

Weekly Bulletin

January 20/22, 2016

Sunday, January 22, 10:00 am

“Living by Liberal Faith” by Rev. Dr. Jay Atkinson

Paul Rasor says that liberal religion “is not for the faint of heart,” suggesting that UU offers a challenging pathway! It's one thing to profess liberal beliefs, but what does it mean to live by liberal faith in today's world, to represent our UU tradition in our communities, and to be faithful to our mission? How do we help one another live up to that ideal? Worship Associate: Richard Valasek.

FUCH/ ADORE Fundraiser/ Performance MONEY TALKS: But What the Hell is it Saying?!

This Saturday NIGHT. One night only! There is a church fundraiser/ performance I wanted to make sure that all of you know for the Church and ADORE!

This show is appropriate for the whole family! Early bird tickets are available through Friday at a steep discount via the link below. Yes, we take credit cards! If you want to buy ticket on the day of the event, the tickets will be full price.

<https://www.eventbrite.com/e/money-talks-but-what-the-hell-is-it-saying-tickets-30973777402>

First Unitarian Church of Honolulu presents: **MONEY TALKS: But What the Hell is it Saying?!**

A fundraiser for A.D.O.R.E. (A Dialogue On Race and Ethnicity)

Two Local Women Artists, a Generation Apart, Create a Musical to Understand the Real Meaning of Success, Failure, and Self-Worth.

When 37-year-old international singer/songwriter Lucie Lynch met 60-year-old international author Marcia Zina Mager they were both grappling with issues of money and self-worth. They decided to channel their frustration into a Broadway musical. That 18-month journey eventually transformed into a brazenly honest and personal musical play chronicling the ups and downs of their intensive collaboration: MONEY TALKS: But What the Hell is it Saying?! is a funny, serious, and intimate conversation that includes scenes and songs from their Broadway work-in-progress. MONEY TALKS explores one of the most profound questions of the 21st century: Am I inherently worthy?

The show debuted at the 2015 International Oahu Fringe Festival, breaking box office records and went on to win the 2016 Audience Choice Award at Iao Theatre on Maui. MONEY TALKS continues to impact diverse audiences, from educated theatre goers to drug rehab residents to the entire Women's Community Correctional Center. MONEY TALKS has also been offered as a fund-raiser for many Oahu churches including Unity Diamondhead and Calvary-By-The-Sea.

Youtube Trailer <https://www.youtube.com/watch?v=W9yOfvILJfE>. (*Russell Castagnaro*)

ADORE Meeting - Sunday, Jan. 22 at 12:00 noon

This is a reminder to all about the next ADORE (A Dialogue On Race and Ethnicity) meeting, which will take place in the UU Church Sanctuary after 4th Sunday Lunch on Sunday, January 22nd, 12:00 noon - 2:00pm. Previously, we have started our meetings at 12:30pm. However, this time we will start 1/2 hour earlier to make it easier for the many who don't wish to wait so long after finishing lunch.

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Last April, we delved deeply into the concept of "microaggressions." As an anchor for discussion, we used the definition which was developed by Dr. Derald Wing Sue: "Microaggressions are brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory or negative slights and insults." After our discussion in April, several people mentioned that it would be very helpful to learn some hands-on tools for being an ally when a microaggression is witnessed. So, that is what we have planned for next Sunday's meeting.

We will watch a webinar that was designed to teach tools for dealing with microaggressions. There will be a couple opportunities during the course of the webinar for "practicing" the techniques by writing down ideas generated by given scenarios. So, PLEASE bring paper and pen or pencil for this purpose. By the end of Sunday's session, everyone will feel much more confident in acting as an ally when witnessing a microaggression!

The 1/22 ADORE meeting is open to everyone. There will be childcare offered and teens are welcome. Please join us in learning these very important tools so that we can all take action and be effective allies to those who experience microaggressions.

