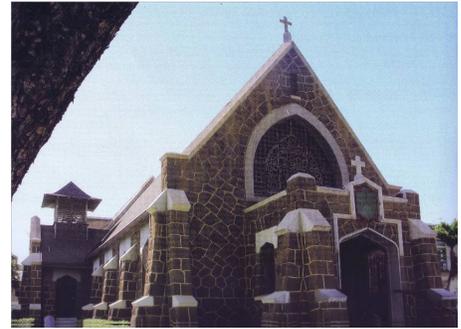
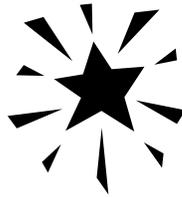


Hōkū Mākoi: The Epiphany Star



Epiphany's 103rd Birthday

January 6, 2013

Celebration of Epiphany's 103rd birthday began with a combination of the Eucharist and Epiphany Pageant.



Ken Fleming lead the procession.

The youth of our church presented a new version of the pageant with the lighting of epiphany candles signifying the lights of the celebration and a 'live' nativity scene.

Directed by Marcus Pottinger, assisted by Carrie-Anne Kokubun, Gail Pottinger and Ariane Jackson, the event was narrated by Kristi Kataoka.



A smorgasbord was enjoyed by all in the Parish Hall.

Coming Events



Spring Bazaar at Epiphany

Saturday, April 20, 2013
8 a.m. - 2 p.m. (See page 4)

Ash Wednesday (see calendar)



Father David's Corner

Praise the Lord in Song!

Aloha Epiphany *ohana*,

I have not been to Disneyland in at least seven years, but one of my favorite rides whenever I go is “It’s a Small World.” Granted, the repetition of the tune while waiting in line and on the ride itself gets embedded in the brain after a while. But the beauty of the ride is the image it presents of children from literally all parts of the world and representing every nationality and ethnicity on our planet, all singing and playing the same tune but in their own unique ways - individuality in harmony! My mother said that it shows her a slice of what heaven will be like!

One of my visions for our worship at Epiphany is both to enjoy what we know and love in our traditional music, and yet also to embrace a wider variety of forms of music that include several other cultural influences. To me, like my mom said, this is indeed a slice of our heavenly home to come.

First of all, Epiphany has different members in our multi-ethnic community, so it stands to reason that we all like various kinds of music rather than all of us preferring only one type together. There is no one set style of music that is any more “religious” or “spiritual” than another, except in how they magnify God and inspire us to worship the Lord with all our heart and mind.

Second, my vision of God, of the world, and of myself gets enlarged when viewed and experienced through the eyes of another culture. This is true whenever I travel to different countries, but it is also valid when I allow myself to experience different styles and even languages of music.

Third, by sticking with only one style of “traditional” music - generally European or early

American and from the 18th-19th centuries - we may enjoy that but we also do ourselves a disservice by ignoring the treasure-trove of other cultural expressions of song that God the Holy Spirit has inspired others to compose, for us to enjoy and for God’s glory.

Part of the effort to broaden our musical repertoire at Epiphany has been to make use of various styles of music for the different church seasons. We are blessed to have in our ‘ohana’ Michael Little. His gifted songwriting skills have enlarged our capacity to worship in song, especially transforming set liturgical pieces like the Gloria, Kyrie Eleison, Sanctus, Agnus Dei, and the Blessing and thus lifting our treasures from the past for relevancy today.

In addition, back in February 2011, we had the special treat at Epiphany of a professional jazz musician from New York City named Deanna Witkowski. She is on the forefront of a genre of church music called ‘Sacred Jazz’, which is different than most kinds of jazz worship in that Deanna presents contemporary jazz as a seamless part of the Eucharist service. She has also composed original jazz settings for the non-hymn service music in our services like the Gloria, Kyrie Eleison, the Sanctus, Agnus Dei, etc.

