



March 2018

From the Rector

I hope you have been experiencing a meaningful Lent and are enjoying filling up your “soup bowls” for Episcopal Relief and Development and Episcopal Migration Ministries. Some of you have already returned yours because they were full! If you want another, there are extras, but all should be returned by Easter.



Easter this year is Sunday, April 1st. It’s fast approaching! The most holy week of our Christian journey begins with Palm/Passion Sunday services on March 25th and continues with services at St. Peter’s on Maundy Thursday, Good Friday, and

Easter Sunday. Consider making this the year that you fully immerse yourself in this cycle of worship.

- Palm/Passion Sunday, March 25 - 7:30am and 10:00am
- Maundy Thursday, March 29 - 6:00pm followed by soup supper
- Good Friday, March 30- 11:30am and 6:00pm
- Easter Sunday, April 1 - 7:30am and 10:00am

Pastor Diane

Learn the Art of Making Palm Crosses

Learn how to make palm crosses for the Palm Sunday worship service. Cheryl Saito and her crew will demonstrate the art of palm folding on Saturday, March 24, 9:00am in the Aloha Room. On Sunday, March 25th, each worshiper will receive a palm cross that will be blessed at the start of the Palm/Passion service.



Your palm cross serves as a reminder and symbol of our Christian faith throughout the year. Next year, during the week before Lent, you are invited to return your cross to be burned for ashes to be used at the Ash Wednesday services.

Hidden in Plain Sight

Have you noticed? At the beginning of Lent, Episcopal churches retire the use of the word "Alleluia". Any image of the word, or reference in prayers or hymns is removed from our worship. It is safely put away, "in hiding", waiting to return with that first sacred light of Easter.

Some years, acolytes are charged with taking the Alleluia banners and hiding them for the duration. This year the Alleluias are hiding in plain sight. Have you found them?

Toddler Bags

The rainbow of small canvas bags hanging on the back of the center pew (by the baptismal font), is the first of several projects you may notice at St. Peter’s welcoming children of all ages to worship in our midst. They are full and equal members of God’s church.

It would be silly to think that young children and babies are able to maintain adult-like behavior throughout a morning worship. Simple, alternate activities, will be offered to engage children at their individual developmental stages.



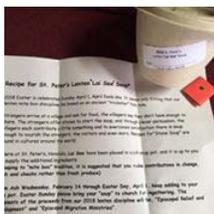
Each bag contains a story board book about our Christian faith and a unique little animal friend.

Hospitality, done well, considers and anticipates the needs of the individual. We are blessed with the joyful noise and enthusiasm of the youngest among us.

Let the people say AMEN!

Lenten Mite Boxes

During Lent, Mite Boxes invite us to offer some of our treasure for the relief of our needy neighbors. We do this by placing money in the container on a regular basis throughout the Lenten season.



Pick up a container at the Greeter's Table at the rear of the church, place your coins or bills in it between now and Easter, bring it filled to church on Easter Sunday and place it in one of the baskets available on Easter Day. The money that is received will go to Episcopal Relief and Development and Episcopal Migration Ministries

Blue Zones Part 4: Engagement in Spirituality or Religion, Engagement in Family Life, Engagement in Social Life



Blue Zones describes the lifestyles and environment of regions containing the longest lived people in the world. Inspired by these cultures where people commonly live healthy, active lives past age 100, we are attempting to learn the secrets to their longevity and quality of life.

Jaime Yamane

This is the last in the series of articles on the Blue Zones and appropriately, during this season of Lent, with the focus being our relationship with God and self examination and reflection, one of the concepts we explore is “Engagement in Spirituality or Religion.” The last two are: “Engagement in Family Life” and “Engagement in Social Life.”

Engagement in Spirituality or Religion:

Participating in a spiritual or religious practice seems to contribute to longevity. Blue Zones research revealed that attending faith-based services four times per month, no matter what denomination, will add 4-14 years to life expectancy! The Blue Zone organization conducted a study which revealed that only 5 out of 263 centenarians interviewed did not belong to a faith-based community. Loma Linda, California, one of the Blue Zones communities, is home to many Adventists, who make up about a third of the town's population. They set aside Saturday as

their holy day, a time to separate themselves from the hustle and bustle of daily work and find time for spiritual, physical and mental rest. That sacred time appears to be good for the body and the soul.

