



*a WORD from*  
**PASTOR BRYAN**

Dear Ohana,

We are afraid of being alone!

Caz, the kids, and I would periodically spend the day at Disneyland. It was nice that it was only 20 minutes from our home. After so many visits I realized that in most of the lines for the rides, people were on their cell phones. There would be groups of friends, all experiencing Disneyland together, but they would still be focused on their phones the entire time in line. I mean I was never on my phone! Ha!

After making that observation, I realized I am on my phone too much—but why? Was it the chemicals in my brain drawing me to see the latest news or to beat the next level? Or, was it because deep down inside, I do not want to be alone and so I have to fill my time with something?

Our challenge this weekend is to realize that loneliness or distractions are not the only two choices. The better option is the one Jesus often practiced—Solitude. As we will discover this weekend, “loneliness is inner emptiness, and solitude is inner fulfillment.”

It is our prayer that this spiritual discipline will help us find inner-fulfillment.

God Bless,  
Pastor Bryan

# Learning to be Spiritual

5 Godly practices that will change our lives

January 4, 6—Prayer

January 11, 13—Fasting

January 18, 20—Study

January 25, 27—**SOLITUDE**

February 1, 3—Worship

[www.KaimukiChristian.org](http://www.KaimukiChristian.org)

Live, learn, love  
the Word of God!



## Steps to Solitude

Jesus calls us from loneliness to solitude, but our fear of being alone drives us to noise and crowds.

1. Take advantage of the little solitudes that fill our day.
  - a. Those moments in the morning before the family awakes
  - b. Those moments in traffic
  - c. Instead of a vocal prayer before a meal, ask for a time of silence
2. Find or develop a quiet place.
  - a. Discover a spot in the hills, a park, or a place where you will not be disturbed in your home
  - b. Visit it regularly
3. Four times a year withdraw for three to four hours for the purpose of re-orienting your life goals.
  - a. Stay late at the office, go to the beach, park or library, etc.
  - b. Reevaluate where you're in life, God's calling, and the dreams He has placed on you

Learning to  
be Spiritual

Richard Foster, *Celebration of Discipline*



## GRIEF SUPPORT GROUP

Help and encouragement after the death of a loved one

GriefShare is a special weekly seminar and support group designed to help you rebuild your life. We know it hurts, and we want to help.

Wednesdays 6:00pm – 8:00pm  
January 23 - April 24  
Kaimuki Christian Church, 735-1771  
1117 Koko Head Avenue  
[griefshare@kaimukichristian.org](mailto:griefshare@kaimukichristian.org)

GRIEF SHARE

## MEN'S BREAKFAST



FAITH, FOOD & FELLOWSHIP  
SATURDAY, FEBRUARY 2  
7:30 AM - KCC FELLOWSHIP HALL  
\$7.00 PER PERSON



## UP TO BAT MEMBERSHIP CLASS

PART ONE Wednesday, Feb 6  
PART TWO Wednesday, Feb 13  
6:30 pm—8:00 pm, Laulima MPR

Join Pastor Bryan and Pastor Danny and discover what it means to be a follower of Jesus, learn about our vision and how to become part of the KCC Ohana.

To register, jot "UTB" on your Next Steps card or email [linell@kaimukichristian.org](mailto:linell@kaimukichristian.org) or call the office at 735-1771. Childcare available upon request.



## IF:GATHERING 2019

JOIN US FEBRUARY 8+9

In 2019, we invite you to link arms with thousands of other women for IF:Gathering 2019, a simulcast hosted here at KCC, as we reclaim the priority of discipleship and discover what it looks like to lean on God's wisdom instead of our own...

Will you join us?

Friday, Feb 8, 5:30-9:00 pm and  
Saturday, Feb 9, 8:30 am- 5:00 pm

Cost \$25 pp, Register at [kaimukichristian.org](http://kaimukichristian.org)