I close with the Bible’s vision for inclusive and multifaceted music, the last psalm of the Bible, Psalm 150 (my translation):

- 1 Praise the LORD in the temple
with uplifted hands!*
- Praise God above in the mighty
heav’nly expanse!
- 2 Give your praises for all that God
has done of late;*
- give God your laud for the extent
that God is great!
- 3 Give your praises to our LORD
God with trumpet sound!*
- Give all your praises with lutes
and harps all around!
- 4 Give your praises to God with
tambourines and dance;*
- give your praises with strings and
pipes throughout your lands!
- 5 Offer up your praises with your
cymbals that clang;*
- indeed, play all your loud
instruments with a bang!

6 Let everything on earth that
breathes praise the LORD!*
Give God all the praise - offer it
up heavenward!

You fellow traveler on the Journey,

Fr. David+

Jody Bill to Perform
By Michael Little

On Sunday, February 10, a special treat is in store for the 9 a.m. congregation. Soprano Jody Bill will return to Epiphany as guest soloist. Jody will be singing "For Good" from *Wicked* and the American hymn "My Shepherd Will Supply My Need." Welcome, Jody!

Jody has been a Hawai'i teacher and performer for the past four years. She was seen in September 2012 at Manoa Valley Theatre in *Young Frankenstein* (Elizabeth Benning), and last season at Diamond Head Theatre in *Xanadu* (Erato), *Titanic* (Kate Mullins), *Cinderella* (Joy), and *Sunset Boulevard* (Betty Schaefer).

Credits include: *Avenue Q* (Kate Monster) (Manoa Valley Theatre); *Hairspray*, *The Sound of Music*, *White Christmas*, *The Drowsy Chaperone* (DHT); *Threepenny Opera*, *A Chorus Line* (Army Community Theatre); *RWS*, *Silvertree Productions* (*Six Flags Darien Lake*); *Community Theatre* (New York) - *Jesus Christ Superstar*, *42nd Street*, *Noises Off!*

Jody is a teacher at Mililani 'Ike Elementary and a dance instructor at Diamond Head Theatre.

**Mia Aoi Kailima Muszynski
Baptized**

January 6, 2013

Mia Aoi Kailima Muszynski, daughter of Daniel and Paula Muszynski was baptized by Father David Jackson. Born May 30, 2012, Mia celebrated her spiritual birthday on Epiphany Church's 103rd birthday.



The event was witnessed by her godparents, Sandy Engle and Michael Kawajiri; maternal and paternal grand parents, great-grand parents and other relatives.



Mia was alert and exceptionally well-behaved through out the ceremony. Dad Daniel says, "She loves water", so she accepted the water blessing without qualms.

In Memoriam

We mourn the passing of Charles D.S. Lau, our beloved brother here at Epiphany. He went to be with the Lord on Monday January 7, 2013.

Fr. David had met Charles and the family twice during the week, the second time at his home on Sunday morning surrounded by family and loved ones. On both visits, Charles was lively and engaging, and sharp as ever with his cheerful smile. He was 87 years old.

Services for Charles will be held February 9, 2013, 11:00a.m. at Diamond Head Mortuary.

May God shine his light on Charles as he is welcomed into Paradise.



**Spring Bazaar
at Epiphany**

Get ready!! Save the date: **Saturday, April 20, 2013, 8 a.m. - 2 p.m.** Donations will be accepted *only* on April 15 - 19 due to lack of storage space. Times will be announced later.

Chairperson **Portia Okamoto** says we need plants, dishes, small appliances, clothes (adults and children), books and CD's, baked goods, jams and jellies.

The following items will *not* be accepted: no refrigerated items; no shoes, no spoons, no forks, no knives, no water bottles, no toys, no underwear, no furniture, no sofas or couches, no tables, no shelves.

Donations should be "gently used" or brand new and in working condition. Thank you.

Annual Meeting Highlights

January 27, 2013

- 2013 Service Cross Recipients: **Wayne 'Keola' Akana, Carrie-Anne Kokubun**
- Delegates to Convention: **Carrie-Anne Kokubun, Lot Lau**
- New Vestry Members: **Mary Sueoka, Natalie Crevelli**
- New signs for corner of 10th and Harding Avenues*
- Photovoltaic system up and running*
- Rector's report, treasurer's and committee reports

* *These items were dedicated at the annual meeting.*

Mahalo Mike Quinlan

A huge MAHALO! to Mike for stripping and polishing our Parish Hall floors. Ask him how many hours he spent. Ask him if he needs help.

