

**WORDS OF
ENCOURAGEMENT**

**VOLUME 3
2021**

A Message from Pacific Health Ministry

In March 2020, following the first confirmed case of COVID-19 in Hawaii, Pacific Health Ministry (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, with a second volume distributed in January 2021.

Staff members from various hospitals continue to enjoy these words and 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 they have asked the Chaplains to continue.

We are pleased to release this next installment of Words of Encouragement Volume 3, which provides a word for each day.

Throughout the pandemic our group of PHM contributors has consisted of fifteen Chaplains from 8 different health care facilities where PHM provides spiritual care. The words have encouraged thousands of health care staff from these facilities and we hope that they continue to uplift all of our first responders and essential workers.

Pacific Health Ministry Chaplains continue to search for ways to provide support and encouragement. 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.

- Rev. Anke Flohr, Executive Director

**Mahalo to the following Pacific Health Ministry Chaplains
and Rev. Anke Flohr who contributed to this book.**

Chaplain Dameon Behlin

Chaplain Jennifer Crouse

Chaplain David Hendrickson

Chaplain Thomas Hong

Chaplain Phyllis Hormann

Chaplain Sarah Rentzel Jones

Chaplain Lena Ann Keanu-Reichel

Chaplain Bora Kim

Chaplain Nathan Kohashi

Chaplain Puanani Lalakea

Chaplain Jennifer Latham

Chaplain Grace Lee

Chaplain Utufa'asili McDermott

Chaplain Leavitt Thomas

Mahalo to our collaborators at Kapi'olani Medical Center
for Women & Children for their kokua providing the
Hawaiian translations.



ANTICIPATION (KAKALI)

Anticipation, as the song goes, keeps us waiting. The gift of waiting is that we have time to choose how we will respond to that which we are expecting.

Notice your feelings in this moment, and trust in the blessing that is on its way.



ENDING & BEGINNING (HOPENA A KINOHI)

New beginnings are often disguised as painful endings. What the caterpillar calls the end, the rest of the world calls a butterfly.

What are your new beginnings that are disguised as endings at this time? What is your 'posture' toward these new beginnings?



WORTHY (KŪPONO)

It's said from dust we have been formed and to dust we shall return. Let us strive to never treat ourselves or one another as dirt.

Rather, let us see and treat each other as sacred and holy dust; beautiful and worthy.



COME ALIVE (E OLA)

A prominent spiritual leader, educator, and a key mentor for Martin Luther King, Jr. and other civil rights movement leaders, Howard Thurman said, "Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

What makes you come alive?

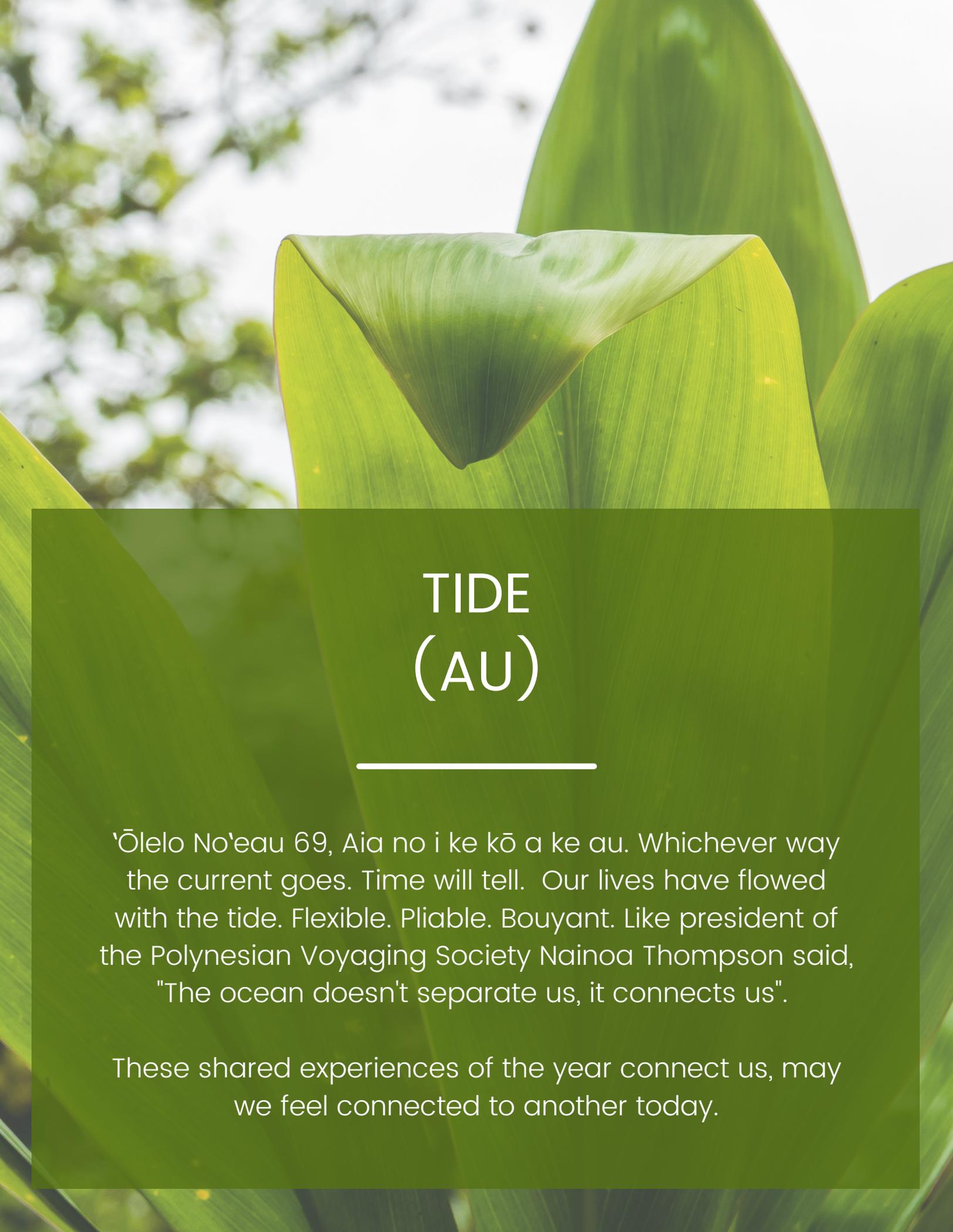


ZEST (OHOHIA)

Walt Disney said, "In bad times and in good, I've never lost my sense of zest for life."

Indeed, zest is that quality which adds a pop of flavor to life.

Today, take a moment to notice what brings zest into your life and how you bring zest into the lives of others, and then ... savor the moment.



TIDE (AU)

‘Ōlelo No‘eau 69, Aiano i ke kō a ke au. Whichever way the current goes. Time will tell. Our lives have flowed with the tide. Flexible. Pliable. Bouyant. Like president of the Polynesian Voyaging Society Nainoa Thompson said, "The ocean doesn't separate us, it connects us".

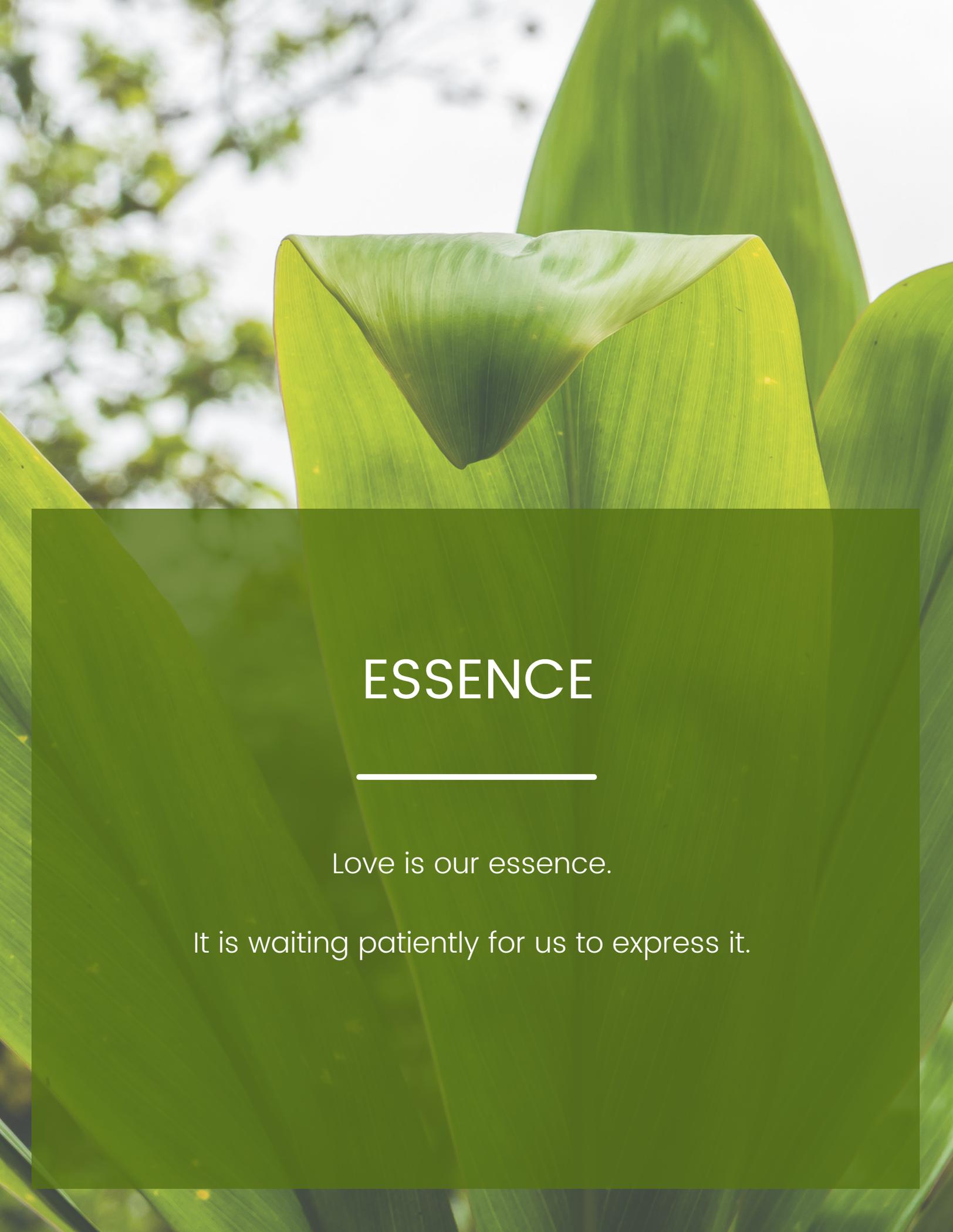
These shared experiences of the year connect us, may we feel connected to another today.



