital, which helps to enhance the classes I teach and bring comfort to patients. I've recently bought a new ukulele from my friend, who prays over every ukulele he makes. When I play it, it "verbs" with a special "mana" from the instrument, soothing and healing the souls who listen to the music it produces. I believe music is a powerful form of communication and the language for all nations.



**Chaplain Amy Crowe, Maui Memorial Medical Center** | I've cultivated a strong relationship with music throughout the course of my life. From preschool age onward I sang in choirs, played the flute, dabbled in piano, then picked up the guitar in my final year of seminar. In August 2000, I arrived in Honolulu for my CPE residency with only three suitcases, a backpack, and my guitar. A new relationship with music began as I walked the halls as a CPE chaplain resident. My guitar and the writing of music became my vice to process difficult cases from death and dying, domestic violence, my own spiritual journey, and the death of my grandfather.

Over the past 19 years, I continue to play the guitar and write music as tools for selfcare, reflection, and emotional release. My guitar continues to serve as an outlet anywhere I go, and writing music is my way to journal from the heart. In the present day, I continue to pull out the guitar, write music and sing through the milestones of life. Mahalo Ke Akua for the gift of music and playing the guitar to guide my way.