

Ka Leo o Timoteo

The voice of St. Timothy's

Unleashing the Power of Gratitude

“I will give you thanks in the great assembly; among the throngs I will praise you.” (Psalm 35:18)

Dear St. Timothy's 'Ohana,

Take one minute and write down all the things you can think of that you are grateful for.



Gratitude is not just a good idea leading up to Thanksgiving, it is a spiritual tool that can be nurtured and developed. Gratitude can be cultivated- as a state of mind, a state of the spirit, and as a way by which we orient ourselves to the world. By cultivate, I mean that gratitude is something we choose and are intentional about having it be in the front of our minds. We can choose this frame of reference.

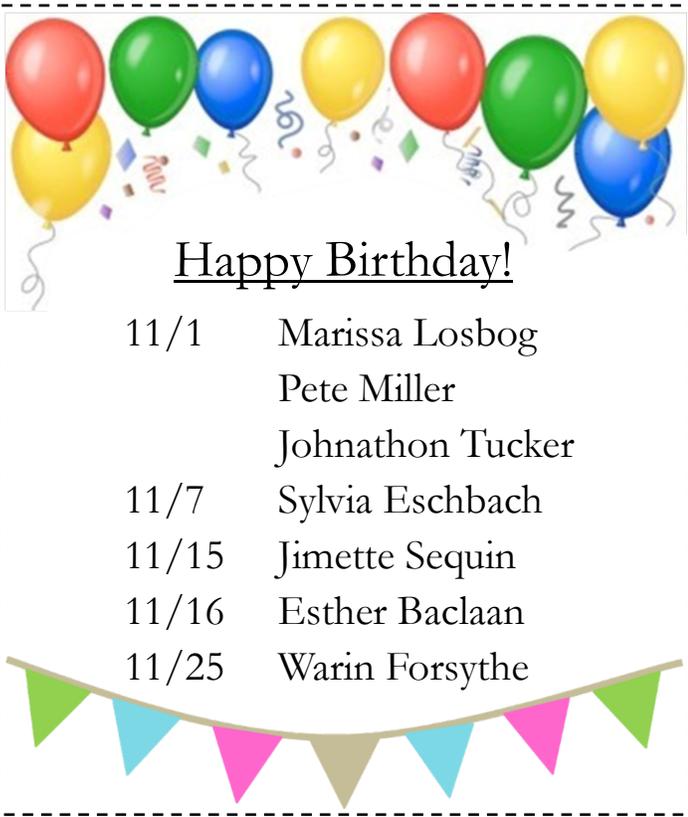
Gratitude and thanksgiving can be, or become, a habit in the same way that bitterness and negativity can dominate our ways of thinking and believing such that we convince ourselves the glass is ALWAYS HALF EMPTY.

Instead, we have the means within us to choose something beautiful. Prayer and thanksgiving are holy partners. Giving thanks when we pray opens our spiritual eyes, allowing us to see further and deeper. When we are grateful, our eyes are opened to observe and be satisfied with even the littlest things, things that are easily taken for granted. God bestows the ability to see the unseen on those who have gratitude. The more thankful we are, the more good things there are to see. We can be thankful for all situations because we can see the good and find the good.

William Blake, an English poet, said it this way in “Auguries of Innocence”:

To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour..

Blessings,



Happy Birthday!

- 11/1 Marissa Losbog
Pete Miller
Johnathon Tucker
- 11/7 Sylvia Eschbach
- 11/15 Jimette Sequin
- 11/16 Esther Baclaan
- 11/25 Warin Forsythe

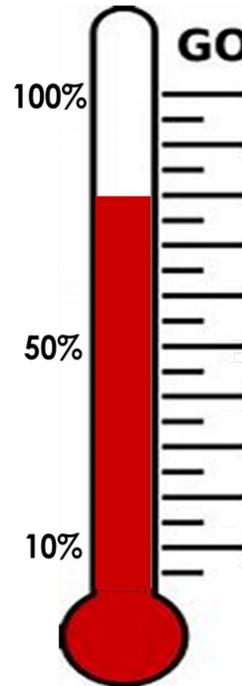
2022 Flower Book

Seichi and Fussy Nagai updated the altar flower book to include 2022 for people who would like to donate for a birthday, anniversary, or any special reason. Anyone may reserve a date. If there are multiple people who would like to donate flowers for a given Sunday, we can ask Aiea Florist for multiple bouquets if needed.