Allison Jacobs and I, Jill Rabinov, look forward to seeing you at our meeting on Sunday. If there are any questions, please contact us at adore@unitariansofhi.org. (*Jill Rabinov*)

THIS SUNDAY: Organizational Meeting for Club Safe Haven Volunteers...

Thank you for volunteering to help produce the Safety Dance at Club Safe Haven.

This fundraiser scheduled for Saturday, April 29th, is chaired by Ron Brasher who was the creative force behind Bombay Dreams, in 2010.

Sunday, January 22nd, after lunch, we will have an organizational meeting of all the volunteers and anyone who is interested in volunteering. Ron will tell us of the progress already made and ideas for going forward.

Come with your questions, ideas and imagination. We need your help. **For more information contact Ron at rdenesha@gmail.com.** (*Charlotte Morgan*)

WORSHIP PROGRAM

Communication, Coordination, Community!

Contact: Jim Cooper, Worship Coordinator | jim.c.cooper@gmail.com or Martina Queenth, Worship Team Chair | martinaq@juno.com | 808-595-4047

Suggest a Guest!

Contact: Martina Queenth, Worship Team Chair | martinaq@juno.com | or Jim Cooper, Worship Coordinator | jim.c.cooper@gmail.com | 808-595-4047

Your Worship Team welcomes ALL suggestions for Sunday morning guest speakers, and PLEASE NOTE that the Worship Team must consider all speakers plus the Worship Calendar before any offers are made! Please contact the Worship Team first with all guest speaker suggestions, it's the right way to Suggest a Guest! (*Martina Queenth*)

Host a Minister in Residence!

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How would you like to get to know our Ministers in Residence better? Do you have a spare room, apartment or house available? If so, please consider hosting one of our upcoming Ministers in Residence! If you would like to volunteer your space or would like more information, please contact our Worship Coordinator, Jim Cooper jim.c.cooper@gmail.com or leave a message with the Office at (808) 595-4047. *(Jim Cooper)*

Worship Team – February 2017 – All Visitors Welcomed

NEXT MEETING: Wednesday, February 1 | 6:00 – 7:30 pm | Fred Harper

Contact: Martina Queenth | 808-595-4047 | martinaq@juno.com

The Worship Program of the First Unitarian Church of Honolulu provides inspiring and compelling worship experiences that sustain us emotionally and intellectually; inform everything we do as a Church; and enlist members in the cause of our Mission, inspired by our Principles, boldly to grow Compassion, Justice, and Joy. Please contact Jim or Martina or see <http://www.unitariansofhi.org/worship> for more information about the Worship Program at First Unitarian. *(Martina Queenth)*

Future Shaper Initiative Next Meeting Sunday, Jan 22

Thanks to everyone for the lively and stimulating Future Shaper conversation circles last Sunday. For those who missed it, you will have another opportunity this Sunday, January 22, when we will discuss **Social Justice** and **Sense of Place** (one circle for each topic).

Conversation Circles are lively brainstorming sessions using Appreciative Inquiry to respond to this guiding question:

"Imagine it is the year 2018 and the Unitarian Universalist Association has just recognized First Unitarian as a "Breakthrough Congregation;" that is, a congregation that has achieved significant and sustained numerical growth. What is happening in our our First Unitarian Social Justice program or our Sense of Place that helped us earn this honor?"

Our goal is to craft a set of Statements of Aspiration for each theme.

Please join us as we continue our quest for the church of our dreams. Child care available.

The Future Shaping Task Force: Jim Cooper, Hilka Easterwood, Allison Jacobs, Susan Lebo, Jerry Matiatos (co-chair), Al & Molly Rowland, Bill Scarvie (co-chair), Jim Skouge. *(Bill Scarvie)*

SOCIAL JUSTICE PROGRAM

Responsible and Effective Social Action!

Contact: Steve Lohse | 808-595-4047 | slc@unitariansofhi.org

Two Prayer Vigils for Climate Action – January 20 and 24

WHEN: Friday 1/20 | Tuesday 1/24 | 5:00 to 7:00 pm

WHERE: Church of the Crossroads | Weaver Hall | 1212 University Ave.