Moving the furniture is a big job and surely lending some muscle will be welcome. Thank him when you see him.

Health & Nutrition

~Dementia~

Most of us start worrying about dementia after retirement - and that may be too little, too late. Experts say that if you really want to ward off dementia, you need to start taking care of your brain in your **30s and 40s** - or even earlier.

"More and more research is suggesting that lifestyle is very important to your brain's health," says Dr. Paul Nussbaum, a **neuro-psychologist and an adjunct associate professor** at the University of Pittsburgh School of Medicine. "If you want to live a long, healthy life, then many of us need to start as early as we can."

So what can you do to beef up your brain - and possibly ward off dementia? Nussbaum, who recently gave a speech on the topic for the Winter Park (Fla.) Health Foundation, offers 20 tips that may help.

1. Join clubs or organizations that need volunteers. If you start volunteering now, you won't feel lost and unneeded after you retire.

2. Develop a hobby or two. Hobbies help you develop a robust brain because you're trying something new and complex.

3. Practice writing with your non-dominant hand several minutes every day. This will exercise the opposite side of your brain and fire up those neurons.

4. Take dance lessons. In a study of nearly 500 people, dancing was the only regular physical activity associated with a significant decrease in the incidence of dementia, including Alzheimer's disease. The people who danced three or four times a week showed 76 percent less incidence of dementia than those who danced only once a week or not at all.



5. Need a hobby? Start gardening. Researchers in New Zealand found that of 1,000 people, those who gardened regularly were less likely to suffer from dementia! Not only does gardening reduce stress, but gardeners use their brains to plan

gardens; they use visual and spatial reasoning to lay out a garden.

6. Walking daily can reduce the risk of dementia because cardiovascular health is important to maintain blood flow to the brain. Or... buy a pedometer and walk 10,000 steps a day.



7. Read and write daily. Reading stimulates a wide variety of brain areas that process and store information. Likewise, writing (not copying) stimulates many areas of the brain as well.

8. Start knitting. Using both hands works both sides of your brain. And it's a stress reducer.



9. Learn a new language. Whether it's a foreign language or sign language, you are working your brain by making it go back and forth between one language and the other. A researcher in England found that being bilingual seemed to delay symptoms of Alzheimer's disease for four years. And some research suggests that the earlier a child learns sign language, the higher his IQ - and people with high IQs are less likely to have dementia. So start them early.

10. Play board games such as Scrabble and Monopoly. Not only are you taxing your brain, you're socializing too. Playing solo games, such as solitaire or online computer brain games can be helpful, but Nussbaum prefers games that encourage you to socialize too.

11. Take classes throughout your lifetime. Learning produces structural and chemical changes in the brain, and education appears to help people live longer. Brain researchers have found that people with advanced degrees live longer - and if they do have Alzheimer's, it often becomes apparent only in the very later stages of the disease.



12. Listen to classical music. A growing volume of research suggests that music may hard wire the brain, building links between the two

hemispheres. Any kind of music may work, but there's some research that shows positive effects for classical music, though researchers don't understand why.

13. Learn a musical instrument. It may be harder than it was when you were a kid, but you'll be developing a dormant part of your brain.



Do all 20 things listed above and you will not find enough time in your life to fit in dementia as well. In other words, continue to do all the things that you already do and you will have covered most of the things listed!

14. Travel. When you travel (whether it's to a distant vacation spot or on a different route across town), you're forcing your brain to navigate a new and complex environment. A study of London taxi drivers found experienced drivers had larger brains because they have to store lots of information about locations and how to navigate there.

15. Pray. Daily prayer appears to help your immune system. And people who attend a formal worship service regularly live longer and report happier, healthier lives.