Every Perfect Gift Update

by Louis Robison



A big mahalo to all who pledged during this year's campaign period. For those still waiting, there is still time. For those looking to pledge their time and talent, we are always looking for volunteers. Please see one of our committee members to ask about what you can do to help in furthering God's Kingdom here on earth. Please do not hesitate to reach out to Claire Parcon, Phil Gray or Louis Robison with any questions you may have regarding stewardship. We look forward to helping you.



Give Aloha Campaign

Thank you so much for your generosity during the 2021 Give Aloha Campaign. We had a total of 32 donations totaling \$3,623. We received \$657.13 in a matching donation from Foodland. For internal purposes, your donation to Give Aloha counts toward your annual pledge. Unfortunately, we did not get the cash register receipts for 11 of the donations, meaning we don't know who donated! In addition to giving our thanks, we want to give credit on your annual pledge statements. Please contact Jana Dove (islprncs@gmail.com or 808-230-0580) to let her know you donated and at which store, if you want credit. Mahalo nui loa for your generosity.

Give Thanks with a Grateful Heart
 Thanksgiving Day
 Worship- 10 AM
St. Timothy's Church, Aiea
 In-person & Online
www.sttimothysaiea.org/livestream
 St. Timothy's Episcopal Church

My Grateful Heart Story

by Joanne Mahuka

Louis asked me to talk about what inspired me to get involved in St Tim's. But it isn't "what" it's "who" inspired me.

We came to St Tim's in 1984 and one of the first things that my husband, John, our son, Paul, and I enjoyed was Ernie Uno and Winifred Kurakawa taking the young kids to children's church. Paul, who was 7, enjoyed this special kids service very much.

The first thing we became involved with as a family was helping with was the BBQ chicken sale. Cooking and selling tickets - this was for the benefit of St Tim's Outreach programs. It was always a beautiful and exhausting day that started at about 6 in the morning loading racks, turning racks, keeping the fires hot, filling bags with the cooked chicken.

It was an all day process that lasted until late in the afternoon with a major clean up of coal embers and ash from the parking lot at the end.

I think everyone turned out to help on those days. I do remember Frank & Suzie Medeiros, Larry and Carol Amaki, Ernie and Grace Uno, Kay and Minoru Morimoto, Sandy and Ray Chun, Vi and Larry Fransham; so many people working together to help the less fortunate.

The major Outreach program was cooking a dinner for about 250 people at IHS. We did this 6 times a year. The first people that I met while serving dinner were Eloise and John Caldwell. Some of the other people involved in cooking and serving those dinners were Pat and Larry Konno, Betty and Gene Smith, Carl Tapfer, Kathy and Joe Bomersbach.

Janet Goff was very involved with organizing craft fairs that funded our fellowship programs. The ladies of the ECW would make spam musubis to sell and there would be baked goods, too. My husband loved to cook and he would make a big pot of chili and he would sell chili dogs.

Janet was also one of the people that initiated Project Mustard Seed which was an exchange program for Hawai'i kids and kids from an orphanage in Siberia. It was living God's Word. It was such an awesome experience for all who were involved.

One of our ladies, Akiko Takafuji, did many things at St Tim's, but especially helped with the fund raisers we held to sponsor our kids and the Russian kids for Project Mustard Seed travel. Joe and Kathy Bomersbach were great helps, too.

Kathy was the person who invited me to join her altar guild team. Grace Uno and Barbara Grassel were wonderful teachers of all the altar guild duties. That's something I still enjoy very much. It's like getting ready for a big family dinner with all the preparations and polishing and cleaning. This morning I remembered how Ruthie Kang told me she couldn't do altar guild duties any more, but she would come to get the linens and take them home to wash and iron.

Vicki & Dave Millard were inspiring with so many fund raisers and he was our treasurer for years.

Lucille Tamura Caldwell, what a dear. She really loved our young people. One winter, she and Janet took a group to Camp Kilauea on the Big Island. Paul said they almost froze but he loved it.

