

# 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.*

*Mother's Day is for every woman who holds nothing back... who gives her heart, soul, and energy to those she cares about and still finds a way to love them more every single day.*

*—Andrew Blackburn*

*Happy Mother's Day*

## *A Mother's Love*

In May we celebrate Mother's Day. It's a time to honor and thank mothers for their sacrifice, kindness, patience, grace and unconditional love. Mothers are usually the glue that holds families together and defining what "family" is all about.

In thinking about Mother's Day generically, there are women in our lives who are not our biological mothers but who have also provided us with similar qualities of sacrifice, kindness, patience,

grace and unconditional love. They may not have children of their own, or maybe they do, but they took you under their wing to protect you and guide you as a mother would. Think about those women in your life who have provided that comfort to you, who may love you like "family," and take the time to honor them as well.

Thank you Jesus for the women in our lives who care for us and love us.



## *IN THIS ISSUE*

Pray Always

He's Got My Back

Share Your Light

# *Pray Always*

*by Julie Morita*

When you encounter difficulties or joy, do you immediately have a conversation with God? For me, it's not a habit...yet. When we experience joy, our initial reaction may be to say, "Praise God!" But is that just a knee-jerk reaction like saying "Bless You" after someone sneezes? God wants us to go deeper than that. It's similar to telling someone something positive in a general way and they ask you for more details. Example: "That was a great presentation today. [Praise God!]" "What made it great? [Praise God for what?]" Hmm, now I have to think of exactly what made it great. And if I was saying it to make that person feel good, now I'm stuck with trying to come up with something.

When I experience challenges, God wants me to discuss it with him. When I try to deal with it on my own, I may make the situation worse because of my impulsiveness or just not thinking things through. By bringing it to God, it makes me pause, and as I listen to myself talk to God, it helps me to reflect on my thoughts, assumptions, and opinions. Prayer helps me to be still, to meditate on His Word, and to listen to what He may be telling me. It slows things down to help me redirect my attention back to Him and what His plan for me may be. With joyous situations, it helps me to praise, adore, and thank Him; to be specific in expressing what He has done for me.

There are times that I handle situations by thinking it through. Although I took the time to do that, and the plan seems solid, that's really not what God wants me to do. By not praying first, I'm relying on my own thoughts, experiences, strengths to deal with that situation...and I may fall short of the desired outcome. By sharing my plan with God, having a conversation with Him about it, then relying on and trusting in His plan, I will have a better outcome, even if it's an unexpected one.

My favorite Bible verse is Proverbs 3:5-6, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." In my recollection, whenever I spoke with God, trusted Him and submitted to Him about whatever was going on in my life at that time, the outcome was always positive for me. You would think that if that's the case, then prayer should be my "go to" at all times. But nope, although I may pray after reading my Bible or a devotional, spontaneous praying is still a work in progress, but on its way to becoming a habit.

My slogan should be "Pray Always!"



And pray in the Spirit on all occasions with all kinds of prayers and requests....

Ephesians 6:18

## *He's Got My Back*

*by Jeanne Nagatani*

In May 2023, I fell at the bowling alley where I fractured my kneecap and hit my face hard enough to get a black eye. It took me almost 2 months to recover. Although my injuries were pretty severe and looked very ugly, I didn't have a fractured eye socket and my knee fracture was such that I didn't need surgery. Thank you, God.

Well, in December 2024 I fell at the bowling alley AGAIN. Our lanes were broken and wouldn't have been easily repaired, so we were asked to move to another set of lanes. As I rushed to gather my stuff, I tripped over my bowling bag strap and landed on my hands and knees. My friend Geri saw me fall and started yelling, "Are you ok? Are you ok?" As I nodded, yes, in my head I was thinking, "Be Quiet!" She was bringing more attention than I wanted to my situation. Julie heard Geri, looked my way, quickly came over and asked me if I was ok. All I could tell her was, "At least I didn't hit my face", to which she rolled her eyeballs and walked away. She knew that I was ok.

