

Aldersgate United Methodist Church

Letter # 20 - May 13, 2020

(You may click on the links in this letter to take you to the website listed)

Here's what's in today's letter

-Roger's Greeting

-From Brad:

"Face Art" - A Truly "Must-See!" Brad shared a truly amazing art form. It is a "must-see!" Please take a moment to watch it. You will be amazed: [CLICK HERE](#)

-Remember to send your Pet video for the Parade

-Prayer List

-**"Life Interrupted"** - This morning I share a brief reflection on "Life Interrupted". (Except for the title, this reflection is not a reference to the 1999 film, "Girl Interrupted"... I think.)

-Upcoming Zoom Schedule

-**Center for Spiritual Life/Healing Arts:** Other Worlds Exploration Discussion led by Rev. Roger



Ben and Joy have shared a full 3-part set of Pal Dan Gum Qigong movements that can be done in less than 10-minutes. These movements are easily accessible for most of us. Thank you Ben and Joy!

-**Ume Available at Church:** Ume from Ted and Fudge Noguchi is available at church. Marice Shiozaki and Ethan (while social distancing) picked the Ume from the Noguchi's tree and brought it to the church.

If you would like to pick up some ume, please contact Roger (text or call 650-575-2250) or email (rvm878@gmail.com). He'll set out on the patio at a specified time

for your pick up.

Please keep our prayers for those who are facing physical and financial hardship during this time of the pandemic. Keep our prayers for our first responders in the fight against Covid 19 and for our essential workers.

Roger

“Life Interrupted”

First of all, I would like to thank all who participated by creating and sending in video clips for our online worship experience - “OWE.” The goal of our online worship experience is to keep us connected to one another as a community, to build community as we connect to people joining us for the first time via the OWE, to lift up our prayers for the concerns within the community and beyond, to have our individuals’ spirits lifted up through music and poetry and to reflect on life itself through the message and poetry. And yes, of course, to lift up a bit of humor and fun (mostly via Fellowship Tea time)

If we can do these things in our OWE, we are having the experience of affirming God’s Spirit in our lives - ie. “worshipping.”

Church will never be exactly the same - but our ability to affirm a living, encouraging Spirit in our lives will always remain possible because it is always there!

One of our friends shared a list of reasons she enjoys the OWE:

1. Humor, lighthearted laughter
2. Seeing people, young and old, taking the time to share their joys and talents
3. Music and singing
4. Reflections speak to me...
5. Condensed, ... a snapshot
6. Appreciation for those who take time to produce and contribute... and all the logistics involved...
7. communication...

Thank you all for participating by watching each Sunday. Share it as you feel appropriate and know that we are thinking of all of you as we create this experience.

Our Prayer List:

Haruye Ng, Paul Osaki, Sue Nakamura, Tak Nishiura, Sam Nieda, Kiyo Shizuru, Lea Haratani, Kamila Young, Hitoshi Tachibana, Chloe Gong, Ginger Powell, Jieun Lee, David Nelson, Patricia Orr, Jamie Campbell, Mel Imai, Harry Hatasaka, Ray Narimatsu, Mayumi Takeda, Rev. Mariellen Sawada Yoshino, Sue Lemba, Martha Tanji, Edith Yanagisawa and Bonnie Pennebaker.

Edith Yanagisawa as she has recently returned to the hospital.

“Life Interrupted...”

A Reflection by Roger



Every few days I wake up and think, “I just need a break from this and need to get away. I just need to get away from this pandemic, shelter-in-place and all...” Then I remember, there is no place to go.

For most of us, this is our reality. I do not like to use this term but if I am being honest how I feel at times, it feels like I’m in a prison. Unlike some, I do not feel like it is our government or health officials that are keeping me in prison; for it is the pandemic, the coronavirus, that is creating the circumstances that are limiting my life.

Nonetheless, I feel like my life has been interrupted, put on hold. We all feel this, whether we are at home, working from home, working, on the front lines as a health care professional, whatever, we feel life has been paused.

This sense of being on hold can cause us much distress and concern. Our thoughts move towards what is being lost and will we recover? Is life passing us by? Thus, we begin to wake up in the morning wanting to get away from it all.

When I have these mornings, I try to take my three deep breaths. Often, it takes 10 breaths before enough oxygen gets in my brain and I am ready to readjust my thinking.

Then, I begin to think big picture. I remind myself this will take time. (I am of the opinion this will take longer than most people want to believe.) I look at it “from a distance” and remember the journey of life sometimes comes to a raging stream where one has to just wait for the rains to subside and the waters receded before one can continue.

Humanity is at such junction, waiting for the right time to move forward.

But it is often in this time of waiting, we rejuvenate our bodies and souls so we can proceed in a way which will be more fruitful in Spirit in the long run.

On those mornings I remind myself this is a time to rest, to read, to reflect, and to grow inwardly. It is not a time to try to cross the raging waters. For many, it is not a time “not to do”.

I just wanted to share this experience just in case you have these same types of mornings as I do.

This may or may not speak to you but for me, for now, it keeps helps me redirect a sense of despair. If you have some reflection that works for you, please share it with me. I think our sharing of experiences as we traverse this pandemic could benefit us all.

Peace... stay safe, stay healthy, and be kind.

Roger

Upcoming Zoom Meeting and Online Gatherings:

Kaizen Living for May 12th has been postponed!

Choir Practice, Wednesday, May 13th at 6:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/511182912>

Meeting ID: 511 182 912

Password: 012345

One tap mobile phone with video and audio:

+16699006833,,511182912#,1#,012345#

Dial by your location on any phone with audio only:

+1 669 900 6833

Meeting ID: 511 182 912

Password: 012345

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Center for Spiritual Life - Healing Arts

To access each video, click on each description:

Video 1: Basic Self-Reiki Techniques and Distant Healing

Video 2: Qigong Movements with Ben Hashiba

New -Video 3: Pal Dan Gum Movements - Part 1

New Video 4: Pal Dan Gum Movements - Part 2

New Video 5: Pal Dan Gum Movements - Parts 3

produced/created by

Joy Nakamura and Ben Hashiba

“Pal Dan Gum is a set of eight qigong exercises used to help one stay active and fit while increasing the body’s energy. Doing these exercises can help you feel refreshed, relaxed, and energized. You can complete the set of eight Pal Dan Gum exercises in 10 minutes or less.”

**Center for Spiritual Life
Other Worlds Explorations Discussion
led by Rev. Roger Morimoto**

Roger will be leading monthly “Other Worlds Explorations Discussion” gathering once a month. Please RSVP to Roger (rvm878@gmail.com or text 650-575-2250.)

Generally, the sessions are open-ended so bring your curiosity and open minds. One session may lead to creating the topic for the next session.

The topic for this first session will be “The Basis of the Ancient Alien Hypothesis”. Referencing biblical stories and other texts along with current news reports, Roger will open up a discussion about the basis of the idea of alien visitation. Often, critics and pundits want to jump directly to the “complete proof” when many of these ideas are still at a hypothetical stage. “Jumping to conclusions” is usually a way of ending discussion and further explorations of an idea.

Join us as we open the door for these ideas and what it may mean to our historic and even religious understandings.

**Please join my meeting from your computer, tablet or smartphone.
<https://www.gotomeet.me/RogerMorimoto>**

**You can also dial in using your phone.
United States: +1 (646) 749-3122
Access Code: 319-768-589**

Note: Last week’s hard copy newsletter omitted all Easter donations that were given through Paypal. Our apologies. These donations will be acknowledged in the next newsletter.

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see you next letter!