

Aldersgate United Methodist Church

Letter # 23 - May 24, 2020

(You may click on the links in this letter to take you to the website listed)
In Today's Letter



Click on the "I Miss Church" rock at left

Aldersgate Online Worship Experience

Roger's Intro: "Time Being"

"Let Me Be Your Servant" - Lynn Barbaree

Poetry: "Time Being" - Brynn Saito

Photo and Music Montage: "Polonaise Militaire" (Chopin) -

Joann Shieh and "Albuquerque Balloon Festival 2019" - Photo
by Roger

Pastoral Prayer with "Spirit Song" - DeeDee Kato

Scripture: Ecclesiastes 3 - selected verses

"As A Deer" - DeeDee and the Band

Reflection by Rev. Roger - "Now"

"Be Thou My Vision" - Sammy Yamashita

Fellowship Time:

Tik Tok Challenge! From Kacey and Jared (Ura) --- Rev. Roger is encouraging you to come up with your own brief Tik Tok video and submit for future Fellowship Times!

PET PARADE! (note: I may have missed your pet or video. Please let me know and I'll add into next weeks Fellowship time.)

Roger's Greeting and Reflections

Responding to the calls for church re-opening

Birthday Sundays are back!

From DeeDee: Home Movies...

"Nature's Comeback?"

Upcoming Online...

Prayer List

Upcoming Zoom Schedule

Koyukai: Online Gathering with Ben and Joy

CSL: Other Worlds Exploration Discussion led by Rev. Roger - Monday, May 25th at 7:00 PM - Please RSVP.

Enneagram, Tuesday, May 26th at 7:30 PM

Choir Practice, Wednesday, May 27th at 6:30 PM

Admin and Program Council, May 27th at 6:30 PM

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



Dear Friends,

Thank you for the responses to my Letter #22 reflection, "Hitting the Wall...". Along with several clergy colleagues I spoke with, many of you were experiencing the same feeling. Remember, it is natural and nothing is wrong with you!

One church member said, "It's been testy around here lately." The image that came to mind was like asking someone to take out the garbage or cook a meal as they are at the 21-mile mark of a marathon. The response might be a bit testy.

Again, we will have these moments of emotional, physical, and psychological exhaustion. Find ways to rest and recuperate, and then be kind (as you apologize.)

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On Friday, Bishop Carcano responded to Trump's call to re-open churches this weekend:

Obviously, Aldersgate is far from considering opening on any level; but Bishop Carcano had to send out an email on Friday afternoon to address concerns from pastors and laity asking if they were "required" to open up this Sunday. Obviously, her response was "no!". Here's her full text: [Click Here](#).

These are difficult and confusing times for all of us in all aspects of our lives. For our churches, it is no different. While we may not agree on the dangers and severity of the pandemic, nor on the approach, it is clearly not helpful for rash polarizing declarations from leaders. Such action is synonymous with pouring gasoline onto a fire. It engenders confusion and fears at a time when exactly the opposite - cooperation and genuine concern for safety - is needed.

At this time, I feel compelled to share my own perspective:

1) Safety is paramount when considering re-opening churches. The safety of our people is primary. While we all miss church and our fellowship together, none of us want to endanger the lives of each other. I believe, metaphorically, living through this pandemic is like we are in a war and living in a war zone. We cannot do the "normal things" until hostilities cease or are managed. Until we have testing, tracking, cures, and vaccines along with protocols in place, we will only endanger one another and sow further confusion.

Here's a recent example of sowing confusion and endangering lives: In Butte County in Northern California, one church opened on Mother's Day with 180 persons in attendance. The day after, an asymptomatic person became ill and tested positive for Covid 19. Now, the 180 persons are being asked to self-quarantine for 2 weeks. These episodes are not helping anyone. Here's the story - [CLICK HERE](#)

In the meantime, we need to put the safety of our constituents first and to continue to support each other emotionally as best as we are able.

2) I will reject any re-opening that is driven by a political agenda.

