

# Spring Training 2022 Plenary Session



## **E Hō Mai -**

*E hō mai (i) ka 'ike mai luna mai ē  
'O nā mea huna no'eau o nā mele ē  
E hō mai, e hō mai, e hō mai ē (a)*

*Give forth knowledge from above  
Every little bit of wisdom contained in song  
Give forth, give forth, oh give forth*

*—Edith Kanakaole*



## **Racial Reconciliation Task Force - Why We Exist -**

Traveling in the way of love, we seek to help the people of our Diocese to live more fully into our two Great Commands to love the Lord our God with all our hearts, our souls, and our minds - and secondly to love our neighbors as ourselves. In the Hawaiian tradition of ho'oponopono, we believe in truth-telling about our history; creating space for all voices in our circle; and seeking to make amends as we live into right relationship with all living beings.

May you be at peace today. May the living Spirit, the source of all that is nurturing and kind, come into your life today like an unexpected breeze, gently but clearly. May you feel that presence all around you as it lifts the burdens from your shoulders, taking away the worry or the anxiety, the fear or the pain, offering you a deep moment of perfect rest. May you be renewed in your own spirit, strengthened in your mind and body as well, filled with the energy only hope can provide. You have given a great deal of yourself over these last many days, now let it be time for you to receive something in return. Open your mind, open your heart, and be filled with the peace that passes all of our understanding. Be made one with what you love most. Be at peace and know that your faith has made you whole.

I do not pretend to know why you and I were chosen to live during these days of pandemic and national struggle. Is it by accident or on purpose? Is there some lesson we are to learn or some example that we are to embody? I am not sure. All I know is that we are here and here we will stay until the virus retreats and the community recovers. In this way we will be witnesses to a vast time of change. We will be part of that change. The choices we make now, the way that we conduct ourselves, the paths we decide to follow, they will all be remembered. They will determine the future, perhaps for generations to come. Therefore, as long as we are in this great shift of reality let us make our mark together. Let us lean toward the just, the compassionate and the sacred. Let us walk in dignity with hope for a better world, We may not understand all the reasons why, but let us be the best we can be for those who will come after us, those who will see our lives in the memories we are making, The memories we call human history.

One day the last wall will be taken down, I have been thinking about that as I see so many stories in the news that are rooted in issues of racism. This fear of other human beings is a learned behavior. It is a wall constructed one brick at a time. Walls in our legal system, in education and housing, walls in employment and health care. And just as some people continue to try to build these walls of difference between us, others are about the task of taking them down. Deconstructing the walls of racism is deconstructing the myths of racism. That is something we can all work on because wherever we live, whatever we do, there is a wall somewhere in sight. Look around and I bet you can spot one. So our spiritual place of work in tearing down walls of prejudice and privilege is near at hand. We can work at it each day, one fear after another, until the good work is finally done and the last wall is taken down.

*—The Right Reverend Steven Charleston, retired Bishop of the Diocese of Alaska,  
a Native American elder and a citizen of the Choctaw Nation.*

## Questions for Breakout Session #1 -

<https://www.youtube.com/watch?v=VnfKgffCZ7U>

- As a follower of Jesus of Nazareth, what rises up for you as you ponder the content of the video?
  
  
  
  
  
  
  
  
  
  
- Does the information in the video align with our context in Hawai'i?
  - How so? Or how not?
  
  
  
  
  
  
  
  
  
  
- What does Beloved Community look like in the Diocese of Hawai'i?

## **Pray**

How do you live through a siege?  
How do you guard your heart and keep your  
hope  
amid violence, hatred, injustice and fear?  
You pray.

Sit still.  
Let the sounds of the news  
and the voices in your head settle and fade.  
Release your fears and desires. Offer them to  
God.

Sit with the God of love and mercy.  
Just sit with God. Sit, and listen.

Listen to God's passion for life and wholeness,  
for justice and healing.

What do you hear from God,  
the God who says "Let there be light,"  
who says "I will give my life for you,"  
who enters the world's suffering?  
What is God saying to you?