Sweet Carol Amaki, I do miss her so much. She was in Episcopal Church Women, Daughters of the King, Outreach, and she arranged for the flowers for Christmas and Easter.

Thanks to Wally & Jeanne Inouye we have beautiful fresh plants on our altar.

There are many of our people who inspire by their dedication to the Mass. I know there are many others that I have forgotten, people who served our church and inspired others to do the same. Their spirits continue to hold us up.

Joanne Mahuka

Bishop's Covid Update:

November 4, 2021

Congregational Singing, Adult Formation, and Coffee Hour fellowship to return November 14th.

Now that children ages 5 to 11 are eligible to receive the COVID-19 vaccination and considering the high rate of vaccination in Hawai'i (especially among Episcopalians), I think we can safely introduce congregational singing at in-person worship (outdoors is still preferable when possible) with masks and social distancing beginning on Sunday, November 14th. While choirs should be masked and appropriately socially distanced, I don't think it prudent yet for them to sing in procession through the congregation.

Likewise, in-person social gatherings (for example, Aloha Hours, fellowship meals, etc.) and educational activities may resume with masks and social distancing. Gathering outdoors is still preferable (especially for such social gatherings). These activities can take place indoors with room for social distancing and adequate air circulation. Churches should also follow the State and County guidelines for fellowship gatherings...

Our Diocesan policy does not require a vaccination card to attend worship and take the Sacrament. Those who are authorized to "represent" and engage with the public on behalf of the Church (for example, all clergy, Eucharistic Ministers, acolytes, lectors, food bank volunteers, choir members, thrift store volunteers, etc.) are required to be vaccinated. Being a "minister" (ordained or lay – compensated or volunteer) is acting as a representative of Christ and the Episcopal Church. One is therefore responsible to represent the Common Good. During this Pandemic, I believe the policy witnesses to the world of the efficacy of the COVID vaccination and the consistent teaching of the Episcopal Church. With vaccinations available for most everyone over the age of five, nearly all of God's people who so desire can be involved as volunteers in the ministry of the Church. Unvaccinated individuals might still volunteer in ways that do not engage the public on behalf of the Episcopal Church (for example, pastoral phone calls or stocking food bank shelves when no one is around).

Yours faithfully,

The Right Reverend Robert L. Fitzpatrick



News Alert

On Sunday, Oct. 24th, David Caldwell, a parishioner, had his car vandalized in the church parking lot shortly after the start of the 8am service. They took the catalytic converter which, as some may know, is a growing problem on our island & across the mainland. They can remove it and flee within 2-3 minutes. The car still runs, but the engine noise is so loud as to render the car unusable. You then must go to a body repair shop, order a replacement, but because they are now in high demand, it takes weeks to ship it in. And, once replaced, you are still vulnerable to being victimized again. There are body shops (Capitol Auto Service 808-676-1888 in Waipio – per David) which will install metal shields over the converter to protect it from thieves.

David wanted everyone to be aware of the situation. Fr. Dan was there to help and is aware of the incident. A police report was filed, but our camera coverage on campus doesn't cover most of the parking area. David drives a Prius and, as it turns out, that is the car type of choice for these thieves because the converter is easily accessible. Since the theft occurred shortly after church began, when no one was out in the parking lot, we believe that the church had been observed and targeted, and that they may easily return and do it again. Please be alert and aware to anyone claiming to be working on a car in our lot. We hope this incident does not discourage anyone from attending worship, but David strongly encourages those with more accessible catalytic converters (call your dealership & ask if unsure), and especially other Prius owners to install these metal shields. We couldn't agree more.

Despite this unfortunate incident, David has taken the high road and prays that God will reach the hearts of people not yet convicted in the gospel of our Lord Jesus Christ. Blessings and peace.

