

KAHU KORN ER



A Mino'aka Moment

There is nothing noble in being superior to your fellow man;
true nobility is being superior to your former self.

~ Ernest Hemingway ~

Am I As Ugly As People Say?

I am very ugly
so don't try to convince me that
I'm a very beautiful person
because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There's beauty inside of me that matters
So rest assured I will always remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I as ugly as people say?

Am I As Ugly As People Say?

NOW, read the story again

☐☐ from the **bottom** to the top! ☐☐

Then come back here ...

What story are you telling yourself in the mirror
every single day?

Flip the script, change the story,
and it will change your life!

Romans 12:2

*Do not be conformed to this world, but be transformed
by the renewal of your mind, that by testing you may
discern what is the will of God, what is good and
acceptable and perfect.*

PRAY FOR EACH OTHER

Ke Akua, you who are the God of justice and peace and righteousness, come into my life. Breathe your breath of life, your spirit of prophecy, your wisdom into me.

Wake me up, open my eyes, unplug my ears, that I may hear, that I may see, that I may dream, that I may follow the ways of your extraordinary kingdom; through Jesus Christ our Lord.

Amen

If you have any prayer requests, please send them to me at kmakuakane@kawaiiahao.org

We pray for our world, for our nation, for our state, our county, and our community, Let us also pray for those we know intimately by name.

We pray for aunty *Abbey Nery* who is healing from a fall, aunty *Claudette Degracia* who is healing, *Mililani Byers* who is in a recovery facility and needs daily prayers for her healing, prayers for aunty *Keala Kaimimoku* who got into an accident and is just now going into the recovery stage, for aunty *Claudette deGracia* who is in a recovery facility and needs your prayers too, for aunty *Mona Lum* who was hospitalized and is healing, for aunty *Ruby Donlin* and 'ohana, for *Kapela Wong* who is healing and to her loving 'ohana, to *Ann Bolan* who continues to heal, for our sister *Lehua Galuteria* who finds comfort in the Lord as she continues to heal, to *Bill Hā'ole* that his sight may be repaired. Prayers for those who need healing mercies, to those who have lost their jobs, to those who have no food or other life necessities, to those who have lost their businesses or are struggling with trying to keep their business alive, and those who are struggling financially and spiritually.

Other family and friends who can use our prayers: the *Razor 'ohana*, *Maile Keli'iho'omalū*, *Elton Goo*, *Naliko Keli'iho'omalū*, *Nancy Chaplick*, *Lionel Quindaca*, *Keith Kalani Akana*, *Leila Nagamine*, *Pat Warren*, *Kaipō Hale*, *Ka'eo Kealoha-Lindsey*, *Ron Makua*, *Kahu* and *Mama Kahu Kaina*, *Mela Kealoha-Lindsey* and 'ohana.

Those Serving in the Armed Forces: *Bradley Beauchan*, *Justin Honda*, *Lokahi Kanahēle*, *Craig Lapilio*, *Kala'e Leong*, *Keoki Leong*, *Patrick Ma'ae*, *Keelan Domingo*.

Hurricane Douglas



The City and County of Honolulu has put out a Hurricane Douglas Public Advisory and asks the public to make a **Hurricane Plan.**

Here is the information for **Disaster Preparedness for Seniors.**

Douglas is slated to arrive as early as Saturday night. It has been raised to a category 4 Hurricane, getting stronger as it approaches the Central Pacific.

Maximum sustained winds of 130 MPH

Present movement is WNW or 295 degrees at 18 MPH

Please take care and be safe as we all pray for each other.

KAWAIAHAO.ORG

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SERVICES AVAILABLE
FOR KUPUNA & OTHERS
IN NEED DURING
COVID-19

[Click Here to Get Help](#)

Check out kawaiiaho.org for information on how we can help you, including food.

HELPING YOU ON THE WAY

Free Delivery Services

For Kupuna, Qualified Individuals, and Families & Others in Need.

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TITHES AND OFFERINGS

*"When God blesses you financially, don't raise your standard of living. Raise your standard of giving."
Mark Batterson*



Press the donate word. God bless you.

ONE MINUTE PRAYER

Join me every morning at **8:00 - 8:01 a.m.** from wherever you are, as we spend one minute praying together for our loved ones, for our church, for our world and for each other. Together, let us lift our prayers to God each and every day. Of course, as the Spirit moves, you are welcome to continue past the minute.

Matthew 7:7, "Ask and it will be given to you, seek and you will find; knock and it will be opened to you."



FACEBOOK

Please follow us on Facebook by going to the Facebook app on your cell phone or Facebook.com on your computer and search for Kawaiahao Church.

Or you can press this link.

[Kawaiaha'o Church Facebook](#)





*Please let me know if I can help you in any way.
Contact me at kmakuakane@kawaiiahao.org*

HE WILL RESPOND TO
THE PRAYER OF THE
DESTITUTE, HE WILL NOT
despise their plea
PSALMS 102:17

FRIDAY
PAU HANA
PAUKŪ
KAWAIIHAO
CHURCH