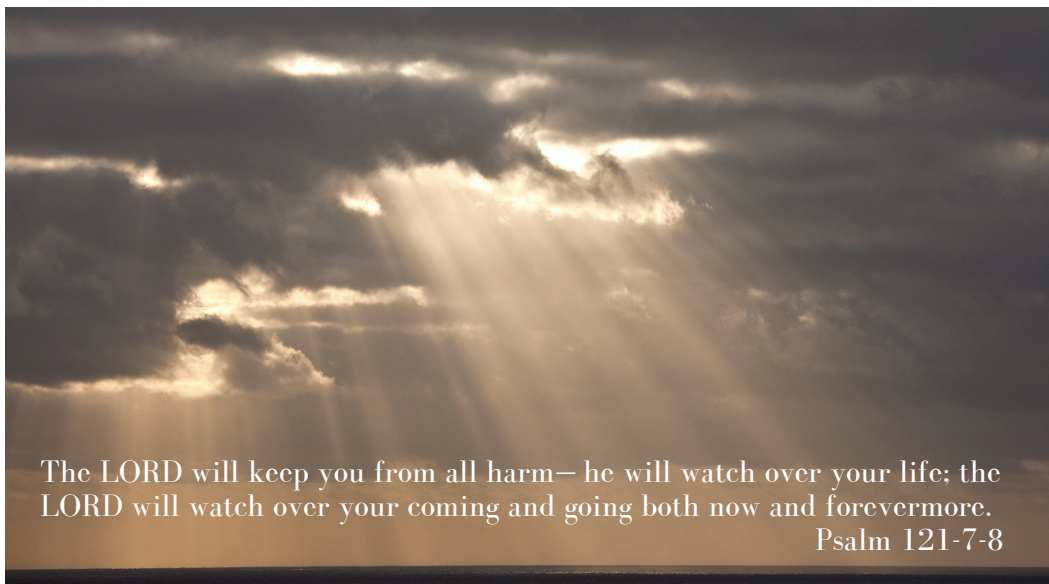
As I got up and gathered my bowling ball and the rest of my stuff, I tried to walk to the pair of lanes that we were relocating to. However, another friend who saw that I fell insisted on rolling my bowling bag down to the new pair of assigned lanes. She brought more attention to my situation. LOL Such good friends - I wouldn't have it any other way. They showed me that they cared for me.

I didn't get hurt, except for my black and blue knee which was the same knee that was previously fractured, and my dignity. I was able to continue bowling with no pain to my hands or knees. This is another confirmation for me that God is always with me. He has my back and He's the best thing I ever had to choose to be in my life.



If you fall, I'll be there.

- Floor



The LORD will keep you from all harm— he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

Psalm 121:7-8



# Share Your Light

This was posted on Pinterest by Kelly's Treehouse:

When a flashlight grows dim or quits working, you don't throw it away, you change the batteries. When a person messes up and finds themselves in a dark place, do you cast them aside? Of course not, you help them change their batteries!

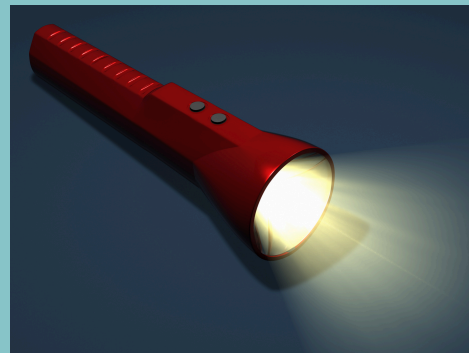
Some need AA - attention and affection;  
some need AAA - attention, affection and acceptance;  
some need C - compassion;  
some need D - direction.

And if they still don't seem to shine...simply sit with them quietly and share your light.



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

Pastor - Stan Miyamoto  
Assistant Pastor - Jason Oshiro  
Editorial Staff - Alli Oshiro & Julie Morita



There are two ways of spreading light:  
to be the candle or the mirror that  
reflects it.

– Edith Wharton

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