

Fall 2012

Volume 15, Issue 13

Koinonia

West Oahu Christian Church
Stan Miyamoto, Pastor
Office/Fax: 808-671-0699
Email: stanmiyamoto@gmail.com



I am Thankful for ...

Worship Services:

Japanese Worship /
Bible Study

9:15 AM – 10:15 AM

English Worship

10:45 AM – 12:00 PM

Sunday School:

English Adult Sunday
School

9:15 AM – 10:15 AM

Children's Ministry:

Breakfast Program

8:45 AM – 9:15 AM

Children's Church

9:15 AM – 10:30 AM

Children's Activities
Program/Child Care:

10:30 AM – 12:00 PM

Upcoming Events:

Joint Thanksgiving
Service & Luncheon

November 18

Congregational
Meeting

December 2

"Come to me, all you who are weary and burdened, and I will give you rest." -
Jesus Christ, Matthew 11:28

Honestly, it was unexpected. Our Fall sermon series on Stewardship has drawn more positive feedback than I expected. What I thought would be a mundane and foundational series has stirred the pot of responsibility. The topics of Faith, Priorities, and Health (Rest, Emotional Health, Diet, and Exercise), that we've covered so far, are as important to the congregation as they are to me! It was a series I wanted to preach on for a long time, and thanks to the Leadership Coaching I have been going through, I finally found the courage to do so.

In 2003 I suffered a burnout. It was altogether different from all prior "burnouts." Life was *extremely* hard. At work, picking up the phone to call a ministry leader, as I had done countless times before, was like lifting a lead weight. At the end of the day, I had to force myself to go home, and once there, pray deeply and summon the courage to get out of the car and go into the house. I lost interest in all of life. Even going to the beach was without joy. I often felt that it would be best to just die. I stopped exercising, and became addicted to the Icee Float from McCully Zippy's (I tried them all over the island, and it had to be that one!) In worship settings, I stood there like a zombie, totally unable to engage. I put on nearly 20 lbs and watched muscles wilt. I felt like *everything was hopeless*; that things would *never change*. I was suffering from depression.

I am **thankful** for my physicians who helped me via medication, my psychologist who helped me distinguish the truth from the lies of depression, and my spiritual director, who helped me see with crystal clarity through that dark season, where God was. I am grateful for faithful friends who did not abandon me, because to them, relationships were more important than tasks. Finally, I was able to put on my shoes and walk around the neighborhood for my first "exercise" in years. I walked for 10 whole minutes! Okay, you can laugh, but for me, it was a start!

It's funny ... as I write this, even to me, it sounds like an exaggerated, made-for-Hallmark story. But as anyone who has gone through something similar knows, this does not describe the half of it! Without a doubt, this is why the subjects on stewardship are not merely theoretical to me ... and others.

Here is the kicker. I first noticed the symptoms of burnout in January ... right after a *very "successful" holiday ministry season*. Ironic, isn't it? But not surprising, huh? Today, I wonder if Jesus would call it "successful."

This Thanksgiving I am **grateful** for my health and God's good plan to keep me healthy. Sadly I haven't always followed His ways. As you walk with Jesus in the jungle of life, may you find His rest.

In His Love, Stan

Fellowship Report by Tena Ponder Thacker



Once again we held our WOCC picnic at Nimitz Cove beach located in Kalaheo. What a pleasant way to spend Labor Day in fellowship with our church family! Of course we missed those who could not attend because they add such "flavor" to our gatherings. Next year, God willing we look forward to spending time with everyone.

In anticipation of having a lazy and relaxing day everyone brought their own lunch (and some to share). And there were many mouthwatering desserts available to please all palates. Thanks to Lionel Sakamoto and Fusako Miyamoto we enjoyed delicious shave ice of many flavors, yum! No picnic would be complete without watermelon and we had plenty of the sweet and refreshing locally grown fruit. We are so very blessed to live in a place that can provide such fresh and tasty fruit.



Several small groups volunteered to organize and oversee our fun activities. Young and young at heart both enjoyed the fishing contest. There were two new games this year; the bingo tent was a big hit, and Frisbee golf was a challenge, with the wind gusts, but the teams were having a great time and the spectators, great laughs! Thank you to all hands especially the D. Miyamoto, Wong and Kawai small groups for providing such enjoyable activities. And thank



you to all who provided prizes for all participants. The blessings were many. For those that just wanted to swim the cove is a safe place to enjoy the water.



