

HEART-TO-HEART

We are reminded that Christ is in our hearts and we are in His and that love connects us all in unity.

The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.
Psalm 28:7



Belonging

Statehood Day or Admission Day in Hawaii is celebrated on the 3rd Friday in August to commemorate the state's admission to the Union on August 21, 1959. On that day we become a part of and "belonged" to the United States of America.

As Americans, we are now experiencing issues that are dividing our nation. It is important for followers of Christ to engage

in practices that keep us, the body of Christ, united. These practices include reading the Bible to hear God's Word, praying for ourselves and others, and loving others and inviting them to learn more about Jesus.

Jesus didn't force anyone to follow him. He invited them to be a part of a community of others who believed that he was the Messiah and wanted to devote themselves to the Lord. He made them feel that they were loved and they belonged with him and others.

IN THIS ISSUE

A Test of Faith!

God Is Good!

Dis 'n Dat

That Others May Know Christ

A Test of Faith! by Linda Kunimitsu

My husband, Nori, and I have often gone on short get-aways to Las Vegas since about 1970. We weren't rich so gambling was not the reason we took these trips. It was the low rates on fares, hotels, and, of course, buffets. Our last trip was in early 2020, at the start of the pandemic. Then, of course, travel came to a standstill until two months ago, when we decided to test our wings once again.

As we arrived, everything went smoothly. Nori was amazing. At 86, he still remembered the streets and drove to all our favorite places. Six days later, it was finally time to return home. We usually returned on the early morning flight. This one was at 1:55 a.m. Because of so much construction (Vegas is always growing and improving), we had taken a dry run to the airport earlier that day. No problem.

As Nori drove up to Hawaiian Air, I got out and unloaded our bags. Our travel agent had booked us on a special tour so we had two bags free per person. I had three bags. When the agent asked for Nori's ID, I realized I had forgotten to get it from him. The agent said no problem. He'll check me in with two bags and Nori will have to check in later after returning our rent-a-car.

As I returned to the car, I was thankful Nori was still parked at the curb. As we drove off, we followed car rental return signs. Shouldn't be a problem. After two or three signs, we realized there were no more signs. We must have missed the one to turn in; and now things were dark, like we were driving out to nowhere. Ah-oh! What now?

I told Nori to turn around. We needed to backtrack. Now, Vegas has so much land so they are making more and more new roads going one way. As we headed back, Nori says, "Nothing looks familiar." I said, "Keep going. We're going back the way we came (I hoped)."

All of a sudden, the road we were going on split in two. "Right or left?" Nori asks. I have no idea. There are no signs. Before I can answer, he goes straight!! Can you believe it? He swerves to the left; thankfully there were no cars coming or going; he scrapes construction barriers. Oh, no! Budget had given us a free upgrade on a new car! There must be damage. He reverses and chooses to continue right.

Then we finally see lights. I pray it is the strip, then we could get our bearings. Yes! It says Las Vegas Blvd. Thank you, Lord! As we continued towards the airport, time was flying. Will we make our flight? I could do nothing except trust in Him.

When we finally reached Budget's return, I told the agent we hit construction barriers. He checked the car and said, "No damage. You're free to go." Really? Oh, my! As we made our way to the shuttle back to the airport, it was one hour before flight time. When we got to Hawaiian's check-in, the agent shook her head. It's past the check-in time; you won't make it, especially since Nori needs a wheelchair. She booked Nori anyway. Amazingly, another last-minute passenger in a wheelchair was also checking in. I noticed the Filipino wheelchair guy from our last trip. He told our HAL agent, "I can take two wheelchairs to gate." I knew he could.

He then grabbed both wheelchairs, and we were on our way—gate not anywhere near, yeh, and I had to jog to keep up with him as he yelled, "Wheelchair, wheelchair!" A path opened up like magic for us right to the entrance of the plane. They were just starting to board; flight was delayed half hour.

Yes, I was reminded once again: Trust in the Lord with all your heart and do not lean on your own understanding.



