



Samaritan Counseling Center Hawaii

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December 2016

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President's Message

Andrew Bates, President

I am starting my second year as Board president and am humbled by the important healing work that our small Center accomplishes. I am committed to improving our financial position and reaching out to those in need of our services.

Our Board has started the difficult task of implementing a re-envisioned strategic plan. A big part of our long term plan is to have financial stability. This year initiated a newly-created Endowment Fund: the Jolene Gerell Endowment Fund, that now has over \$15,000.

Recognizing Our Dedicated Board Members

We are blessed to have talented and engaged Board members who volunteer their time to the Center to help us fulfill our mission of bringing hope and healing to our community. They represent the interfaith make-up of our Center and bring insights at our meetings that enrich our activities.

Treasurer **Kathryn Moore**, Vice President of Tax Strategies in Honolulu, has skillfully overseen the Center's finances. She is a member of Waikeola Congregational Church in Waialae-Kahala and serves on its Council.

In 2016, we were advised by five Directors: **Dr. Alan Buffenstein**, who has served for three years and is a highly respected and recognized psychiatrist on Oahu; **Father Clarence L. Fisher**, who has been directing the Center's growth for over 25 years; **Rev. Neal MacPherson**, who has been an active advocate for mental health services and interfaith organizations on Oahu for over 25 years; **Irene Nakamoto**, who is President of the Japanese Women's Society Foundation; and **Dr. George Tanabe**, Professor Emeritus of Japanese Religion at the University of Hawai'i at Mānoa and President of BDK (Bukkyō Dendō Kyōkai) Hawaii and BDK America, who will be ending his term of service.

Our work is more important than ever, as homeless and senior populations are increasing, while mental health funding is decreasing. We are looking for board members who believe in our mission and are eager to take an active role in our governance. If you are interested in joining our board and serving our community, please email President Bates at avbates@hawaii.rr.com or email the Center at info@samaritanhawaii.org.

Mahalo nui loa for supporting the Center over the years. We wish you a joyful and reflective holiday season.

Celebrating Over 25 Years of Service

1020 South Beretania Street, Honolulu, HI 96814

Phone: (808) 545-2740 Fax: (808) 545-2852 info@samaritanhawaii.org



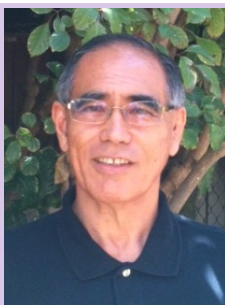
Soul Shop: Suicide Prevention Community Outreach

Darcy Ing, Psychologist

Suicide is the act of intentionally causing one's own death. It is the tenth leading cause of death worldwide and the third leading cause of death among young people. In 2013, an estimated 10.9 out of every 100,000 people in Hawaii took their lives through suicide, though the actual number may be higher. Suicide affects not only those choosing to end their lives, but also their stunned and grieving *ohana*. Often those affected by suicide feel shame or guilt that prevents them from speaking openly about it and seeking help. Increased community education around the issues surrounding suicide and depression is vital.

In our continuing efforts towards suicide prevention, Samaritan Counseling Center Hawaii, Bukkyō Dendō Kyōkai (BDK) Hawai'i, Chaminade University's BDK Hawaii – Rev. Fujitani Interfaith Program, and Higashi Hongwanji Mission co-sponsored the one-day workshop, **"Soul Shop: Ministering to Suicidal Desperation"** on August 19. The well-attended workshop for faith community leaders and mental health professionals was led by Michelle Snyder, LCSW, M.Div., Executive Director of the Pittsburgh Pastoral Institute. Participants at the interfaith event attended a morning session delving into statistics and the root causes of suicide, while the afternoon provided interactive activities to help them prepare to face those considering suicide.

Soul Shop trained leaders to minister to persons impacted by suicidal desperation, including those who have experienced loss, those concerned about family/friends, those thinking about suicide, and those who have survived suicidal desperation and lived to face another day. There were four goals for attendees: to become familiar with the incidence and impact of suicidal desperation; to become trained in a simple conversational method for talking to those considering suicide; to be equipped to address suicidal desperation as part of their work; and to engage in an ongoing effort to shift the way faith communities deal with suicide.



Counseling Tidbits

Tom Miyashiro, LMFT

I love to talk to clients and give them a positive perspective. Here are some of my one-liners:

"Sweet are the uses of adversity," from Shakespeare's "As You Like It."

