



Dear Pacific Health Ministry ‘Ohana,

With summer in full swing, it is an appropriate time to reflect upon the past several months as we embrace a new day. At PHM, we understand that there is still much to be done to ensure communal healing and restoration. Retrospectively, the COVID-19 pandemic has profoundly challenged us all. This tragedy, which has blanketed our society with grief and uncertainty for more than a year and a half, highlights the great need for our work. Since our inception, we have held

firmly to the belief that the greatest assets we can offer are faith, hope, love and unity. I remain in awe over the many ways in which the community has supported our staff and made the spiritual and emotional care we provide to others immeasurably invaluable. Thank you!

On behalf of our Ohana, we wish you a continued joyous and safe summer. We want to assure you of our Chaplains’ dedication in supporting you during this critical point in history. As we have always done, we continue to rise to the occasion graciously and remain enthused to be a part of the solution in every way possible. It is our hope that in this ‘New Day’ you will experience a renewed sense of peace.

As the dust begins to clear from all the challenges the COVID-19 pandemic has brought all of us, may we all breathe a sigh of relief in looking onward, knowing the profound opportunities that lie ahead tomorrow.

With Hope,
Rev. Anke Flohr, Executive Director

Healthcare Facilities Served

Kapi’olani Medical Center for Women & Children

Chaplain Bora Kim
Chaplain Utufa’asili 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 Fabian V. Tafuna
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 Charles “Chuck” Card
Chaplain Nathan Kohashi

Pōhai 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 Julienne Barber

**Words of Encouragement
Volume 3**

We are pleased to release the next 90 words in our Words of Encouragement Volume 3, which provides a word for each day.

Our group of contributors has encouraged thousands of healthcare staff and we hope they continue to uplift all of our first responders and essential workers.

To download and make a donation, visit here: <https://www.phmhawaii.org/words-of-encouragement-book/>



**Board of Directors
2020-2021**

Mernie Miyasato-Crawford

President

Ralph Aona

Vice President

Gerald K. Harbottle

Treasurer

Patricia Camero

Secretary

Directors

Mimi Harris

C. Mike Kido

Preston Lentz

Michael Magaoay

Scott Makuakane

Bert Sumikawa

Alice Tucker

WORTHY
(KUPONO)

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.



A Message from the Board of Directors | Mernie Miyasato-Crawford, Board President

On May 17th of this year, our community lost one of its guiding lights, the Rev. Yoshiaki Fujitani, who passed away at the age of 97 in Honolulu. I was privileged to know Rev. Fujitani both as a visionary leader of our Jodo Shinshu Buddhist faith, and as a dear friend and contemporary of my parents.

After proudly serving in the US Army during World War II, Rev. Fujitani graduated from the University of Chicago and Kyoto University. He earned his Kyoshi Certification (Ordination) in 1956 and served until he formally retired in 1993. His extraordinary life and achievements are well-documented and testify to the lasting impacts he made above and beyond his 'official' duties as a Jodo Shinshu Minister and as the 11th Bishop of our Honpa Hongwanji Mission of Hawaii (HHMH).

Thoroughly grounded in the fundamental Jodo Shinshu teachings of interconnection, compassion, selfless service, and acceptance, his vision focused on a broader horizon, evident throughout his long life passion and commitment to reach across traditional faith boundaries.

His bold ideas sparked interfaith dialogue and action, including the Buddkyo Dendo Kyokai Interfaith program at Chaminade University, the Interfaith Alliance of Hawaii, and the Hawaii Association of International Buddhists. As Bishop, he sought to expand HHMH's outreach to benefit the wider community, establishing the "Living Treasures of Hawaii" program, and Project Dana, a non-profit agency providing interfaith volunteer support to frail elders, disabled persons, and their caregivers.

In this enriched ecology of ecumenical fellowship and scholarship, Pacific Health Ministry (PHM) found its way – initially as "Interfaith Ministries of Hawaii." PHM's founding Director, the Rev. John Moody, along with the Rev. Glenn Harada, the Rev. Shigenori Makino (of HHMH), Sister Joan Chatfield, Rev. Dr. David Hiran, and so many others from different faiths or sects, came together to create PHM within this space. Subsequent HHMH Bishops to include our current Bishop Eric Matsumoto, continued their strong support of PHM by participating and collaborating in interfaith educational forums and training and representing on our PHM Board in the Rev. Bert Sumikawa. Rev. Fujitani will be sorely missed, but his legacy and influence continue to be evident - every day - in PHM's genesis, mission, values, and work.

