



# Samaritan Counseling Center Hawaii

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December 2020

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## President's Message

Rev. Dr. George Clifford, President

Most days, my wife and I take an early morning walk. Many mornings we watch the sun rise, sometimes from behind Diamond Head. The view can be dramatic.

Sometimes life can feel dramatic, too dramatic. The COVID-19 pandemic has stressed many people, diminishing coping skills, often imposing financial hardship and sometimes impairing mental health. Like the disappointed hikers who believed the crystals they found were diamonds (and from whom Diamond Head takes its name), life may offer worthless crystals when we feel we need diamonds.

Thankfully, Samaritan Counseling Center Hawai'i (SCCH) is a true diamond. Our staff and therapists seamlessly pivoted from in-person therapy to a hybrid model in which most sessions occur via teletherapy. Telehealth has enabled SCCH to serve more clients and to expand our services to all of Hawaii. SCCH continues to maintain the highest standards of client care and safety during the pandemic. We unfailingly honor our promise to never turn anyone away because of an inability to pay.

Meanwhile, SCCH has remained financially strong thanks to you, our donors and funders. Our Ho'omenemene virtual event organized by Kawika Rich, Linda Rose Herman, Michelle Kama, Chandra Marks and Veronica Rich honored five organizations and individuals for their compassion, energized participants, expanded SCCH's network of supporters and replenished the Client Assistance Fund. SCCH's 'ohana (Board, staff, therapists, supporters, and volunteers) continues expanding its religious, racial, ethnic and socioeconomic diversity.

In short, SCCH is achieving its strategic goals of (1) increasing our visibility as Hawai'i's premier interfaith counseling agency, (2) providing quality services that exceed standards and client expectations, and (3) becoming financially secure.

I don't know what 2021 will bring. I'm thankful, however, that to be part of the SCCH 'ohana, assuring people, regardless of ability to pay, will have access to quality mental health services. I'm excited that 2021 offers more opportunities for SCCH to expand its ministry, perhaps one day being able to promise that everyone in Hawai'i who needs mental health services has affordable access to those services. And, I'm grateful to be, with you, part of a true diamond, Samaritan Counseling Center Hawai'i.

Happy holidays!



## Celebrating 30 Years of Service

1020 South Beretania Street, Honolulu, HI 96814

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Facebook: [www.facebook.com/samaritancounselingcenterhawaii](http://www.facebook.com/samaritancounselingcenterhawaii) • YouTube: [tinyurl.com/scchyt](https://tinyurl.com/scchyt)



## An Outpouring of Help Rachele Chang, Executive Director

Since the start of the COVID-19 pandemic, there has been an overwhelming need for counseling services. More people are reaching out for help due to anxiety, depression, uncertainty, job loss, isolation, and grief. By August 2020, we subsidized more mental health counseling sessions than in all of 2019.

We have also witnessed an outpouring of help. Counselors are keeping people safe and connected through telephone and videotherapy, and keeping connected with each other. Five board members joined us this year to share their time, energy, and expertise: **Chandra Davis, Dr. Sheree Gates, Dr. AnneMarie Gumataotao, Michelle Malulani Kama, and Dr. M. Stanton Michels.** Volunteer **Alexandra Fakouri** is helping to curate articles for our Samaritan Social Media Ambassadors. And the **City and County of Honolulu** and **NAMI Hawaii** partnered with us to offer 10 workshops/webinars, reaching over 282 people through 20 hours of mental health education.

We are thankful for your belief in us and support for mental health. From all of us at Samaritan Counseling Center Hawai'i, we wish you all a safe and happy new year!

### Subscribe to Our e-Newsletter:

Be one of the first to learn about news and updates by email (and help us save printing and postage costs).

[samaritancounselingcenterhawaii.org/subscribe](http://samaritancounselingcenterhawaii.org/subscribe)



## Giving and Receiving Rev. Dr. Gary Augustin, Clinical Director

As I write this article, I am stationed with the Disaster Medical Assistance Team in Medford, Wisconsin. It is Thanksgiving weekend, and we responded to a crisis where the community has more people needing hospitalization than their staff can accommodate.

