CARING FOR LOVED ONES
A 9-Part Family Caregiver Workshop

Continues NEXT WEEK SUNDAY, November 5 from 11:30am to 12:30pm

As a society, we are living longer with more complicated chronic conditions. An increase in the population of seniors in Honolulu has emphasized the need for affordable, quality, home care services. Home Care Family Workshops were developed to meet this need.

This 9-part workshop series is FREE!
Attendees will receive information related to that week's subject.

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<th>DATE</th>
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<tr>
<td>November 5</td>
<td>Fall Prevention and Lift Technique <em>(Workshop held in the Ohana Lani)</em></td>
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<td>November 12</td>
<td>Cognitive issues and boundaries <em>(Ohana Lani)</em></td>
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<td>November 19</td>
<td>Senior Nutrition <em>(Workshop held in the SANCTUARY)</em></td>
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<td>November 26</td>
<td>Grief, Hospice, End of Life <em>(Ohana Lani)</em></td>
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<td>December 3</td>
<td>Self Care of the Caregiver <em>(Ohana Lani)</em></td>
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<td>December 17</td>
<td>Financial Planning &amp; Resources <em>(Ohana Lani)</em></td>
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Workshop lead by Calvary’s own Rhonda Dietsch (rdietsch20@gmail.com)
Hope to see you there!
**Flowers for the Altar**

Celebrate an occasion or remember a loved one by providing flowers for the Altar. Sign up Today!

*Note:* Flowers must be in Sanctuary by 7am–Sundays or can be stored in the Sanctuary kitchen on Saturday night. Call the office (808-377-5477) for more info.

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**Sunday Refreshments**

Sign up to provide refreshments for Sunday Services on the 2017 Food Chart at the back of the Sanctuary.

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**Happy Birthday**

**October 29, 2017**
- Paul Philpott

**October 30, 2017**
- Trina Arrant
- Jane Gross

**October 31, 2017**
- Jessie Beson
- Beverly Fink
- Charlie Holdaway
- Cindi John
- Walk Kaneakua
- Pati Kickland
- Gregory Marshall

**November 1, 2017**
- Dylan Blane
- Denise Fleming

**November 3, 2017**
- Robert Holden

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**Calvary by the Sea Congregation, YOU are invited to**

**A CELEBRATION OF LIFE FOR MILTON IKUO OKAMOTO**

Please come and help us with one of his bucket list items, to spend time with family and friends. What a better time than on this birthday.

**Sunday, November 12, 2017**

From 12:30pm and 3:30pm in Ohana Lani

If you have served when he was on the COD, shared tribe duties, spent time around the coffee pot after church or just said ALOHA to him from time to time, please come. Share stories, food and fellowship with the birthday boy. *Please consider sharing a special memory at the open mic time*. And, if you happen to have a photo to add to his memory book, please bring that along too.

**NO GIFTS PLEASE.**

Your presence at the celebration is gift enough.

Please RSVP with Teresa by Tuesday, November 7

Teresa cell: 301-524-7041 or
e-mail: tokamoto_mk@hotmail.com

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**THIS WEEK’S CALENDAR**

**Sunday, October 29, 2017**
- 7:30am Worship
- 8:45am Choir Rehearsal
- 10:00am Worship
- 10:10am Sunday School
- 5:00pm AA Meeting
- 5:16pm Moving Meditation

**Monday, October 30, 2017**
- 4:30pm PAC Rehearsal

**Tuesday, October 31, 2017**
- 6:00pm Men’s AA Study Group
- 6:30pm Handbell Rehearsal
- 7:00pm Hula

**Wednesday, November 1, 2017**
- 1:00pm Voice Class with Tom
- 2:08pm Moving Meditation
- 5:30pm Youth S.A.T Prep w/Susan Lord
- 6:00pm Confirmation Class
- 6:45pm Yoga by the Sea

**Thursday, November 2, 2017**
- 12:30pm Ohana Drop
- 6:15pm Zumba by the Sea
- 6:30pm Choir Rehearsal
- 6:30pm Life Group Book Study

**Friday, November 3, 2017**
- 10:30am ANC Food Distribution
- 7:00pm Mindfulness Class
- 8:00pm AA Meeting

**Saturday, November 4, 2017**
- 8:30am Yoga by the Sea
- 9:00am Calvary IN the Sea
- 6:30pm Saturday Sunset Worship

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**Donate to the ELCA Hurricane Relief**

