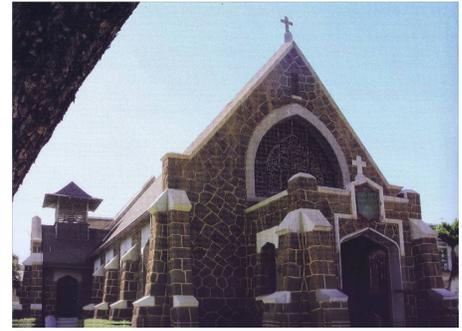
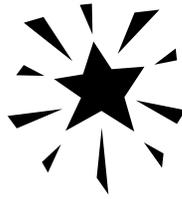


# Hōkū Mākoī: The Epiphany Star



## 2013 Epiphany Service Cross



Fr. David Jackson shown with Carrie-Anne Kokubun and Wayne Keola Akana recipients of Epiphany Service Crosses.

Wayne Akana's first reaction was, "Too young, too young"... When asked who was too young, he said, "Carrie-Anne". A second later, he added, "I'm also too young to get this (cross); just imagine how much more I can do when I'm 70!"

In presenting the cross to Wayne, Fr. Jackson referred to Wayne's involvement with Outreach Ministries which extended to sending care packages to armed forces overseas to the Hale Haumana O Ke Akua (formerly McCray House) serving Christian students on the campus of University of Hawaii.

Wayne also served as general convention delegate from the Diocese of Honolulu to the meetings held in Indianapolis, Indiana in 2012.

Carrie-Anne Kokubun was recognized for tirelessly working on the Godly Play project for the Sunday School ranging from pre-school to high school and for organizing the Annual Mokuleia Camp for the congregation. She has been involved with both projects for many years. In addition, Carrie-Anne seems to show up whenever there is a need - sewing bedspreads, craft projects, cooking. You name it; she's there!

Congratulations and mahalo to these outstanding 'youngsters'!!



## Spring Bazaar at Epiphany-- Update

Coming soon!!  
Saturday, April 20, 2013  
8 a.m.-2 p.m.

Donations will be accepted *only* on April 15-19 from 9 am - 5 pm due to lack of storage space.

Chairperson Portia Okamoto says we donated items such as: 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, no TVs.

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

Portia announced chairpersons for the booths. If you are able to help, contact any of them to offer your good services.

*Plants*--Ted Nishijo

*Small Appliances & Misc.*--Bryan Chong

*Books & CD's*-- Penny Stover

*Adult Clothes*--Gloria Ogawa

*Children's Clothes*--Pi'ilani Hanohano

*Dishes*--Frank Lange

*Crafts*--Barbara Oyama

*Food & Baked Goods*--Katie Wong

*Counters*--Harry Takane

*Security*--Tim Hanohano & Don Botsai

*Special Projects*--Mike Little

Boy Scout Troop 82 will have hamburgers, hot dogs and shaved ice for sale, according to Scout Master Terry Kai. (see page 3)



### Father David's Corner

#### Rector's Reflection: Cleaning House

So...how do you feel about spring cleaning? Do you love it? Do you hate it?



I know some people who love spring cleaning. After a long, cold winter that is spent inside, they see spring as an opportunity to be more active, take inventory, and begin cleaning up their households, yards, and anything else they can think of. They get things in order. Perhaps things have put off during the winter. They thought about cleaning this, or taking care of that, but it was too cold, the weather was too bad, or they just wanted to stay inside. The coming of spring is an occasion for us to "clean house."



Not everyone enjoys this ritual though. There are some, who, for whatever reasons, have no desire to spring clean. There are other things they would rather do with their time. Perhaps, they don't see the need. Perhaps they look past any clutter that might have accumulated over the past year.

Which camp do you find yourself in? Or maybe, you love to spring clean, but your spouse doesn't see the need. Or maybe you don't like to spring clean, but you know it is something that has to be done. After a while, we do accumulate way too much stuff and have to start putting things in order. Or maybe it has been years since

you really had a good cleaning and you now know it is time.