POSTURE (PALI KE KUA)

Posture is the general way of holding the body and how one carries self in dealing with given circumstances. It often reveals our minds and the state of inner being as well.

What physical and spiritual postures have you been posing that are helpful or harmful in dealing with your circumstances at hand? What are the ways to nurture positive postures physically, emotionally and spiritually?



ESSENCE

Love is our essence.

It is waiting patiently for us to express it.



BE (PONO'I)

Unveil your pure self.

Listen to your inner voice, let it flow from your head to your heart, and expressed it with your hands.

Be what you are.



MUD (LEPO 'ŪKELE)

In many cultures and religions the lotus symbolizes rebirth, enlightenment, faithfulness, and overcoming obstacles. The reason the lotus is so highly regarded is because of where it grows out of – the mud. Every day it emerges from the dirtiest waters and produces the most beautiful flower.

The peace activist, Thich Nhat Hanh, put it very succinctly when he said, “no mud, no lotus.”



TURN (HULI)

Maui's Hana Road is famous for its many twists and turns. 52 miles from Kahului, it can take from 2 to 4 (or longer) hours to reach Hana, but the turns are necessary for a safe journey.

Turns may be scary and frustrating but they can help one to get to where they need to be. And sometimes the experience helps one to grow wiser. What turns are you enduring now? Are there others in your 'vehicle' that are enduring the turns with you?

Perhaps there are others who have 'driven' around the same turns you are driving now and can be of help. Later, you as the experienced one, will be able to help the 'rookie' who is experiencing their first turn.



YELLOW (MELEMELE)

The many facets of yellow highlight the ways light dances with the dark, embodying the interesting mix of optimism and caution that is present in each of us.

Today, take time to notice this interplay and bask in the glow of yellow. Allow the light to spill forth from you with the radiance of a full moon on a cloudless but star-filled night.



GRAVITY

We actually don't know what gravity is. We see the effects of it everywhere but we don't know why it does what it does. Without it, nothing exists, nothing holds together. Every molecule, every atom floats away from each other. We cease to exist.

In a similar way we may not be able to explain why it is that we wish to care for others the way we do, but without that desire, there would be no hospitals, care homes or hospices. But they exist because we follow, we lean into our nature to care rather than concern ourselves with the why. And because of it lives are changed, both the receiver and giver.

So obey the desire to care for others. And obey gravity - its the law.



10,000 (‘UMI KAUKANI)

Taking 10,000 steps a day is a popular fitness goal. 10,000 steps is a LOT of steps and achieving that goal can feel like it is a long way away. But as in life, each step we take brings us closer to our goals. And as we begin to recognize how far we have come, we realize that it was our willingness to brave that first step that has made all the difference.

May each step you take today remind you of your courage and fill you with strength.



FOOTING

We can't always be sure that the ground where we stand is stable or firm. If you can trust your footing you can have faith to move forward.

What helps you trust in your footing?



HANDS (LIMA)

We are required to wash our hands for 20 seconds. The next time you wash your hands, look at them. Reflect on the ways you have touched someone from a physical distance today —through an email, a note, making a meal, creating art, and much more. Your hands are a gift.

Use the 20 seconds to look at and reflect on many ways your hands offer care and comfort. Thank you, hands!



NAVIGATION (HO'OKELE)

In order to navigate, one must consider time, course, and speed. Each of these values are essential to navigation.

What are those essential tools that you use to support you on life's journey?



YES (‘AE)

Say YES to your joy.

Say YES to your call.

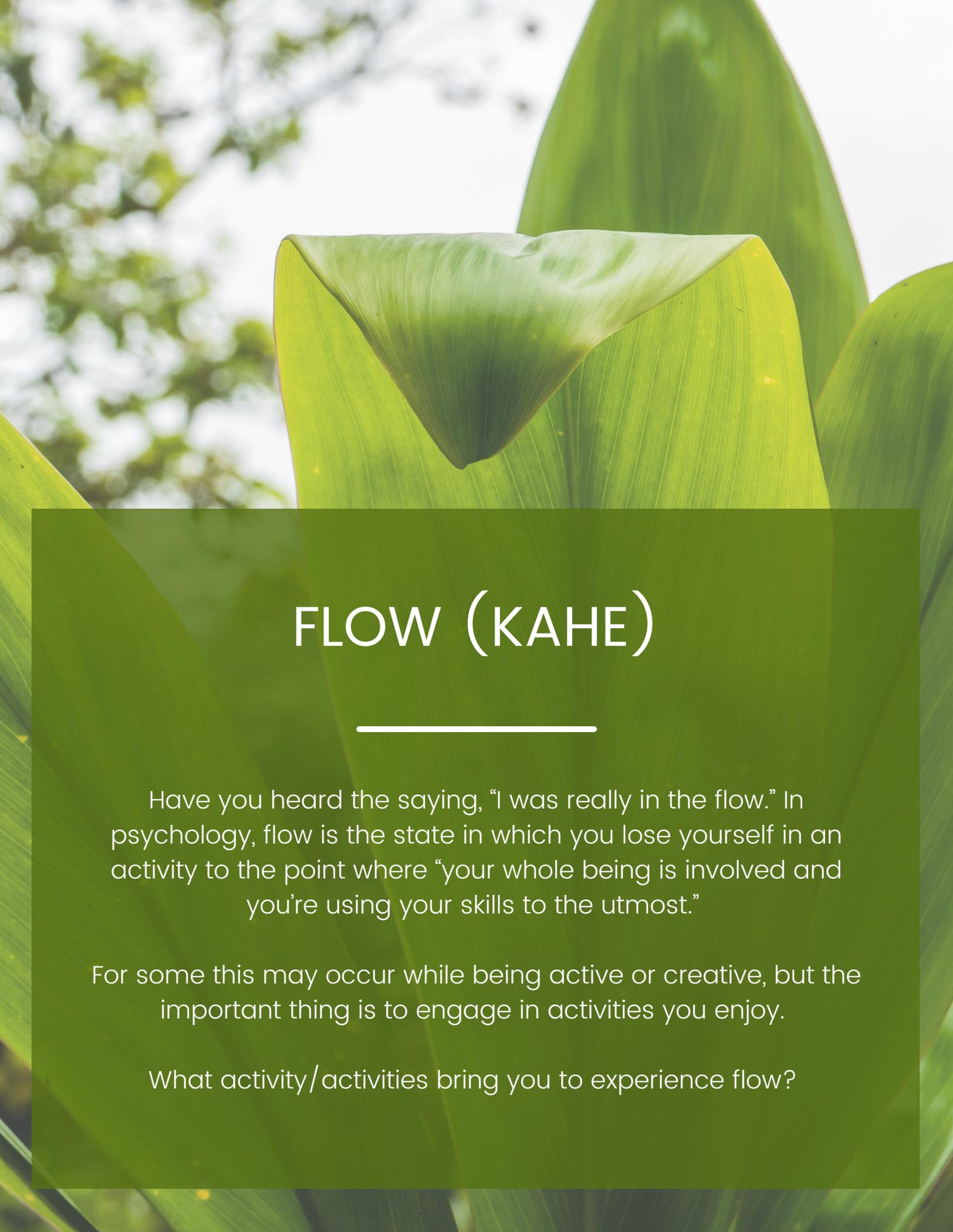
Say YES to the wisdom that guides you to realize your dreams.



TRAVEL LIGHT (HELE MĀMĀ)

Unburden yourself of all the clutter in
your life.

Letting go of extra baggage means
more energy for the journey ahead.



FLOW (KAHE)

Have you heard the saying, “I was really in the flow.” In psychology, flow is the state in which you lose yourself in an activity to the point where “your whole being is involved and you’re using your skills to the utmost.”

For some this may occur while being active or creative, but the important thing is to engage in activities you enjoy.

What activity/activities bring you to experience flow?



X-RAY (NĀNĀ I LOKO O KE KINO)

The word x-ray has been defined as “to look deeply.” We all know that x-rays are a valuable tool to detect broken bones and other internal anomalies so that we can set to the task of repairing.

However, we sometimes forget that, as humans, we have been gifted with x-ray vision ... an ability to look deeply into our own hearts and souls to illuminate that which needs healing.

Take a quiet moment today to look within and bathe your Spirit with the healing energies of love, light, and life.



EARTH (HŌNUA)

To our home, Mother Earth, we offer
thanks and ask forgiveness.

May we join together as one to restore
wholeness and health to our world.



JOURNALING (KAKAU MO'OMANA'O)

Journaling, a welcome release or a daunting task or some combination of the two? William Wordsworth viewed the invitation of that blank page as an opportunity to “Fill your paper with the breathings of your heart.”

Today, take some time to express “the breathings of your heart” whether it is through journaling, a simple conversation, or a quiet moment alone, let your heart know you are listening.



DIFFERENCE (MEA'OKO'A)

Differences in the world are a reality. Honesty is the difference between reality and fantasy. A life separated from truth is deceived, or in denial.

The honest-truth is you make a difference in the world.



ENOUGH (LAWA)

“What is your best discovery?” a boy was asked at the end of a daring journey with friends in Charlie Mackesy’s book.

