

WINTER 2024 CLASSES  
FEB 21, FEB 28 & MAR 6

PULLING TOGETHER WITH GOD  
AND EACH OTHER.

# WAKO

WEDNESDAYS AT KO'OLAU  
FIRST PRESBYTERIAN CHURCH OF HONOLULU



# WINTER WAKO

## “Pulling Together”

Daniel James Brown’s riveting book *The Boys in the Boat* was the New York Times #1 Bestseller in 2016, and it’s now a major motion picture. For those of us who have read the gripping account of the hard-scrabble young men and their quest for the gold at the 1936 Berlin Olympics, we understand why it was a bestseller. Nine individuals discovered what was possible when they truly became a crew, a community, a team that pulled together. It was a thing of beauty.

You are invited to join us for 2024 Winter WAKO (Wednesdays at Ko’olau) classes. For three fun-filled Wednesdays in a row, you’ll have the chance to go deeper in your relationship with God, make some new friends or grow your relationship with some long-standing friends, and enjoy a wonderful meal together. We have lots of options for you to choose from. Take a look at the list of courses and sign up!

Let’s come together, let’s grow together, let’s pull together in 2024!

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**5:30 PM**

**CLASSES**

**6:30 PM**

**DINNER**

Adults: \$10 (at the door)  
Kids, ages 6-10: \$7  
Kids, 5 and under: free  
Family of 4 or more: \$35

**7:30 PM**

**CLASSES**

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### LOCATION

First Presbyterian Church of Honolulu: 45-550 Kionaole Road, Kaneohe HI 96744

Register at the Sanctuary welcome table on Sunday mornings, or online: [fpchawaii.org/wako](http://fpchawaii.org/wako)

## WAKO 5:30 PM CLASSES



### RELATIONAL KEYS TO EFFECTIVE MINISTRY

#### **INSTRUCTOR: TIM FEARER**

How many questions did Jesus ask? How well did He listen and observe? And how did His listening and question-asking guide Him in this teaching? We'll explore leading by listening, observing and asking powerful open-ended questions, and then see all of the spiritual fruit which results.

*Pastor Timmy has served seven churches over the years punctuated by eight years in Turkey as a missionary. He also brings certification and experience as both a "ministry coach" and a "spiritual director."*



### WHEN WE THRIVE IN RELATIONSHIPS ... OR NOT

#### **INSTRUCTOR: SISSI TRAN-COPELAND**

We all value thriving relationships, but don't always get them. Through the lenses of Attachment theory and research, we will look at what might get in the way. Participants will gain awareness of basic attachment needs, how the unmet needs impact the way we communicate for deeper connection in relationship.

*Sissi is a licensed Marriage & Family Therapist. She & husband Vic have been members of FPC since 2011. They enjoy being part of the choir and helping in various ministries.*



### HOLY LAND TOUR TRIP PREP

#### **INSTRUCTORS: TIM SHAW & KATHY MAKUAKANE**

**(only for those who have registered for the Holy Land trip)**

We will begin the 40 hours of reading and working on maps that we will take into the field as we travel around the lands of the Bible in October 2024. We will primarily use the maps and resources created by Biblical Backgrounds, which come as a part of the tour package.

*Tim Shaw is an Associate Pastor of First Prez, leader of the Holy Land Tour, and veteran student of the mapping materials. Kathy Makuakane is the Executive Assistant and the Office Manager of First Prez and co-leader of the Holy Land Tour .*



### UKULELE I

#### **INSTRUCTOR: BARRY MATSUMOTO**

**Fee: \$5 | Class size: 15**

This is an introductory course for beginning and re-starting ukulele players. We'll introduce common chords and strumming using familiar songs. Players should bring their own ukulele.

*Barry led the previous WAKO Beginning Ukulele course in August 2023.*

## WAKO 5:30 PM CLASSES



### **INSTRUCTOR: CULLEN CHONG**

This is a Kanakapila-type course and follows the Beginning I course for ukulele players. We will continue developing familiarity with common chords and strumming using familiar songs. Players should bring their own ukulele.

*Cullen led the previous WAKO Beginning Ukulele course in August 2023 and also leads the Kanakapila open-play sessions on Sunday mornings.*

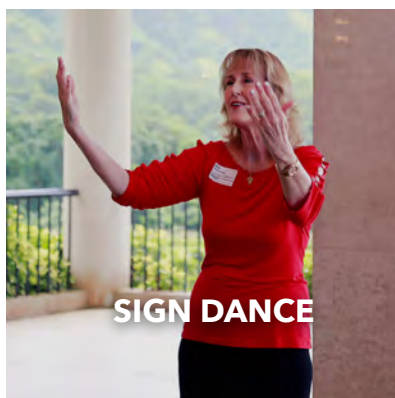


### **INSTRUCTOR: MARY MONOHON**

#### **Class size: 28**

Do you like games or cards? Mahjong is similar to Gin Rummy with Chinese tiles. It's easy to learn and a fast game once you have the tiles mastered. This class is for beginners or those who just want to play.