16. Learn to meditate. It's important for your brain that you learn to shut out the stresses of everyday life.



17. Get enough sleep. Studies have shown a link between interrupted sleep and dementia.

18. Eat more foods containing Omega-3 fatty acids: salmon, sardines, tuna, ocean trout, mackerel or herring, plus walnuts (which are higher in omega 3s than salmon) and flaxseed. Flaxseed oil, cod liver oil and walnut oil are good sources too. *(continued on page 8)*



February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 7 & 9 a.m. Holy Eucharist, Laying-Hands/Anointing, Rev. David Jackson</p> <p>9 a.m. Youth serving. <i>Please bring canned, dried foods, & toiletries for Waikiki Health Center.</i></p> <p>1 - 3 p.m. Hawaii Sacred Choir, Parish Hall, Rev. Daniel Werning</p>	<p>4 3 - 5:30 p.m. Lessons, Parish Hall, Michael Dupree</p>	<p>5</p>	<p>6 9 a.m. Holy Eucharist, Laying Hands/Anointing, Sanctuary, Rev. David Jackson</p> <p>6 - 7:30 p.m. Hula Class (Women), Sunday School/Lounge room, Pi'ilani Hanohano</p> <p>6:30. - 9 p.m. Hawaii Sacred Choir Rehearsal, Parish Hall, Rev. Dan Werning</p>	<p>7 6 p.m. Lessons, Parish Hall, Michael Dupree</p>	<p>1 6 p.m. Boy Scouts meet, Parish Hall, Terry Kai</p> <p>8 6 p.m. Boy Scouts meet, Parish Hall, Terry Kai</p>	<p>2 11 a.m. Memorial Service for Charles Lau at Diamond Head Memorial Park Cemetery, followed by lunch.</p> <p>2 p.m. Inurnment at Nu'uaniu Memorial Park, 2233 Nuuanu Avenue, Honolulu.</p>
<p>10 7 & 9 a.m. Holy Eucharist, Laying-Hands/Anointing, Rev. David Jackson</p> <p>1 p.m. - 3 p.m. Hawaii Sacred Choir, Parish Hall, Rev. Daniel Werning</p>	<p>11 3 - 5:30 p.m. Lessons, Parish Hall, Michael Dupree</p>	<p>12 10 a.m. Prayer Group, Sanctuary, Earleene Garvey & Ken Fleming</p> <p>4 p.m. Executive Comm.Meeting, Parish Hall, Fr. David Jackson</p> <p>5 p.m. Adult Formation & Nurture Meeting, Parish Hall, Michael Little</p> <p>6 p.m. Outreach Committee Meeting, Parish Hall, E.Garvey</p>	<p>13 Ash Wednesday</p> <p>9 a.m. & 6 p.m. Holy Eucharist, Laying Hands/Anointing, Sanctuary, the Rev. David Jackson</p> <p>6 p.m. - 7:30 p.m. Hula Class (Women), Sunday School/Lounge room, Pi'ilani Hanohano</p>	<p>14 6 p.m. Lessons, Parish Hall, Michael Dupree</p>	<p>15 6 p.m. Boy Scouts meet, Court of Honor, Parish Hall, Terry Kai</p>	<p>16</p>

17 7 & 9 a.m. Holy Eucharist, Laying-Hands/Anointing, Rev. David Jackson 3rd SundayBreak-fast between services only. <i>Please bring canned, dried foods, & toiletries for Aloha Harvest Organization.</i> 3:30-7 p.m. IHS Cooking & Serving with Karena & Dexter Yee.	18 3 - 5:30 p.m. Lessons, Parish Hall, Michael Dupree 6 p.m. Boy Scout Chapter Meeting, Parish Hall, Terry Kai	19	20 9 a.m. Holy Eucharist, Laying Hands/Anointing, Sanctuary, the Rev. David Jackson 6 p.m. - 7:30 p.m. Hula Class (Women), Sunday School/Lounge room, Pi'ilani Hanohano 6:30 p.m. - 9 p.m. Hawaii Sacred Choir Rehearsal, Parish Hall, The Rev. Dan Werning	21 6 p.m. Lessons, Parish Hall, Michael Dupree	22 6 p.m. Boy Scouts meet, Parish Hall, Terry Kai	23
24 7 & 9 a.m. Holy Eucharist, Laying-Hands/Anointing, Rev. David Jackson	25 3 - 5:30 p.m. Lessons, Parish Hall, Michael Dupree	26	27 9 a.m. Holy Eucharist, Laying Hands/Anointing, Sanctuary, Rev. David Jackson 6 p.m. - 7:30 p.m. Hula Class (Women), Sunday School/Lounge room, Pi'ilani Hanohano 6:30 p.m. - 9 p.m. Hawaii Sacred Choir Rehearsal, Parish Hall, Rev. Dan Werning	28 6 p.m. Lessons, Parish Hall, Michael Dupree		

Events and times subject to change.