I am always impressed with the long list of nonagenarians at St. Peter's and their active and meaningful lives. Their participation in the life of the church, socialization with members and a lifelong connection between many of them have undoubtedly contributed to their numerous healthy years.

Engagement in spirituality also ties into two other Blue Zones concepts, “finding meaning and purpose to your life” as well as “stress reduction” through a network of individuals who share core values. In fact, practicing a religion and even meditation have contributed to a growing body of evidence that supports the preventive effect of a positive attitude and purpose in life on mental decline. I think we can agree that the community of St. Peter's enriches our lives in numerous ways!

Engagement in Family Life:

In Blue Zones communities, family is a priority. Children, parents and grandparents keep close ties and look out for each other. Keeping aging parents and grandparents nearby or in the home yields health benefits for all generations. Hallmarks of the Blue Zones lifestyle are committing to a life partner and investing in their children with time and love.

In Okinawa, the Blue Zone community with the largest concentration of centenarians, many are active, for example, engaged in teaching karate and/or caring for their great, great, great grandchildren. At age 101, an Okinawa woman still cared for her 6 month old great great great grandchild. When asked how she felt about the 100 year age difference, she said it felt like heaven. Similarly, in Sardinia, Italy, people celebrate age. Elders are not sent to nursing homes. Families look after their aging parents, giving and receiving love and support. The elderly lead a purposeful life; grandmothers help with the grandchildren and the men will work in the garden. Proponents of the Blue Zones lifestyle have pointed out that children growing up with positive contact to grandparents have the lowest

rates of mortality and disease compared to children who have no contact to grandparents.

Engagement in Social Life

Healthy behaviors are “contagious”. The world's longest-lived people have structured their environment and social circles so that they support healthy behaviors. Rather than sitting indoors and surfing the Internet, people in the Blue Zones do the entirely opposite by staying connected not through technology, but via face to face contact. Social connectedness is ingrained into their culture and is a natural way to improve one's quality of life. In comparison to other groups, Blue Zones residents tend to be more helpful towards one another and more willing to express feelings, which reduces chronic stress, one of the largest contributors to chronic disease. For example, Nicoyan centenarians get frequent visits from neighbors. They know how to listen, laugh, and appreciate what they have. Okinawans form “moais” or groups of people who are around each other their entire lives and spend time together daily talking, cooking and supporting one another. Seventh-day Adventists gather at least weekly for religious practices as well as rest and socialization. Sardinians are isolated geographically, so they work and socialize as a means of both support and entertainment. They meet up at the end of the day for red wine and their entire village participates in grape harvests and religious ceremonies.

This brings us to the end of our 9 lessons from the Blue Zone communities. Once again, they are:

Regular, moderate physical activity~Life purpose~Stress Reduction~Moderate caloric intake~Plant-based diet~Moderate alcohol intake~Engagement in spirituality or religion~Engagement in family life~Engagement in social life.

What is the most successful way to implement these concepts? If one's life radius (the environment where people spend about 80% of their lives) is set up to promote a healthy lifestyle, such as in the Blue Zones communities, the positive impact to the community is significant and health gains are easier to maintain. In other words, opportunities to become healthier, if woven into the fabric of one's community, yield the

greatest success. By making the active option an easy and safe option, the activity level of the community is raised. For example, biking and walking paths, community gardens and grocery stores with healthier options encourage people to move more, eat better and socialize more. Stress is reduced. Another factor unique to the life radius approach is the focus on purpose, which include workshops on purpose and opportunities for volunteerism.

On a personal level, being more intentional with our own environments, we can design a lifestyle that makes it easier to do more healthful activities. Diet and exercise alone are not the panacea to a healthy, happy life. Our recipe must include a healthy dose of social life, love, self-care practices, helping one another, and spirituality, which is what has brought all of us here at St. Peter's together.

Interested in being confirmed in the Episcopal Church?

Each year the Bishop celebrates regional confirmation services in the diocese. This year our region's confirmation/reaffirmation/reception service will take place on Sunday, April 22nd, at 4pm.

Confirmation is a service that draws you deeper into your identity as a Child of God who practices your faith through the Episcopal Church. The ritual includes the Bishop's prayer of blessing upon each confirmand.

Instruction and exploration of our Christian faith and the Episcopal Church will take place prior. All adults are encouraged to consider this if you have not been confirmed in the Episcopal Church. Please notify Estelle in the church office or Pastor Diane if you wish to prepare for this year's service. In this diocese, youth are eligible to be confirmed if they are 14 years of age or older.