My Grateful Heart Story

by Abby Kiyosaki

To me, having a grateful heart means having a loving heart and being greatly appreciative for everything that I have. It's easy to be grateful when life is good, but I believe that when people are faced with challenges and hardships, we would much rather focus on the negative. What we have lost, what went wrong, or thinking about all of our disappointment. Rather than complaining and criticizing, I believe that it is important to simply pause, take a step back, and count our blessings rather than our losses. When disaster strikes, gratitude can provide us with a perspective through which we can view life in a new way and not be overwhelmed by temporary circumstances. In the face of despair, gratitude has the power to bring hope and can help us cope with hard times. When you think back on some of the worst times in your life, the sorrow, the losses, the sadness—try to remember that you are here, and remember that you made it through the worst times of your life, and made your way out of the dark. The point is not to ignore or forget the past but to develop a new frame of reference from which you can view experiences and events.

The Oxford dictionary defines gratefulness as “the quality of being thankful; readiness to show appreciation for and to return kindness”. Gratitude is a response, and that response becomes natural when we are thankful for what we have. In my life specifically, I am thankful for my family, friends, and community. And my response of gratitude comes in the form of me wanting to give back to family, friends, and community. Whether that be in the form of giving back in school through student council and clubs, giving back and helping St. Timothy's, or simply telling my family thank you for all they have done for me.

In the end, gratitude gives us the power to turn obstacles into opportunities and to appreciate and praise everything God has blessed us with. God's love is healing, and that love allows us to develop a sense of understanding and gratefulness to overall lead us to having a grateful heart through God's grace and love.

-Abby Kiyosaki

Cards and Charcuterie

For the first time in MANY months, we'll have an opportunity for fellowship. Please join us.

Food, Fun and Fellowship: 3 wonderful words and we have just the party for you!

We will hold our first “Cards and Charcuterie” FUN Raiser on Sunday, December 5th from 3pm to 5pm.

All funds raised will go to our solar project at St Timothy's.

Meet us in Sumida Hall where we will make stunning and simple Christmas cards (led by Jana Dove and Bette Kalohi) and enjoy adult beverages (thanks Tom), charcuterie (thanks Laurie and Lisa) all to have fun and raise money for St Tim's.

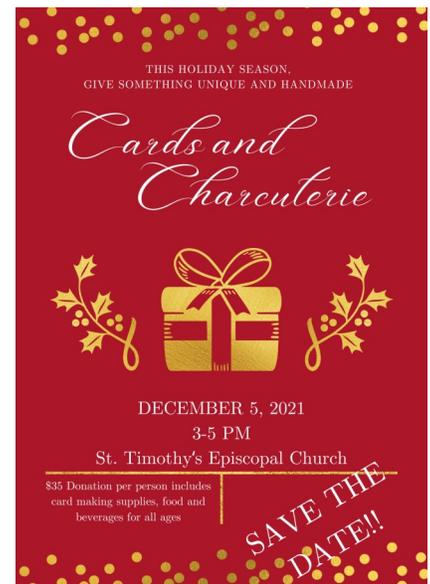
It's all included, for \$35 per person:

- We will provide all the supplies you'll need for you to produce beautiful, professional-looking Christmas cards that will rival any \$15 card in a fine stationary store! Absolutely no experience or crafting ability is required for this project!
- There will be iced tea, adult beverages and fruit punch
- A fine charcuterie spread to whet your appetite while you produce your masterpieces
- Sweet treats to keep your energy fired up

***Additionally, wonderful prizes have been donated for drawings we'll have throughout the afternoon and a silent auction will be held for special surprises.

AND, we are working on a Bakery and Goodies Shop; A table where you can purchase goodies for gifts or yourself. (Donations of baked goods are welcome).

COVID restrictions and supplies limit us to about 30 participants so get your tickets soon. (See Jana, Bette, Lisa or Lori to purchase your tickets)