19. Eat more fruits and vegetables. Antioxidants in fruits and vegetables mop up **some** of the damage caused by free radicals, one of the leading killers of brain cells.

20. Eat at least one meal a day with family and friends. You'll slow down, socialize, and research shows you'll eat healthier food than if you ate alone or on the go.



(Submitted by Katie Wong)

Increased Risk of Fall Accidents Begins at Age 40

by: Junji Takano

One of the main health concerns of elderly people is falling, which is often related to poor balance. In fact, many studies show that people begin to have balance problems starting at the age of 40 years.

The older you get, the weaker your physical body and sensory abilities will be, which are all factors in having poor balance.

In Japan , more than 7,000 people a year die from falling accidents, which already exceeds the number of traffic accidents.

In this article, we'll examine in more details the cause of falling and why you lose balance as you age.

Test Your Balance by Standing on One Leg

You can determine how good your balance is by measuring the length of time that you can



stand on one leg.

The following table shows the average balance time by age group in a study conducted at a Japanese health institute.

Average time with eyes open	
20-39 years old:	110 seconds
40-49:	64 seconds
50-59:	36 seconds
60-69:	25 seconds
Average time with eyes closed	
20-39 years old:	12 seconds
40-49:	7 seconds
50-59:	5 seconds
60-69:	less than 3 seconds

If your balance time is below average, then you'll have higher risk of falls, or slipping and tripping accidents.

In the above study, women tend to lose their balance more than men but only by a small margin (1-2%). From this study, it is also evident that there's a sudden significant decrease in the ability to maintain balance among middle-aged people (40 years and above).

Please take note that the numbers stated above are only average. There are people who were able to maintain balance much longer, and there are also those who were only able to maintain their balance at much shorter time regardless of age and gender. The reason why they vary is explained further below.

The Soles of Your Feet Have Sensors

The skins all throughout your body have significant amount of tiny pressure sensors or mechanoreceptors. Some areas have few pressure sensors, while other areas have thousands, like on the soles of your feet.

Poor Blood Circulation Can Disrupt the Pressure Sensors

In our study, people are almost twice as likely to be in a fall accident caused by poor blood circulation.

This can be simulated by soaking your feet into ice cold water for about 3 minutes. Because of the cold temperature, the pressure sensors on the foot sole begin to lose sensitivity.

Pay Attention to Your Forward-Moving Foot

If your forward-moving foot hit something, your body will be off-balance causing you to fall or trip.

Well, it's a matter of common sense to always have your eyes on path and watch where you are going. Remember the old adages - "Prevention is better than cure". "An ounce of prevention is worth a pound of cure". "Look before you leap", etc.?

But that's not the only problem. Here are the other two major reasons why you stumble while walking.

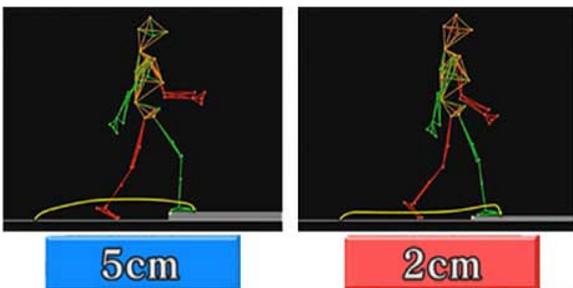
1. Your forward-moving foot is pointed down.

If your foot is pointed down while making a step, then you are more prone to falling. To avoid this, your forefoot or toes should be flexed upwards as shown on the image below.