Dr. Mary Bitterman, a person of distinction with an incredible resume of community service in her own right, described Rev. Fujitani's unique influence best when she recently wrote:

"Seldom does one find a person of such wisdom, grace, compassion, integrity, and adventurous spirit. I will always remember how Bishop Fujitani developed a special relationship with other religious leaders – Anglican Bishop Edmond Browning, Catholic Bishop Joseph Ferraro, and Rabbi Julius Nodel. He was one of the most committed persons to tolerance and mutual respect. He had an abiding passion for human rights and was bold in speaking out on issues when many other people in leadership positions remained quiet. . . We shall not soon see his like – he was a 'truly perfect, gentle knight.'"

With grateful hands together In Gassho, you will forever be remembered, Rev. Fujitani.

Mahalo,
Mernie Miyasato-Crawford, LCSW (Retired)
Board President



Finding Magic in the Music | The Life of Chaplain Charles “Chuck” Card

“Music is a universal language of the heart,” words eloquently expressed by Chaplain Charles “Chuck” Card in PHM’s weekly “Bits of Encouragement” newsletter. Perhaps in telling his narrative, it is most effective to begin his story in this way; the quote a testament to a childhood spent growing up in a household that music brought to life. Born in Japan, Card fondly recalls memories spent with his father, who played the accordion, banjo, harmonica, and mandolin. His early adolescent years serve as the blueprint that would inspire a life dedicated to healing through music. His work is born from the very philosophy with which this profile opens. If spiritual restoration is the goal, music is the means through which it is most effectively achieved, one ukulele strum at a time.

Chuck undoubtedly paints music with a kind of reverence most intimately understood by those who have benefited most from its potential to heal. It possesses a sort of uncanny ability to vibrantly define moments in our lives that time refuses to let us forget. In fact, he recalls a particularly influential moment with Kosuzu, the first seat guitar player of the NHK band, NHK being Japan’s public broadcaster. After he and his mother sparked up a friendship, Kosuzu invited a young Card to visit him in the studio. During this time, the impressionable future Chaplain would subconsciously commit himself to a lifelong attachment and interest in the arts after being handed a guitar.

After his father, a Chief Warrant Officer, retired from the Army, his family would relocate to Oahu in 1966. Around the age of eleven, Chuck would find his initial time in the islands marked by constant relocation, attending three different elementary schools within a year. Eventually, he would find a home in the Waipahu school district where love and passion would reign for music, particularly its performance, playing the trumpet as a high school band member. Furthermore, in 1972 he was notably a part of the OIA half-time show when his school’s football team became the reigning champions.

While blossoming as a budding musician, he notes that he also “came alive” spiritually during this period. After attending a Five-Day Bible Club for the first time, Chuck would begin to find that his longstanding feelings of emptiness disappeared. As he explains, “I [always] enjoyed studying spiritual things. Spirituality gave me a purpose and meaning I never felt before. Prior to my religious experience, I felt something was missing in my life.” While faith most certainly gave way to a sense of fulfillment, it would also cultivate a sense of purpose. After graduating high school, he would attend Leeward Community College (LCC) and ultimately graduate from the University of Hawai’i.

In a move that would forever change his life, Card, while taking a speech class at Leeward Community College, would be presented with the opportunity to improve his grade and give an impromptu address about religious faith. While initially skeptical based on the professor’s intimidating demeanor, he eventually decided to give it a try. The result would be widespread praise from his professor and classmates that would ultimately, as Card notes, give him the validation and “confidence I needed to pursue a spiritual career leading me to [becoming a] chaplain.” With destiny making its mark in his life, Card would aim to become an Army Chaplain inspired by his mother’s encouragement.

He fondly recalls the opportunities of travel and diversity of experience during his over twenty years in the military. Serving across different continents, he would provide “spiritual care for soldiers, families, and communities [while conducting] chapel worship services” in Germany. His time serving in the states, particularly Fort Jackson, South Carolina, and Fort Hood, Texas, would serve as pioneering examples of the gratification that comes from spiritual servitude. While his station at Fort Jackson would call him to assist the most vulnerable, basic trainees grappling with adjusting to military life and expectations, the commonalities between his service here and Fort Hood are undeniably important. What is perhaps most significant about these two locations is the demonstration of how powerful religion is in regards to encouraging collectivism and spiritual restoration, especially across diverse communities.