“That I am enough as I am,” answered the boy. His friend nodded: “You are important, and you are loved, and you bring to the world things no one else can.”

Indeed, being “enough” is not only enough ... it is one of the greatest gifts we can offer the world.



SPARK (HUNAAHI)

What could happen if we allow our frustrations and failures to be the spark that ignites our imaginations?

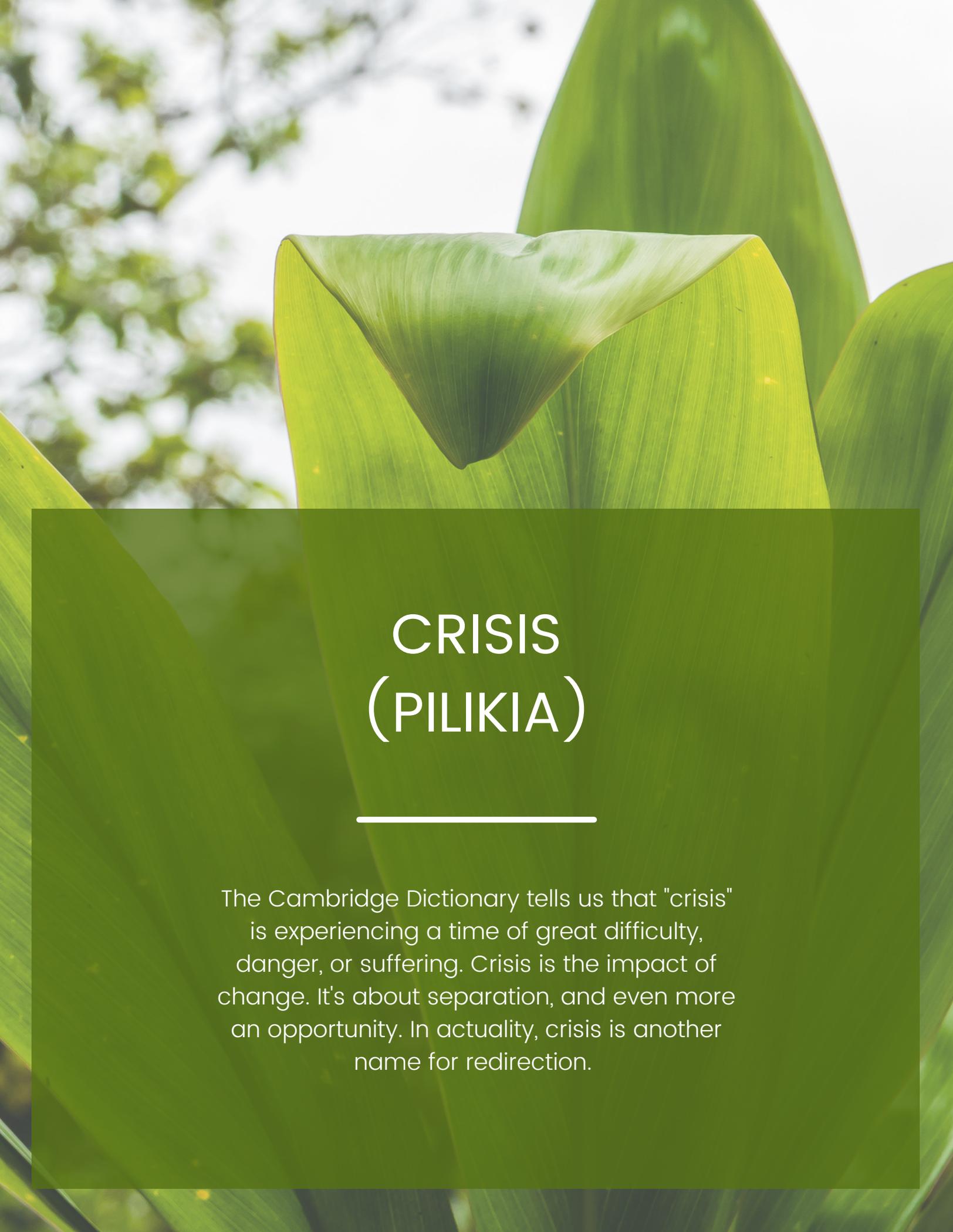
We would breathe love upon that spark and turn it into a raging fireball ... and we would use that raging fireball to illuminate the midnight moment of our dreams ... and we would join with those dreams in the dance of creative possibility.

ZOOM (HOLO KAPALULU)

Technology turns some of our words upsidedown. Zoom used to mean go real fast, get away, speed away from something or someone like the roadrunner ran from the coyote (it's a cartoon).

Now it means coming together and connecting with each other during a time where a pandemic threatens to keep us separated. Where even though we are miles apart we can see each other, laugh with each other, and share our heart with each other.

In all that we do, let us 'Zoom' to each other and not from each other. This world needs 'zoomers' (beep beep!!).



CRISIS (PILIKIA)

The Cambridge Dictionary tells us that "crisis" is experiencing a time of great difficulty, danger, or suffering. Crisis is the impact of change. It's about separation, and even more an opportunity. In actuality, crisis is another name for redirection.



BARNACLE (PI' OE)

Trauma attaches itself to us as a barnacle attaches itself to the hull of a ship. It can slow one down, impede our ability to navigate. The good news is that it is possible to remove barnacles from a ship with help, time, and hard work, though usually there still remains a spot to where it had been attached.

One thing is certain, it does no good to ignore trauma or barnacles.



VAST (KŪĀHEWA)

When something is described as vast, it is understood as immense, expansive and infinite.

Love is vast.

Perhaps it is the boundless expansiveness of love that allows us to see it in the tiniest of details – the warmth of the sand, the magnificence of a sunset, the smell of a favorite meal, the quiet of an understanding friend.

Love surrounds us and enfolds us. Love breathes with us and through us. Love is vast.



LAUGHTER ('AKA'AKA)

Laughter has the quality to separate and exclude (Laughing at someone to demean) or embrace with non-physical closeness.

Embracing laughter has the ability to refresh and strengthen our friendship and enlarge our adopted family of friends. During this pandemic time we need new ways to embrace and be embraced.

May our laughter always embrace, both those close to us and those who are new to us.



GRATITUDE (MAHALO)

Gratitude is the state of being thankful. It is how the heart opens our inner eye to the majesty of life as Mark Nepo said.

As we are living through this time of pandemic, we are realizing that many of the things that we have taken for granted are not available. In that place, we have freedom to choose about how to see or approach that reality.

How about practicing gratitude for simple things that are available? It might open up a new door that we didn't know existed before.



LOOSEN (HO'OHENO)

Do we have habits or materials we could loosen from ourselves? What might serve us better if released from our grasp? Untied? Untethered?

May unbinding ourselves to that which negatively burdens us bring us refreshed energy.



FAMILIAR (MA'A)

It is part of the human condition to feel lost sometimes.

When the chaos of our world threatens to overwhelm you, look for something familiar, a touchstone, that will light your way and lead you back home.



WIND (MAKANI)

The wind joins with the trees in creative possibility.

Stop...take a moment...listen... it is the wind's song being sung by the trees!



CONTROL (KĀOHI)

Reminder:

"You cannot control what you cannot control."



SACRED (LA'A)

Sacred means “worthy of respect or
dedication.”

Therefore we are all sacred.



REMINDER (MEA HO'OMANA'O)

When we are dealing with many tasks that are competing for our time and attention, it is easy to forget things or be distracted.

That is when a little friendly reminder could be helpful to remember important things and priorities.

What is an important thing that you need to remember or attend to and how would you set a little reminder for yourself?



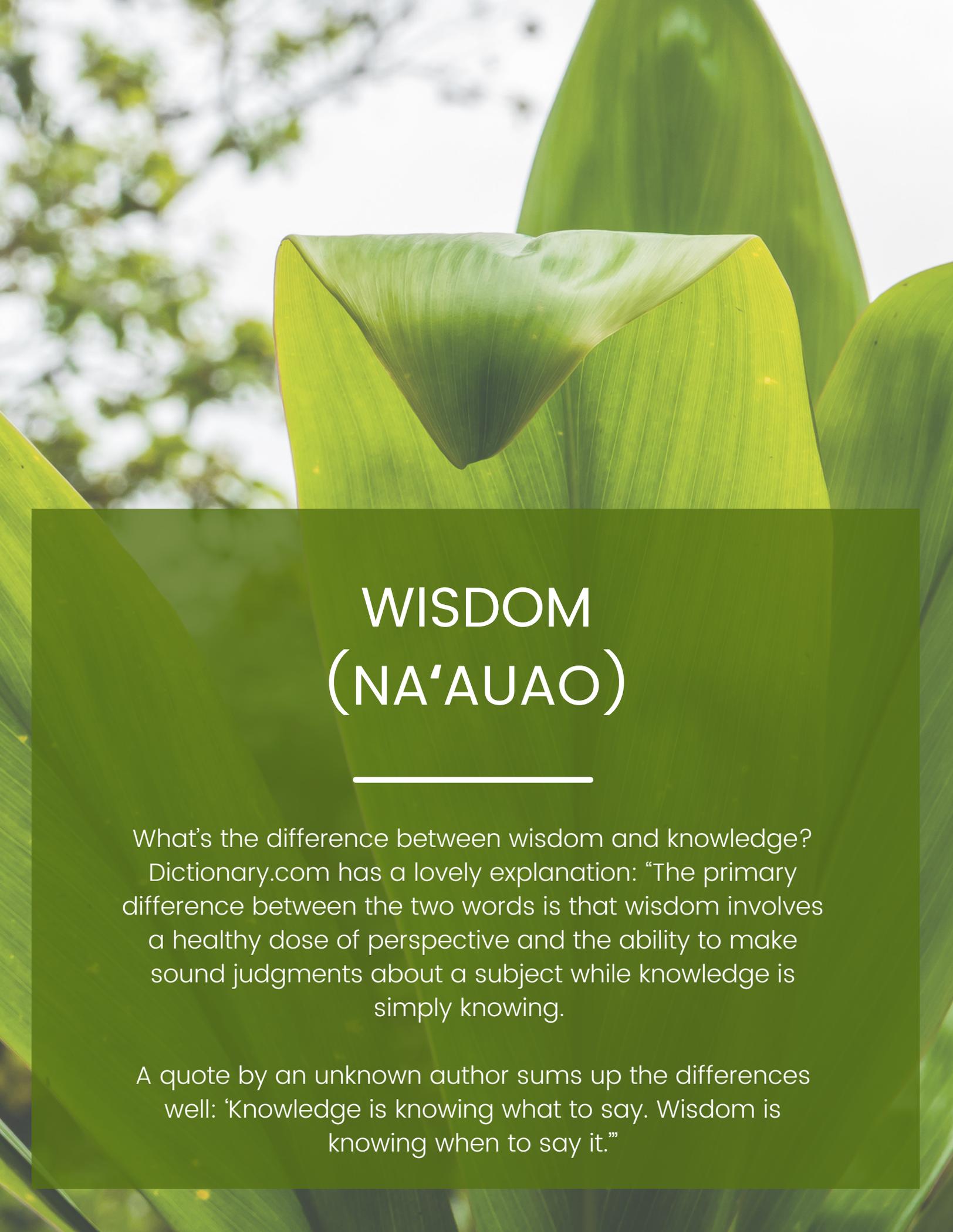
ONE (‘EKAHI)

The number 1.