Our group is certainly giving of our time to help a community in need. But what does it mean to be giving? I am not sure that I know. We readily equate giving to how much money we contribute. We also see energy and effort, like our group is doing in Wisconsin, as giving.

However, we cannot separate giving and receiving. Think about your own existence. You breathe in and breathe out. You take in so you can receive the oxygen that is essential food for our bodies. You exhale a richer form of carbon dioxide which is essential for plants to grow. We are born into the world as babies and have a good deal of receiving to grow up to be mature contributing adults.

When we contribute and give back, it is only after we have received much. It is important to realize that we can never be modest about what we give, because it is in balance to what we have received.

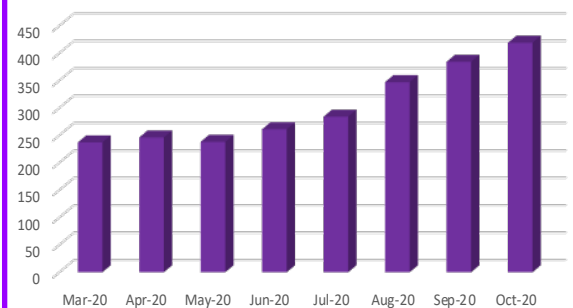
It is wonderful during the sacred holiday season to be giving to family and charitable organizations, yet we are only able to do so because of all that we have received.



## The Impact of COVID-19

The need for mental health counseling has increased since the COVID-19 pandemic. With your help, we have not turned anyone away, regardless of their financial situation.

Impact of COVID-19: Counseling Sessions



## Mahalo to Our Supporters June 5, 2020 to November 30, 2020

Jane Anderson • Anonymous • Gary and Chat Augustin • Awesome Foundation O'ahu • Dorothy Bloom • Carlene C. Chinen • Albert and Jade Dung • Episcopal Church of Hawai'i • Foodland Super Market and Western Union • Friends of Hawaii Charities/Sony Open in Hawai'i • Anika Gearhart • Alan and Chizue Goto • Harris United Methodist Church • Honpa Hongwanji Mission of Hawai'i • James and Karen Howell • Interfaith Alliance Hawaii • Diane and Wayne Iwaoka • Fumiko Kimura • Jason Louie • Mary and Roy Matsuda • Joyce Metzger • M. Stanton Michels • Parish of St. Clement • Anita M. Sasaki • Scott Schwager • Sidney Stern Memorial Trust • Sisters of St. Joseph of Carondelet • Danny and Susan Tengan • Sandra Ellen Toma • Mark K. Wilson III • Woman's Board of Missions for the Pacific Islands • Women's Fund of Hawai'i • Nathan A.K. Wong

**Foodland Give Aloha:** With your help, we raised **\$3,211** for the Client Assistance Fund! Thank you to Give Aloha donors Gary and Chat Augustin, Rachele Chang, Ruth Chang, Melvin Hayase, Bryan Man, Richard Morris, Larry and Dayle Osborn, John and Sigrid Southworth, and Eldon Wegner. *If we missed your name, we apologize.*

**2020 Ho'omenemene Awards:** With the support of our donors, performers, silent auction donors, silent auction winners, board, staff, and volunteers, we raised over **\$20,250** for the Client Assistance Fund (CAF) and the Jolene Gerell Memorial Endowment Fund!

Because of you, people will receive the counseling they need, regardless of their ability to pay. Mahalo!

## For more ways to give:

[samaritancounselingcenterhawaii.org/giving](http://samaritancounselingcenterhawaii.org/giving)



Ho'omenemene – compassion – fills the very core of Samaritan Counseling Center Hawai'i. On October 3, the virtual 2020 Ho'omenemene Awards recognized two individuals and three organizations who embody our mission of promoting hope and healing in Hawai'i. Their leadership, compassion, and service inspire us!