ADVENT CALENDAR 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28 Worship</p> <p>Advent 1</p> <p>Read Luke 21:25-36. How do the symbols of the Advent season help you understand the story of Jesus? Where do you see them in your worship today?</p>	<p>29 Go</p> <p>Go out of your way to have a conversation with someone you might not normally visit with today. Ask God to open your heart to hear this person as God does.</p>	<p>30 Learn</p> <p>Read Matthew 4:18-22. How do these verses from Matthew inspire you to read Scripture with new eyes? Try reading several different translations of this passage. See how the language might change your reading of it.</p>	<p>1 Pray</p> <p>Pray along with the Collect for Advent 1, found on page 211 of The Book of Common Prayer. Set a timer for three minutes to sit in silence and hear what God might be saying back to you.</p>	<p>2 Bless</p> <p>We know that angels are God's special messengers to us, and that Gabriel spent intentional time with Mary, helping her to understand her part in God's story. Who has shared an important lesson or their presence with you this week? Thank them today with a call or note.</p>	<p>3 Turn</p> <p>Read Isaiah 58. How does this reading challenge you to think about feasts and festivals differently? How might this lesson change the way you celebrate or recognize this holy season?</p>	<p>4 Rest</p> <p>Put your phone on airplane mode and leave it in a dresser drawer for an hour or two. Whatever happens in that time, you can handle later. Give this time to yourself and Jesus, to rest and recharge for the week ahead.</p>
<p>5 Worship</p> <p>Advent 2</p> <p>Read Luke 3:1-6. How does the story of John the Baptist fill your heart with hope?</p>	<p>6 Go</p> <p>Read or watch your local news. Ask God to open your heart and eyes to ways you can promote reconciliation and healing in your community.</p>	<p>7 Learn</p> <p>Read Luke 1:45. Share your faith story with one new person this week. It can be someone you have known for a while who has not heard the faith part of your story.</p>	<p>8 Pray</p> <p>Pray along with the Collect for Advent 2, found on page 211 of The Book of Common Prayer. As you are out and about for the rest of this week, notice the people you pass. Ask God to bless them in their lives and work. See how this changes the way you go about your week.</p>	<p>9 Bless</p> <p>Call or write a letter to a family member with whom you would like to have a closer relationship. Make plans in the new year to chat on the phone or meet over Zoom or in person. Let them know how much you love them and look forward to knowing them better.</p>	<p>10 Turn</p> <p>Where did you struggle this week? Do you have amends or apologies or adjustments you need to make? Ask God to open your heart and mind to those opportunities for reconciliation and growth. Thank God for the gifts of mercy and love, and the courage to make the changes necessary. And then do your best, with God's help, to make those changes.</p>	<p>11 Rest</p> <p>Set aside 30 minutes to spend in silence with your best friend today. Sure, it may feel a little weird to be silent on the phone or while sitting next to each other on the couch or across the table. Just give it a try. Make sure to set aside time after your silence to pray for each other and to say thanks for the time of rest.</p>
<p>12 Worship</p> <p>Advent 3</p> <p>Imagine the faces you'd like to see at church — an all-star list of folks you want to worship with. This could be people you know from summer camp when you were a kid, people who might have already died, people you work with — all your favorites. Commit to pray for those folks this week. And make a commitment to ask one of your all-stars to come to church with you in the next month.</p>	<p>13 Go</p> <p>Take a new or different route to work, or school, or out to run errands. See how using a different route requires you to see the world differently — to pay a different kind of attention. What do you notice along the way that makes you stop and take a second look? Does anything on this new route inspire your faith journey or remind you of lessons learned?</p>	<p>14 Learn</p> <p>Read Luke 1:59-80. When Zechariah's speech returns, he praises God. If you lost the power to speak for nine months like Zechariah did, what would be your first word of praise? Share this with your family, friends, and on social media.</p>	<p>15 Pray</p> <p>Pray along with the Collect for Advent 3, found on page 212 in The Book of Common Prayer. How will prayer guide you through the rest of the week? Set aside special time today to focus your intentions on stirring up peace and spreading joy.</p>	<p>16 Bless</p> <p>Spend a significant amount of time today discerning if there is a special blessing or gift you can share with your church, a local ministry, or with your community. Ask God to inspire and equip you with the fortitude and tools to make this gift something truly memorable and heartfelt.</p>	<p>17 Turn</p> <p>Turn away from the busyness of the world right now. Turn your heart and mind toward giving thanks for this time of reflection, refreshment, and renewal. Turn your attention toward how you will be resting tomorrow, and put things in place so you can make the most of your sabbath time.</p>	<p>18 Rest</p> <p>Spend at least 45 minutes outside today, without doing yard work or fixing lights or redoing bows on the garland. Take some time to just sit outside and let the air wash over you, taking away the stress and worry of the moment. Read Psalm 100 before and after your outside time. See how this psalm may help you rest and recharge your spirit.</p>
<p>19 Worship</p> <p>Advent 4</p> <p>Linger before leaving your worship time today. How is God calling you to hear and sing along with Mary's Song? Read Luke 1:39-55.</p>	<p>20 Go</p> <p>Go out into your neighborhood today. Where is God at work? Ask God to show you how you can celebrate that good work and name God's presence in your community.</p>	<p>21 Learn</p> <p>Read Habakkuk 2:1-4. Does this reading remind you of Thomas the disciple? Why do you think the folks who organized the lectionary picked this reading from the Old Testament for this friend of Jesus?</p>	<p>22 Pray</p> <p>Pray along with the Collect for Advent 4, found on page 212 in The Book of Common Prayer. Pick three or four of your beloveds to focus your prayers on today. Make sure to leave some silent space for God to offer you some wisdom about what they may need right now.</p>	<p>23 Bless</p> <p>Make sure to pick up an extra present or two — a nice candy sampler or a warm pair of slippers or pajama pants, just in case you have extra friends or guests drop by. Ask God to bless those who travel and those who may be alone in the coming days. Take some bottled water and sports drinks over to your local community cold weather shelter. They will be extra glad to have that during the winter months.</p>	<p>24 Turn</p> <p>Christmas Eve</p> <p>If you are gathering with friends and family today, consider taking time during the meal to turn to the folks on your right, and then on your left, to thank them for their love in your life. See how this might spread some joy and comfort around the table — or maybe even ease some potentially prickly guests.</p>	<p>25 Rest</p> <p>Christmas Day</p> <p>The conventional wisdom is that new parents should rest when the baby is resting. Make sure you take some time out to rest with Baby Jesus — and marvel in the wonder of a fresh, new, clean, shiny, tiny, precious start. Take a nap and thank God for the gift of Jesus and for peace at Christmas.</p>