CONTACT: Chuck Burrows | chuckkb@gmail.com

Faith communities nationwide will host prayer vigils during the first 100 hours of the new administration to show spiritual and moral support for effective climate action. PLEASE JOIN

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US as we apply faith-based resources to environmental stewardship! Plenty of parking available. Co-sponsored by the First Unitarian Church of Honolulu. (*Steve Lohse*)

Honolulu Women's March and Rally – January 21

WHEN: Saturday, January 21, gather at 9:30 am

WHERE: Ewa lawn of the State Capitol | look for Planned Parenthood

This Honolulu Women's March and Rally will show solidarity with the Women's March in Washington, D.C., standing together with our partners and children for the protection of our rights, our safety, our health, and our families, recognizing that our communities are the strength of our country. See

<https://www.evensi.us/womens-march-on-washington-oahus-page-honolulu-hi/193201992> for more information. Planned Parenthood has invited us to join them for this march – together, we are stronger! (*Marshall Heaney*)

Planned Parenthood Action Forum – January 24

WHEN: Tuesday, January 24 | 5:30 to 7:30 pm

WHERE: First Unitarian Church of Honolulu | 2500 Pali Hwy

CONTACT: Ashley Gandiza | ashley.gandiza@ppvnh.org | Office 808-954-4746

It is time to hold newly elected officials accountable for supporting women's health, and we can't do this without YOU. At the forum, we will evaluate Planned Parenthood's National Agenda, engage and deepen local support and leadership, and develop strategies for reproductive freedom and community partnerships. Refreshments and materials will be provided. Please RSVP to Ashley, see you there! (*Steve Lohse*)

Fifth Sunday Worship and Teach-In – January 29

WHEN: Sunday, January 29 | 10:00 am Service | 11:30 am Teach-In

WHERE: First Unitarian Church of Honolulu with the Rev. Dr. Jay Atkinson

Following "Ecojustice and the Human Spirit" (Whence cometh our help?) with Rev. Jay at 10:00 am, with special Fifth Sunday collection for ADORE, please join us at 11:30 am for Rev. Jay's Teach-In, "UUs and Process/Relational Theology." Explore why Process-Relational Theology appeals so strongly to UUs, with plenty of time for Q&A and Fifth Sunday Hospitality by the Social Justice Council. (*Steve Lohse*)

Alternatives to Incarceration – February 1

WHAT: Community Justice Dialogue, "Alternatives to Incarceration"

WHEN: Wednesday, February 1 | 6:00 pm to 8:00 pm

WHERE: First Unitarian Church of Honolulu | 2500 Pali Hwy

CONTACT: Kat Brady | kat.caphi@gmail.com

The Community Justice Coalition (CJC) invites you to participate in its 2nd Community Justice Dialogue, "Alternatives to Incarceration," at the First Unitarian Church at 6:00 pm on February 1. Your voice is important! Co-sponsored by the First Unitarian Church of Honolulu.

"Art in the Afternoon" with Margaret Mann – February 28

WHAT: Karen Hampton Textile Exhibit | SPECIAL GUEST, Paula Cole Jones

WHEN: Tuesday, February 28 | 1:00 pm

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WHERE: Honolulu Museum of Art | 900 S. Beretania St. | (808) 532-8700

Textile artist Karen Hampton examines the African-American diaspora through her personal and ancestral narrative, from her family's colonial past to her present experiences as a person of African, Caribbean, and American descent. YOU ARE INVITED to join Margaret and special guest Paula Cole Jones for a guided tour of Karen Hampton's textile art at the Honolulu Museum of Art on February 28. Don't miss this!