I find the season of Lent also gives us an opportunity for cleaning things up. Lent is a time we can take a spiritual inventory. It won't help with your yard or getting rid of things you don't need any more, but it can make an amazing difference in your life just the same.

There are three ways for us to "clean house" in Lent:

**Use Lent for Reflection.** Where is God calling you? What is your purpose? Where does God fit into your daily days?

**Use Lent for Repentance.** Maybe it is time to deal with issues such as anger, greed, envy, bitterness, un-forgiveness, grudges or broken relationships. Maybe there are things for which you need forgiveness and you know it is time to move in a different direction.

**Use Lent for Renewal.** If you are serious about using Lent for reflection and repentance, then I find that it always leads to some type of renewal. My prayer is that this season of Lent you might discover renewal in your life and through that renewal you find transformation and abundant life.

Of course we can always choose to ignore this opportunity. We can choose to leave things as is and not take time to reflect on our lives and where God fits into them. However, if we do take the time, Lent can be a time of regeneration in God's love and grace for us.

I invite you to come to our *Lent Program on Saturday 2 March, 9 am - 12 noon, where we explore "Everything You Wanted to Know about God", the Bible, Our Faith, and the Universe, to 'clean out' those persistent questions we have about these things.* In addition, we have the wonderful Lenten booklet, "Disciples on the Way," by Carol Mead, making use of passages from the Book of Common Prayer to highlight our spiritual journey through Lent.

Peace and maluhia,  
Fr. David+

See Holy Week Services, page 7

(from Spring Bazaar, page 1)

The troop uses the income to finance camping activities and equipment. The troop always lends an air of excitement to the event by enthusiastically waving signs to attract passersby.

Parking will be available at the municipal lot on Harding and 11<sup>th</sup> Avenues.

### Annual Meeting Highlights

January 27, 2013

At the Annual Meeting following the Holy Eucharist, Fr. David Jackson welcomed all and presented the Annual Rector's Report.

He thanked the outgoing Vestry members: Christine Hanaoka, Barton Low, Frank Lange and Glenn Shea. He welcomed new Vestry member: Mary Sueoka.

Bryan Chong is Junior Warden, succeeding Glenn Shea who served for three years. Mahalo, Glenn for all the completed projects (see his report in the Annual Meeting Reports).

Outgoing convention delegates were acknowledged with thanks: Mary Sueoka and Christine Hanaoka. Lot Lau and Carrie-Anne Kokubun volunteered to be the new delegates.



A new sign for Epiphany Church on the corner of Tenth and Harding Avenues and our new photovoltaic system were dedicated.



### Year of the Snake

February 10, 2013

According to Chinese Astrology, the Year of the Snake person is a smart person. They think of clever schemes in a cold calculating manner. This Chinese zodiac animal sign represents people who are loners and use others to achieve their aims and goals.

Their Chinese horoscope makes for interesting reading. Their goals may be worthwhile for mankind or could be solely for the gain of the Snake person. Some people find them attractive because of their swift movement and slender silky beauty. Other people are repelled by the Year of the Snake person because of their perceived danger.

Whatever - the person born in the Year of the Snake will invoke a strong reaction from people. (Google)

Our celebration was planned by Maureen and Albert Wong. Customary Chinese tea embellished by sweet preserved fruits was served from a traditional Chinese teapot and tea cups. Other treats, were contributed by the congregation including vegetarian jai, new year pudding (a form of mochi), almond cookies decorated with red coloring for good luck, peanut candy, rice cakes, fruits, oranges—all symbolizing good luck for the new year.



Gung Hee Fat Choy!

### Soloist Jody Bill



Singing "For Good" from Wicked and "My Shepherd Will Supply My Need" Jody Bill once again shared her talent with us on February 10, 2013. She has appeared in several Broadway musicals at Diamond Head Theatre, Manoa Theatre and in

other musical venues on Oahu. Mahalo, Jody!