Chaplain Chuck is particularly appreciative to PHM for its assistance in transitioning from military to civilian life. Through PHM, Card not only received hospital training through the CPE program and job opportunities but has found a way to merge his two passions: being a religious and musical resource. Discovering his love for playing the ukulele fifteen years ago and inspired by Sonny D’s spiritual reverence for the instrument, he currently conducts musical classes in which he performs and participates in a sort of culturally attuned healing with those in need. Strumming classics like “Let it Be,” “Que Sera Sera,” and “Over the Rainbow,” Chuck innovatively ushers in, and caters to, the spiritual needs of even the most religiously unfamiliar . . . one melody at a time.

Understanding Medical Ethics

To understand the inherent nature of medical ethics, one must first explore its functionality. Designed to prioritize a patient's rights, it defines a standard one must follow to ensure the continued centrality of a patient concerning their care. In this way, one then understands that ethical guidelines require a great level of objectivity, introspection, and empathy as the desires and wishes of the individual remain paramount.

The question may remain as to the role ethics serves in the religious sector. The answer is quite simple. The qualities previously described intersect and deeply embed themselves into the very fabric of chaplaincy. As a result, the strong connections between these two worlds lay themselves bare upon a deep and meaningful exploration of both spheres.

In speaking to an audience that remains profoundly knowledgeable about spiritual care, the hope becomes that in understanding medical ethics as a whole, one is inspired to explore the subject matter further. Therefore, this formal, albeit brief introduction is perhaps most appropriately begun with the four principles of ethical decision-making: autonomy (the right of the patient to make decisions on their own accord), beneficence (responsibility to do good), nonmaleficence (the commitment to do no harm), and justice (fairness). As Chaplain Thomas Hong explains, "in our field of work, we genuinely embody these principles. As chaplains, the focus becomes humanizing the patient and providing the best care."

Imagine you are charged with aiding 57-year-old Tom, who is a widower. He has recently experienced a dramatic weight loss, a total of 22 pounds, unattributed to a decrease in food intake or an increase in an exercise regimen. As a result, he undergoes diagnostic testing. His evaluation ultimately reveals that he suffers from stage 4 pancreatic cancer, and his prognosis for five-year survivorship is grim. Despite these odds, Tom is offered an array of medical treatments. While these efforts would not prove to be life-saving, they could extend his life expectancy.

Tom's children Rita and Junior are adamant about their father's ongoing care, and urge him to continue the good fight. However, Tom's own beliefs about his condition leave him skeptical about the practicality of doing so. At this point, he decides to seek out the counsel of one of PHM's chaplains serving at Queen's, who happens to have ethical training. Describing himself as "spiritual as opposed to deeply religious," Tom expresses acceptance of his current state and embraces the idea of reuniting with his wife in the afterlife. He asks the chaplain to join him in discussing his wishes with his family, which the latter enthusiastically agrees to. A situation like this is where one's medical ethics foundation comes in handy.

What does one do in a situation like this? Despite Tom's adamancy in defining his treatment, his family is persistent in prolonging the life of their loved one. In this case, there are two opposing agendas. As an ethical consultant, one is trained to assess and deal with conflicts just like this. Medical ethics education provides the tools and know-how to practice fair-mindedness. As a whole, one is encouraged to offer recommendations to ensure the patient's rights and liberties aren't infringed upon.

With the natural ability to listen and empathize, chaplains are perhaps in the greatest position to fulfill these roles. In conjunction with the skills developed as a religious leader, an ethics background allows one to quickly identify what must be prioritized in this instance--Tom's wishes. In speaking with the family, it would be helpful to encourage open and honest dialogue while compassionately championing Tom's voice. It is never easy to grapple with losing a loved one, but failing to respect and uphold the patient's wishes is a far greater tragedy. The goal may not always be in complete agreement but instead increased understanding. While Rita and Junior never fully accept their father's decision, they ultimately choose to respect the conclusion he has come to as his life is most drastically impacted in this process.

In taking the initial step of being an active and willing student of medical ethics, one becomes a more considerate and well-advised member of a larger team. While the foundations of medical ethics are sprouted throughout the DNA of religious servitude, there is a plethora of insight the rigorous educational pathway to becoming an ethics consultant provides. A medical ethics committee, distinguished by interprofessional collaboration, regularly extends a welcome to residents and staff alike. Allowing the former to sit in on monthly committee meetings encourages dialogue regarding the role ethicality plays in the everyday decision-making process of all who serve as the heartbeat of hospital functions. As Chaplain Al Miles notes, "ethical decision-making is about leaving egos at the door" and working together.