LegeWatch 2017 – January 18 through May 4

YOU ARE INVITED to help watch the 2017 State Legislature to affirm and promote UU Principles in the political arena. As a Church, our major concerns include matters of Education, Environment, End of Life Choices, Reproduction Rights, Economic Equity, Affordable Housing, Criminal Justice, and Human Rights. If legislative action interests you, contact the Council. Together, our Voice is informed and effective! *(Steve Lohse)*

2017 Food Drive – March 12 through April 9

COMING IN MARCH, our annual First Unitarian Food Drive for the Hawaii Food Bank – \$3000 + 200 pounds of canned goods, we can do this! Hawaii's 287,000 Islanders in need include the elderly, families, children, those facing financial crises, and people of diverse ethnic backgrounds. Let no one go hungry in Hawaii. *(Steve Lohse)*

Social Justice Resolutions

IT IS TIME to review and renew our Social Justice Resolutions, last reaffirmed in November 2012. These Resolutions (see <http://www.unitariansofhi.org/sjd>) identify social justice concerns of our Church and must be renewed by the Congregation every five years. If you are interested in updating existing Resolutions or suggesting matters of concern for new Resolutions, contact Steve Lohse at sjc@unitariansofhi.org or 808-595-4047 for more info. *(Steve Lohse)*

Social Justice Council – February 2017 – All Visitors Welcomed

NEXT MEETING: Wednesday, February 8 | 6:30 – 8:00 pm | Gallery
Contact: Steve Lohse | 808-595-4047 | sjc@unitariansofhi.org

The Social Justice Council is the leadership team of the Social Justice Program of the First Unitarian Church of Honolulu. The Program as a whole engages our Congregation inwardly and our Community outwardly in responsible and effective social action. Please contact sjc@unitariansofhi.org or 808-595-4047 for more info about Social Justice at the First Unitarian Church of Honolulu. *(Social Justice Council)*

Opera Night Out

6:00 pupus to share (optional) | 6:45 DVD | 9:50 reset/pau

HOT 596-7858 BOX OFFICE | Streetcar Named Desire - Jan 27, 29, 31 | Three Decembers - Mar 24, 25, 26

Guest Artist: Frederica von Stade makes her HOT Debut | Tales of Hoffmann - Apr 21, 23, 25

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In October we saw C. Monteverdi's L'Orfeo Le Concert des Nations. L'Orfeo wasn't quite the first opera, but the consensus seems to be that it was the first that was any good. Some still hold it to be the greatest. Monteverdi was smart enough to choose just about the best story we have; indeed it's hard to imagine starting with any other. The tale of Orpheus is about many things, but principally it is a story of music and death – the meaning the former gives to our lives, and how it can assuage and even challenge the apparently meaningless whims of the latter. Music is the sound of articulated emotion; the sound of the sense humans make for a world without (for me, at least) intrinsic meaning, a meaninglessness that death incarnates. Orpheus is the renegade singer-songwriter par excellence: his musical prowess allows him to break the rules, again and again ... Then he has to pay the price.

By request, January 20, 2017 (THIRD FRIDAY) we will see Gluck's Orfeo Ed Euridice: Shirley Verrett, Anna Moffo, Judith Raskin (Renate)

A Streetcar Named Desire @ HOT JAN 27 / 29 / 31 @ NBC

Andre Previn's transformation of Tennessee Williams classic play. Set in New Orleans in the 1940s, Blanche DuBois arrives at the home of her sister, Stella, and husband, Stanley Kowalski after suffering the loss of her ancestral home and job. Skeptical of the story, Stanley grows infuriated by Blanche losing his wife's birthright, and sets out to reveal the truth behind the circumstance. The conflict between the two unfolds with tragic and violent consequence.

HOT's production stars Jill Gardner (Tosca 2013) as Stella and Ryan McKinney (The Dutchman 2015) as Stanley. Mark Morash conducts.