*Congratulations to our 2020 Ho'omenemene Award Honorees:*



**Rev. Dr. Gary C. Augustin** is a military family and life counselor, licensed marriage and family therapist, and adjunct faculty member at Chaminade University. He is a caring and compassionate counselor who specializes in pastoral care and is certified in critical incident stress management.



**David C. Livingston** is a financial advisor at Ameriprise and talented event photographer. He spent 25 years as a YMCA Director in California and Hawai'i and was the founder of TriMark of Hawaii, Inc. He donates his time to numerous organizations and emails a weekly newsletter, "Things Worth Saving."



**Honpa Hongwanji Hawai'i Betsuin** in Honolulu offers Sunday services and Buddhism classes, education for children and teens, and hosts numerous organizations and cultural activities. The Betsuin is a strong advocate for mental health and a positive presence in the community.



**Nā Mea Kupono Learning Center** in Waialua is a wetland taro patch fed by springwater that has been tended by the Garrido-Bolosan family for years. It is an educational, spiritual, and therapeutic environment that teaches the concepts of Hawaiian values and mālama 'āina — caring for the land.



**Xi Psi Zeta Chapter of Zeta Phi Beta Sorority Inc.** in Hawai'i is an empowering organization dedicated to voluntary service educating the public on health initiatives, mentoring youth, awarding scholarships, supporting organized charities, and promoting legislation for social and civic transformation.

*Mahalo to our Talented and Amazing Ho'omenemene Performers:*



**Henry Kapono**



**Chaz Hill & Esther Izuo**



**Malu Productions**



**Pueo Kane**



# Highlights from the 2020 Ho'omenemene Awards October 3, 2020 Samaritan Counseling Center Hawai'i

Mahalo for making the 2020 Ho'omenemene Awards a memorable evening! We thank our honorees Rev. Dr. Gary C. Augustin, David C. Livingston, Honpa Hongwanji Hawai'i Betsuin, Nā Mea Kupono Learning Center, and Xi Psi Zeta Chapter of Zeta Phi Beta Sorority; our amazing performers Henry Kapono, Chaz Hill and Esther Izuo, Malu Productions, and Pueo Kane; The Hawai'i Theatre, Ha.Ka. Entertainment, 808 Productions, our energetic Ho'omenemene Committee Chair Kawika Rich, and our amazing producer Katherine Ebrahimi. And we thank you, our friends, supporters and partners, for helping to ensure that everyone has access to professional mental health care in Hawai'i, regardless of their ability to pay.



# Mind • Body • Spirit • Community

## In the Light Rüdiger Rückmann



In my house I keep a place  
with pictures of loved ones  
no longer of this earth.  
When flowers come home with me  
I leave them in this space.

Do the dead cross a border  
to a land not as lonely as a grave,  
where one stands in light  
cast by an evening star forever  
where the soul does not cry?

Rüdiger Rückmann is Director of Advancement at Hawaii Youth Symphony and a poet.

## I'm Still With You Joyce Metzger

I believe that Red Cardinals appear with spiritual messages sent by a loved one in Heaven. I stand alert when one appears with another message from my late son, Glen. The bird chirps, "Glen's happy and says he's always with you." Wrapped up in this spiritual moment (occasionally weeping), I chat aloud with Glen, who taught us patience, harmony, perseverance, forgiveness, and unconditional love.



## Traditions

### Rev. Brandon Duran, Acting Senior Minister, Central Union Church



"Will we be singing Handel's Messiah at Christmas again this year?" I found no easy way to say, "No." I didn't want to be the one taking away another tradition in a year bereft of traditions. Yet the values and convictions of our faith community mean that in-person communal singing in a large group is a risk we are not willing to take; even to maintain a 72-year legacy.

As we move through the holiday season, it is important to acknowledge and to grieve the traditions that we will have to put on pause. Traditions shape and reinforce our individual and communal identity. Their loss, even if temporary, is a significant blow to our psyche and our soul.