Knitting in Lent (Can be good for you)

--Joette Comstock, March 2018

A few weeks ago I learned about the new hat pattern from The Seamen's Church Institute Christmas at Sea Program. I love a challenge and a new challenge was presented. Christmas at Sea



distributes hats, scarves, and personal supplies to mariners. In 2018 CAS marks its 120th anniversary of serving seafarers with warmth and that human connection. Nancy Rowe mentioned a goal of sending 120 pieces to CAS this year. Wow! That's a lot of hats and scarves. Those gals in K2 P2 better start power knitting.

I was about to spend a few days on the mainland and thought I should take something to keep me busy – knitting. Although I had a small project in mind, I took my hat knitting needles along. I knew I would be spending three days in quiet solitude (babysitting a dog). I was eager to work on the new “hat challenge”. So I began. Over the next three days I started the hat twice, knitted about 4 inches, and decided I did not like how it was turning out, frogged (unraveled) it and decided to put it aside. I haven't met a knitting pattern that I could not finish, not yet. And while I was knitting I remembered why I like it. It calms my spirit, makes me focus in a relaxed manner, *and* I was making something for charity. Two weeks have passed, I have completed three hats, and am starting a fourth. (*See four completed hats below.*)

Knitting is the perfect discipline for Lent. The rhythmic repetition of the hands and needles is likened to meditation, it quiets the chatter in your mind. You can pray as you knit.

Other well-documented benefits of knitting:

- ~ Knitting lowers your blood pressure, it calms you.
- ~ Knitters feel happier and in a better mood.
- ~ Knitting helps to stave off a decline in brain function – cognitive impairment and memory loss.
- ~ Knitting is a cheap hobby.
- ~ And, you get a tangible product as a symbol of your mindfulness.



“Properly practiced, knitting soothes the troubled spirit, and it doesn't hurt the untroubled spirit either.” – Elizabeth Zimmermann

Knitting -- A perfect discipline for Lent.

Bell Tower Showers

With all the rain recently, a leak in our Bell Tower has been discovered. The roof over most of the sanctuary is still in good shape, so the recent renovation of the sanctuary did not include roofing work; however, we have discovered several issues around the Bell Tower that need attention—a disconnected downspout in the steeple area, roofing around the steeple that needs replacing, and leading that needs to be sealed in the mauka stained glass windows that receive the brunt of the weather.

While the downspout is being fixed, the two other gutter problems on the sanctuary and one on the Parish Hall will be repaired. The work will be underway soon.

Bids are still being sought for the steeple re-roofing. The leading in the mauka Bell Tower windows will be examined when the lift is here.

Mother Nature has revealed another area that needs attention on this almost 104 year old building!

Announcing the ECW (Episcopal Church Women) Annual Quiet Day Retreat

ECW Annual Quiet Day Retreat
 Saturday, March 24th
 Saint Anthony Retreat Center in Kalihi Valley
 St. Damien's House
 3351 Kalihi Street
 Phone 845 0065
 Spiritual Guide-The Rev. Alison Dingley
Theme - *Surrendering to the Love of God*
 Registration 830am
 Morning devotions 9am
 Lunch at noon
 Cost is \$20
 Mail payment to Laurie Lee
 PO Box 4590, Honolulu 96812
 RSVP to louisealoy63@gmail.com or
 call 264 9830 or lrslee0@gmail.com or
 call 779 7968



Easter

Faster Sunday, April 1 - 7:30am and 10:00am

**St. Peter's Episcopal Church
Honolulu HI 96813**

**1317 Queen Emma Street
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2018 Vestry

Senior Warden: Velma Lee
Junior Warden: Terry Dang

Clerk: Karin Kimura
Treasurer: Nancy Rowe

Rector: The Rev. Diane Martinson

Term expires in 2018: Bryan Matsumoto, Pokhui McKinney, Stephanie Wight
Term expires in 2019: Edmund Choy, Kyle Saito, Jaime Yamane
Term expires in 2020: Karin Kimura, Steve Mitchell, Barry Wood

Joette: stpetershonolulu@gmail.com

Estelle in the Church Office: stpetershonoluluoffice@gmail.com

Pastor Diane: pastordianem@gmail.com