2. You walk like a pendulum.

The height of your step can greatly increase your risk of falling. To prevent this, your forward-moving foot must be higher off the ground (at least 5 cm) while the knee is raised high as shown on the image below. (2 cm=3/4 inches; 5 cm=2 inches)



Actually, all the mechanoreceptors located throughout your body as well as the soles of your feet are sending information to the brain that include muscle contractions and joint angles.

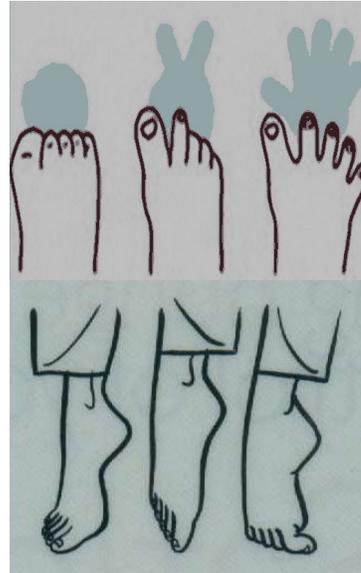
When this information is not transmitted well to your brain, which happens as you get older, then the movement will get weak or ineffective making it hard for you to maintain your foot higher off the ground.

How to Prevent Yourself from a Fall, Trip, or Slip

1. Keep your house clean

There are a lot of things in your house that can contribute to clutter that can cause you to trip or fall. Always make sure to put away or store properly all personal belongings and other unnecessary things even if it is only a newspaper, remote control, and laundry scattered on the floor or carpet.

2. Stretch Your Feet and Ankles



You might think that your feet do not need exercise or stretching compared to other parts of your body, but in reality, feet stretching exercise can really help your feet maintain balance.

3. Keep Your House Warm and Ensure Adequate Lighting

Cold muscles and pressure sensors work less well and are less responsive to signals. A decreased temperature will also cause your muscles to have less strength and less flexible, which can lead to accidents.

Always try to keep your house warm or wear proper clothes and footwear, especially during winter. Since most falls occur indoors, make sure your house has adequate lighting.

(Submitted by Ann Weers)

~Citrus Carrot Cocktail~

1 cup (240 ml) pineapple, or 1 cup canned pineapple w/juice
 1/2 cup carrots, cut into small pieces
 1/8 inch slice lemon w/peel
 1 cup ice cubes

Put all ingredients into Vita Mix (blender or food processor) in the order listed. Turn on high. Run for 1 minute or until smooth. Serve immediately.

(Submitted by Portia Okamoto)

Chinese New Year (Lunar New Year)

Many Asian countries are preparing for Lunar New Year celebrations which falls this year on February 10, the year of the Snake. Much of the celebrations have to do with special food preparation, sometimes taking days to prepare.

We have obtained the 'microwave' version of some favorites because of a special relationship of Juliette Tom to Teddi Chong.

Teddi Chong is a home economist and teacher who developed these recipes for today's fast forward generation. Our thanks to Ms. Chong for permission to use them.

~Super Easy Nien Gao~ (Chinese New Year Pudding)

1 c. dark brown sugar
 1 can (13.3 oz.) or 1-2/3 c. coconut milk
 (substitute 2 c. water, if you prefer)
 1 pkg (10 oz. Or 2 c. mochiko*
 1/2 tsp. sesame seeds
 A few drops of salad oil

In a small mixing bowl, combine the brown sugar and coconut milk (or water); mix well until sugar appears to be dissolved. Mix well until mixture is smooth. (Note: If cholesterol is a problem substitute milk or water for the coconut milk).

Important: It is necessary to use a plastic microwave ring mold pan. Spray the interior of the pan with a thin coat of Pam or other non-stick spray. Pour mixture evenly into mold. Cover loosely with clear plastic wrap.

Microwave on high for 10 minutes. If your microwave is non-rotating, it will be necessary for you to turn the mold a quarter turn every 2-3 minutes so the gao will cook evenly.

Remove from the microwave oven, remove the plastic wrap and allow to cool for 30 minutes. When cooled, carefully remove gao from the mold and turn out onto a sheet of plastic wrap or place the gao on a plastic coated plate.

