



Finding a New Way to Rejoice

Rev. Anke Flohr, Executive Director

The December 13, 2020 issue of the Honolulu Star-Advertiser featured a story by Sarah Firshein about “The sadness of the road not taken.” It was a story about canceled trips and plans due to coronavirus risks.

How many roads, symbolically speaking, could we not take in this grieving and struggling 2020? How many places were we unable to go to be around the people we love due to pandemic restrictions?

Our Founder Rev. Dr. Moody asked it in an invocation for his Rotary club this way: ‘In this crazy, locked down, bottled up, socially distanced time in which we live at the moment, one has to wonder if there is any purpose to this global health crisis, if there is any real purpose under Heaven for what we have all had to endure?’ Is there?

Rev. Moody continued: “As we come to the end of 2020 -- a year that will go down in infamy (to borrow Roosevelt’s famous phrase) – we need to stop and look at where we are and what we’ve done. Indeed, I believe we need to celebrate the Season – this Season under Heaven -- that it was...for us... We haven’t given up or given in. Instead, we’re finding new and innovative ways to be true to our commitment... as citizens of the world.”

At Pacific Health Ministry (PHM), we continued our Chaplaincy education work, conducted regular Board and staff meetings virtually, participated in Zoom presentations, and shared interfaith peace prayers supporting resilience and well-being in these challenging times. The PHM Chaplains were at the frontlines every day since February, learning new ways to share love and compassion and to inspire hope through layers of PPE, a six-foot distance and often through tele-Chaplaincy.

PHM Chaplains in 11 healthcare facilities became creative in ministering to patients and their families who were not allowed inside the hospitals. The Chaplains also became anchors and beacons of hope for other healthcare workers as the pandemic took its toll. Offering hope and encouragement even led to publishing e-Books holding the daily words of encouragement that our chaplain penned for the hospital staff during this pandemic.

PHM Chaplain Puanani, serving at Kapi’olani Medical Center for Women and Children, said it this way: “2020 is a story of resilience and creativity. We figured out how to stay connected; we figured out what is important; we figured out where we wanted to go from here. So, we rejoiced., even though we may not feel like it, because rejoicing reminds our brains that each breath is a gift and each moment is an invitation to join in creating the kind of world our hearts know is possible.

This year we are called to rejoice in a new way. While in the past our rejoicing may have looked different, this year we are called to a deeper, fuller and more grounded form of rejoicing. We are called to rejoice at the gift of each smile and

Healthcare Facilities Served

Kapi’olani Medical Center for Women & Children

Chaplain Bora Kim
Chaplain Utufo’asilii McDermott

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 Amy Crowe
Chaplain Jennifer Crouse

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 Grace Lee

Wilcox Medical Center

Chaplain Sarah Rentzel Jones

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each kind word; each sunrise and each sunset; and, of each breath and each moment. We are called to rejoice because in doing so we open our hearts to love, and, when we act with love, we can move mountains.”

That is why Chaplain Puanani suggested “Joy” as a “Word of Encouragement” for the end of 2020. Joy is the exuberance of a child who finds delight in the world even in the midst of challenging times. Joy is the gift we carry in our hearts that enlivens the weary soul. Joy is the ecstasy of being alive and being able to make a difference through the ways we embody love. May the joy of the season enfold you and fill you with peace and hope and light.

As we look hopefully to 2021 -- to a new vaccine, to a reinvigorated world community, to another year of service -- I thank all of the extended Pacific Health Ministry Ohana: Chaplains, Board members and supporters for who you are. In this pandemic you have stayed the course.

Wishing You a Blessed New Year.

P.S.
The word “holiday” originated from the phrase “holy” day; or, a day set apart. 2020 was a year like no other; a year set apart from all others. We hope your 2020 holiday season was a time to reflect on the power of kindness and compassion to make each day a “holy” day and each breath a blessing.



A Message from the Board of Directors | Mike Magaoay

Greetings to you all!

I would like to reflect on the past year – 2020 began with high hopes of being wonderful and great. In the retrospect of an optometrist, 20/20 was a clear, perfect vision to behold. However, as March descended upon us, our world vision became myopic.

The COVID-19 pandemic was a constant insurmountable challenge, and this year has been full of trying times for all of us. From the pandemic to politics, division and isolation, 2020 has proved difficult. Yet somehow through all the uncertainty, our Chaplains have remained diligent in providing spiritual and emotional care to patients, families, staff, and physicians at 11 healthcare facilities on three islands.

2020 has taught me grace, patience, and responsibility. I found beauty in the love and hope that I saw from wishes and salutations during the Thanksgiving holiday. Though I missed my table full of food, family, friends, and fellowship, I know that these times are temporary and that our collective safety is most important. Christmas and New Year’s will soon be upon us, and I wish you all a safe and happy holiday!

To our PHM Chaplains, office staff, Executive Director Reverend Anke Flohr, and my fellow Directors – I salute all of you for providing the highest quality interfaith spiritual care to the people of Hawai’i. As we transition to 2021, we move forward as an ‘ohana, full of convictions deeply rooted in our faith to serve. Happy holidays and Mahalo nui Loa!

PHM’s New Clinical Pastoral Education Residents

2020 brought with it many challenges and an ever-growing need for Chaplains. Recognizing this need, we continue to welcome and educate new students who wish to serve others.

We welcome our newest class of CPE residents and wish them the very best as they continue to learn and work toward a life of serving others.

Here’s to the future class of 2021!



*Rev. Anke Flohr, Executive Director
meets virtually with new CPE residents.*



Maui Memorial Chaplains thanked healthcare workers for being "Lifesavers."