Adult Formation:

On November 17 at 7pm, we will continue our Adult Formation class on Zoom. We are reading chapters from *Walk in Love*, by Scott Gunn and Melody Wilson Shobe. This course takes us on a journey through *The Book of Common Prayer*, the Christian life, and basic beliefs of our faith and covers topics such as the liturgical year, the sacraments of the church, habits of daily prayer, and the teachings of Anglican Christianity. See how our prayer shapes our belief and our lives and how our beliefs lead us into a deeper relationship with Jesus Christ.

Even though we pray the words of *The Book of Common Prayer* each week, many of us don't know where these prayers come from, what they mean, or how they call us to live daily lives of faith. Each week, participants will gather for a short lecture on one section of *The Book of Common Prayer*, exploring what each liturgy says and how it is typically used in our communities.

Classes run each week and you can drop in any time. See the "Grow" tab of our St. Timothy's Website: <https://www.sttimothysaiea.org/grow> for more information.

We will be taking a break from these Adult Formation Classes in order to focus on the Advent Season Formation (see below). We will resume classes in January.

11/17 Chapter 8 For the Benefit of Your Holy Church: Ordination

ADVENT BREAK

1/12 Chapter 9 Accept the Prayers of Your People: The Daily Office and Daily Prayer

1/19 Chapter 10 All Times Are Your Seasons: The Church Calendar and the Liturgical Year

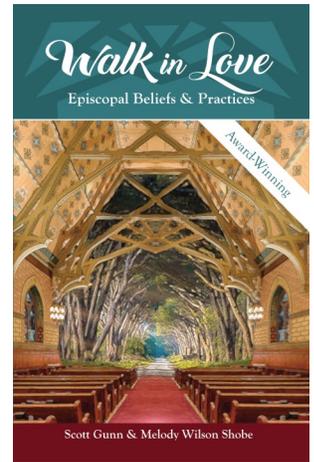
1/26 Chapter 13 Gathered Together in Unity: The Creeds

2/2 BREAK

2/9 Chapter 14 Written for Our Learning: The Bible

2/16 Chapter 11 Walking in the Way of the Cross: Holy Week and Easter

2/23 Chapter 12 Jesus Christ Who Is the Resurrection and the Life: The Burial Office



Formation and Study in the 2021 Advent Season

LIVING WELL THROUGH ADVENT 2021: Practicing Patience with All Your Heart, Soul, Strength, and Mind.

