

Interfaith Roundtable of Kaua`i
Minutes of Meeting August 26, 2-16
Lihu`e Hongwanji, 3-3530 Kuhio Hwy, Lihu`e

Present: Vel Alahan, Hindu Monastery, Al Albergate - SGI Buddhist Chapter, Rev. Rita Andriello-Feren – Center for Spiritual Living Kaua`i, Annaleah Atkinson – Fellowship of the Inner Light, Sr. Deborah Burnham – Brahma Kumaris, Rev. Diane Decker – CSL – Kaua`i, Bettejo Dux – Life, Rev. Patrick Feren – CSL Kaua`i, Willian Garavito – Christian Mystic, Jim Jung – Buddhist, Dr. Hari Khalsa – Sikh, Ishak Muhamed – Islam, Jeffrey Pears – Yoga, Joanne Watanabe – United Church of Christ, Sharon West – New Thought/The Gathering, Sally Wilson – Jewish Community of Kauai, Sr. Carol Reichert – Roman Catholic

Opening Prayer: Al Albergate: We are thankful for being alive and for the opportunity to participate in IROK

1. Welcome and Call to Order

2. Minutes of July 29, 2016

Correction: Our observation of the International Day of Peace is Sunday, Sept 18.

Minutes are accepted as amended.

3. Co-Chairpersons` Comments

Diane is grateful to be here with IROK; it's a respite from the stresses of the week.

Hari is collecting topics of spiritual concern for discussion.

4. Treasurer's Report:

Our bank balance is \$1,850.78, but a \$100 check to UCC for the retreat is still outstanding
We made \$235 on the retreat, which cost approx. \$825. The cabin cost was \$340, food cost was \$485.

Al will be off-island from Sept. 8-30, so please either let him know before then if a check payment is needed, or else he will reimburse whomever when he returns.

5. Old Business:

The retreat – many thanks to Willian. Everything ran smoothly and the food was delicious. Beautiful rituals. All was very well-organized. Hari will send participants a survey regarding satisfaction and suggestions.

6. Speaker – Jeffrey Pears on Yoga (greatly abbreviated – sorry, Jeffrey)

About 30 years ago, Jeffrey was learning to meditate, and he felt his own consciousness leaving his body, and felt another's close by. Jeffery asked what the meaning of life was, and learned, through a very mystical experience, that it was the ending of human suffering caused by the illusion that we are separate from G-d.

There are many types of yoga to facilitate our becoming closer to the divine (Karma, Hatha, Bhakti, Raja, Kriya, Jnana, and others). Jeffrey studied under the guidance of Goswami

Kriyananda for 18 months in a meditations teachers training intensive at the Temple of Kriya Yoga and then began to teach Kriya yoga. Kriya yoga is the yoga of action and was founded on the Patanjali Yoga Sutras and is practiced to benefit all of life.

Over the past year and a half he has been practicing Advaita (non-duality) Yoga, the yoga of knowledge. Advaita yoga's goal is to overcome our orientation to the relative separate dualistic reality, so to reveal absolute reality. Self-inquiry (inquiring into the nature of being) is the practice as pointed to by Ramana Maharshi, Nisargadatta Maharaj, Shakaracharya, and other Self-realized masters.

7. New Business

Annaleah has been organizing our International Day of Peace celebration. Some committee members need help. Additional greeting table helpers: Sally Mieko, Diane. Sally will bring donations basket and compostable forks. Sally will contact friend to help with the prayer flags project. The sustainability table needs people/materials. Sally will contact Laurel Brier re Apollo Kauai.

IROK members are requested to bring a pupu.

8. Next meeting:

September 30, 12-2 pm
Lihue Hongwanji
3-3530 Kuhio Hwy, Lihu'e

9. Meeting adjourned.

Minutes respectfully submitted by Sally Wilson