No ʻoukou a pau loa ke aloha.
Grace be with you all.

Heluhelu Baibala / Scripture Reading

James 1:12

Pōmaikaʻi wale ke kanaka, ke kūpaʻa ia l ka hoʻowalewale ʻia mai; no ka mea, a pau kona hoʻāʻo ʻia mai, e loaʻa auaneʻi ʻia ia ka lei o ka ola i ʻōlelo ʻia mai ai e ke Haku no ka poʻe e aloha aku ana iā ia.

Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

Manaʻo / Thoughts

By Hauʻoli Motta, poʻo kumu of the Kamehameha School Hawaiʻi Hālau Kupukupu Innovations Academy

As a youngster growing up in Kāpaʻa, Kauaʻi, I attended Sunday mass each week at St. Catherine’s Church with ʻohana on my pāpā’s side. My granny, Minnie Victorino, and aunty, Marlene Kauō, were devout parishioners and church choir members. They, along with the teachers of the Bible study classes I attended after school each week (called catechism), were primarily responsible for helping to build my understanding of the two big seasons of life: Lent and Advent. Whether in church or Bible study, I remember that we didn’t just focus on the holidays of Easter and Christmas but on the seasons leading up to those very special days.
My treasured childhood memories around Lent include going to church with my granny on Ash Wednesday and Palm Sunday. I remember running home carrying leaves blessed by Father Fox and placing them in our ‘ukulele cases and dresser drawers, under the mattresses in every room of our hale, and even in the glove boxes of the family cars. In the third grade, I remember reading about the actual journey Jesus took leading up to the crucifixion. Sister Philomena taught us that the idea of being able to give something up in the 40 days of Lent was a reminder of the struggle Jesus endured and the incredible sacrifice he gave for us.

While we showed our mahalo for that sacrifice by giving up eating meat on Fridays during Lent, we couldn’t help but look forward to going holoholo with my dad or uncles so we could bring home supper for the ‘ohana—sometimes from the ocean, and sometimes from Kojima’s or Big Save.

While I haven’t attended Sunday mass in a while, when I stop and think about what Lent means to me now in my adult life, I am mindful of the struggles those around me are enduring – ‘ohana, friends and colleagues. I also reflect on my own humanity and imperfection and am filled with humility and gratitude for the aloha, struggle, and sacrifice of our blessed Savior.

God’s word for us today reminds us that we can all rejoice even when we go through challenges because our Lord suffered too, and if we suffer with Him, we will reign with Him too! Therefore, we can endure our suffering with joy and hope through the power of the resurrection of Christ, knowing that this life is just a moment compared to eternity. This is the crown of life that we are given by grace through faith because Christ suffered and died for us.

Teen Take
Michaela Cachola KSH ’16

Nowadays we are often too connected to our laptops and iPhones that we forget to connect to the One who matters most: the Lord, our Savior. I feel like our lives, as high schoolers, are way too busy. Every day I find myself buried in homework and scholarship applications, and whatever time I have left, I use to hang out with my family and friends.

That’s why during this season of Lent, which is forty days long, I decided to give up three things that are central to my life: social media, non-Christian music, and rice. I never realized how hard that would be. I still feel pretty disconnected from the world;
I don’t know what my friends are up to, I don’t know what cool new songs are coming out, and I’m missing out on a lot of musubis and sushi. But I only have 31 days to go!

Sacrificing these three things left me with a lot of time on my hands. I use this time to think of everything God blessed me with, like food, shelter, an education, my friends and family, and most importantly, I remember the ultimate sacrifice that God gave us: His Son. God gave us so many blessings in life, the least we can do is sacrifice some of our own time to honor Him and reflect upon the life He gave us.

**Questions to Consider**

- When you are facing a hardship do you look within yourself to solve it, or do you look to Jesus to gain wisdom?
- When others around you are suffering what are some ways that you can gently bring them to the saving knowledge of Christ’s own sacrifice for us.
- Have you ever shared your testimony of overcoming because of Christ with someone you care for or love?

**Pule / Prayer**

Aloha mai e ʻesū Kristo, mahalo nui loa for your goodness and grace upon us especially during our times of struggle and despair. For it is during these times that you lift us up from our humble state of being and begin to shape us to endure this world as we look forward to the world to come with You. Help us to pray for those who are also undergoing the process of persevering through the various challenges of life and remind us to be joyful as we learn to endure, to build a character of Christ within us, to always be hopeful in You. Ma ka inoa o ʻesū Kristo, ‘Amene

**Keiki Activity**

- Ask your kupuna, makua or kumu about how the love of Jesus has helped them through tough times and then write down their names on your daily school planner to help you know that you are not alone in your struggles.
- Share your favorite toy with a friend who might be going through a challenge today to cheer them up.
- Pray to Jesus when you are feeling sad and ask for peace.
Hīmeni / Hymn
I PĀ MAI A OLA AU – He Touched Me

Pa’a me nā kaumaha luhi, Malalo ka hewa me ka hilahila.
Na ka lima o Iesū i pā mai. ‘Ānō i ola mau loa au.

Hui:
He pā mai, e he pā mai. Piha hau‘oli o ko‘u ‘uhane .
Kupaianaha ka‘u i ‘ike, i pā mai, a ola au.

Shackled by a heavy burden
‘Neath a load of guilt and shame
Then the hand of Jesus touched me
Now I am no longer the same.

He touched me, oh He touched me
And oh the joy that floods my soul
Something happened and now I know
He touched me and made me whole.

View the video below this story to sing the hymn along with KSH Kahu Kaunaloa Boshard
and senior Moananui Peleiholani-Blankenfeld.