“In a culture that glorifies immediate gratification, learning to wait is counter-cultural. This makes Practicing Patience a perfect theme for our 2021 Advent reflections because the season of Advent is counter-cultural. The emphasis on immediate gratification increases tenfold as we rush full-speed ahead into the Christmas season. We are encouraged to give in to the barrage of invitations to eat more, do more, drink more, and buy more this time of year. The season of Advent—along with these reflections—provides us with the support we need to slow down in order to make counter-cultural choices, choices that will help prepare us for the true meaning of Christmas.”

- From the Introduction to Practicing Patience

Print Copies of the Devotional Booklet have been ordered. A FREE PDF copy of the booklet is available at <https://www.livingcompass.org/advent>.



Our 4-week Advent Series takes place on Sundays from 9:00-9:45 in Sumida Hall

11/28 The First Sunday of Advent: Practicing Awareness of Our Impatience

12/5 The Second Sunday of Advent: Practicing Patience With Ourselves

12/12 The Third Sunday of Advent: Practicing Patience with Others

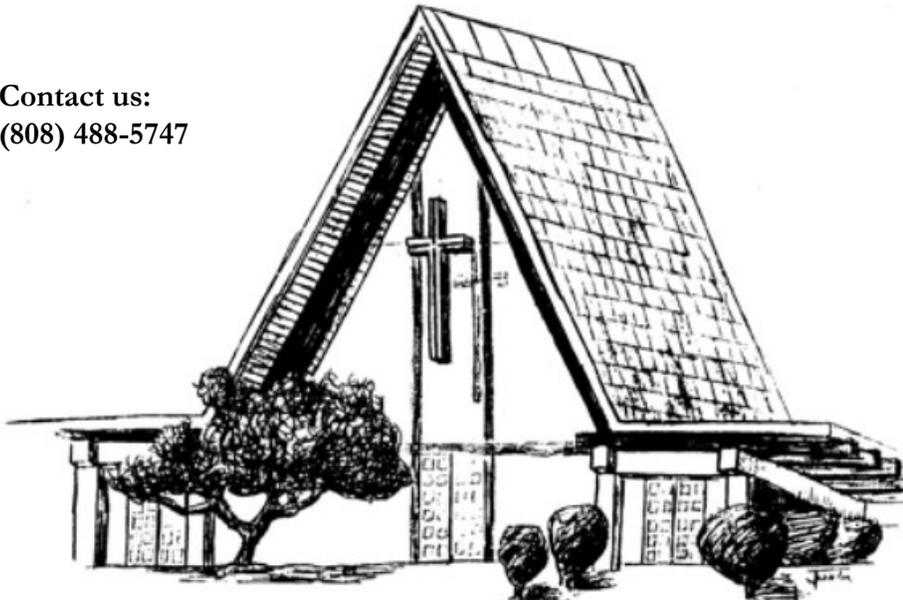
12/19 The Fourth Sunday of Advent: Practicing Patience with God

ST. TIMOTHY'S
EPISCOPAL CHURCH



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'Aiea, HI 96701-5012

Contact us:
(808) 488-5747



From St. Timothy's archives

St. Timothy's Events

Classes, Meetings, & Services

Sunday

8:00 a.m. - Holy Eucharist Rite II
(in person and live streamed)

9:00 a.m. - Advent Series
Starting Nov. 28 (in person)

10:00 a.m. - Holy Eucharist Rite II
(in person and live streamed)

Wednesday

11:00 a.m. - Bible Study
(online only)

6:00 p.m. - Evening Prayer
(live streamed only)

7:00 p.m. - Adult Formation
(online only)

Calendar Highlights

November

2 Outreach Pantry

7 Twenty-Fourth Sunday after Pentecost

9 Outreach Pantry & Dinner

14 Twenty-fifth Sunday after Pentecost

16 Outreach Pantry

21 Feast of King Kamehameha IV &
Queen Emma

Bishop's Committee Meeting

23 Outreach Pantry & Dinner

25 Thanksgiving Day Worship 10 a.m.
(office closed)

28 First Sunday of Advent

30 Outreach Pantry