It doesn't mean first without the "st" attached.

It just means one: 1 thing to do, 1 thing to change. Just 1.

After that, pick another one.



WISDOM (NA'AUAO)

What's the difference between wisdom and knowledge? Dictionary.com has a lovely explanation: "The primary difference between the two words is that wisdom involves a healthy dose of perspective and the ability to make sound judgments about a subject while knowledge is simply knowing."

A quote by an unknown author sums up the differences well: "Knowledge is knowing what to say. Wisdom is knowing when to say it."



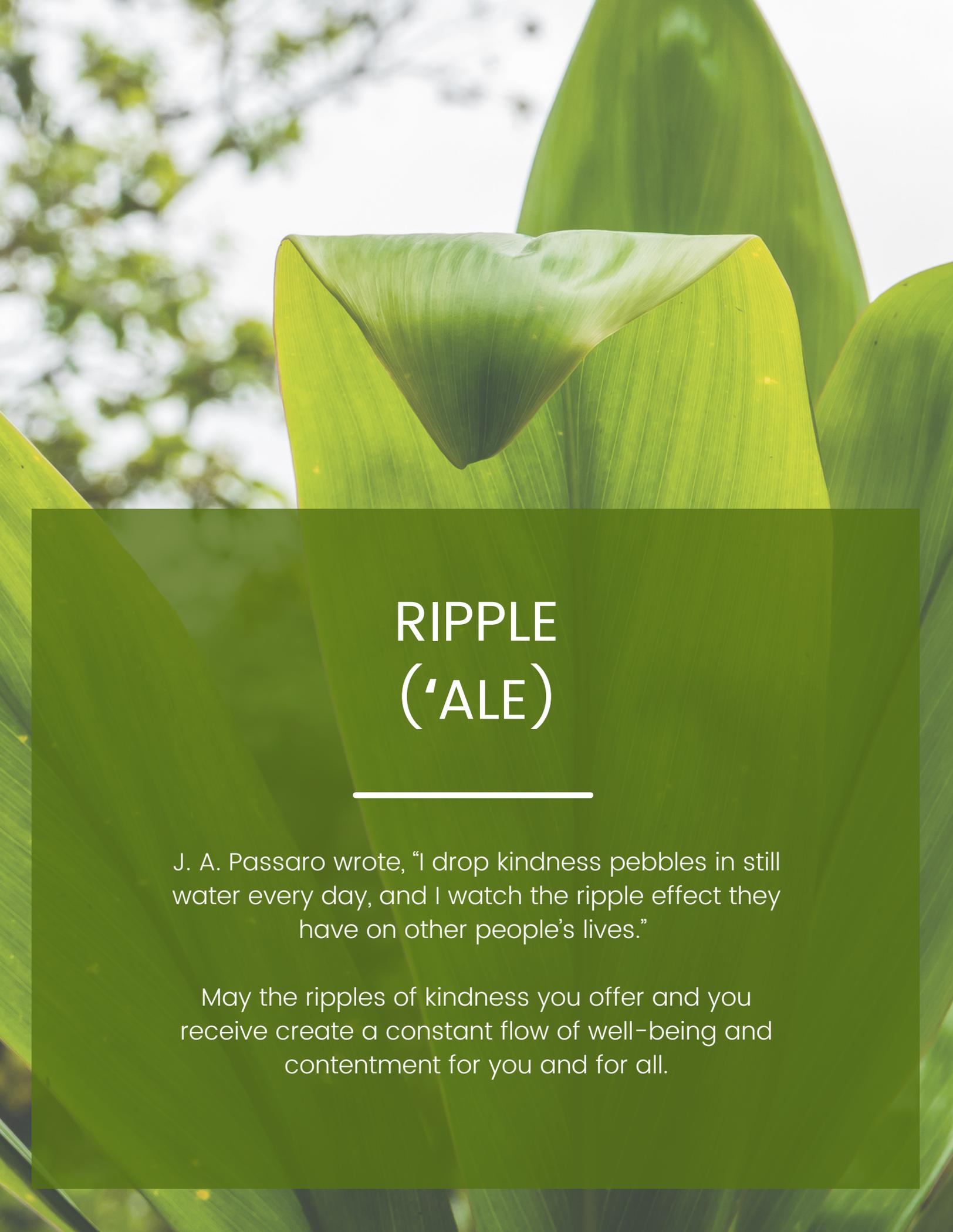
MIRROR (ANIANI)

Mirror.

Your words, Your actions, Your inactions, are the
mirrors to your soul.

Reflect your goodness.

You are beautiful.



RIPPLE (‘ALE)

J. A. Passaro wrote, “I drop kindness pebbles in still water every day, and I watch the ripple effect they have on other people’s lives.”

May the ripples of kindness you offer and you receive create a constant flow of well-being and contentment for you and for all.



UNCOVER (WEHE)

Archaeologists are experts in uncovering that which has been hidden. Their journey to uncover treasures begins with curiosity and winds through patience. They dig with the gentleness of a soft caress, always mindful that hidden treasures need coaxing and compassion to reveal themselves.

We are all archaeologists, and we are all invited to uncover the treasures that lie hidden within our most secret hearts.



SILENT (MIHA)

“Silent, quiet, flowing quietly as a current.”
(Hawaiian Dictionary)

We often find ourselves uncomfortable with silence, yearning to fill the void with our chatter or other sounds.

In what ways may we honor the silence around us? Just like a favorite song might build upon rests and pauses, so may our time in silence throughout the day.



WAITING (KALI)

The Spirit of Love needs a vessel to flow into.

Grace needs an arena to be playful.

You can allow it to happen, when you are still
and waiting.



FOREST (NAHELE)

We use the expression “can’t see the forest for the trees” to describe when someone is so caught up in the details that they ignore the big picture.

While it is true that the trees are important, it is equally important to honor the trees by taking the time to appreciate the forest.

Today, take a moment to step back and take in the full grandeur and beauty of the forest that is your life.



BEARABLE (AHONUI)

What makes the unbearable bearable?

Many have said it is the small acts of kindness – the gentle touch, the quiet smile, the understanding look – that make the unbearable bearable.

Indeed, it is our ability to reach out to others, to connect, in ways big and small, that gives each of us the strength to bear what at first may have seemed unbearable.



PERFECTION

There is a belief that complete self-sufficiency is perfection, but this is not true.

Recognizing your need for others is perfection.

