



Aldersgate United Methodist Church

Letter # 22 - May 20, 2020

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Roger's Greeting

Dear Friends,

Today, I offer a personal reflection on "hitting the wall". I wonder if others are feeling the same at this point as we enter the 3rd month of mostly SIP.

This week we're beginning to really deal with the re-opening of segments of our society. This will be a time of confusion and apprehension. Yes, I am going to say it again, take three deep breaths and keep breathing.

Whether it is this week or a month from now or whenever re-opening is going to be stressful. It is part of the ongoing process. We pray for a "successful" process whatever that may look like in the new normal. If things do not go well, we pray our leaders adjust appropriately for what is best for the whole.

Regardless, let us be our best selves as we face this process from our own vantage point. I'm keeping all of you in my prayers as each of us seeks to work our way through this pandemic together.



Brynn Saito is the co-founder of the Center for Spiritual Life (CSL) and co-coordinator of the Creative Expressions module of CSL. She is a professor of poetry at CSU Fresno. She shares with us one of her of recently posted stories about her mother and father and their lives in Dinuba and Reedley, California. Her parents said it was so healing for them to go back to these places of childhood. This story introduces a theme I will be reflecting on in next Sunday’s message - how the past transforms the present and visa versa.

Click her for Brynn’s story

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BIRTHDAYS! The last Sunday of the month will be “Birthday Sunday” with a brief on-line recognition of birthdays. **The first re-activation of birthday Sunday will be May 31st.** Please send me the names (and month) of your and other friends and family members’ birthday (no years please). For May 31st, we will be recognizing EVERYONE born in the months of January, February, March, April, and May!!! Of course, we’ll miss some names but let’s get as many names into me so we can have it on the video!

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From Brad Shirakawa: Memorial Day

In honor of the upcoming Memorial Day (May 25th) read Brad’s story about his uncle, Takeo Kaneichi, and the 442nd Regimental Combat Team. **CLICK here.** Once there, you can read it online or download it for yourself. The downloaded version is more clear and readable than seeing it online only.

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Memorial Day Online Program San Jose JACL

Please join us in honoring the sacrifices made by the Nisei Veterans of Foreign Wars. Due to the COVID-19 pandemic, this year’s service is being held as an online webinar. A memorial ceremony will be followed by an educational program.

Monday, May 25, 2020

This webinar is free and open to the public, but registration is required to participate.



Click on the link below to register:

https://us02web.zoom.us/join/register/WN_XvjMFa2aSa6G3P2CpqNk7g

PROGRAM

MEMORIAL SERVICE

(11am-12pm)

- Master of Ceremonies, Steve Okamoto (San Mateo, CA)
- Invocation by Rev. Henry Adams, San Mateo Buddhist Temple
- A message from Yves Bonjean,

former Mayor of Bruyères, France

- Keynote Speaker Marielle Tsukamoto (Sacramento, CA) reflecting on her visit to Bruyères
- A message from Dr. Shinye Gima, Military Intelligence Service Veteran (Honolulu, HI), “Memorial Day in the Time of COVID, Reflections by a Veteran”
- Musical Tribute, Todd Yuzuriha (Portland, OR)

EDUCATIONAL PROGRAM (12pm-1pm)

- Excerpts from “Back to Bruyères: The Legacy of the 100th” and interview with Producer/Editor Pamela Young
 - Video from BCo/100Bn/442RCT Reenactment Group (Maizuru, Japan) and message from Hidenori Koda
 - Message from the Go For Broke National Education Center
 - Music video and interview with Los Angeles-based musician Kaze Jones
- (Note: program subject to change)

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, Nagi Hashiba, Tim Ome and Alex Baquiran.

Add: Alex Baquiran, father of a friend of Tm Ome, who has pancreatic cancer. Please pray for his recovery and for his family who is providing much care.

Add: Tim Ome. Tim continues to deal with some health issues.

Update: Sue Lemba (Covid-19, Alice Kawasaki's cousin) has been discharged from the hospital after a lengthy stay and stint on a ventilator. She has a long road to full recovery but the family is grateful she seems to be past the worst.

Update: Nagi Hashiba, Ben's mother, has tested negative on her recent covid 19 test so she will be moved from the covid 19 area to a non-covid 19 area in her residence facility! Again, Nagi is over 100 years old. We'll continue to keep her on our prayer list for a few weeks as she regains her old form back.

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“Hitting the wall...”
A Reflection by Rev. Roger

I am going to be honest with you. This past week, I “hit the wall”.

In a marathon (so I have read), there's a moment when your body has used up its stored glycogen and the runner feels severe fatigue. Well, last week I hit the wall in this SIP. I don't know what exactly I used up, but the 8 weeks of SIP really hit home. I was just down and tired. Chris could see it and of course, she could feel it from me. I just needed to rest and be left alone for several hours and a day.

I don't know if you have hit the wall yet, or if you have hit it a couple of times already. I suspect I will have these moments again and probably again.

I wish I could tell you how to resolve it but I think it's different for each of us, and perhaps each time is different from the other.