Sprinkle top and sides with toasted sesame seeds. Slice gao with a plastic knife to prevent sticking. Makes about 30-40 small slices.

Optional: stir in 1 c. shredded coconut before cooking.

*mochiko = glutinous rice flour

~Chichi Dango~

Use the same recipe but substitute white sugar for the brown, omit the sesame seeds.

When cooled, cut the mochi into desired pieces and roll in katakuriko (potato starch) or cornstarch. If a softer mochi is preferred, and 1/3 c. of milk to the coconut milk, or use a total of 2 cups liquid.

~Vegetables, Microwave Style~

Most vegetables cook exceptionally well in a microwave and the products are also more nutritious as the necessary vitamins are not boiled out. Many professional nutritionists advocate steaming vegetables and the microwave will do just that. Just a few simple steps to follow.

Wash and trim your leafy green types of vegetables. Cut into 1, 2, or 3-inch sections.

Place in a heat resistant or microwave proof shallow container or better still, your serving dish.

Cover loosely with clear wrap and cook on high 3-7 minutes, depending on the density of the vegetable.

Most leafy greens such as spinach, won bok, asparagus, sliced cabbage, etc. will often cook in about 4 minutes right in your serving container (make sure it's microwave proof).

If your vegetable is dense, such as carrots, bok choy, choy sum, etc., allow about 2 minutes more cooking time.

-Gravies, Microwave Style-

Making smooth, flavorful gravies is a ‘push of a button’ with your microwave oven.

Prepare your gravy by using a quart-sized liquid measuring cup. As a ‘rule of thumb’, 1 tablespoon of cornstarch will thicken 1-2 cups of liquid, depending upon how ‘thick’ you want your gravy.

So, take 1 tablespoon of cornstarch and 1 tablespoon of water, and stir together in a 1-quart liquid measuring cup. If you use a pair of chopsticks for stirring, leave them in the cup while you cook.

Add 1 cup of chicken broth and a dash of oyster sauce and mix well (with your chopsticks). Place in the microwave, chopsticks and all; cook on high about 3-4 minutes, stirring after each minute until the mixture comes to a boil. Your gravy is done!

If you want a black bean sauce, omit the oyster sauce and use 1-2 teaspoons of the black bean garlic sauce to the broth; stir well.

Gung Hee Fatt Choy!

A Lame Beggar Is Healed

One day Peter and John went to the Temple at three o’clock in the afternoon, the hour for prayer. There at the Beautiful Gate, as it was called, was a man who had been lame all of his life. Every day he was carried to the gate to beg for money from the people who were going into the Temple.

When he saw Peter and John going in he begged them to give him something. They looked straight at him, and Peter said, “Look at us!” So he looked at them, expecting to get something from them. But Peter said to him, “I have no money at all, but I will give you what I have: in the name of Jesus Christ of Nazareth I order you to get up and walk!”

Then he took him by his right hand and helped him up. At once the man’s feet and ankles became strong; he jumped up, stood on his feet, and started walking around. Then he went into the Temple with them, walking and jumping and praising God.

The people there saw him walking and praising God, and when they recognized him as the beggar who sat at the Beautiful Gate, they

were all surprised and amazed at what had happened to him.

(Acts 3:1-10) The Good News Bible

A Prayer for You

Today may there be peace within.

May you trust you are exactly where you meant to be.

May you not forget the infinite possibilities that are born of faith in yourself and others.

May you use the gifts you have received and pass on the love that has been given to you.

May you be content with yourself just the way you are.

Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

(Submitted by Natalie Crevelli)

The Epiphany Star



The Church of the Epiphany
1041 TENTH AVENUE
HONOLULU, HAWAII 96816-2210

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The Rev. David H. Jackson, Rector
Dr. Malcolm Hee, Seminarian

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Junior Warden: Glenn Shea
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Epiphany Church is an open & affirming, inclusive & caring congregation.

~Our Vision~

A congregation filled with Aloha,
growing in faith, and
serving the wider community.

~Our Mission~

To know and celebrate Christ in the Episcopal tradition
by gathering in worship, education, and fellowship,
by sharing the Good News in work and action,
and by seeking & serving Christ in all.