The church picnic is an opportunity for us to relax, fellowship and share the love of Christ. I hope to see you all next year!

Evangelism Report by Jeanne Nagatani

This past summer, our church was not able to have a Vacation Bible School (VBS) for the children of our church and neighborhood. We were fortunate; however, to be able to tap into the resources of Child Evangelism Fellowship (CEF); an organization that we support through our church's Missions Fund, and provide a week of activities during the fall school intersession which occurred October 1st through October 5th.

(continued on next page) ...



Evangelism Report (continued)

We made arrangements with CEF to schedule what they call the 5 day club, which is similar to a VBS, but on a smaller scale. We were able to do small-kine crafts with the children and serve them a light lunch, after which they were excused to go home. We had a total of 39 children participate in this session.



We were unprepared for the blessing that we have received, as several of the children accepted Jesus into their heart. Praise God that Pastor Stan was there to help us.

A special thank you to all who helped with the 5 day club whether by preparation, "hands-on" or through prayers. Our children will never be the same with experiences such as this.

Due to your generous offerings, we are able to reach our children and help them to understand that Jesus is for everyone and that the only way to heaven is through Him.

We must continue to strive to reach our children regardless of who they are, where they come from and no matter what age, whether 5-100. We also must strive to continue to be more childlike, to trust and obey Jesus with humility.

Jesus said,
"Let the little
children
come to me,
and do not
hinder them,
for the
kingdom of
heaven
belongs to
such as
these."

Matthew

Putting on the Full Armor of God by Joan Doi

Hup! Two, three, four
Such were the sounds of feet galore.
Marching to the tune of "The Lord's
Army"
Ready to battle the enemy!



Throughout the month of August, the children in Children's Church were busy learning to equip themselves for the new school year ahead by putting on the full armor of God. As they worked on their armor, they learned about the protection each piece provides. The Helmet of Salvation, the Breastplate of Righteousness, the Belt of Truth, the Sword of the Spirit, the Shield of Faith and the Shoes of Peace are what the apostle Paul said is necessary to fight a battle ... "not against flesh and blood but against the spiritual forces of evil." (Ephesians 6:12)

Our children are growing up today in a world that has changed drastically. Violence, gang warfare, the trafficking of drugs, prostitution and child pornography and, sadly, the breakdown of the family, have all contributed to the unraveling of the moral fiber of our society. The battle is truly for the hearts and minds of our precious children. We added to the armor the power of prayer for our armor is most effective when we are in communion with our Commander In Chief – God Himself! For "If God is for us, who can be against us?" (Romans 8:31)



Please be in prayer for our children that their lives may be securely in God's hand and that they may be able to meet the challenges life will bring their way.

WEST OAHU CHRISTIAN CHURCH

94-420 Farrington Hwy
Waipahu HI 96797

RETURN SERVICE REQUESTED

Nonprofit
Organization
U.S. Postage
PAID
Pearl City, HI
Permit #39

Prayer Requests:

Individuals:

- **Rev. Yuji Nakamura** had successful surgery this past summer, but recovery will take a long time. Please continue keep him in prayers.
- **Tomi Doi's** kidney transplant surgery was a success, but recovery will take time. Please keep her in your prayers.
- **Robert Young's** brother had a heart attack and is being treated at Kaiser.
- We all miss Sharon Ann Horita, but none as much as her husband **Harry**. Please lift him up during this dark season.
- **Jane Ishikawa** continues to heal from a broken arm and leg due to a fall in August. Praise to Lord that she is able to attend church again.
- Praise the Lord that **Kohko Uyemura** and **Kazuko Turner** have recovered from their colds.

WOCC and OMS Conference Activities:

- We took a break while Pastor Stan was on sabbatical. Please continue to pray for God's leading in the development of our new By-Laws for WOCC
- Please continue to lift up the transitions in the Conference leadership structure.

If you would like to list or change your prayer request, please contact Stan Miyamoto: via a note, or e-mail at stanmiyamoto@gmail.com

"Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it."

John 14:13-14

We're on the Web!

See us at:

www.wocc-hi.org