

ST. ANTHONY CATHOLIC COMMUNITY

Parish Seniors Getting Stronger and Healthier with EnhanceFitness

For Ginny Kiick, it's truly a special moment when someone realizes they can do something they couldn't do before.

"You see the progress, you see smiles on their faces," she says.

Ginny has been certified to teach EnhanceFitness classes for nearly four years, and has since been serving seniors at St. Anthony's.

"It's like watching flowers bloom, like watching a

garden grow," Ginny says. "They're smiling, laughing and having fun. It's a really good program."

EnhanceFitness is an exercise program designed to help seniors become stronger, healthier and more able to lead independent lives.

"I'm up there in years and it keeps my body strong and keeps me healthy," says parishioner June Borges, who has participated in the class since it began. "I'm 89, so I need the exercise. And



The seniors who participate in EnhanceFitness have the opportunity to care for their physical health, while having fun and meeting new friends.

Parish Seniors Getting Stronger and Healthier with EnhanceFitness continued from front cover

it's important to my children. They all want me to continue my health."

The program is offered three times a week at St. Anthony's — on Mondays, Wednesdays, and Fridays, from 4:30-5:30 p.m. in the cafeteria, for anyone age 55 or older. It includes 30 minutes of cardio workout, 20 minutes of strength training, and 10 minutes of stretching. The program provides regular fitness checks to help participants monitor their growth and progress.

"If you talk to anybody in the class who comes regularly, they'll let you know it makes a huge difference, even in little things — they can fasten a necklace, their fingers are more agile, they can put on their pants without having to sit down, their balance improves," Ginny says. "It's really awesome. It's amazing."

In many cases, participants' biomarkers and general health improves, and their doctors take notice.

"Their doctors will say, 'What are you doing differently? You're doing something!'" Ginny says. "Now doctors and physical therapists both are encouraging people to come to the class."

Not only does EnhanceFitness have a positive effect on people's physical health, but it also helps to strengthen their brain and overall wellbeing.

"We do a lot of exercises that are not only physically stimulating, but also are mentally stimulating — the two work hand in hand," Ginny says. "Once you're moving around, it gives you more energy, you're feeling better and you're happier."

In addition, those who gather for EnhanceFitness have developed a sense of community and camaraderie.

"Some of them started taking line dancing, and they'll go out to dinner and go out to the fair together," Ginny says. "If somebody's been gone for a while, someone will call them to see what's going on. There's a real sense of family. They're really tight.

"It's been beautiful watching the friendships grow," she adds. "Someone might be shy when they start and it takes a while, but after a while they get in there. It's a really beautiful program."

"I've met a lot of new friends," June says. "We go a little early and we chat about all kinds of things."

Ginny encourages seniors who are looking for a way to exercise and strengthen their bodies to consider joining EnhanceFitness.

"It's fun and it's not intimidating," Ginny says. "People may feel uncomfortable to go into a gym. A lot of people have never really exercised, so it's a little intimidating. But the class is not hard and it's not threatening. Everybody tries their best and nobody's judging anybody else.

"When people come, they see they're feeling better, they're having fun, they're making friends, they have something to do and they know it's going to be a positive experience," she adds. "I don't see anybody frowning in there. They're happy and they're having fun. They're doing good things for their bodies and they know it because they see the results."

Although the EnhanceFitness class at St. Anthony's is currently full, those who are interested are invited to join the wait list and be notified when space in the class becomes available. A \$20 donation is requested for the class. Financial assistance and flexible payments are available. You do not need to be a St. Anthony's parishioner in order to join, although parishioners are given first priority on the wait list. For more information or to be added to the wait list, please contact Ginny Kiick at 808-280-6251.