## March 2013

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>3 Lent 3C</b> 7 &amp; 9 a.m. Holy Eucharist, Laying-Hands/Anointing, Rev. David Jackson 9 a.m. – Youth serving. <i>Please bring canned, dried foods, and toiletries for Waikiki Health Center.</i></p>	<p><b>4</b> 3:30 – 5:30 p.m. Lessons, Parish Hall, Michael Dupree</p>	<p><b>5</b></p>	<p><b>6</b> 9 a.m. Holy Eucharist, Laying-Hands/Communion, Sanctuary, Rev. Keith Yamamoto 6 – 7:30 p.m. Hula, Sunday School/Lounge Rm., Pi'ilani Hanohano 6:30– 9 p.m. Hawaii Sacred Choir, Parish Hall, by Rev. Dan Werning</p>	<p><b>7</b> 6 p.m. Lessons, Parish Hall, by Michael Dupree</p>	<p><b>8</b> 6 p.m. Boy Scouts meet, Parish Hall, Terry Kai</p>	<p><b>9</b> 8a.m. – 12 noon Menehune Workday, Epiphany Building &amp; Grounds, Glenn Shea Jackson</p>
<p><b>10 Lent 4C</b> 7 &amp; 9 a.m. Holy Eucharist, Laying-Hands/Anointing, Rev. Keith Yamamoto 9 a.m. – Youth serving.</p>	<p><b>11</b> 3:30 – 5:30 p.m. Lessons, Parish Hall, Michael Dupree</p>	<p><b>12</b> 10 a.m. Prayer Group 6 p.m. Outreach Committee meeting, Parish Hall, Earleene Garvey</p>	<p><b>13</b> 9 a.m. Holy Eucharist, Laying-Hands/Communion, Sanctuary, Rev. Dan Leatherman 6 – 7:30 p.m. Hula, Sunday School/Lounge Rm., Pi'ilani Hanohano 6:30 – 9 p.m. Hawaii Sacred Choir, Parish Hall, by Rev. Dan Werning</p>	<p><b>14</b> 6 p.m. Lessons, Parish Hall, by Michael Dupree</p>	<p><b>15</b> 6 p.m. Boy Scouts meet, Parish Hall, Terry Kai</p>	<p><b>16</b></p>

<p><b>17 Lent5C</b> 7. &amp; 9 a.m. Holy Eucharist, Laying-Hands/Anointing, Rev. David Blanchett 3<sup>rd</sup> Sunday Breakfast, Please bring side dishes to share. <i>Please bring canned, dried foods, and toiletries for Aloha Harvest Organization.</i></p>	<p><b>18</b> 3:30 – 5:30 p.m. Lessons, Parish Hall, Michael Dupree 6 p.m. Boy Scout Chapter meeting, Parish Hall, Terry Kai</p>	<p><b>19</b></p>	<p><b>20</b> 9 a.m. Holy Eucharist, Laying-Hands/Communion, Sanctuary, Rev. David Blanchett 6 p.m. – 7:30 p.m. Hula, Sunday School/Lounge Rm., Pi'ilani Hanohano 6:30 p.m. – 9 p.m. Hawaii Sacred Choir, Parish Hall, Rev. Dan Werning</p>	<p><b>21</b> 6 p.m. Lessons, Parish Hall, by Michael Dupree</p>	<p><b>22</b> 6 p.m. Boy Scouts meet, Parish Hall, Terry Kai</p>	<p><b>23</b></p>
<p><b>24 Palm Sunday</b> 9:00 a.m. The Rev. David H. Jackson, Epiphany &amp; The Rev. Diane Martinson-Koyama, Good Samaritan <b>8:15 a.m.</b> Board trolley at Epiphany <b>8:25 a.m.</b> Trolley leaves to Good Samaritan <b>8:35 a.m.</b> <b>9:00 a.m.</b> Worship continues in Epiphany Church</p>	<p><b>25</b> 3:30 – 5:30 p.m. Lessons, Parish Hall, Michael Dupree</p>	<p><b>26</b> <b>Church offices are closed in observance of Prince Kuhio Day.</b> 4 p.m. Adult Formation &amp; Nurture meeting, Parish Hall, Michael Little 5 p.m. Executive Meeting, Rev. David Jackson 6 p.m. Vestry monthly meeting, Parish Hall, Rev. David Jackson</p>	<p><b>27</b> 9 a.m. Holy Eucharist, Laying-Hands/Communion, Sanctuary, Rev. David Blanchett 6 – 7:30 p.m. Hula, Sunday School/Lounge Rm., Pi'ilani Hanohano 6:30 – 9 p.m. Hawaii Sacred Choir, Parish Hall, Rev. Dan Werning</p>	<p><b>28 Maundy Thursday</b> 6:00 p.m. Foot-Washing &amp; Stations of the Cross Eucharist, The Rev. David Jackson, Epiphany</p>	<p><b>29 Good Friday</b> 12:00 noon &amp; 6:00 p.m. Good Friday Liturgy, The Rev. David Jackson, Epiphany</p>	<p><b>30</b></p>
<p><b>31 Easter Sunday</b> 6:00 a.m. Holy Eucharist, Laying Hands/Anointing, The Rev. David H. Jackson *Between Services (7:30 am &amp; 8:15 am): Easter Egg Hunt with fun games, front lawn grassy area, led by Gail &amp; Marcus</p>	<p><b>Easter Sunday</b> Pottenger. Please join us! 9:00 a.m. Holy Eucharist, Laying Hands/Anointing, The Rev. David H. Jackson</p>					