**ONLINE:**
Visit [elca.org](http://elca.org) and click the red *Give Now* button under the Hurricane Relief ad.

**BY CHECK:**
Please make checks payable to *Lutheran Disaster Response* place check in any Calvary offering bowl or *Mail check to: Evangelical Lutheran Church in America P.O. Box 1809 • Merrifield, VA • 22116-8009*

**BY PHONE:**
Monday through Friday
8am–5pm Central Time **800-638-3522**
Calling All Calvary Christmas Elves!

This year, the decorating of the Sanctuary will happen on Sunday, November 19, 2017, immediately following the 10am worship. We need creative, energetic, helpers to decorate our beautiful Sanctuary for the upcoming Advent and Christmas season.

ANC News

The next ‘Ohana Drop scheduled for Thursday, November 2-12:30 to 3:00pm.
**Aloha Groups at Calvary**

**THE ADULT FORUM** Christian education aimed at adults in our congregation. It is open for topics that increase spiritual growth, expand knowledge and broaden awareness and compassion for others outside our personal comfort zone. Watch the Sunday activity bulletin, and newsletter for topics.

**ANGEL NETWORK CHARITIES** Donations through “The Whale” at Sunday Worship are greatly appreciated. To offer your time and assistance to the group contact our Manager, “Mae” Macalino at 386-8644.

**BIBLE STUDY CLASS** Please come and join Pastor Tim at his weekly Bible Study. These classes are held every Friday at 10:30 am in the Hawaii Kai Retirement Center, 3rd floor, Phase 1 building. Please call the church office at 377-5477 for more information. Schedule may occasionally change.

**BOOK OF THE MONTH GROUP** November’s Book of the Month is “Murder on the Orient Express” by Agatha Christie. Our next meeting will be held at Assagio’s Koko Marina on Thursday, November 30, 2017 at 6:00pm. For more information please call Cindi John at 225-8240.

**CALVARY IN THE SEA (CITS)** Join in caring for our beautiful bay and ocean front by removing invasive species of seaweed while learning about our reefs. Contact Michael at 808-312-0859.

**GLOBAL MISSIONS TEAM** For more information on Global Missions Committee Meetings, contact Ted Hsia, 597-1452, TedHsia@gmail.com.

**KE ALA OLA** Our focus is to support one another in living a holistically healthy life so that by God's Grace we have the strength and vitality to be a blessing to others. Wellness is realized by balancing a range of factors called The 10 Commitments. We meet at fellowship events and communicate through a closed Facebook group to learn, share, and care for one another. Anyone is welcome to join, contact Kaui Lucas at 282-2007.

**MEN'S ADVENTURES IN SPIRITUALITY** A group not for everyone. Meets Saturdays at 7:30 am on the Marina side of Cha Cha Cha Salsaria in Hawaii Kai. Ed Kimsey, 732-0268.

**PRAYER CIRCLE** Come join Pastor Tim at his weekly Prayer Circle held each Thursday morning at 10:30 am. Prayer is held in the Hawaii Kai Retirement Community, Phase 2 building. We pray for those in need (those on our confidential prayer list), our Calvary ‘Ohana, the needs of the community, and the world.

**STEPHEN MINISTERS** Stephen Ministers are trained to provide confidential, one-on-one care, prayer, and support to those who are going through a difficult time. If you would like a Stephen Minister to support and help you carry your burden or if you are interested in serving as a Stephen Minister, please contact Pastor Tim or John Travis at 371-2557.

**YOGA BY THE SEA** Expand your physical, mental and spiritual horizons through Maya Yoga. Classes are offered Wednesday evenings at 6:45pm and Saturday mornings at 8:30 am in Hale Aloha. You will be guided by certified yoga teachers Martha Staff and Laura Sprowls. Maya Yoga blends mindfulness, alignment and flow in an accessible and gentle style. Open to all ages, no previous experience required. First class free, subsequent classes are by donation to support CBTS and Angel Network. For further information call 372-1280.

**ZUMBA BY THE SEA** Join fitness instructor, Brenda Molina, at Zumba by the Sea. Classes are held each Wednesday at 5:30 pm in Hale Aloha. Check-in at 5:20 pm. Zumba is great for all ages and fitness levels. Please wear comfortable shoes and workout clothing. For more information call or text Brenda at 808-675-8801, or e-mail her at brendastarr7@gmail.com for details.