The New Year Brings New Chalice Circle Groups, Locations and Topics

Contact: Carla Allison | cbm@hawaii.rr.com | 3961488

Heather Lemkelde | hlemkelde@gmail.com | 4627860

Connect with others via deep sharing and deep listening while benefiting from being part of a caring community of Unitarian Universalists and friends. Always open to new members, Chalice Circles are 5-10 people who meet twice a month for two hours to explore preselected topics. Membership requires commitment to regular attendance twice each month through June 2017.

Want to find out how to become a participant? Become a Chalice Circle Facilitator? Host a group? Contact Carla or Heather.

Current Locations, Dates & Times

Hawaii Kai: 2nd & 4th Mondays @ 6:30 – 8:30 pm

Nu'uano: 2nd & 4th Tuesdays @ 10:00 am – 12:00 pm

Kailua: 2nd & 4th Saturdays @ 3:00 – 5:00 pm

Kaka'ako: 2nd & 4th Mondays @ 6:30 – 8:30 pm

Lower Manoa: 1st & 3rd Mondays @ 6:30 – 8:30pm (*Carla Allison*)

We Started the New Year with the Blues...

The UU Leeward Ohana Service on Saturday, January 14th, at 5:00 celebrated the life and times of Alberta Hunter, one of America's premier blues and jazz singer. When sung by Alberta Hunter, the blues became an anthem for hope, renewal and enjoying all that living can provide. As always, our UU Leeward Ohana Service was followed by our Famous, Fabulous

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Pot Luck & Fellowship. Thanks to Sylvia Himeda, Phyllis Keohohou, Linda Magee, Charlotte Morgan, Veronica Morgan, Clement Smith and Stephanie Teraoka.

Check out our website (www.uulohana.org) or contact Charlotte Morgan (uucharlo@gmail.com). (Charlotte Morgan)

4th Sunday Lunch Is Sunday...

We will **HAVE** 4th Sunday Lunch, January 22nd after the 10:00 Service. Our fabulous chefs Ron & Mark Brasher will be back with yet another fabulous Spaghetti Extravaganza after the 10:00 Service.

Come and volunteer. Come and enjoy. All proceeds benefit our Westside Campus, UU Leeward Ohana. (Charlotte Morgan)

Talk to The World.....

Social Media, especially Facebook is a way to get our message of love and acceptance out to large numbers of people. As of the third quarter of 2016, Facebook had 1.79 billion monthly active users. Imagine if even one percent took our UU message to heart.

You could post that you are going to Church, that the band was incredible, that the sermon inspired, that the lunch was amazing or anything else wonderful that happened to you at First U or at UU Leeward Ohana.

You can be a voice for **compassion, justice and joy** in cyberspace.

If you do not have a Facebook page, all you need is a smart phone or a computer. The sooner you start; the sooner you will be part of this amazing conduit for information. If ever the world needed our message of love and acceptance, it is now. (Charlotte Morgan)

Check Out UU Leeward Ohana...

Thanks to the phenomenal Ron Brasher, UU Leeward Ohana has a website, a FACEBOOK presence and a Twitter account. Our website is www.uulohana.org. Our FACEBOOK is uulohana and our Twitter account is #uulohana. (Charlotte Morgan)

Keep Up The Good Work!!!!

You are sending wonderful pictures with your Newsletter copy. Thank you for helping to make our Church Newsletter, *Kukui Lamalama*, more exciting. Pictures are always more effective than words in promoting what you do. Please continue to send your photos to fuch-newsletter-team@googlegroups.com. (Charlotte Morgan)

Paula's Coming Back...

Our latest, exciting ADORE news is that Paula Cole Jones will return to Hawaii and will give a sermon and afternoon workshop at our Church on February 26th!

Also, she is planning on participating in the TIAH (The Interfaith Alliance Hawaii) Open Table Panel on Tuesday evening, February 21st.

We are doing ongoing fundraising to cover Paula's expenses (\$2,000) and, so, checks made out to "First Unitarian Church of Honolulu" with "Paula Cole Jones" written in the note line would be very much appreciated.