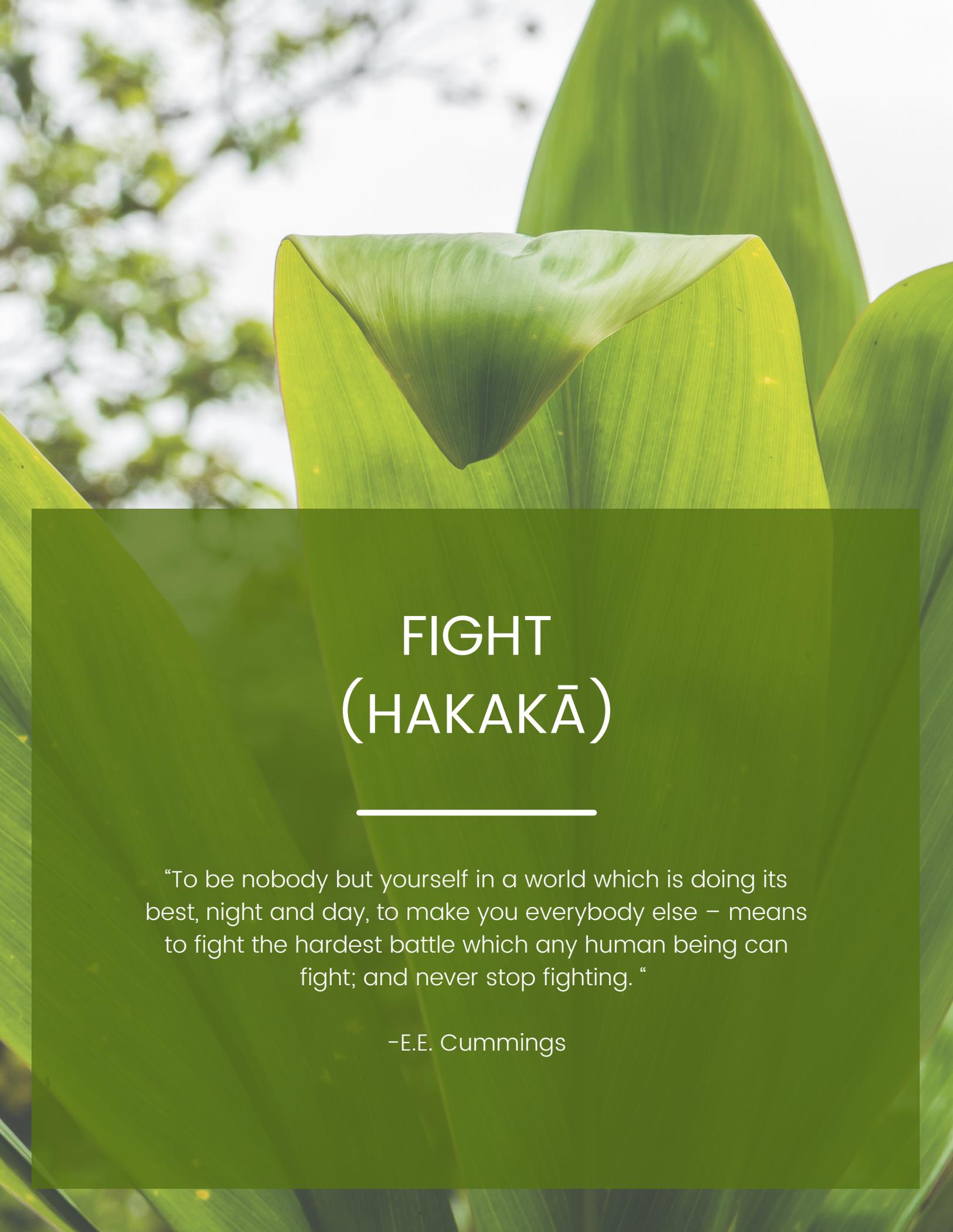


RECOGNIZE (HO'OMAOPOPO)

Literally, “to know again.” It can be easy to get lost in the noise of our busy lives.

Today, take a moment “to know again” the beauty that lies within.

May that gentle moment of recognition bring refreshment to your heart and mind.



FIGHT (HAKAKĀ)

“To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else – means to fight the hardest battle which any human being can fight; and never stop fighting. “

-E.E. Cummings



PROTECTION (KŪPONO)

Malu is known as "shade, shelter, protection, peace, control, strength".

Where or with whom do you find malu?

What sounds, stories, songs, or foods bring you protection and peace?



LAVA ('A)

It is easy to see lava as a destroyer, and it can be, and it has been. But that is not the whole story of lava.

Lava is also a creator. Our islands were born from lava and continue to grow because of lava. When you feel like a volcano about to erupt, think of lava.

Take a breath, feel the heat and use it to fuel your expansive imagination in service of creation.



EMOJI (HŌ'AILONA HĀME'E)

Used to be the only emoji we had was a colon : and half a parenthetical bracket) or (.

What kind of emoji would you want to be?

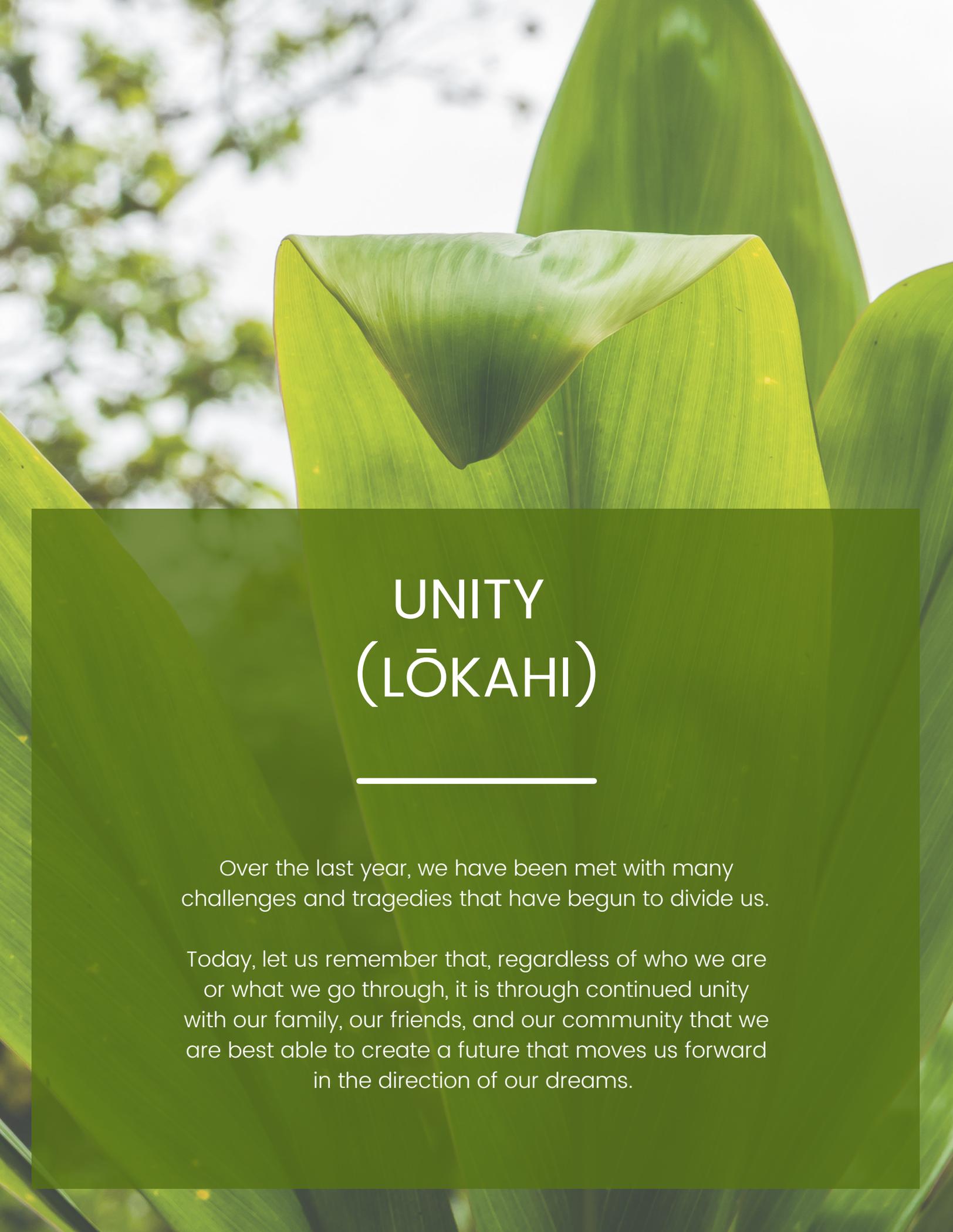


WORDS (HUA 'ŌLELO)

Words are the spoken sounds of any language put together as the fundamental carrier of meaning or expressed emotions. Words, when chosen rightly can form a smile from sadness or ruin someone's entire day.

Words are so mighty, they can hurt or heal, change minds and open hearts. They mean more than just writing them down. Words forge identities and create new relationships. Words are so powerful, they don't expire. It's how we use them that costs. A few kind words can make a difference, more than you'll ever know in someone's life. They are like seeds, we eat the fruits and are responsible for the words we plant.

May the words you choose to plant bear fruits of joy, peace, patience, kindness, gentleness, goodness, and love.



UNITY (LŌKAHI)

Over the last year, we have been met with many challenges and tragedies that have begun to divide us.

Today, let us remember that, regardless of who we are or what we go through, it is through continued unity with our family, our friends, and our community that we are best able to create a future that moves us forward in the direction of our dreams.



SEE (‘IKE)

What we see we perceive.

What we perceive we believe.

What we believe we experience.

What do you see?



ORDINARY (MA'AMAU)

Does life feel ordinary? Does ordinary feel boring?

Take a breath, dive a little deeper, look a little closer. Can you see it?

It's right there ... the extraordinary that ripples just under the surface of ordinary.



BEYOND (‘ō)

The Great beyond calls us to have faith in what we cannot yet see and invites us to actively participate in the creation of what is yet to come.



MASK (PELE WAHA)

The strange irony of our times.
The mask used to be primarily a symbol of
hiding, now it symbolizes protection.

It is our statement which says,
"We care, that is why we wear".



EXPECTATIONS (MAHU'I)

Expectations can be a mixed blessing.

In one sense, they give us something to look forward to.

But conversely, when we expect something to go a certain way or a person to behave a certain way, we're trying to exert control we don't have.

Today, think about holding on loosely to expectations and watch life simply unfold before you.