3) Working our way to a "new normal" is going to take a long, long time. We need to be patient (remember, in a previous email Letter, I shared that "Love is Patience!") Covid 19 is an active, uncontrolled and dangerous virus. Again, until there are protocols in place that have elements of tracking, tracing, cures, and vaccines, re-

opening churches would be irresponsible and reckless.

The need for cures and vaccines will mean it will be a long time before we reach a “new normal” in the re-opening of churches.

Our conference is currently working on documents that will address these protocols for that time when it is appropriate to re-open. Last week, they released two elements that address protocols for Drive-In Church Gatherings and Church Preschool. Click on the following to read these protocols:

DRIVE IN church

Church Preschools: This will effect Cornerstone Learning, not us

To date, perhaps the best document on this matter was released last Wednesday, May 20th, from the Pacific Northwest Conference of the UMC (Bishop Elaine Stanovsky) entitled, “Reimagining Life Together”. Please take the time to read at least the introductory paragraphs. To access this document, please **CLICK HERE**

4) We will not be the “first out of the gate”. In this case, “winning” is not being first but being safe. Our membership mostly falls into the category of high-risk individuals. Even when churches appropriately re-open, we will be extra cautious with our re-opening. In the big picture, an extra month or so will not make a big difference but provide another level of safety for our members.

Our administrative and program councils will be meeting this Wednesday, May 27th (online regularly scheduled meeting) to continue our assessment of the situation. Keep us in your prayers as we navigate our congregation these unprecedented times.

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BIRTHDAYS! The last Sunday of the month will be “Birthday Sunday” with a brief online 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 Rev. Jon Visitacion:

Jon is sharing with us an excellent workbook/tool to address our anxiety and stress during this SIP for the pandemic. It is entitled, “The Coronavirus Anxiety Workbook: A Tool to Help You Build Resilience During Difficult Times”. Please feel free to share this pdf with others. **CLICK HERE**

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From DeeDee Kato:

This documentary is on the life of Issei and Nisei in various concentration camps. What is unique about this documentary is the quantity of home movie footage. It was produced by the National JA Museum in Los Angeles: **Click Here!**



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“Nature’s Comeback?”

A lot has been made about how nature seems to be thriving in this era of SIP and limited human activity. This past week, things have been looking a bit greener around the Aldersgate grounds. Even the “cell tower tree” is looking greener!

No, it is not some pandemic miracle. The city of Palo Alto had deemed the faux tree as looking a bit pale and required the tree to be re-branched. Crowne Castle just completed the re-branching on Friday so the faux tree looks fresh and green.

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Our Prayer List:

Haruye Ng, Paul Osaki, Sue Nakamura, Tak Nishiura, Sam Nieda, Kiyu 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, Alex Baquiran, and Helen Shirakawa.

Add: Brad’s mother, Helen Shirakawa, has been in and out of the hospital with pneumonia and breathing issues. Sadly, she will is now on hospice care. Brad is in Fresno with his sister, Leslie (and Nick) caring for Helen. (She had tested negative for Covid 19.)

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Upcoming Zoom Meeting and Online Gatherings:

Koyukai, 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

AUMC Enneagram Meeting on May 26 at 7:30pm

Topic: "What you love about being your Enneagram type". Join Matt and Roger for the 1.5 to 2 hour meeting.

Join Zoom Meeting
<https://us02web.zoom.us/j/88054911221>
Meeting ID: 880 5491 1221
Password: 012345

One tap mobile phone for both video and audio:
+16699006833,,88054911221#,,1#,012345# US (San Jose)

Dial by your location for audio only:
+1 669 900 6833 US (San Jose)
Meeting ID: 880 5491 1221
Password: 012345

Choir Practice, Wednesday, May 27th at 6:30 PM

Topic: 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

Admin and Program Council Meeting
Wednesday, May 27th at 7:30 PM

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

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
<https://global.gotomeeting.com/install/319768589>



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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