Yet, as we grieve the traditions that are out of reach, let us also remember to celebrate the customs that are still within our grasp. Some of these time-honored practices may need to be tweaked to fit the times and that's OK. We can let go of "how we've always done it" in order to embrace a "here is how we do it now" frame of mind.

Even more than traditions lost or rituals tweaked, I find myself considering traditions begun. Many traditions were born, not from ease and bliss, but from times of challenge and difficulty.

In 1863, over 100,000 soldiers died fighting in the Civil War. In the midst of the war, Sarah Hale, a 74-year-old editor, urged President Lincoln to fix a national day of Thanksgiving shared by all the states. On October 3, weeks before the Gettysburg Address, President Lincoln proclaimed, "*I do therefore invite my fellow citizens in every part of the United States... to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens.*" In the midst darkness, a light was struck and a tradition of hope was created.

So many of the Judeo-Christian traditions are born from difficult times. Each time we share in Holy Communion, the liturgy passed down through generations begins with the words, "*On the night of the betrayal...*" The practice of Holy Communion helps the church express the depth of darkness we have known in the hope of embracing the truth that we are not alone in the darkness and the darkness does not have the final word. We remember that life endures.

Perhaps this is the year to begin a new tradition. Or, perhaps this is the year to let go of an unhealthy tradition and let something new grow in its place. What values of the holiday season do you want to celebrate and share? What Christmas truths do you want to live into? What beliefs can you express in a phone call or a food? Your values, truths, and beliefs will all outlive the pandemic. This year; we grieve what we have lost; we adapt to the time we're in; and we create something new because faith, hope, and love endure. Hallelujah.

Central Union Church in Honolulu has assisted in the forming and fostering of other UCC churches and organizations, and it's outreach includes a wide range of community services. It's mission is to engage and embrace all as they seek to embody Christ.



Samaritan  
Counseling Center  
Hawaii

1020 S. Beretania St., Honolulu, HI 96814  
www.samaritancounselingcenterhawaii.org



**YOUR KOKUA IS NEEDED!**  
**Trigger Bonus Monies for Our Charity**  
at [www.FriendsofHawaii.org](http://www.FriendsofHawaii.org)  
from the 2021 Sony Open in Hawaii!

*Friends*  
of Hawaii Charities, Inc.

## Aloha for Hawaii Charities

### CHARITIES WITH \$1,000 OR MORE IN DONATIONS QUALIFY FOR THE BOOST

- Visit [friendsofhawaii.org](http://friendsofhawaii.org)
- Click on the Aloha for Hawaii Charities icon
- Select our charity
- Make your tax-deductible contribution
- We will receive 100% of your donation plus a bonus boost from Friends of Hawaii Charities!

Friends of Hawaii Charities will provide a one-time gift of up to \$100,000 that will be shared by all Aloha for Hawaii Charities participating charities.

**DONATION PERIOD:**  
NOV 16, 2020 – JAN 20, 2021 (4 PM HST)

## Tee up for mental health

You can help people make positive changes in their lives through Aloha for Hawaii Charities. There are two ways to give:

1. **Mail a check** to Friends of Hawaii Charities, 735 Bishop Street, Suite 330, Honolulu, HI 96813, and designate your gift for *Samaritan Counseling Center Hawai'i*.
2. **Online by credit card** at [friendsofhawaii.org](http://friendsofhawaii.org). Click on "See Participating Charities" and "Donate Now." Then enter your information and select *Samaritan Counseling Center Hawai'i*.

100% of your tax-deductible donation, plus a bonus boost from Friends of Hawaii Charities and the Sony Open in Hawai'i, will subsidize mental health counseling for those who need a hand!

**Nov. 16, 2020 - Jan. 20, 2021 (4 PM HST)**

### 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

Waikeola Congregational Church  
4705 Kilauea Ave., Honolulu

Honpa Hongwanji Hawaii Betsuin  
1727 Pali Hwy, Honolulu

Pearl City Community Church  
933 Lehua Ave., Pearl City

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