Spiritual Care Week 2020 | Collaborative Healthcare: Chaplains Complete the Picture

The theme of this year's annual Spiritual Care Week, "Collaborative Healthcare: Chaplains Complete the Picture," couldn't have been more appropriate or timely. As we all know, 2020 presented endless challenges within the healthcare community, both for healthcare professionals and patients. We extend our greatest thanks to the Pacific Health Ministry chaplains as they provided spiritual care and assistance to those in need during this year's uncertainties. Our chaplains truly do complete the picture by tirelessly providing support and spiritual care for our community.

While a year-round effort, during Spiritual Care Week, the PHM chaplains created special opportunities for the healthcare workers in the hospital. For example, the PHM chaplains at Maui Memorial Medical Center distributed treats with notes of gratitude and encouragement to the hospital staff.

At the Queen's Medical Center Mimi Harris, VP Patient Care & Chief Nursing Officer sent a note to the PHM Chaplains: "I wanted to let you each know during this week in which we celebrate Spiritual Care, how much I appreciate and value each of you for all that you do to enrich the lives of our patients and our staff... It takes an incredible strength of spirit and character to be able to be present with others and to truly listen and support each individual regardless of where they are in their journey..."

The need for hope and healing is more evident now than ever. The Pacific Health Ministry chaplains provide positive light for the people of Hawai'i, and will continue to do so as we move forward into the new year.

<https://www.spiritualcareweek.org/>



The Queen's Medical Center staff gather around their Spiritual Care Week Poster.



Challenge Yourself to 30 Days of Thankfulness

There's no argument that 2020 has been a year full of hardships for many. While it may be easy to fall victim to negativity during these unprecedented times, we challenge you to push for positivity by finding something to be thankful for with Pacific Health Ministry Chaplain Dave Hendrickson's "30 Days of Thankfulness" journaling opportunity.

As the chaplain at Pohai Nani, Chaplain Dave challenged his community during the Thanksgiving season to find something to be thankful for each day for 30 days throughout November. As we enter the new year and wrap up the holiday season, we invite you to take the time to reflect on some positive notes by learning from Chaplain Dave and recreating his 30 Days of Thankfulness.

Your 30 Days of Thankfulness can be based on anything that brings you joy and gratitude. We invite you to grab a journal and write down one or more things each day that bring forward a positive light to you – a booklet of gratitude, meditation, mindfulness, or spiritual meanings.

Take a moment to reflect on your favorite things. Consider music, your neighbors, your pets, a book, new recipes, or television shows. Ask yourself, "what am I thankful for today?" Take on the challenge, share it with others, and continue to be thankful.

We hope that you may use this opportunity to hone in on some of your favorite things, while also spreading joy and positivity to others in your community.



Becoming A Chaplain During A Pandemic | What would it be like to start a career in healthcare during the largest pandemic the world has experienced during the last century? Just ask Jennifer Crouse.

After completing her Clinical Pastoral Education training at Pacific Health Ministry in August, she was named staff Chaplain at Maui Memorial Medical Center. In September, Jennifer packed up her bags, left Oahu, and moved to Maui.

“It’s been an adventure, a real experience,” she says. The pandemic has highlighted the need for chaplains and the importance of the work that they do. “While we have always provided support to patients, family members and staff, we have had to take the place of family and friends at bedsides because of visitor restrictions due to the pandemic. Often times, we’re sitting with patients or family members who haven’t seen their loved ones in 30 days, or even longer. Now imagine if this is during a time when someone is facing their end of life. Our role becomes that much more important.”

Whereas physicians treat the physical body, chaplains offer spiritual guidance and pastoral care to patients and their families using the insights and principles of psychology, religion, spirituality and theology. There is a misconception that chaplains are requested only in times when prayers are needed. But, says Jennifer, the needs are far greater than that.

“We are present when others can’t be. We listen, we facilitate, we hold the space, we liaise between the unit and the family member, and we work with the interprofessional teams. What’s more, we’re not only there for the patients and their families, but also for the staff and physicians.”

Read full story online: <https://www.phmhawaii.org/becoming-a-chaplain-during-a-pandemic/>

JANUARY 1
YEAR
(MAKAHIKI)



Words of Encouragement | Volume 2 | January-March 2021

2020 brought with it many challenges and Pacific Health Ministry (PHM) chaplains searched for ways to provide support and encouragement. The first confirmed COVID-19 case in Hawaii happened on March 6, 2020. Soon after, PHM began a response at Straub Medical Center, titled “Encouraging Word of the Day” in the hopes of lifting and strengthening the spirits of those working at the hospital.

Their idea was to begin shifts with a word of encouragement. This practice was so well received, that we compiled the first 90 words in an easy-to read e-book, which was released in October of 2020. At the end of this year over 200 individual words had been given and translations were provided by two nurses from Kapi’olani Medical and a PHM Chaplain from Pali Momi Medical Center.

Staff members from various hospitals have shared that they look forward to the Hawaiian translation even more than the English equivalent. A number of the Chaplains have heard from staff and administrators that they need and look forward to these words and ask the Chaplains to continue.

We are pleased to release the next 90 words in our Words of Encouragement Volume 2, which provides a word for each day from January 1 through March 31, 2021. Throughout the pandemic our group of PHM contributors has grown to fourteen chaplains from 8 different health care facilities where PHM provides spiritual care. The words have encouraged thousands of healthcare staff from these facilities and we hope that they continue to uplift all of our first responders and essential workers.

Your generous donation with the download of this e-book will support our mission to provide the highest quality inter-faith spiritual care to the people of Hawai’i. We hope our Words of Encouragement will bring peace, comfort and inspiration.