

Pacific Health Ministry  
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 Monday—Friday

## An Evening at PAI Honolulu

On Thursday, November 14, we had the pleasure of partnering with one of O’ahu’s best restaurants for a special fundraiser dinner to support our mission to provide the highest quality interfaith spiritual care, pastoral training to students, and education for the community.

A recipient of the 2019-2020 ‘Ilima Awards Best Restaurant award, PAI Honolulu is known for its use of local and organic ingredients, globally inspired fare, a rotating seasonal menu and fantastic service. We were excited to partner with the talented team at PAI Honolulu for a great evening of gourmet cuisine and memorable fellowship.

Mahalo to PAI Honolulu for donating a portion of the proceeds to Pacific Health Ministry! And thank you to everyone who joined us for a wonderful event.

### Hope and Happiness for the New Year | Rev. Anke Flohr, Executive Director

The year 2019 has come to a close, and as we look toward 2020 with open eyes, hearts, and minds, we also take the time to reflect on the eventful year that’s passed, allowing gratitude to flow through us.

While we’re so grateful for the many blessings we experienced, we also recognize the many challenges and tribulations people all over the world faced. From significant mass shooting events in El Paso, Dayton and elsewhere to the recent shooting at Pearl Harbor, there are so many tragedies taking place around us, and as such it’s vital that we come together to support those who are suffering.

At PHM, our chaplains are dedicated to serving everyone in our community. While our team is primarily in residential and healthcare facilities around Hawaii, we’re also trained to support people to discern meaning in times of crises and to identify inner coping mechanisms during tragic situations. In dark times, it’s important to have access to people who are willing to listen to your thoughts and feelings; which is exactly what our chaplains do. With so much uncertainty around us, we serve as a source of comfort and peace, and as a beacon of light in times of darkness.

Thank you for standing with us in 2019. We look forward to walking beside you in 2020.

### A Message from the Board of Directors

Ralph Aona, Vice President, Community of Christ

At Pacific Health Ministry, it is a high honor to be selected as chaplain for one of the hospitals or senior care homes we are called to serve here in Hawai’i. These individuals have completed the necessary courses to be equipped with knowledge and skills to provide the best ministry. They have the opportunity to bring wholeness, comfort, and peace to people going through great joy as well as loss of loved ones, challenging decisions, and conflict. Chaplains are of great value and worth. We honor them.

The Pacific Health Ministry Board has kept the education and chaplaincy programs in the fore front. We believe that these components provide special gifts and keep us in relationship with the greater community. It is not only that one learns to become a chaplain. It is all about keeping in relationship with such a diverse community. Ministry is not always one-to-one; rather, it can be one with many.

We celebrate these relationships. The Board continues to work in concert with others in the community on how Pacific Health Ministry can have a greater impact of good with the gifts we have been granted.

As we enter a new year, we honor the chaplains, office staff, and Board members of Pacific Health Ministry and say Mahalo nui loa! May we continue to support and enrich each other in making our community healthier. Poet Maya Angelou said,

“Alone, all alone  
 Nobody, but nobody  
 Can make it out here alone.  
 We need 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
- 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 Nicole Saxon
- 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

### Board of Directors 2019-2020

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## PHM Introduces New Alum Association

### Q&A with George Scott



Earlier this year, we announced the launch of our Pacific Health Ministry Alum Association. In an effort to connect PHM alum and learn more about their personal and professional achievements and updates, we formed our first-ever Alum Council, chaired by Rev. Preston Lentz (2017). Working with Preston is Rev. George Scott (1990), a proud graduate of the second PHM Clinical Pastoral Education class.

We sat down with George to learn more about his experience with PHM, his insights into the value of CPE education, and how his time with our organization shaped his life today.

**Q: Tell us more about your time and experience with Pacific Health Ministry.**

A: "As a proud member of the second PHM class, I can confidently say that being accepted into the program was a life-changing event for me. I grew up in Detroit, and in the late 80s I applied to 12 programs on the continental US, with only [what was at the time] Interfaith Ministries of Hawai'i located elsewhere. After speaking with John Moody and learning more about the organization, I decided to move to Hawai'i for a year, confident I'd return to Detroit once I finished my residency. Thirty years later, and I'm still here."

**Q: Why do you think CPE and spiritual care is important in Hawai'i?**

A: "Hawai'i is a very spiritual place. No matter where we look, we're surrounded by the beauty of creation and the sense that God is with us and present in unique ways. The spirituality of Hawai'i is very powerful, so I believe that it's important to be in touch with it and to embody it so you can share this spirituality with others."

**Q: How did your experience with PHM impact your personal and professional life?**

"The preparation and training for ministry I received through CPE has been instrumental to my career. Today, I'm a chaplain and counselor at Punahou School. Prior to that, I was ordained in the United Church of Christ, and served as minister of Central Union Church. Through CPE training, I learned how to step away from myself for a moment in order to be fully present with another individual. This is something I've applied in my church and school ministries. It's important to be fully present with and actively listening to another person in order to have the presence of God come through, and this is a vital skill with which CPE equipped me."



