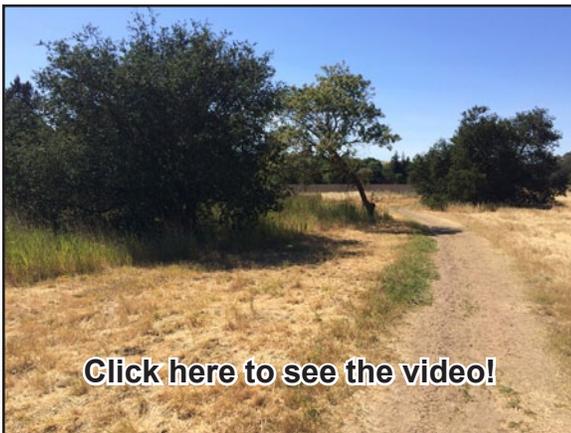


Aldersgate United Methodist Church

Letter # 21 - May 20, 2020

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

Here's what's happening in the Aldersgate Online Worship Experience VIDEO:



[Click here to see the video!](#)

- **“Here Comes The Sun”** - Taylor and Sammy Yamashita

Great talent play alike! Taylor and Sammy, Matthew and Kelli all picked “Here Comes the Sun” separately. All are beautiful and moving!

- **Rev. Roger's Greeting**

- **“Konimichi”** (This Road) - Melody Chou -

This song is a continuation of our celebration of Mother's Day. It is a song that Melody always intended to sing for Mother's Day for it is a famous Japanese song about Sapporo where her mother's family is from. The third verse of the song is re-

membering the mother and how the author roads on a carriage down the road with acacia trees with his mother. Last year, we (Roger and Chris) were in Sapporo and visited the clock tower. I have put a couple of photos from our trip below.

- **Children's Time** by Alice Yu

This Sunday, Alice kicks off our first Children's Time. I encourage you to send a Children's time video to me.

- **Special Montage** - Marice Shiozaki's photos (the last photo is by Roger) combine with Joann Shieh piano concerto (from a past Koyukai event) to create a beautiful reflective expression. (Kimi Tsukushi is seen right in the center of the video. We truly miss Kimi.)

- **Pastoral Prayer** by Rev. Jon with William Moon providing the background music, “Above All.”

- **“For the Beauty of the Earth”** - DeeDee and the Aldersgate Youth Band create another masterpiece.

- **Scripture:** Carol Visitacion from Fresno (and Rev. Jon's mother) shares the scripture with us this morning.

- **Reflection** - “Seeing Like Christ, Being Like Christ” or “Carpool Karaoke Jon Style!” by Rev. Jon Visitacion

- **Closing Song:** “Sweet Hour of Prayer” by Rev. David Kim, Youngjin Kim, and friends from Olive UMC in Hawaii. Rev. and Mrs. Kim are parents of Peter Kim, and grandparents of Jesse and Lindsay Kim.

- **Fellowship Time:** These times can feel daunting, like moving mountains. For “Fellowship Time,” we may not have a video of moving mountains but we have a video of moving a large oak tree. This is from our 2012 building project. You’ll find it interesting and a reminder we can do great things and we can get through these times!

In Today’s Letter

-Roger’s Greeting

-Prayer List

-“A Social Distancing Church...?” - A Reflection by Rev. Jon

-Upcoming Zoom Schedule

-Koyukai: Online Gathering with Ben and Joy

-CSL:

Other Worlds Exploration Discussion led by Rev. Roger

-CSL/Healing Arts

Video 1: Basic Self-Reiki and Distant Healing

Video 2: Qigong Movements with Ben Hashiba

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

New - Video 4: Pal Dan Gum Qigong - Part 2

New - Video 5: Pal Dan Gum Qigong - Part 3

Roger’s Greeting



As the country begins to “open up” in a variety of ways across the nation, most of us feel a myriad of mixed emotions and concerns. We know we must eventually open up, we know many are suffering economically, and we feel for our young people who have goals to achieve. Yet, we also fear if we open too early, lives will be unnecessarily lost, others will suffer, we will inadvertently set back our economic troubles even further, and not to mention our concern for our own safety.

It is so hard to know because there is so much that is unknown. Thus, as we move to the easing of restrictions, our fears and anxiety are heightened.

Let us always remember regardless of the unknowns in front of us, we best serve ourselves and others when we lead into this uncertainty our best selves. When we bring a peaceful and courageous heart, we bring our best opportunity to continue to navigate the future regardless of the turns or setbacks ahead. Our path forward calls us to be flexible, calm, and courageous as we deal with others, and even as we deal with our own inner feelings.

As we move into this next phase, let us do so with peace and love in our hearts.