A LETTER FROM OUR PASTOR

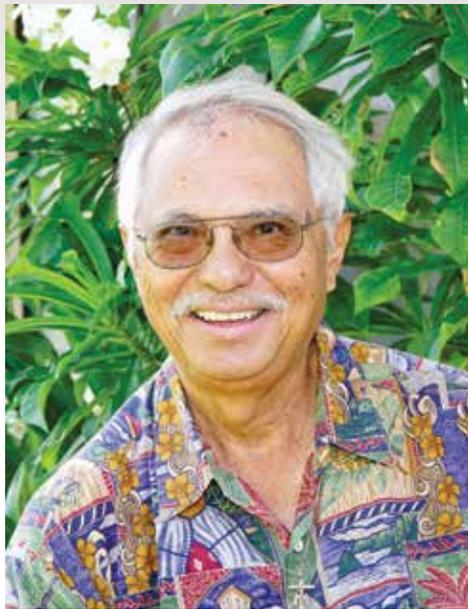
Where Are Our Priorities?

Dear Parishioners,

I am in hopes that you are aware that we are completing and will continue to celebrate the holiest time of the year in our Church. Easter Sunday, April 1, is the high point of the year for us as Catholics. We will, of course, continue to celebrate this holy time until Pentecost Sunday, which is May 20 this year. That is correct — our Easter season continues until then.

St. Paul provided some sage advice. He said, “think of what is above, not of what is on earth” (Colossians 3:2). Regardless of your opinions on what happens after resurrection, we can agree that it will be something “above” this life. Paul might be asking us if we put God first in all things. Life can become very encumbered with possessions, money, power, and even our egos.

Our goal should be to put God at the top of our lists. If that is not what we do, we may need to adjust our priorities. If we have not moved in that direction during Lent or in the past, now is the time to do it. We must constantly



strive to not allow earthly things to become our gods.

It was St. Gregory the Great who said, “God made us to be the gardeners of paradise.” Some stewardship people have maintained that God has given each of us a garden — and when we are judged, we only hear one question, “What have you done with the garden I gave you?”

What have we done? What are we doing? First, we must recognize and acknowledge that we

are all gifted, admittedly in different and varied ways. Despite what we see as our gifts or how we measure them, we need to ensure that we are using them in ways that serve God and others — ways that show good discipleship and stewardship on our parts.

Were you aware that the month of April is dedicated to the Holy Spirit in the Church? The term “spirit” translates from the Hebrew word *ruah*, which means “breath.” Truly, as Catholics, the Holy Spirit has been breathed into each of us, and is part of the garden we have received. Do we turn to Him? Do we rely on Him for strength? Do we even grant that He is part of our very being? We should. We need to, as St. Paul advised, “think of what is above, not of what is on earth.”

May God bless you in all you do, and strive to do!

Sincerely yours in Christ,

Fr. Roland Bunda

Fr. Roland Bunda, S.M.

High School Senior Jalen Coloma Reflects



Jalen Coloma (right) with his journey partner, Montse Tolentino, during the 2017 LIFE South trip

If you have been a parishioner at St. Anthony for long, there is a good chance that you have seen Jalen Coloma serving at the altar. For almost half his life, this high school senior has been serving our parish as an acolyte. While we are excited for Jalen as he prepares to head to the University of Hawai'i at Mānoa this fall, we will also greatly miss him here at St. Anthony!

Looking back on his nine years as an acolyte, Jalen has found many blessings in this form of service, and he can surely relate to the words spoken by Pope Francis to a crowd of 9,000 acolytes and altar servers gathered in St. Peter's Square on Aug. 4, 2015: "It is important to realize that being close to Jesus and knowing him in the Eucharist through your service at the altar enables you to open yourselves to others, to journey together, to set demanding goals and to find the strength to achieve them."

Jalen was in third grade when his mother, Valentina, signed him up for acolyte training. He was excited to give this ministry a try after watching his older sister, Vanessa, and several of his friends who were already serving at the altar.

As a longtime acolyte at St. Anthony, Jalen appreciates the

Acts on Nine Years of Serving at the Altar

sense of community and the connections this ministry has helped him form within the parish.

“I believe my favorite thing about it was just serving my community,” he says. “It’s good to see all the people attending church, and I get to work with various partners, so it’s nice to become friends with the others. I also serve alongside numerous priests — I’m not with the same priest each time. I’ve known Fr. Roland for many years, and it’s fun to serve with him. And Fr. Ken is a really fun priest, as well.”

Jalen is also thankful for the opportunity to grow — both personally and spiritually — by serving at the altar during his formative years.