## Health and Nutrition

### ~ 10 Health Benefits Of Daikon Radish~



Daikon is the Japanese name of the white radish, also known as the Oriental radish or Chinese radish. Though more commonly known by its Japanese name, Daikon originated in mainland Asia where it is known as mooli. Both the roots and the leaves are edible and full of nutrients.

Here are 10 health benefits of Daikon radish:

#### Cancer Prevention

Daikon is one of many cruciferous vegetables linked in studies with successful cancer prevention. Daikon contains several great antioxidants associated with fighting free radical damage, a known cause of cancer. Research has also shown that daikon juice helps prevent the formation of dangerous chemicals and carcinogens inside the body and helps the liver process toxins.

#### High In Vitamin C

Vitamin C is a powerful antioxidant that not only combats free radical activity in the body but also offers great immune system support and helps prevent illness such as the common cold. 100 grams of daikon provides 34% the DV of vitamin C. Daikon leaves have a much higher concentration of vitamin C than that of daikon roots.

#### Antibacterial & Antiviral

Daikon appears to be able to combat bacterial and viral infections.

#### Anti-Inflammatory

Research suggests that high levels of vitamin C and B, such as found in daikon, help to prevent chronic inflammation in the body which can lead to problems such as arthritis and heart disease.

#### Digestive Aid

Raw daikon juice is abundant with human digestive enzymes that help the body process proteins, oil, fat and carbohydrates.

#### Diuretic

Daikon helps the kidneys discharge excess water. A natural diuretic, it may also be helpful in treating urinary disorders.

#### Respiratory Health

Raw daikon juice may help dissolve mucus and phlegm and aid in the healthy function of the respiratory system. Its ability to combat bacteria and viral infections may make it an effective combatant of respiratory disease such as bronchitis, asthma and flu.

#### Skin Health

Applied topically or ingested, daikon juice has proven effective in preventing and treating acne and other skin conditions.

#### Bone Health

Daikon leaves are an excellent source of calcium, which helps promote healthy bone growth and may lower the risk of osteoporosis.

#### Weight Loss

In Asia, it is believed that daikon helps the body to burn fat, though this has not been proven. Whether it helps burn fat or not, daikon radish is extremely low in fat and cholesterol, but dense with nutrients, making it a great addition to any effective weight loss program.

*(Submitted by Katie Wong)*

## Coffee Hour

*By Ruth Hayashi*

Have you noticed that on some holidays, (Christmas, Valentine, Easter, Halloween, and Thanksgiving) we have special goodies on the table?

These goodies are usually from Trader Joe's sent to Epiphany by **Jeanne and Wendell Ogimoto**. Jeanne and Wendell were long time members of Epiphany Church. They made a move to Arizona in October 2011. Since then they have been sending an assortment of flavored coffee\* and goodies for our coffee hour.

