

Stoked for Winter

2019 Winter WAKO



WEDNESDAYS AT KO'OLAU • FEBRUARY 6, 13, 20, 27, 2019 • 4:30-8:00 PM

YOUTH WAKO

YOUTH APOLOGETICS CONTINUED

Studies show that 70-75% of young adults leave the Christian church after high school, due in part to a lack of ability to defend their faith through scientific, historical, philosophical, and prophetic truths. This class is geared towards answering many of the questions our middle and high school youth may have about their faith, God, and the Bible as well as teaching them how to defend their faith. While this class is focused on meeting middle and high schoolers' needs, we encourage parents and youth mentors to attend to support and guide the students.

First Prez Youth Ministry volunteer Tom MacPherson will teach this class. He has a passion for apologetics and reaching those who do not believe in Jesus but are open to discussion.



KEIKI WAKO • POWER UP AND RAISE YOUR GAME

6:30 to 8:00 pm (children may be checked in downstairs at 6:15 pm)
At the First Prez Children's Ministry area (downstairs)

Limited childcare provided for children 3 months to 12 years.

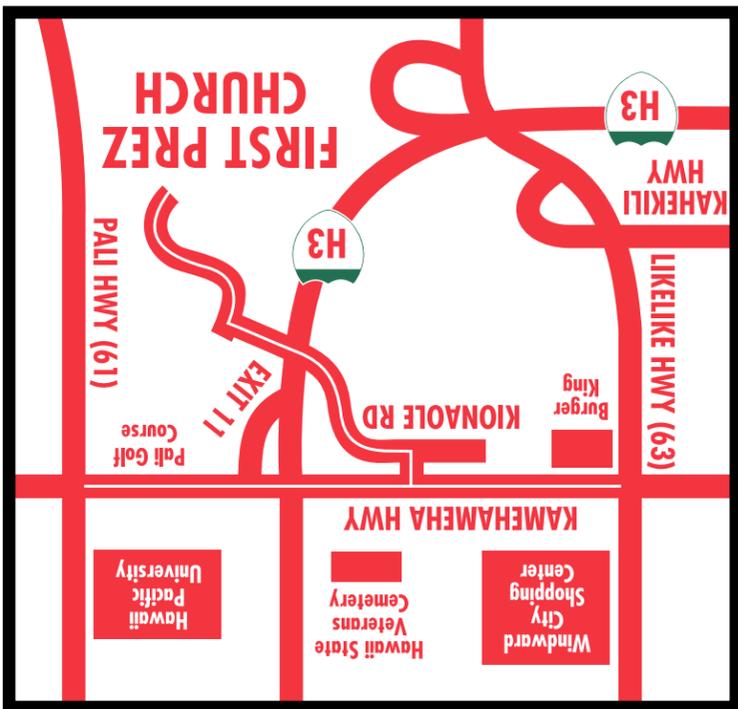


FOR PRESCHOOL TO 5TH GRADE

Preschool and Elementary Keiki will have fun POWERING UP and RAISING their GAME for four weeks through stories, Scriptures, crafts, games, and snacks. Each week will have a different bottom line and Scripture that ties into our memory verse: "God's power has given us everything we need to live a godly life." 2 Peter 1:3a, (NirV)

Keiki will be challenged to raise their game and learn that knowing God and trusting in Jesus, fills us with the Fruit of the Spirit. We look forward to POWERING UP and sharing God's love with your keiki.

Rene Toyota had answered God's calling a year ago, and is now the Childcare Coordinator at First Prez. She has four boys of her own, all different ages and stages, and is very passionate in showing your children how much Jesus loves them.



First Presbyterian Church 45-550 Kionaole Road in Kaneohe

Location

Questions?

Sign up at First Prez on Sunday mornings or online at www.fpchawaii.org

How to Register

*Cash, check, or credit card
Family \$35 (max)
Children 5 & under Free
Children ages 6-10 \$6
Dinner \$10 (at door)
Attendance Free

Cost

4:30-5:30 pm Classes
5:30-6:30 pm Dinner
6:30-8:00 pm Classes

WAKO Schedule (note new times)

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ABOUT THIS SESSION

Welcome to the NEW WAKO (Wednesdays at Ko'olau)! This February there will be new classes and new times but the same great opportunity to grow, meet new people and deepen friendships. Join us for a WAKO class that will either take you deeper into your relationship with God, help you integrate your faith and your work, create some delectable desserts or show you how you can care for this beautiful planet.

In 2019, we're partnering with Vintage, a First Prez ministry with our senior adults, to offer two classes at 4:30 pm. Our community dinner will start at 5:30 pm and all the rest of our WAKO classes will begin at 6:30 pm. These earlier start times will make it easier for many of our senior adults to attend WAKO. It will also be easier for working adults and families to join us for dinner and enroll in a class that starts at 6:30 pm. Most WAKO classes will finish each Wednesday night at 7:30 pm. The earlier start time will also make it possible for us to host 90-minute courses that will conclude at 8 pm (just in time to make it over the Pali Highway before it closes for construction at 8:30 pm). So, take a look at this catalog of classes, invite your friends and family members, and join us for Winter 2019 WAKO! All are welcome!

4:30 PM – 5:30 PM COURSES

Let's Play Golf Ko'olau Golf Staff

This program is designed to teach you what you will need to play golf in just a few lessons. It will also be great for those whose golf game just might need a little tune up. Ko'olau's professional staff will cover the basic fundamentals, rules, etiquette, and much more. Golf clubs provided, if needed. (Class limited to 30.) SUNDAY SIGN-UP IN PERSON AT CHURCH ONLY.