“I used to be shy,” he says. “And serving benefited me by bringing me out of my shell a bit more by getting me more involved with my church and everyone in it. I also believe that it brought me closer to God, because it’s a way to serve Him. Even though it’s a small thing, it’s a step forward in serving the church.”

The Acolytes Ministry is an important one in our parish, benefitting not only the youth who participate, but also our priests.

“It’s a good start for kids to be involved with their church because most of the time they are just coming to Mass with their parents, but this is a good way for them to get more involved with the parish and have a good time serving,” says Jalen. “And I believe it’s a good thing to have acolytes because they take care of the more physical tasks [during the Liturgy] — carrying up the cross, bringing up the books — and that relieves some of the stress on the priests. We all know the priests have so many responsibilities, so we should do anything we can to help.”

As a student at St. Anthony School, Jalen has enjoyed participating in LIFE, where he learned leadership skills and gained confidence in

spreading God’s Word to his peers. As he prepares to embark on his studies in engineering — an interest that was fostered in our school’s robotics program — Jalen looks forward to attending university, but anticipates that he will miss the welcoming, Catholic environment of St. Anthony School. He hopes to find a “home” parish in Mānoa and plans on trying to continue to serve the Church there, perhaps as a Eucharistic Minister.

Here at St. Anthony, we wish Jalen many blessings on his new adventures after graduation, and we thank him for his years of service to our faith community. We couldn’t possibly say it better than Pope Francis did when he addressed the thousands of young people gathered in St. Peter’s Square:

“Thank you for serving at the Lord’s altar and for making of this service a real school of learning the faith, and charity toward your neighbor. Thank you also for having begun to respond to the Lord, like the prophet Isaiah: ‘Here I am. Send me.’”

“I used to be shy. And serving benefited me by bringing me out of my shell a bit more by getting me more involved with my church and everyone in it. I also believe that it brought me closer to God, because it’s a way to serve Him. Even though it’s a small thing, it’s a step forward in serving the church.” — Jalen Coloma

THE BLESSINGS OF THE *Catholic Mass*

It is ironic that today, with all of the freedom of religion that we enjoy in the United States, many of us wonder why we must go to Mass on Sunday.

However, if we really understood what the Mass is and how we participate in the celebration, we would instead be asking why we are, as sinful human beings, blessed with the opportunity to participate in the holy Mass. If we simply understood and recognized that God's infinite goodness allows us to do so, we would be eager to go to Mass on Sunday and every other day of the week.

It is true, however, that all Catholics are obliged to "Keep holy the Lord's Day" by sharing in the Mass. But why are we obliged?

The Eucharistic Liturgy is the center of our faith. It is "the summit toward which all activity of the Church is directed" and it is "the font from which all her power flows" (*Constitution on the Sacred Liturgy*, 10). It does not exhaust the activity of the Church, but is most certainly her greatest work.

The sacrifice of Christ on the cross is literally re-presented to the Father during Mass, and Christ allows us to join with Him in offering that sacrifice. Imagine our Lord and Savior dying on the cross for us right up the street. Imagine knowing that Mary is sitting at the foot of the cross with St. John, witnessing her Son giving Himself to the Father for the sake of all of us. Would we not run to be there? Would we not desire to share in His sacrifice, just as Mary did?

Believe it or not, the sacrifice of Calvary is really, truly happening at our parish, every time the Mass is offered.

Our participation in Mass gives us the strength and the graces we need to live our lives as Christ's

disciples. So, what does this mean for us?

This means we have a front row seat to the sacrifice of Calvary. Given such a gift, how can we not accept it?

We also have a chance to join in Jesus' sacrifice by offering our own prayers and petitions. As an example, what better gift could we give deceased loved ones than the offering of prayers for their souls in purgatory?

Most importantly, we have the opportunity to *receive* the Eucharist, followed by quiet time, when we offer sincere thanks and allow God's graces to fill us. Think of all you are missing when you do not properly prepare yourself to receive the Holy Eucharist.

We ought to joyfully head to Church each Sunday, eager to give God glory in the greatest way we can! Attending and actively participating in Mass every Sunday is our obligation as Catholics. But we should not allow the fact that our attendance is "required" to stop us from going. Nor should we allow our laziness to overshadow the amazing privilege and the many blessings that lay before us in the Mass.