It may be silence.  
God may be weeping. God may be praying,  
radiating blessing for all who are broken,  
working wonders, renewing life you cannot see or  
know.

Open your heart  
to let that light and mercy flood in.  
to trust that gracious will.

Breathe deeply of that peace,  
willing to be light in the darkness...  
and go with love and courage  
into the day.

—*Steve Garnaas-Holmes*

## Questions for Breakout Session #2 -

<https://www.youtube.com/watch?v=LjGQaz1u3V4>

- What rises up for you as you watch the video? Are there any words, phrases, or scenes that attract you?
  
- How do any of these words, phrases, or scenes connect with your life?
  
- As you reflect on the videos, the moments of silence, the words and prayers from our time together, what is Christ calling from you?

### ***Trust in the Slow Work of God***

Above all, trust in the slow work of God.  
We are quite naturally impatient in everything  
to reach the end without delay.  
We should like to skip the intermediate stages.  
We are impatient of being on the way to something  
unknown, something new. And yet it is  
the law of all progress  
that it is made by passing through  
some stages of instability-  
and that it may take a very long time.  
And so I think it is with you.

Your ideas mature gradually-- let them grow,  
let them shape themselves without undue haste.  
Don't try to force them on  
as though you could be today what time  
(that is to say, grace and circumstances  
acting on your own good will)  
will make of you tomorrow.  
Only God could say what this new spirit  
gradually forming within you will be.  
Give our Lord the benefit of believing  
that His hand is leading you,  
and accept the anxiety of feeling yourself  
in suspense and incomplete.

—*Pierre Teilhard de Chardin*

**Oli Mahalo**

Uhola 'ia ka makaloa lā  
Pū 'ai i ke aloha lā  
Kū ka'i 'ia ka hā loa lā  
Pāwehi mai nā lehua  
Mai ka ho'oku'i a ka hālāwai lā  
Mahalo e Nā Akua  
Mahalo e nā kūpuna lā, 'eā  
Mahalo me ke aloha lā  
Mahalo me ke aloha lā

The makaloa mat has been unfurled  
In love, (food is/was shared) we share  
The great breath has been exchanged  
Honored and adorned is the Lehua  
From zenith to horizon  
Gratitude and thanks to our Akua  
Gratitude and thanks to our beloved ancestors  
Gratitude, admiration, thanks, and love  
To all who are present, both seen and unseen

—*Kēhau Camara*

**Hawai'i Aloha - Words by The Rev. Lorenzo Lyons,  
Music by James McGranahan**

E Hawai'i e ku'u one hānau e  
Ku'u home kulaīwi nei  
'Oli nō au i nā pono lani ou  
E Hawai'i, aloha ē

**Hui:**

E hau'oli nā 'ōpio o Hawai'i nei  
'Oli ē! 'Oli ē!  
Mai nā aheahe makani e pā mai  
nei  
Mau ke aloha, no Hawai'i

E ha'i mai kou mau kini lani e  
Kou mau kupa aloha, e Hawai'i  
Nā mea 'ōlino kamaha'o no luna  
mai  
E Hawai'i aloha ē

Nā ke Akua E mālama mai iā'oe  
Kou mau kualona aloha nei  
Kou mau kahawai 'ōlinolino mau  
Kou mau māla pua nani ē

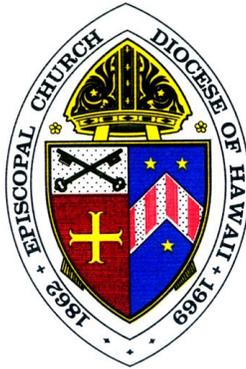
O Hawai'i, o sands of my birth  
My native home  
I rejoice in the blessings of heaven  
O Hawai'i, aloha

**Chorus:**

Happy youth of Hawai'i  
Rejoice! Rejoice!  
Gentle breezes blow  
Love always for Hawai'i

May your divine throngs speak  
Your loving people, o Hawai'i  
The holy light from above  
O Hawai'i aloha

God protects you  
Your beloved ridges  
Your ever glistening streams  
Your beautiful gardens



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