ADORE (A Dialogue On Race and Ethnicity) was founded by Paula Cole Jones who gave a

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thought provoking sermon and workshops at First Unitarian in November, 2015. She continues to mentor us throughout our journey in examining issues around race as we continue to hold our regular meetings. (*Jill Rabinov*)

RON IS BACK...

Ron Brasher who brought us Bombay Dreams, one of our most successful fundraisers is planning another spectacular event.

We will have:

- Music
- Dancing
- Entertainment
- Free Child Care
- Gourmet Dinner
- Free Drink Tickets
- Live & Silent Auctions
- Madame V & Her Prophetic Taro Cards

You will be transported to upscale Club Safe Haven for the Safety Dance. (We are transforming the Sanctuary.)

We want to proclaim that our Beloved Church is a Safe Haven and we welcome all here.

How Can You Help?

Volunteer

Contact Ron for Volunteer positions we need to fill.

What We Need:

- Items for the Silent & Live Auctions
- Service Auction Contributions
- Wine for the Bar
- Sold Tickets

Our Goal

To net \$10,000 for our Church

The Essentials

Date: Saturday, April 29

Time: 5:30 to 10:00 pm

Tickets: \$60 per person which includes two free Beverages (Beverages include: Cosmos, Wine, Beer & Sparkling Water)

More Questions? Contact Ron at rdenesha@gmail.com.

Join Us. Have A Good Time While Doing Good. (*Charlotte Morgan*)

Yoga Class Offered January 25

Leana Levinsohn, ERYT-500, yoga therapist, and previous member of our church, will be visiting O'ahu and offering a gentle yoga class followed by a deep and healing relaxation practice called Yoga Nidra.

January 25th

5:30-7:00 pm

First Unitarian Church on the Pali, upstairs in the RE room.

All levels welcome, please bring your own mat, or a large towel, and any blocks or straps you'd like to have. No experience necessary.

\$15 suggested donation, no one will be turned away for lack of funds. RSVP's appreciated - leanakai@yahoo.com.

Messages from Above (RE Program Upstairs)

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Young Family Ohana Covent Group(s) starting soon!

YFOCG is a deep discussion group for families with young children (mostly 10 and under although parents of tweens and teens are welcome too) starting on February 4. This group meets to share potluck and discuss a range of topics every other Saturday evening from 5:30-7:30. Child care is provided upstairs and parents are asked to pay on a sliding scale for the whole 10 week session at the beginning. We take turns planning and leading discussions; past topics have included grief and loss, setting boundaries, and choosing joy. Our first session will be a "trial" so feel free to check it out before committing! If there is enough interest we may split into two groups and there is the option to meet at another time/day. Please notify Lisa Gillis-Davis lisagill@hawaii.edu before January 29th if you plan to attend.

Our Whole Lives Sexuality Program coming up!

In February we will be offering the Kindergarten-First Grade Our Whole Lives sexuality education at our Church. In this program, parents and children learn together, in the same place, at the same time, about body parts, health and safety, feelings, and families of many different kinds. The curriculum is age appropriate, medically accurate, includes all kinds of people, and is values based.

You and your family are invited to join us. First week, February 5, 12:30 - 4pm Organization and Orientation, for parents only. Second week, February 12, Orientation for Children and Parents together. Sundays, February - April, EIGHT classes, for parents and children together.

Cost: \$100 per family. This includes child care for siblings not participating in the class.

And PLEASE share this with your friends and the families of your children's friends, as appropriate. This program is very important for children, and probably even more important for parents, as we learn new skills to help our children.

For more information or to register, please contact Nan Kleiber, nankleiber44@gmail.com.

Navigators Back on the Trail

Ages 5-18. Next meeting in January. Get involved! Contact Kerry at (202) 669-9865 or mrs.kcampbell@yahoo.com Navigators Chapter 106 FB page Please use FB page for RSVPs, and to have your voice heard.