Jeanne and Wendell regularly brought things to share, many of them baked by Jeanne herself.

*(See page 7)*

They are still with us, sharing as usual!  
Thank you Jeanne and Wendell!

\*Try the flavored coffee in the 12 cup black coffee maker. The bag next to the coffee maker is the flavor brewed.

### Church Attendance

#### December 2012

7 a.m. 225  
9 a.m. 306  
Wednesday 274\*

\*Includes Christmas Eve and Christmas Day

#### January 2013

Combined 440\*  
Wednesday 80

\*Includes Epiphany Day and Annual Meeting

### Friends

They love you,  
But they're not your lover  
They care for you,  
But they're not from your family  
They're ready to share your pain,  
But they're not your blood relation.  
They are .... **FRIENDS!!!!**

A True friend...  
Scolds like a **DAD...**  
Cares like a **MOM..**  
Teases like a **SISTER...**  
Irritates like a **BROTHER...**  
And finally loves you more than a **LOVER.**

Send to all your good friends  
The nicest place to be is in  
someone's **THOUGHTS!**  
The safest place to be is in  
someone's **PRAYERS!**  
And the best place to be is in  
**GOD'S HANDS!**

### Thank You, God, for Everything

By Helen Steiner Rice

Thank You, God for everything  
The big things and the small  
For every good gift comes from God,  
the Giver of them all.  
And all too often we accept without any thanks  
or praise  
The gifts God sends as blessings each day in many  
ways

First, thank you for the little things that often  
come our way

The things we take for granted and don't  
mention when we pray  
The unexpected courtesy,  
The thoughtful, kindly deed,  
A hand reached out to help us in the time of  
sudden need.

Oh, make us more aware, dear God,  
Of the little daily graces  
That come to us with sweet surprise  
From never-dreamed-of places.  
Then thank You for the miracles  
We are much too blind to see,  
And give us new awareness  
Of our many gifts from Thee...  
And help us to remember  
That the key to life and living  
Is to make each prayer a prayer for thanks  
And every day Thanksgiving.  
(Submitted by Wilma Naumumnart)

### Holy Week Services

#### Palm Sunday, March 24

9:00 a.m. The Rev. David H. Jackson, Epiphany  
& The Rev. Diane Martinson-Koyama, Good  
Samaritan

8:15 a.m. Board trolley at Epiphany  
8:25 a.m. Trolley leaves for Good  
Samaritan

8:35 a.m. Worship begins at Good  
Samaritan. Trolley  
procession to Epiphany  
9:00 a.m. Worship continues at

Epiphany Church

#### Maundy Thursday, March 28 -

6:00 p.m. Foot-Washing & Stations of the Cross  
Eucharist, The Rev. David Jackson, Epiphany

#### Good Friday, March 29 -

12:00 noon & 6:00 p. m. Good Friday Liturgy,  
The Rev. David Jackson, Epiphany

#### Easter Sunday, March 31

6:00 a.m. Holy Eucharist, Laying  
Hands/Anointing, The Rev. David H. Jackson  
\*Between Services (7:30 am & 8:15 am): **Easter  
Egg Hunt** with fun games, front lawn grassy area,  
led by Gail & Marcus Pottenger. Please join us!  
9:00 a.m. Holy Eucharist, Laying  
Hands/Anointing, The Rev. David H. Jackson

# The Epiphany Star



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

The Rt. Rev. Robert L. Fitzpatrick, Bishop  
The Rev. David H. Jackson, Rector  
Dr. Malcolm Hee, Seminarian

Senior Warden: Kevin Simon  
Junior Warden: Glenn Shea  
Treasurer: Wilma Namumnart  
Clerk: Barton Low

Parish Administrator: Maxine Infiel  
Church phone: 734-5706 Fax: 735-6025  
e-mail: [epiphanyhi@hawaiiantel.net](mailto:epiphanyhi@hawaiiantel.net)  
Fr. David Jackson cell: 542-6508

Sexton: John Kaleiopu  
Newsletter Editor: Maedene Lum  
[www.epiphanyhi.org](http://www.epiphanyhi.org)

---

*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.