*Mary learned Wright Patterson rules but will teach Kailua-style (simpler version). We will have helpers roam tables of four to facilitate learning.*



### **INSTRUCTORS: ANN & RICK WALKINSHAW**

You'll learn a sign dance to a praise worship song based on the American Sign Language.

*Ann and Rick have been members of First Prez since 1999. They have taught sign dance at WAKO for 10 years.*



### **INSTRUCTOR: JO SHIMADA**

#### **Class size: 10**

Learning different lettering styles and how to put them all together is a lot of fun. This course will teach you simple techniques that will have you designing beautiful cards and wall art in no time.

*During the pandemic, Jo found hand-lettering to be a great stress reliever. The creative process behind hand-lettering brings her both joy and calm.*

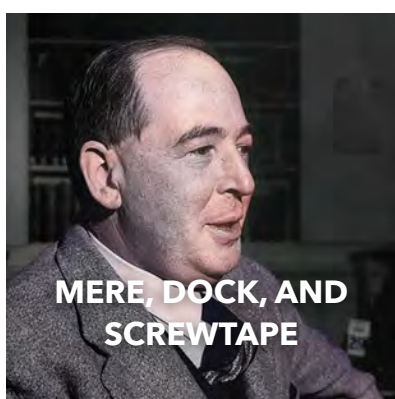
## WAKO 7:30 PM CLASSES



### **INSTRUCTOR: VANCE HARTZELL**

Life transformation happens best within the context of community. That's why First Prez is committed to creating and supporting small groups. We grow spiritually when we are connected relationally. In this class, we want to look at all the nuts and bolts of what it takes to create healthy balance in small groups. Small Group Coaches and Leader's Manual will be provided.

*Vance's passion is seeing churches making disciples primary through small groups. He has been in small groups ministry for over 25 years.*



### **INSTRUCTOR: VICKI LEPICK**

In this course, we will take a look at three of CS Lewis' most beloved and famous theological writings - Mere Christianity, God in the Dock, and Screwtape Letters. You will learn about his theology and understand your own theology as we take a walk through these works. These books are full of beautiful views of God and how God can work in our lives.

*Vicki is the Dean of Faculty at Pac Rim Christian University and a CS Lewis scholar, currently working through a doctorate in Theology, specializing in CS Lewis and JRR Tolkien.*



### **INSTRUCTORS: NINA RAPPELINE & RONNIE SIMAO**

**Fee: \$15 | Class size: 12**

Learn to create handmade cards with decorative stamps, ink, and paper. Classes will feature basic and advanced techniques. Send a "paper hug" and spread joy with your gift of a handmade card. Class fee includes all materials and supplies.

*Nina enjoys sharing the creativity of taking stamps, ink, and paper to craft handmade greeting cards and gifts for all occasions. Share joy by sending a "paper hug!" Ronnie loves Jesus and finds joy in making cards and other crafts to bless others.*



### **INSTRUCTORS: JAYNE MONTZ & DOLLY HOAG**

**Fee: \$5 | Class size: 12**

This class is designed for beginner to intermediate levels. You will be surprised at how easy it is to create watercolor greeting cards. Spring is in the air, so we will be primarily painting spring flowers and plants.

*Having been a realtor for many years, Jayne recently branched out into watercolor. Dolly has a degree in art and sculpture. Her primary medium is oil painting but paints in acrylic and watercolor as well.*

## WAKO 7:30 PM CLASS



### INSTRUCTOR: DALE VINCENT

#### • Feb 21: "When You Can't Think of Anything to Say"

We'll discuss different ways that can successfully show empathy, even in the most trying of circumstances, using words and actions that always seem to work.

#### • Feb 28: "So Much to Do - Overcome Procrastination"

We all get stuck and procrastinate to different degrees. Surprisingly, it's not always bad. We'll discuss the good and the bad of procrastination, different reasons why people put things off, and strategies we can use to get things done!

#### • March 6: "One Is the Loneliest Number"

We'll discuss the different ways people are feeling lonely in 2024, how to spot a lonely person, why it matters, and what you can do about it.

*Dale Vincent, MD, MPH, is a graduate of West Point and the University of Texas Southwestern Medical School. He is a retired internal medicine physician and medical educator.*

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## KEIKI WAKO: "SHIPWRECKED" - 5:30PM ONLY



Keiki WAKO is for children ages 3 months to 5th grade. Kids will discover that we are rescued by Jesus. They will also learn that we are anchored in the truth that Jesus carries us through life's storms.

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Register for any of these classes at the Sanctuary welcome table on Sunday mornings, or scan the code to register online: [fpchawaii.org/wako](https://fpchawaii.org/wako).



WAKO CLASSES 2024