Preschool Teacher Needed

The Preschool Team is looking again for a regular teacher. We would love to have someone to come regularly every Sunday and prefer them to have a background in Montessori. Classroom Management is a must have skill. Degree not required. Please share around! Contact Nancy Schildt or Jeff Gillis-Davis for more information. \$15/hour for 2-5 hours /week.

DLRE Recruitment

See the Church website for the Job description and Spread the word... Or apply!!
<http://www.unitariansofhi.org/job-opportunities>

Mokuleia Church Family Camping

Join in May 5-7 2017 This promises to be a blast!

Costs:

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Room (small) in Lodge: \$200 for two people weekend - 2 twin beds with linens and private or shared bath. (18 rooms - most ocean view)

Tents: \$20/person for weekend over 3 yrs. old (up to 75 people)

Tent "cabin": up to 6 people \$150 for weekend (only 2 empty yurt type spaces)

Meals (optional): Friday dinner, Sat. breakfast/lunch \$12@

Scholarships may be available so please don't let costs be the determining factor!

Contact Nancy Schidlt nschildt707@gmail.com

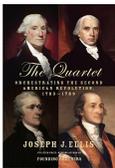
Religious Education Program Service, Family, and Fun

Contact: Lisa Gillis-Davis, Worship Coordinator | re@unitariansofhi.org or Jeff Gillis Davis and Nate Sanchez, RE Team Chairs

Book Discussion Group

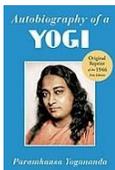


Wednesday, February 1st, 2017 at 7:00 pm Fred Harper Room We will discuss House Made of Dawn by N. Scott Momaday, widely credited as leading the way for the breakthrough of Native American literature into the mainstream. It was awarded the Pulitzer Prize for Fiction in 1969, and has also been noted for its significance in Native American Anthropology.



Wednesday, March 1st, 2017 at 7:00 pm Fred Harper Room We will discuss the Quartet: Orchestrating the Second American Revolution 1783-1789 by Joseph J. Ellis. This book details the roles that George Washington, James Madison, John Jay, and Alexander Hamilton played in forging a constitutional republic from thirteen disparate former colonies that were teetering on the edge of insolvency under the Articles of Confederation. (*Dan Curran*)

Everything Is Better When Shared, Especially Hindu Meditation



A natural synergy of energy takes place when people meditate together. Are you a beginner having trouble getting started? Or experienced, but seeking deeper more effective meditations, or looking for more effective guidance and support in your meditation practice or path?

We have it all for you! If you are happy with what you're doing drop by for Self-Guided Open Meditation Sessions from 9:15 to 9:45 am Sundays in the Fred Harper Room. Child care is provided.

Or if you are not getting enough out of your meditations, you may want to consider trying the Hindu Hong-Sau technique. Get started toward more in-depth meditations by practicing this technique and then later grow into other very effective advanced Hindu Meditation practices toward Kryia Yoga and Raja Yoga. Advanced Hindu Meditation Class, Meditation Sessions and Chakra Class meet at 7 pm Thursdays in a (quiet) Private Library in Hawaii Kai.

Questions about our high energy weekly sessions? Please contact Nohemi & Michael Lewis, our Ananda Meditation Group Facilitators @ 200-2777 or 760-529-2776 (cell).

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GALLERY ON THE PALI Presents:

"Year of the Cock 2017" - Drawings and photographs by Paul Nagano

Honolulu's GOTP announces an exhibition of artwork by Paul Nagano. The exhibition will run from January 8, 2017, to February 9, 2017, at GOTP, located at the First Unitarian Church at 2500 Pali Highway.

Artist's Reception: Saturday, January 14 from 6 to 8 PM. The public is invited.

Paul Nagano went to Bali, Indonesia, for the first time in 1984. Since then, he has spent two months there almost every year, producing watercolors of the landscape, flora, fauna and the Balinese. For the exhibition at Gallery on the Pali, Nagano has assembled drawings, watercolors and photographs which represent The Year of the Cock 2017. *(Marshall Heaney)*