## Chaplain News



**Chaplains Commissioned**

On Tuesday, October 15, 2019, chaplains Grace, John and Lena were commissioned by the Federation of Christian Ministries.

**Salvation Army 49th Annual Thanksgiving Dinner**  
On Thursday, November 28, 2019, CPE Resident Chaplain Jennifer and PHM Executive Director Rev. Anke Flohr volunteered with VOAD (Hawaii Voluntary Organizations Active in Disaster) and helped to hand out an additional 2,600 emergency meals for attendees to take with them after the Salvation Army Annual Thanksgiving Dinner in the Blaisdell Exhibition Hall.



**Above & Beyond Award**  
Congratulations to Chaplain John Herberger of Maui Memorial Medical Center for receiving the Above & Beyond Award! This award is given to a Maui Memorial Medical Center staff member for going "Above and Beyond" with caring and compassion by supporting patients, their families, and the Maui Health 'Ohana in their time of need.

The hospital recognized Chaplain John for his work with the family of a 14-year-old trauma victim who later became an organ donor. He spent a significant amount of time with the patient's father and younger brother, helping them cope with their grief and serving as a comforting presence in their time of need.



## Body, Mind and Spirit

The body, mind and spirit represent three pillars of a person's being, each one playing a vital role in the overall health and wellness of the individual. We spoke with some of our chaplains who are involved in a variety of athletic endeavors—from running to paddling to golfing—to learn more about their love for sports and how their activities help them foster a healthy and interconnected body, mind, and spirit.



**Chaplain Thomas Hong, Runner** | "I've been running since I was in elementary school, and today I run for my health and inner well-being. I believe that body, mind, and spirit are all one. Not many things, not different things—one. Achieving harmony by recognizing their underlying unity is to attain oneness and to feel abundantly whole. For me, there is no greater joy than when I feel a strong, healthy relationship to my integrated, interconnected self.

For a period of time, my mind dominated my entire being. Running helped me get my mind to synchronize with my body and spirit. Often, I feel like a different person after a run and have a stronger connection to others, especially to those I serve. Sometimes I also run as a form of self-care. The forward movement of my body becomes a source of forward movement for my mind and spirit. In this way, my running becomes analogous for the movement and growth of my inner being."

**Chaplain Sarah Jones, Olympic Weightlifter** | "I participate in Olympic weightlifting, which consists of the snatch and the clean and jerk. Since last December, I've participated in two competitions and plan on two more in 2020. Olympic weightlifting is a very intense sport that requires a great deal of focus and mindfulness to the technique. I like the mindfulness aspect, and believe it carries over into other aspects of my life. The ability to focus, push through discomfort, and achieve a goal while blocking out distractions is a transferrable skill to my work as a chaplain and as a parent. I think this is an important part of the mind-body connection. Even when our emotions might be difficult or distracting, we can shift them through bodily actions and moving our energy.



I believe that the mind, body, and spirit are very interconnected, and exercise is a powerful way to move energy around in the body so it doesn't stagnate. As I've gotten more involved in sports that I find really compelling, I've improved my health physically, and I believe my mind and spirit have also been strengthened."



**Chaplain Puanani Lalakea, Paddler** | "I'm a paddler. I first started when I was in high school, then resumed after a 40-year absence. This September I raced my first Na Wahine o Ke Kai from Moloka'i to O'ahu.

A traditional outrigger racing canoe holds six paddlers. To move the canoe well, the entire team needs to move as one person—the embodiment of the spiritual concept of interconnection. Additionally, by stretching my body to the limit and beyond, this act speaks of the miracle that is the human body, and proves to me the transformation that's possible when we allow ourselves to move beyond what we previously thought possible. The ocean is also my spiritual home. My soul is fed anytime I can be out in the water and feel the breath of the spirit in the wind and the touch of the spirit in the sea.

Modern day life can make it difficult to integrate the mind, body and spirit, but when we do, we are able to move to a place of wholeness that allows us to connect to that which is greater than we are. Paddling, for me, is the ultimate mind, body, and spirit connection.

**Chaplain Dave Hendrickson, Hiker and Explorer** | I enjoy hiking and exploring, on and off the beaten trail. I began hiking and backpack camping with my grandfather when I was a child. We would hike the shorelines of Lake Superior in Pictured Rocks National Forrest. I was the one always wanting to go fast and creep to the edges to see the great views. Safety first, he would say. I now enjoy hiking with my wife and I'm the one pleading for safety first.

Though I have come to appreciate the beauty of human-made creations: cities, factories, and machinery; there's something sacred about being in the wild creation of nature. I love taking everything in and, as I climb and descend, realizing I am part of creation. My body and breath remind me of both my strength and fragility. Hiking for me is being in relationship with creation in this precious and gorgeous world. Having someone to hike with is a gift; to share within a gift; to share within a gift. It is something to be cherished, embraced, and engaged in safely.

