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.



Expressions of Love

February is known as the month when individuals declare their love to someone and couples celebrate their love with each other.

Gary Chapman, author of "The Five Love Languages," states that the five love languages that people "speak" are:

- 1. Words of affirmation
- 2. Quality time
- 3. Physical touch
- 4. Acts of service
- 5. Receiving gifts

We often show love to another in the way that resonates with us, but that may not be the other person's love language. The author challenges us to figure out what love language clicks with the other person and to speak their language so that they feel your love.

Relationships can be messy, and it always takes work to maintain them. Let us focus this month on strengthening our relationships and developing new relationships with those who God puts into our life.

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God's Wonderful Gift: A Born-Again Experience

by Linda Kunimitsu

In June of last year, my grandson Keith graduated from Kamehameha Schools and went off to college in Alabama. About a year before he graduated, he had called me one evening saying he was feeling uneasy. As I have already shared his testimony in an earlier issue, I won't go into it in detail. Suffice to say, the only place he could have privacy that night was in the bathroom, where he prayed the Sinner's Prayer.

Fast forward to nearly a year later. He called me about a month before Christmas last year from Alabama. "Grandma," he says, "I became born again and I want to be a pastor." Whaaat?

I asked, "What brought this about, Keith?" He goes on to say shortly after arriving in AL he saw a notice about a Monday night Bible study taught by a colonel. This was a college specializing in students who were interested in joining the military.

I was, to put it mildly, overjoyed. I have seven grandchildren and, as far as I knew, Keith was the first to accept Jesus as his Lord and Savior.

Have you had a born-again experience? If your answer is no or not sure, please pray this prayer right now:





Dis 'n Dat

...about February from "The Farmer's Almanac" (https://www.almanac.com/content/month-february-holidays-fun-facts-folklore)

- Originally, February was made the last month of the calendar year. Eventually (c. 450 BC),
 February was moved to its place as the second month.
- February 2 is Groundhog Day—
 the day we find out whether
 winter will last six more weeks or
 call it quits early.
- February 10 is the <u>Lunar New</u>
 <u>Year</u>. Celebrated widely
 throughout East Asia, this holiday
 begins with the first new Moon
 after the Winter Solstice and is
 associated with the Chinese
 Zodiac.
- February 12 is <u>Abraham Lincoln's</u>
 <u>Birthday</u>. The 16th president of
 the United States was born in a
 one-room, 16x18-foot log cabin
 with a dirt floor.

- February 13 is <u>Mardi Gras</u> (aka "Fat Tuesday" or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.
- February 14 is <u>Ash Wednesday</u>, which marks the start of Lent.
- February 14 is always
 Valentine's Day. Heads up,
 lovebirds! Today, the holiday
 is celebrated with love,
 flowers, and chocolate.
- February 29 is Leap Day!
 Happening once every four years, we are given an extra day in February. Some think this day brings good luck.



"Life isn't a matter of milestones but of moments."

ROSE KENNED'

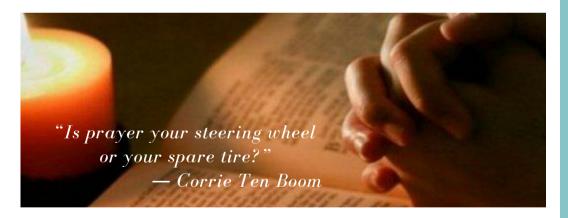


Developing a Relationship with God

As Christians, one of the best gifts that God has given to us is the ability to talk with Him at any time. He is accessible and He wants to develop a deeper relationship with us. That requires us to spend time getting to know Him and for us to share our lives with Him. And how do we do that? With consistency in reading the Bible (to get to know Him) and through prayer (spending time with Him).

Jesus was clear in stating that the greatest commandments are to love God and to love others. We try to build our relationship with God first to ensure that we have a firm foundation so that we can then love others.

Like with any other relationship that you want to cultivate, it takes work - time, energy, dedication, devotion and consistency - and it takes communication. Over time, our relationship gets stronger. If you haven't done so already, start by setting aside a few minutes in the day to pray and read the Bible until it becomes a part of your routine. It doesn't matter how long you start off with; just start. You will find peace when you begin focusing on Jesus.





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"What wings are to a bird, and sails to a ship, so is prayer to the soul."

- CORRIE TEN BOOM

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