The pope and the bishops direct us to participate in the Eucharistic Liturgy every Sunday because they know there is no better way to keep holy the Lord's day — giving God thanks for all He has done for us in the most powerful way possible. They know that, through the Mass, we gain the graces necessary to live our lives in this world.

Our ability to participate in the Mass is a wonderful gift, not a great burden. May Christ enlighten our minds and hearts to clearly see the wonders of the celebration, and give us great enthusiasm and eagerness to participate.



MORE THAN JUST A JOB:

Love Inspiring St. Anthony Instructor to Keep Teaching

It doesn't take long when you're talking with Lilliana Koa to realize that she's a busy lady. In her 18 years at St. Anthony School, she's held a number of titles and, as she says, "worn many hats." But it also doesn't take long to see how her love for education helps her take it all in stride.

"When you love what you do, it's not a job," Ms. Koa says. "And with God on my side, that's a win-win situation."

Ms. Koa currently teaches Hawaiian history and culture classes, Health and Wellness for all ninth-graders, and serves as moderator of the freshman class and Living and Faith Experience Ministry. In addition, she serves on the May Day team, and assists the freshman class in organizing an annual community health fair.

"My colleagues are so supportive," Ms. Koa says. "I love the people I work with. If one of us is not well, they'll come and check up on you. The *ʻohana* feeling is what makes it a special place."

Teaching students in both middle and high school has allowed Ms. Koa a special glimpse into the lives of her students as they age.

"When new students come in seventh grade, I like getting to know them and their families," she says. "When they come back to me in ninth, I like to see how they've grown and see what they've learned. I look at my job as planting the seeds and watching them grow. I try to let them know that their voice does matter and teaching them how to use that voice is why education is important now."

Outside of work, Ms. Koa is mom to son Olecis (class of 2000) and daughter Oralani (class of 2004) and grandmother to Orianna, who is now in the 3-year-old preschool program. Ms. Koa says she has seen the benefit of investing in Catholic education reflected not only in her own



Ms. Lilliana Koa (right) is pictured with her daughter, Oralani. Ms. Koa has taught at St. Anthony School for 18 years and says she enjoys sharing Hawaiian history and culture with her students.

children but in former students who have given back to our community.

"I love the community service program here at the school because that was the foundation my kids needed here at the school, and so many of our graduates continue to give back to our community," she says.

continued on back cover

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More Than Just a Job continued from page 7

One thing parishioners might not know about Ms. Koa is that her talent for hula dancing has enabled her to travel the world. She has performed for royalty in Tahiti and enjoyed visiting Japan. She hopes to one day visit New Zealand to experience the way the country has embraced the roots of Polynesian culture, something that she says she finds inspiring.

“Our *kupuna* [elders] grew up in a time when our language was forbidden,” Ms. Koa says. “In New Zealand, they were teaching them the mother tongue from preschool to 12th grade and so I want to experience their culture because it influenced us to start teaching Hawaiian to preschoolers.”

With each new experience, Ms. Koa says one of her favorite things about travel has been bringing elements of different cultures back to share with her students.

“I bring back whatever cultural food I can to

share with them,” she says. “I know not all of them will be blessed to go to those places, so I want to bring that to them.”

Above all, Ms. Koa says she hopes her influence will create a love for Hawaii’s cultural traditions within her students, regardless of where life might take them.

“I am a firm believer that a lot of learning takes place outside of the classroom, so I try to take my students out for at least one field trip,” she says. “Our island is so rich in our own culture, so I want them to know and take pride in the island that they live on. If I can take them outside of the classroom, I believe they’ll learn respect for the place that they live. I’m blessed because I get to teach about our culture and history. I love when the students get excited about it. It’s not a job because I love it so much.”

LITURGY SCHEDULE

CHURCH CENTER :: **Saturday** 5:00 p.m. | **Sunday** 7:00 a.m., 9:00 a.m. & 5:00 p.m.

SAINT DAMIEN CHAPEL :: **Monday - Friday** 6:30 a.m. | **Saturday** 7:00 a.m.