"See the positive side, the potential and make an effort," from Dalai Lama.

"Deal with challenges with patience and endurance, not anger."

"Let road blocks and hurdles become the driving forces."

"A battle lost in the mind is lost in reality; a battle won in the mind with resolve will conquer obstacles."

"Turn negatives into positives; see the good in everything."



give aloha

Foodland's Annual Community Matching Gifts Program

Mahalo for supporting us during Foodland Give Aloha!

Mahalo for supporting us during the annual Foodland Give Aloha Community Matching Gifts program. This year, the Center received **\$2,040.42** in donations from your generous gifts, Foodland and Western Union.

Mahalo to our donors, including Gary Augustin, Terry and Allan Fisher, Richard Morris, Larry and Dayle Osborn, and John and Sigrid Southworth.

Please forgive us if your name does not appear on the list above. Foodland does not share donor information. Please contact us directly so that we may properly acknowledge your gift.



Holiday Time Gary Augustin, Executive Director

For many of us, the holiday season can be a loaded time of the year. It is a time that folk are supposed to be happy, a time for family gatherings, or a time to gather with friends for spiritual renewal. Overlapped with these celebrative opportunities is the reality that we are often distanced from families by geography or strained emotional relationships. Or, we have bad memories of holidays in the past, such as untimely deaths, abuse, or a negative religious experience.

All religions have major events to venerate what is sacred. These sacred moments may be observed daily during prayer times or weekly through some form of worship. But we live in a world that has expectations and routines that we follow. The Greeks had two words for time: *Chronos* and *Chairos*. *Chronos* captures the sense of daily routines and time as it is measured. *Chairos* captures the fullness or meaning of the event. *Chronos* reflects the secular world we live in and *chairos* reflects the sacred world we live in. Often the events in our lives clutter and confuse the meaning of life. The religious moments work toward bringing one back to the purpose and connection that our life has in the community.

W. H. Auden poetically captures this duality in his closing narration of his long poem "For the Time Being: A Christmas Oratorio." The narrator begins by the reflections after Christmas:

*Well, so that is that. Now we must dismantle the tree,
Putting the decorations back into their cardboard boxes —
Some have got broken — and carrying them up to the attic.
The holly and the mistletoe must be taken down and burnt,
And the children got ready for school. There are enough
Left-overs to do, warmed-up, for the rest of the week —
Not that we have much appetite, having drunk such a lot,
Stayed up so late, attempted — quite unsuccessfully —
To love all of our relatives, and in general
Grossly overestimated our powers.*

*The Time Being is, in a sense, the most trying time of all.
For the innocent children who whispered so excitedly
Outside the locked door where they knew the presents to be
Grew up when it opened. Now, recollecting that moment
We can repress the joy, but the guilt remains conscious;
Remembering the stable where for once in our lives
Everything became a You and nothing was an It.
And craving the sensation but ignoring the cause,
We look round for something, no matter what, to inhibit
Our self-reflection, and the obvious thing for that purpose
Would be some great suffering.*

Our physical self limits us in the *chronos* of our lives, but our spirit embraces or avoids the *chairos* of the moment.

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Donation period: Nov. 15, 2016 - Jan. 15, 2017

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in Hawaii®



Samaritan
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Hawaii

1020 S. Beretania St., Honolulu, HI 96814



E KOMO MAI to our newest Therapist:

Sheryl-Ann Holland, LCSW

Sheryl is a licensed clinical social worker who works with children, teens, adults, couples, and families. She has extensive experience with domestic violence, substance abuse, and serious and persistent mental illness. She has also conducted training sessions for military families on PTSD, depression, anxiety, deployment, reintegration, child development, and parenting. Her philosophy is to help people recognize and uncover their own solutions to manage life's challenges.

Sheryl is currently a post-doctoral candidate with a concentration in Clinical Psychology from Walden University.

Now accepting most forms of insurance. *For appointments, please call 545-2740.*

Samaritan Counseling Center Hawai'i Locations:

Main Office:

First United Methodist Church
1020 S. Beretania St., Honolulu

Our Lady of Sorrows Catholic Church
1403 California Ave., Wahiawa

Waiokeola Congregational Church
4705 Kilauea Ave., Honolulu

Honpa Hongwanji Hawaii Betsuin
1727 Pali Hwy, Honolulu

Windward United Church of Christ
38 Kaneohe Bay Dr., Kailua