*"I will proclaim the
name of the LORD.
Oh, praise the
greatness of our
God!"*

Deuteronomy 3:23

God is Good!

by Linda Kunimitsu

It Could Have Been Worse...

In last month's Heart-to-Heart, Jeanne Nagatani wrote about her fall in the bowling alley. In spite of having to use braces on her leg because of a fractured knee, she found joy and thankfulness in her accident—it could have been worse.

A few weeks later, I, too, took a fall. I had just arrived at the family farm in Kona to help my brother. We have a cute little trailer home, and I always walk around it to check things out. As I started climbing up two steps to

the deck, I realized I was losing my balance. Uh-oh! I had a split second to make a decision. Do I fall forward into a rock wall and loose rocks, or do I fall backwards.

I chose to fall backwards. My head went ko-tonk but no blood; that's good. I looked at my left arm. Where is all that blood coming from? Taking a closer look, there was an 8-inch skin-deep wound. Just skin-deep; good. I then said, "Thank you, Lord; it could have been so much worse."

Be Thankful for all things!



"Now, our God, we give you thanks, and praise your glorious name."

1 CHRONICLES 29:13



Dis 'n Dat

A video on Instagram said that improving finger mobility is one of the ways to prevent dementia. The video contained a fun exercise to practice:

- Close both hands into fists.
- Stick out your thumb on your left hand and your pinkie on your right hand.
- Tuck both back into the fist.
- Stick out your thumb on your right hand and your pinkie on your left hand.
- Tuck both back into the fist.
- Repeat the steps. Practice until you can do this smoothly.

It takes a lot of concentration. Who knows if it does prevent dementia? But, it is a fun way to improve your finger mobility and increase your concentration.

Have trouble falling asleep? Try the "military method".

- Relax your entire face, including the muscles inside your mouth.
- Drop your shoulders to release the tension, and let your hands drop to the side of your body.
- Exhale, relaxing your chest.
- Relax your legs, thighs, and calves.
- Clear your mind for 10 seconds by imagining a relaxing scene.
- If this doesn't work, try saying "don't think" repeatedly for 10 seconds.
- Within 10 seconds, you should fall asleep.

Try it and let us editors know whether it worked for you.

That Others May Know Christ

On July 8, 2023, Pastor Greg Laurie led a group of pastors to perform baptisms at Pirate's Cove, the site of the mass baptisms in the movie, "Jesus Revolution." Pastor Laurie stated that 3800 people signed up to be baptized, but they ended up baptizing 4500 people. The line to be baptized was half a mile long, and people waited patiently, up to 2 hours for their turn to be baptized. At least one person interviewed stated that he was inspired to do so by the movie, "Jesus Revolution." Pastor Laurie considered this event to be "the powerful work of the Holy Spirit."

In an interview with Fox News about that day, one of the questions that Pastor Laurie was asked was, "What are people searching for today, in your view?" Pastor Laurie's response was, "I think there is a sense of desperation among many, especially the young. Our young people are hurting like never before. Social media is like gasoline poured on an already out-of-control fire. Depression and feelings of hopelessness have skyrocketed among teens. Teen suicide and teen depression are on the rise. Suicide is now the second leading cause of death among young Americans. Our young people need help. They need God. We all do."

C.S. Lewis said, "God cannot give us happiness and peace apart from himself because it is not there. There is no such thing." Mr. Lewis got it right! Each of us who follow Jesus are commanded to share His story with others so that they may come to know Him too. We start with prayer - praying for the opportunity, courage, and words needed to share Christ with others. We also act in loving ways so that others may see Christ in our actions. We need to represent Christ so that others can see where they can find peace and happiness.



94-420 Farrington Hwy.
Waipahu, HI 96797
Office: (808) 671-0699
Email: info@westoahuchristian.org
Website: <http://www.westoahuchristian.org>

Pastor - Stan Miyamoto
Editorial Staff - Linda Kunimitsu & Julie Morita



"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit..."

MATTHEW 28:19

*Please feel free to contact:
Linda Kunimitsu or Julie
Morita about this newsletter
or to submit an article.*