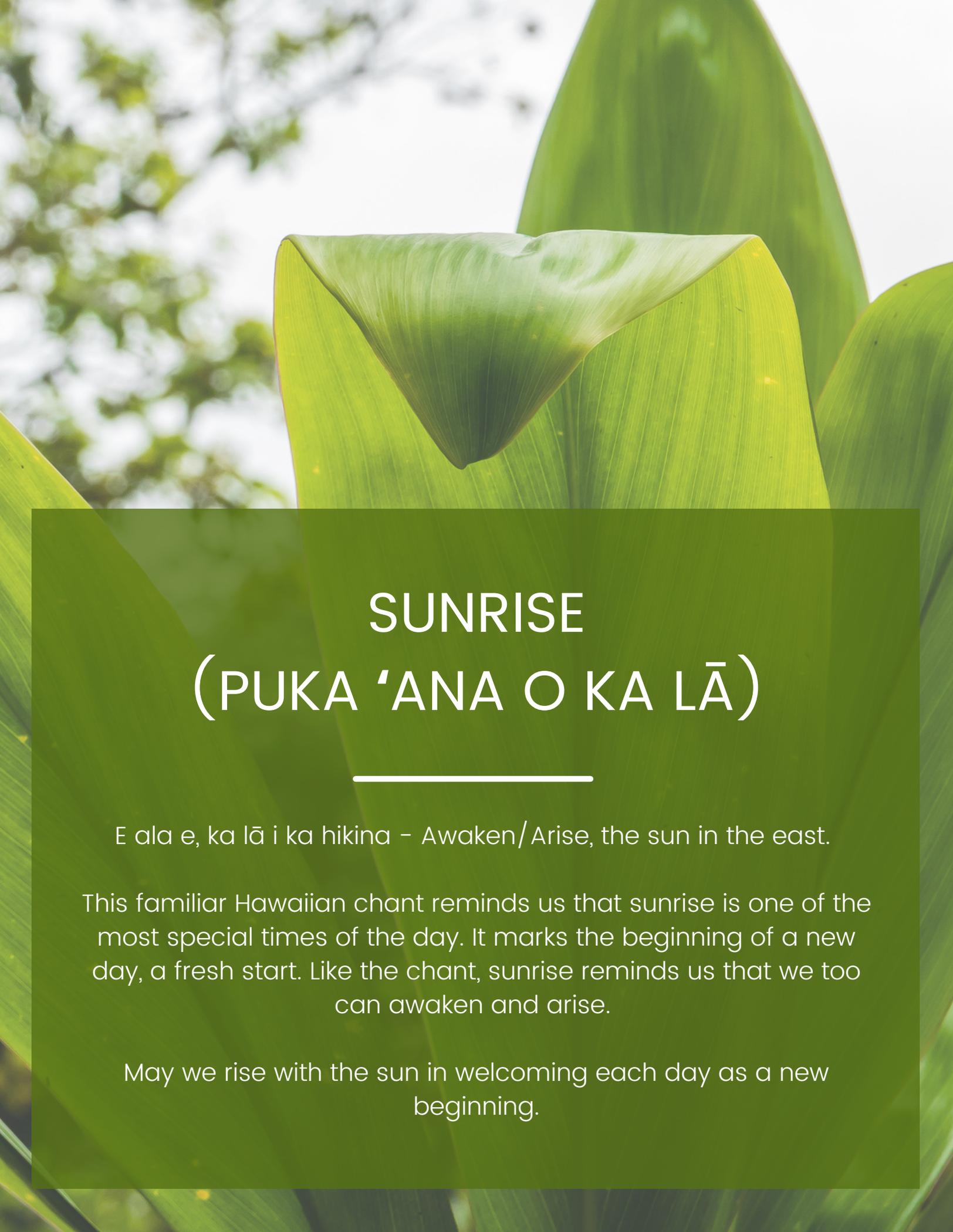


TRANSITION (LOLI'ANA)

In music there are transitions “leading from one section of a piece to another,” weaving the music together in a beautiful melody. In life, too, there are transitions.

Each day brings transitions from task to task, from home to work and back home again. Each week brings transitions between each day. Each year brings transitions in work, in relationships, and in life.

As you move through your day today, listen to the “music” of each transition and allow those notes to add to the beauty of the melody that is your life.



SUNRISE (PUKA 'ANA O KA LĀ)

E ala e, ka lā i ka hikina – Awaken/ Arise, the sun in the east.

This familiar Hawaiian chant reminds us that sunrise is one of the most special times of the day. It marks the beginning of a new day, a fresh start. Like the chant, sunrise reminds us that we too can awaken and arise.

May we rise with the sun in welcoming each day as a new beginning.



FEELINGS (NA'AU)

Say the word “feelings” and many times people will roll their eyes or even groan out loud. Feeling our feelings can be something we would rather not do. And, if we’re honest, we resist feeling our feelings while we’re working because we need to stay focused on the task at hand.

However, our feelings are powerful and bring us important messages. Maybe right this moment, you can’t take all your time and energy to truly get in touch with how you feel, but hopefully sometime soon, you can ask yourself what your feelings are trying to tell you.



WOMEN (WAHNE)

Poet Nayyirah Waheed wrote, “My mother was my first country,
the first place I ever lived.”

We celebrate the role of women throughout the world and in our
very own communities. Women are medical professionals,
educators, healers, and mothers. Women are artists, nurturers,
farmers, and legislators.

Today may we reflect on the women who have shaped and
molded us, may we have gratitude for their lives, their sacrifice,
and their legacy.



PURPOSE (KA MANAO E HANA)

At the most fundamental level, our purpose is to show up. We are called to step in in times of joy and times of sorrow and let our hearts and minds guide us in our purpose.

In 1897, Bram Stoker wrote, “But we are strong, each in our purpose, and we are all more strong together.”

Look back over the past year, and notice the ways that you showed up with purpose and on purpose and notice how that purposeful action has brought us together and made us stronger.



MELODIOUS (NAHENAHE)

Melodies are not limited to musical tunes.

Take time today to listen to the melody in the breeze,
the ocean waves, or even a loved one's laughter.

May this nahenahe feeling soothe and calm you.



VENTILATION (HO'OKOMO MAKANI)

Whether it is through prayer, meditation, or being in nature: allow your spirit to breathe.



MINDFUL (HO'OMAOPOPO)

There is a vast difference between mindful and mind full. When your mind is full of the past or the future it can be overwhelming or stressful.

“To live mindfully is to live in the moment and reawaken oneself to the present, rather than dwelling on the past or anticipating the future.”

Where are you currently with being more mindful?



WARMTH (MAHANA)

COVID-19 has taken away a major part of what brings us together and gives us warmth, physical proximity. But we are not left helpless. It invites us to be more intentional with each other to convey our warmth to each other through what we say, the looks we give other, the time that we share.

As we become more intentional with conveying our warmth with each other the power of each gesture, voice, or written letter becomes that much more meaningful.

Who needs your gift of warmth today?

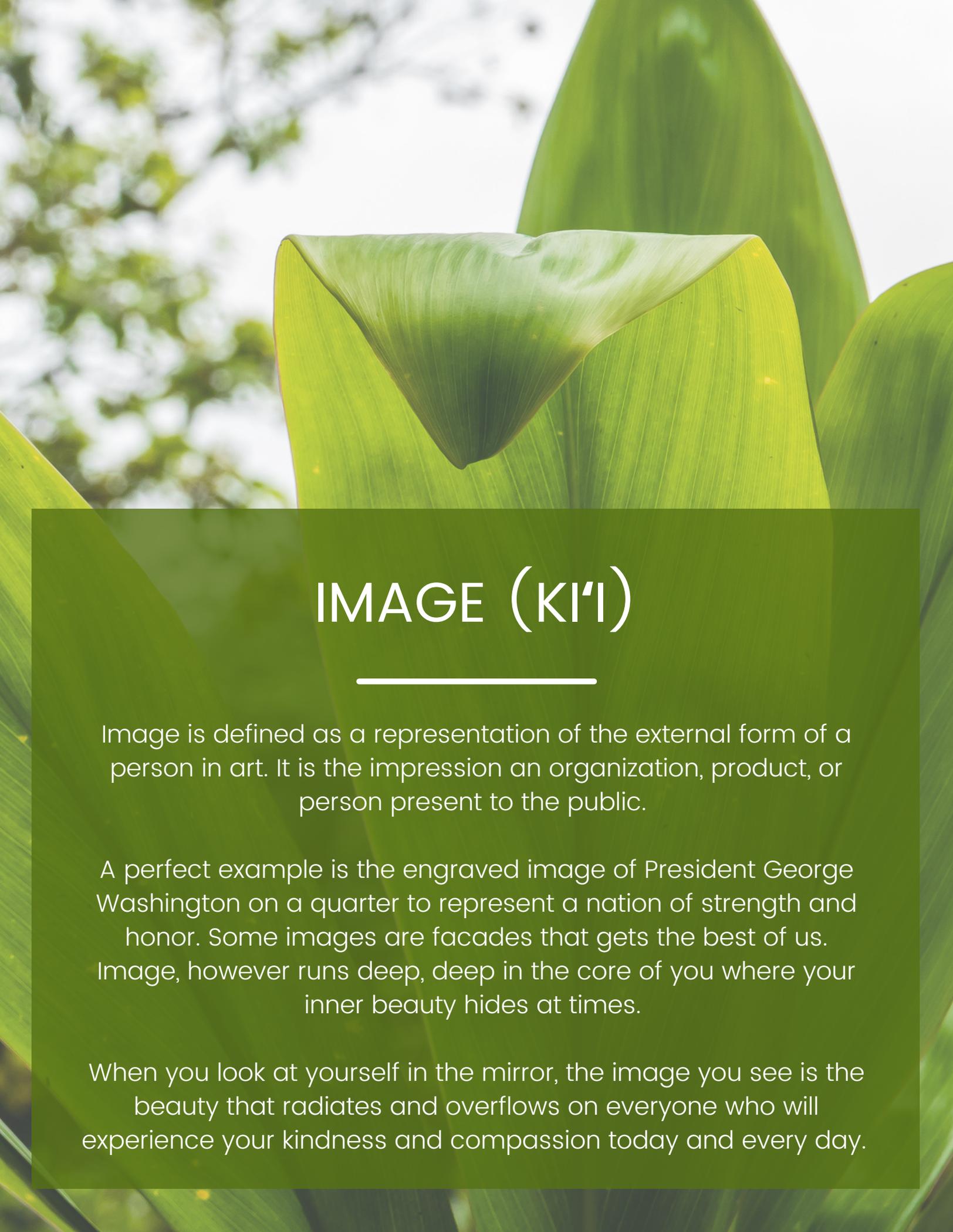


IMAGE (KI'I)

Image is defined as a representation of the external form of a person in art. It is the impression an organization, product, or person present to the public.

A perfect example is the engraved image of President George Washington on a quarter to represent a nation of strength and honor. Some images are facades that gets the best of us. Image, however runs deep, deep in the core of you where your inner beauty hides at times.

When you look at yourself in the mirror, the image you see is the beauty that radiates and overflows on everyone who will experience your kindness and compassion today and every day.



SPEAK

May all the words we speak, be encouraging; framed with love and respect, so as to better connect and build community with others, whether patient, family, co-workers or the neighbor we encounter on the street



SHINE (IINO)

To shine is the opportunity for you soul to be seen and felt.