I think what I would like to share is when we have these moments, nothing is wrong with us. It is perfectly normal. For us to think something is wrong with ourselves would be like a marathon runner wondering what is wrong with themselves because they are tired or fatigued after hitting the wall. For the runner it is physiological. For us in SIP, it is probably more emotional and cognitive - but fully expected given being SIP.

Again, when we hit that wall, each of us has different needs at that moment. Some may just need rest, others may need to reach out to friends and family online, others read, and some may need exercise. Some may need music, or meditation, or Qigong. Whatever it is, seek it, but also remember, nothing is “wrong” with you. Being “depleted” happens when SIP is like a marathon.

And of course, if you need to talk with me, or Rev. Jon - we are here. Reach out. (Today, I am past “hitting the wall”.)

We're thinking of all of you!

Take care, be safe, and continue to be kind.

Roger

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

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

MONDAY, MAY 25th at 7:00 PM

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TSURU UPDATE:

What an amazing year it has been since 50 Japanese Americans traveled to the South Texas Family Residential Center in Dilley, Texas to protest child detention and to hang over 30,000 tsuru on the fence. At that moment our movement took flight!

In the past year we have organized to provide historical context and moral authority of Japanese Americans incarcerated in U.S. concentration camps during WWII, to the current struggle to end detention in the U.S. We are working to build solidarity with directly impacted communities: immigrant, Black, indigenous, and other targeted groups while encouraging spaces for

inter-generational healing from the trauma of our collective carceral histories and other forms of racialized violence.

Due to the pandemic, we have postponed our national gathering and caravan planned for June 2020 in Washington D.C. - but our mission is now even more urgent and we are undeterred. At this moment we are seeing:

Intentional dismantling of protections for refugees and immigrants. Increasing cruelty to people who are detained in inhumane conditions, forced to remain incarcerated during a deadly pandemic.
Escalation of anti-Asian racism and violence targeting our communities, fanned by the current administration and its surrogates

It is imperative for us to stand united and use our collective voices to express our opposition. To reflect this moment we have adopted a new message: Tsuru Rising!

Tsuru Rising!

The June 6th-7th online gathering is an invitation and roadmap to get more involved. We have planned an action packed weekend of community building, impactful conversations about solidarity and direct action, celebration of community, plus cross-community healing circles. The entire event is free online so that as many people as possible may come together.

Register Now!

Saturday, June 6th:

Tsuru Rising
10am-12pm PDT | 1pm-3pm EDT

We will kick off our weekend with a solidarity rally to welcome our Tsuru for Solidarity community and friends. The program will educate and activate to close the camps. Dr. Satsuki Ina will be featured as the keynote speaker. Full lineup to be announced.

Regional Gatherings
3pm-4pm PDT | 6pm-7pm EDT

After a break, we will gather in regional groups to reflect on the morning, connect with old and new friends, and learn about local actions to end immigrant detention. **Please visit the Registration tab to sign up for the regional group nearest you.**

Kimochi Night
4pm-6pm PDT | 7pm-9pm EDT

In the evening, we will end the first day by celebrating our work thus far, preparing for our future work, and honoring our elders and ancestors through art, music, and dance. We will also host a national healing ceremony, led by Buddhist clergy, for the healing of the nation and in remembrance of the 125,000 Japanese Americans and Japanese immigrants incarcerated during WWII and all people who have been detained or incarcerated in the U.S.

Sunday, June 7th:

Tsuru Actions
10am Local Time Zones

On Sunday, our tsuru take flight. Across the country, small groups will gather in socially distant actions to demand that we close the camps and free immigrants in detention. We will live-stream these actions on our webpage and social media platforms.

We will also have options to participate virtually in letter writing campaigns and tsuru fold-ins. Tune in on Sunday morning to learn how you can engage.

Healing Circles for Change
3pm-5pm EDT & 3pm-5pm PDT

****Space is limited and registration required, please visit the Registration tab to sign up.****

Participating in Healing Circles for Change is an opportunity for people who have experienced, in all of its complexities, the collective, historic trauma of oppression. Healing Circles for Change is a sacred space and time where participants sit together in a circle, face to face with one another, holding the positive intention to create a safe place for each person to share their story.

You can read a full description of Healing Circles for Change [here](#).

Help us get ready for the protest! You can do the following:

Fold tsuru! Please continue to fold tsuru. Share a picture of yourself with your cranes along with your name (optional) and location. You can share on social media with #tsururising or by emailing your pictures to tsuru-forsolidarity@gmail.com.

These images will be used in a group video featuring tsuru.

Join a virtual fold in! You can find a list of upcoming events [here](#).

Dance FandangObon! Join Quetzal and FandangObon by recording yourself dancing Bambutsu. Please upload your video by May 20th.

Watch the instructional video [here](#).

Record yourself in landscape/horizontal in 1080p/720p/HD.

Learn how to record yourself on an iPhone or iPad [here](#).

Learn how to record yourself on an Android [here](#).

Film yourself dancing!

Use this audio to dance along.

Upload your video [here](#).

These videos will be used in a group dance video.



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.

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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

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