Instruction led by golf professionals at Ko'olau Golf, who have all worked with some of the state's best players. Let us help you improve your game.

Deeper in Prayer Marianna Meachen

Come learn different forms of contemplative prayer to enrich your prayer life to deepen your relationship with our Lord. There will be discussion, exercises, and a final session with a prayer walk.

Marianna is the Chaplain of First Prez and the Director of Care Ministries.

6:30 PM – 7:30 PM COURSES

Religion, Education, and Democracy Vicki Lepick

So many interesting parts of the beginnings of our country were embedded with religion, from our constitution, democracy itself, the colonies and our school system to name a few. Come and learn how this all fit together to form our great country.

Vicki loves to teach and is an adjunct professor at Pacific Rim Christian University. She just finished a program in Religion and Democracy from Harvard Divinity school and is excited to share it all with you.

Sign Dancing Ministry Ann Walkinshaw

We will praise and worship God in a unique and special way; learning a praise song based on American Sign Language in a creative and interpretative form. No previous experience required. Please join us as we honor God through sign dance.

Ann has been studying and performing sign dance and hula for about 16 years, and has been teaching the First Prez Dance Ministry Class for three years now.

Simple Sweet Treats Jan Tsukazaki

Let your inner pastry chef blossom in this introductory pastry class. Learn to make simple but amazing treats and desserts for friends and family. From French crepes to box cake mix, you will learn the tricks of baking a gourmet dessert. Limited to 10 participants. SUNDAY SIGN-UP IN PERSON AT CHURCH ONLY.

Jan is a graduate of the KCC Culinary program, and continued her pastry education and apprenticeship in Switzerland. After working at a few hotels, she was hired to develop Napoleon's Bakery for Zippy's where she created the Apple Napple.

Disaster and First Aid Preparedness Joanne K. Shimada

Learn how to prepare for natural disasters and how to respond to first aid needs. This class will equip you so that you can respond to unexpected difficulties. Remember, true freedom from the stress a crisis brings can only come from Jesus Christ.

Jo has volunteered with the Red Cross for over 15 years. She took the Brownie Oath at age seven to always lend a hand, and continues to volunteer where she can.

Caretakers of Creation? Alan Stockton

Plastic pollution, climate change, dying coral reefs, increasingly powerful hurricanes, devastating fires. How can we make sense of these problems in terms of our responsibility for God's creation and to the poor, who are disproportionately affected by them? This course will explore these issues from different angles.

Alan and his wife Karen have been members of First Prez for over 20 years. They enjoy music, reading, and visiting interesting places. Alan is an emeritus astronomer at UH.

Next-Steps for Keiki & Parents Karen Makishima

Are your kids wanting to take some next steps in their Christian walk? Would you like to help lead them forward? Our Ko'olau Kids Leadership Team is offering this special class for 3rd through 6th graders called NEXT STEPS for KIDS & their PARENTS—it is an opportunity for the church to partner with you to look at some of the "next steps" for your kids in their spiritual journey.

Karen Makishima serves as the Children and Family Life Director at First Prez, where she has been on staff for 12 years. Karen received her B.S. from Chaminade University, Hawaii and her M.A. from Bethel Seminary in San Diego.

Connecting Sustainability Projects to Your Backyard Jayme Grzebik

What can be done individually or as a community to protect God's awesome creation? Are beach clean ups the only way to make an impact? We'll take time to come up with some ideas for waste reduction that can be done at our church, in large groups as well as individuals or as a family. We'll explore exciting programs like a zero waste program in five elementary schools on the Windward side and a citizen forestry project both on the Windward side and town side. Throughout our time together we'll apply the new concepts we've learned to help your own backyard thrive.

Jayme has over 12 years of experience in gardening in Hawaii and teaching horticulture. She recently retired from her position at UH and continues to teach and share her love of horticulture (plants) in the community.

Personal Health and Well-Being Vanessa Stewart

Learn more about improving your personal well-being—join Blue Zones Project and community organizations to hear about wellness topics.

Vanessa has a passion for making a difference in her community, and works as a Community Engagement Lead for Blue Zones Project in Koolau-poko to help improve well-being of residents.

6:30 PM – 8:00 PM COURSES

Bridge and Other Card Games John Kim

We'll be teaching contract bridge for beginners. Materials and instructions for other card games will be available, but there will be little time for any teaching of them.

John has been playing Bridge since his college years (long time ago) and enjoys card games. A First Prez elder and AF vet, he is married with two children and three grands.

Just Show Up - Book Club Michele Gorman

Gather together to listen and read along to C.S. Lewis's book "The Screwtape Letters" This challenging and thought-provoking Christian classic provides an ironic portrayal of human life. We will finish with some time for reflection and discussion.

Michele Gorman is a member of FPC, student of Pacific Rim Christian University and regular facilitator of 'Just Show up' public reading of scripture gatherings.

The Other Six Days Tim Shaw

This class has a couple of objectives. First, and most importantly, it's designed to equip followers of Jesus to see how their work can be a part of what God is doing in the world. We hope it will whet your appetite and set up deeper conversations after WAKO. Finally, this course is one of the ways we hope to strengthen a foundation for broader engagement in the marketplace by First Prez. We're hoping to raise up ministry leaders and mentors who are passionate about engaging people in their sector of the workplace (business, education, politics and government, medicine, arts, church and parachurch, etc.).

Associate Pastor for First Presbyterian Church of Honolulu. Tim has Masters of Divinity and Doctor of Ministry degrees from Fuller Theological Seminary, and over three decades of experience equipping followers of Jesus for work and service.