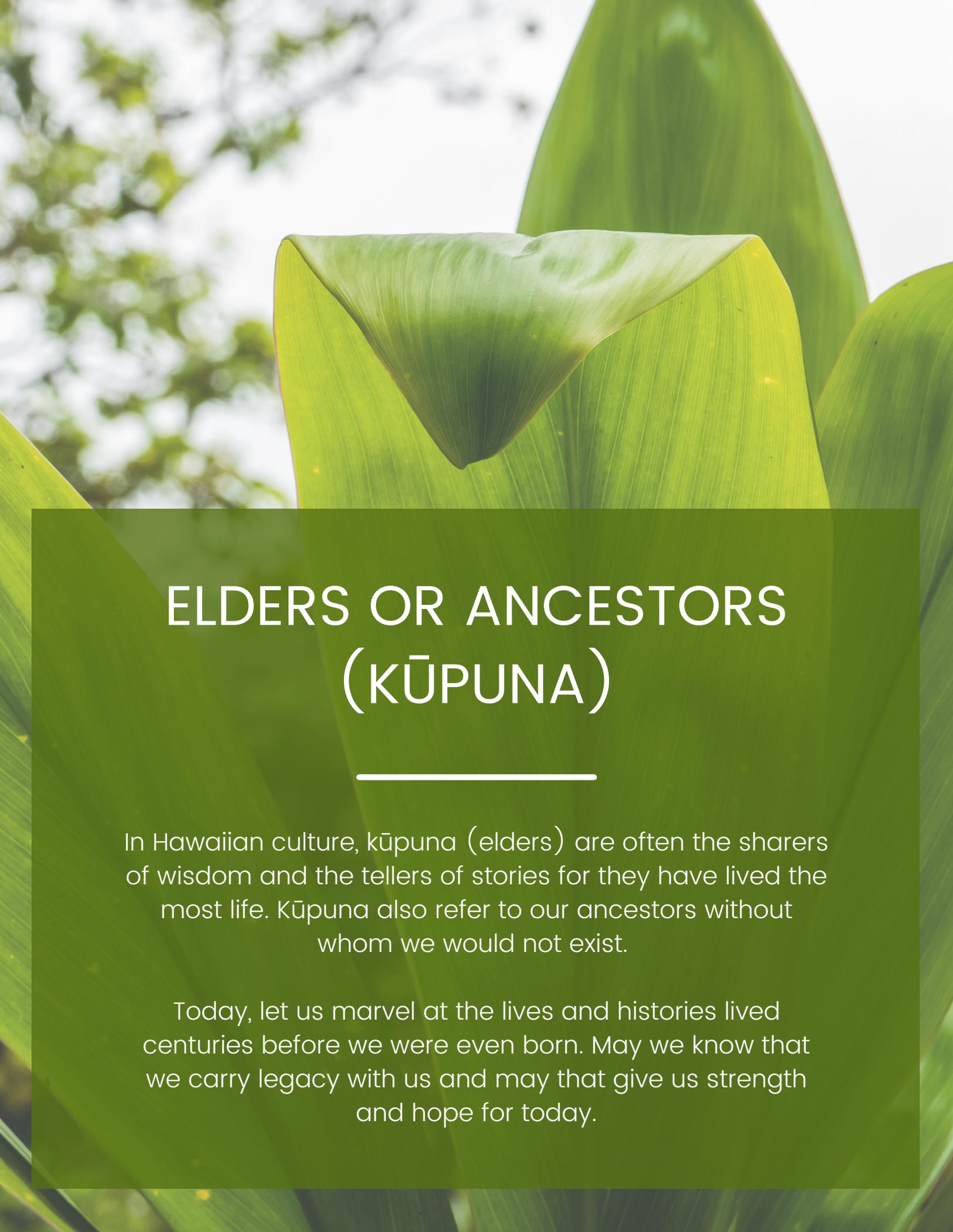
Therefore, shine bright and know “nothing can dim the light which shines from within.”



WINDOW (PUAKAANIANI)

It is said that “eyes are the window to the soul”. It can also be said that eyes are the window for the soul.

Today, take time to nurture your soul by seeing this moment, this day, or even this whole life, through the windows of love and gratitude.



ELDERS OR ANCESTORS (KŪPUNA)

In Hawaiian culture, kūpuna (elders) are often the sharers of wisdom and the tellers of stories for they have lived the most life. Kūpuna also refer to our ancestors without whom we would not exist.

Today, let us marvel at the lives and histories lived centuries before we were even born. May we know that we carry legacy with us and may that give us strength and hope for today.



RELATIONSHIP (PILINA)

Our relationships expand beyond those we have with other individuals.

What type of pilina do we have with nature, music, silence, or divinity? What do our relationships look like with technology or social media?

May we be mindful of the various pilina we hold and may this bring us more balance.



ADOPT (HĀNAI)

One need not have the same blood to hold a place in your heart to be and to become family.

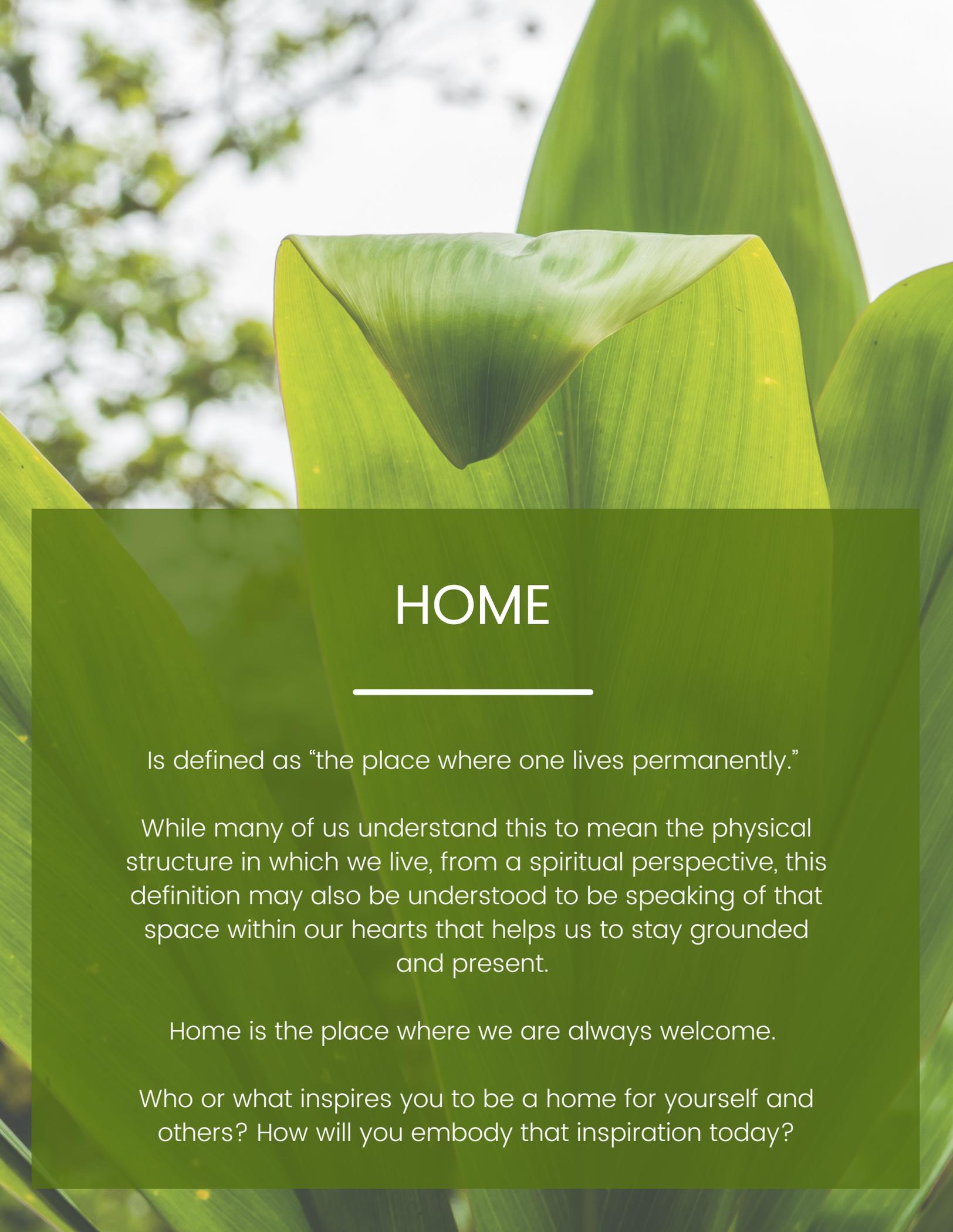
Adoption happens in big ways and small.



DETOUR (ALA KĀPAE)

It can be easy to get used to our predictable routes and routines. Sometimes, life throws us an unexpected curve ball in the form of a detour - “road closed to through traffic”.

And sometimes, when we are forced to “slow down”, when we are compelled to detour, we are offered an opportunity to receive unexpected gifts and blessings and we discover that there is more than one path that will lead you to where you are going.



HOME

Is defined as “the place where one lives permanently.”

While many of us understand this to mean the physical structure in which we live, from a spiritual perspective, this definition may also be understood to be speaking of that space within our hearts that helps us to stay grounded and present.

Home is the place where we are always welcome.

Who or what inspires you to be a home for yourself and others? How will you embody that inspiration today?