Roger

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, Bonnie Pennebaker and Nagi Hashiba

Prayers for Ben Hashiba's mother, Nagi Hashiba who is over 100 years old and has tested positive for coronavirus. So far she is fighting it off but please say a special prayer for Nagi. (Note: This prayer was added after the taping of Rev. Jon's pastoral prayer for this morning's service.

“A Social Distancing Church...?” A Reflection by Rev. Jon



I'm sure by now with some states reopening and the beginning of the shelter-in-place orders beginning to lift for the state, what will “church” look like? Rev. Roger and I have talked about this, half-joking and half-serious, realizing there are some things that will be changed forever, while some things will be “back to normal” I began to wonder more in humor and not at all in certainty, and came up with thoughts that would be interesting to ponder for all churches that begin to open their doors.

Pews. Remember when we used to have pews? Could you imagine being separated by plexiglass from your pew-mates as we worship “together”? Maybe you would have to take out the row in front of you and behind you. Maybe assigned seating by household? Aldersgate has this one right: chairs

are the way to go.

Offering Plates. This may be one of those “high-touch” areas that may need to go. Could you imagine passing these plates from row to row? Ushers and counters may need to wear gloves, masks and face shields!

Choir Robes. Choir uniforms may come in a variety of colors, and with matching face masks.

Communion. Before covid, there were churches who would cut the “body of Christ” into small cubes so that people wouldn't touch the entire loaf of bread, and other churches had ushers in the middle of the line passing out hand sanitizer. Maybe after the shelter-in-place is lifted, churches may need to tape off 6-foot space markers down the center aisle.

Sunday Attire. After a few months of watching worship services from home, the expectation will probably be to wear pajamas. I can see this one being one of the more realistic and hopeful changes for all of our churches.

Again, as this is mostly out of humor, there are definitely things that will change, and some things that will not. What will change is our perception of church and worship, and our desire to want to be in community with each other in the same space. What will not change is God's presence, who has been with us and who will always be with us. I hope to share my dreams and visions of what the church could be and hope this can be an ongoing dream for us all.

Rev. Jon

Upcoming Zoom Meeting and Online Gatherings:

AUMC Choir Meeting May 20th at 6:30pm

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

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

Upcoming Koyukai Zoom Online Gathering Monday, May 25th 10:30 AM

Hope you're all doing as well as can be and not getting cabin fever! Since we're still SIP, I thought of another KYK activity, thanks from a senior's suggestion. Our next KYK Zoom activity will be on Mon., May 25th at 10:30 a.m. Yes, it was pointed out to me that it's Memorial Day! Hope you can make it to this special activity lead by Ben and Joy! They're so nice to lead us in an exercise Zoom session, how fun right? We really need to get off our "you know what", and exercise!

Here is the schedule:

Introduction/Connecting - 15 min.
Warmups - 3 min.
First 4 Pal Dan Gum exercises - 20 min.
Closing, Laughing QiGong, Questions and Comments - 5 min.

"Come join us to practice the First 4 Pal Dan Gum QiGong exercises. QiGong is a great way to move, stretch, breathe and improve your overall health and well-being. You can do these exercises while seated or standing. Please set up your laptop or iPad so you have room to move." Make sure your computer is near your WiFi, about 5 ft. away is best! There are the videos by Ben and Joy that Roger has included in his Sun. service under videos so you can practice at home after this session.

Again, Paul Sakuma will send everyone an email Zoom invitation which you will all click on the link and input the password number on Mon., May 25th. at 10:30 a.m. He will be on around 10:15 a.m. if you would like to make sure your on and not having any issues with your computer. He can guide you through any problems your having.

Thanks again Ben and Joy, looking forward to this exercise session on Zoom! Hope to see each of you! If anyone has issues with setting up Zoom for the first time, contact Paul Sakuma at, cell 650-799-1742 or email him at, psakuma@aol.com!

Join Zoom Meeting:
<https://us02web.zoom.us/j/81111425836>

Meeting ID: 811 1142 5836

On your mobile cell phone for video and audio, just tap this number:
+16699006833,,81111425836#

Dial on any phone for audio only:
+1 669 900 6833
Meeting ID: 811 1142 5836

If you need help logging onto to Zoom, contact Paul Sakuma at: psakuma@aol.com or call 1-650-494-6592

Moderator: Judy Wong - judynwong@gmail.com
Zoom host: Paul Sakuma - psakuma@aol.com
See you soon, Judy
650-400-0371 cell

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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.

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

Lastly, on the May 24th online video, we will be having a PET PARADE!!! Please send me a video (landscape view) of your pets in action or doing tricks or just being cute! Don't miss this opportunity to have your pets join us online!!! The deadline to submit videos is this Tuesday evening (May 19).

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Aldersgate United Methodist Church
4243 Manuela Ave.
Palo Alto, CA 94306

see you next letter!

