



A Time of Reflection That Leads to Restoration

‘O ka hopena o ka wā no‘ono‘o ka ho‘ōla ‘ana

Jameson Sato, KS Hawai‘i ‘18

Mai noho ‘oukou a ho‘ohālike me ko ke ao nei; akā, e ho‘opāha‘oha‘o ‘oukou ma ke ‘ano hou ‘ana o ko ‘oukou na‘au, i ho‘omaopopo ‘oukou i ko ke Akua makemake, ka pono, ka hō‘olu‘olu, a me ka hemolele.- Roma 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will."- Romans 12:2

In the fall of 2017, exactly 3 years ago on the 7th of October, I was presented with the wonderful opportunity to be one of the Keiki Kahu to embark on a journey down to the peninsula of Kalaupapa. Whilst there, and being in that place, surrounded by the awe-inspiring landscape, one cannot help but feel the presence of the Lord and His Holy Spirit. As naive as I was, I assumed our trip was going to be a time of physical and communal service, but as my time there went on, it became so much more. It became not only a time of service, but one of education, contemplation, and reflection which helped me understand, not only the physical restoration of Kalaupapa and its people but also a spiritual restoration of my own internal peace/joy. This idea of reflection leading to restoration is something I have been doing very recently, as I think that it still holds some merit in our current time amidst an epidemic.

In the scripture, Romans 12:2, it talks about how one should not conform to the patterns of this world so that we might refocus our mind on the will of the Lord. Being in Kalaupapa, I got that opportunity as it felt like we were in a place outside of the cares, concerns, and lust of the world. Prior to my arrival, I highly prioritized my schoolwork, soccer practices, and familial duties to the point that I had difficulty finding time to sleep and relax my mind. It felt as though my mind was always going at one hundred miles an hour. Although I did not show it on the outside, I was anxiety-ridden and fearful of taking that next step in life, as I was on my way to play college soccer and start my studies as an engineer. After taking that first step off the plane, though, I could immediately feel the thoughts of home life and school life melt away. It felt as though, finally, without having

to carry my other responsibilities and fears on my shoulders, I had the chance to “be transformed by the renewing of your mind” and see God’s perfect will in all its grace and glory in the form of the landscape and its people that reside within it. I began to, with the help of many of the people there, self-reflect on my life and refocus on the Lord. As I found clarity without the things of the world clouding my mind, I was led to the restoration of peace and joy in my life through His Holy Spirit.

Amidst this time of epidemic, I was once again put in the difficult situation of stress, work, and fear overtaking my mind. With having to, almost quite literally, acclimate to a new way of life, I was bombarded with clouded thoughts heavily affected by the physical world. With the ample amount of time granted to me by the epidemic and its quarantine, I recalled the idea of reflection leading to restoration and again, refocused my mind on the will of the Lord. After the fact, I began to understand and see things in a new optimistic light. Whilst casting all of my cares on the Lord, my peace, joy, and tranquility were once again restored through His Holy Spirit.

I praise and thank the Lord for the time of reflection that leads to the restoration of my spirit. You all should do the same, take the time to refocus your mind on the righteous spirit of Jesus and His perfect will. Romans 8:6 says, “The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.” So, allow the Lord and His Spirit to take hold and restore your peace. For the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Amen.