UNIQUE (LAHA'OLE)

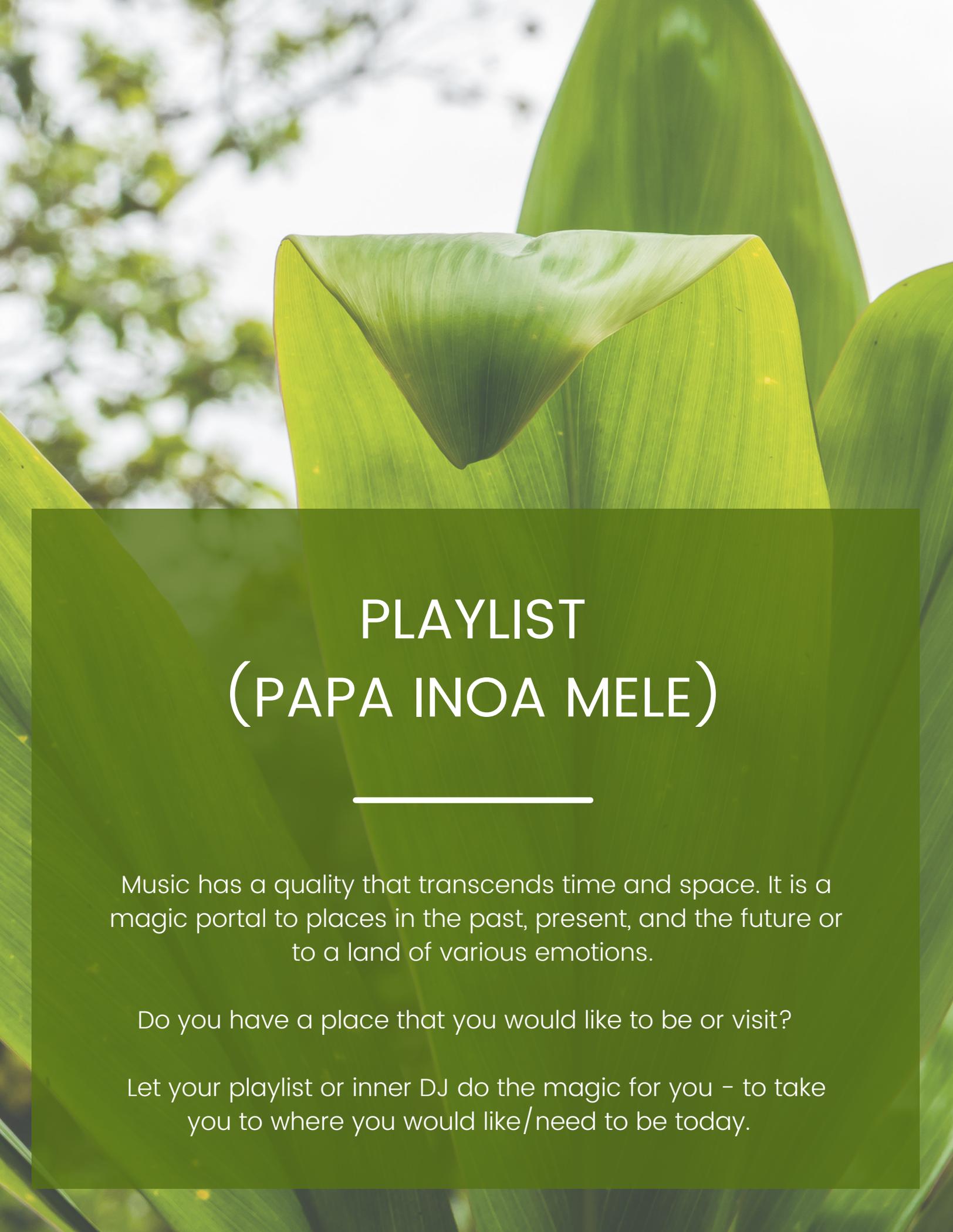
There are 7.8 billion people in the world, and only one of them is you! You are a unique and wonderful gift to the world. Live boldly, love fully, and allow the world to revel in the uniqueness of you!



MIRRORS (ANIANI KŪ)

Your relationships are mirrors which reveal who
you are.

Reflect on this truth, and gain insight into yourself.



PLAYLIST (PAPA INOA MELE)

Music has a quality that transcends time and space. It is a magic portal to places in the past, present, and the future or to a land of various emotions.

Do you have a place that you would like to be or visit?

Let your playlist or inner DJ do the magic for you – to take you to where you would like/need to be today.



PALACE (HELE ALI'I)

Did you know Iolani Palace had electricity before the White House?

We may tour Iolani Palace and become struck with the physical beauty of the place; yet we must remember the people whose life, laughter, and heartache filled those rooms.

Whose memory stirs love within you?



GIFT (MAKANA)

Do you look at every human encounter as a gift? What a privilege it is to care for and serve others using our individual and collective gifts, using our individual and collective expertise, to provide such care.

You are uniquely gifted as is every person you encounter. See in the other his/her gifts. Look and listen to hear their stories and the gift becomes ever richer.



KEEP ON (KĀMAU)

Remember the movie, Finding Nemo?

Sometimes a simple message can speak volumes.

“Just keep swimming”.



SILENCE (HO'OLA'I)

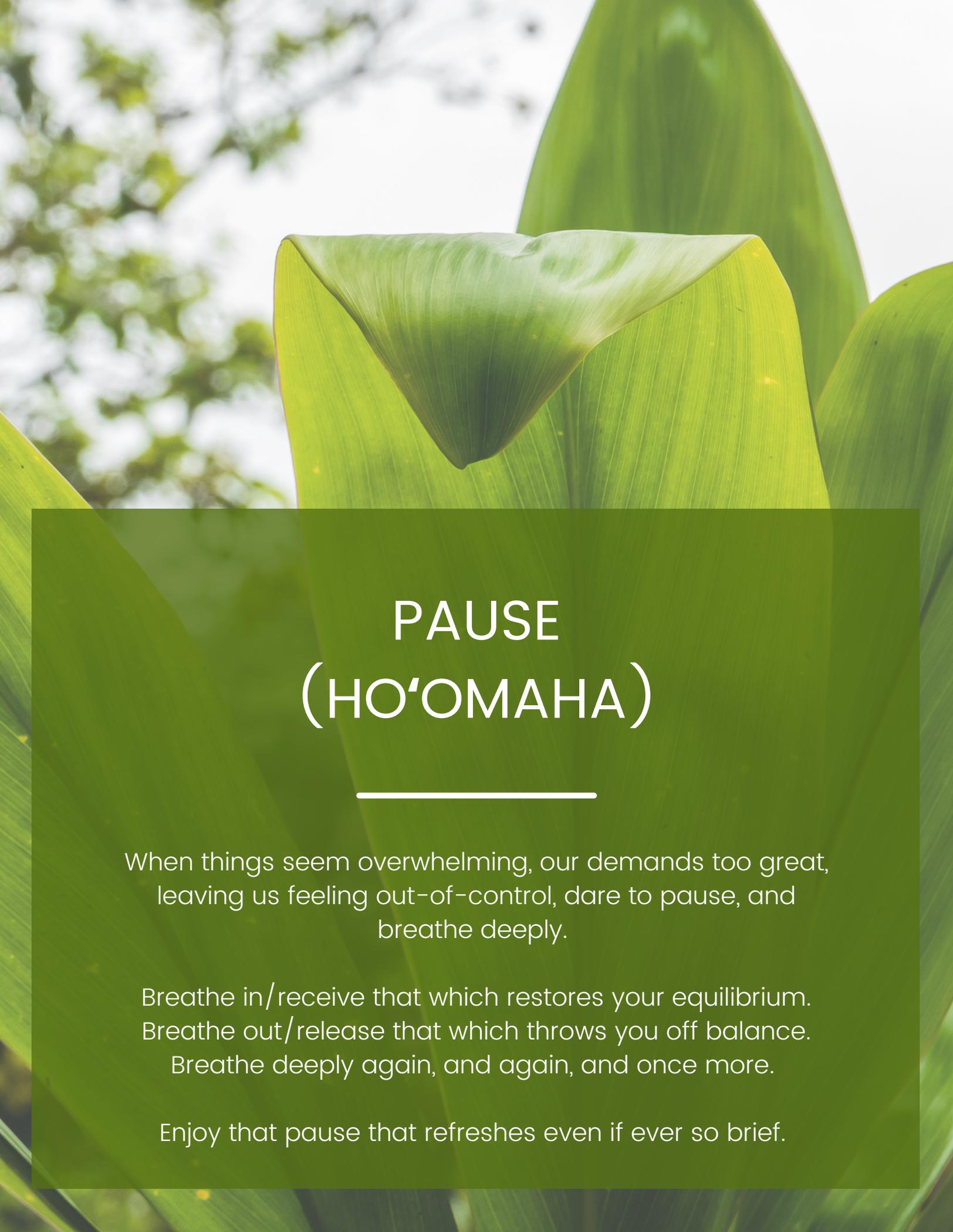
May we know when our silence is
more valuable than our words.



CARE (MĀLAMA)

Care connects one with another in a special way.

May you go about your respective vocations building relationships as you connect with and care for others.



PAUSE (HO'OMAHA)

When things seem overwhelming, our demands too great, leaving us feeling out-of-control, dare to pause, and breathe deeply.

Breathe in/receive that which restores your equilibrium.
Breathe out/release that which throws you off balance.
Breathe deeply again, and again, and once more.

Enjoy that pause that refreshes even if ever so brief.



COMPOSE (HAKU)

Often when we think of composing, we think of musicians and other forms of artistry.

In some ways we all compose. In conversation. In how we choose to decorate our home. In creating a new meal from leftovers in the fridge.

What deeper meaning might these compositions hold for us?



PANORAMA

Take a pause for a moment and enjoy the panoramic view that surrounds you. We are able to enjoy this beauty when we slow down from life stresses.

However, when we speed our pace of life, our vision becomes narrower. The view from your left and your right becomes a blur.

Give yourself time this week to slow down, breath and enjoy the beauty that surrounds you.



GRIEF (‘EHA‘EHA)

Grief is the natural outcome of something we care for and love being absent from our lives.

So much of the time we seek to make grief "better", but it is worth remembering we grieve because we care, we love, we are connected.

In this time when we are grieving changes and loss that none of us ever expected let us look into the grief and remember the love, care, and connection at its heart.



OPPORTUNITY (MANAWA KŪPONO)

This crisis continues to give us
opportunities to learn and grow.

Let's not let any get away!