



Aldersgate United Methodist Church

Letter # 25 - May 31, 2020

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In Today's Letter

Aldersgate Online Worship Experience - May 31, 2020

Opening Song "Bugler Holiday" by Kaz Yanagisawa and the Paly Band. This piece was originally planned for their Spring Concert. Obviously, the concert was cancelled but this video was produced instead. Kaz is right in the middle and opens this lively piece.

Welcome and Roger's Commute

"Together We Service" created and played by DeeDee Kato

Pastoral Prayer with William Moon playing background music

Scripture: 1 Corinthians 13:8-13

Reflection: "Seeing Ourselves Clearly" - by Rev. Roger Morimoto

"Take My Life and Let It Be" by Joann Shieh

Birthday Sunday! - Thank you Lynn Barbaree!

Juggler Opening: Roger

Master Juggler! - Matthew Yu

NEW! - Mini Video Cast - Roger and Gary: "Les Jongleurs de Notre Dame" (Roger will be creating a series of mini video casts. If you have a questions you would like to ask Rev. Roger, please send to "RVM878@gmail.com". It may be part of a series entitled - "Thank You for Asking!")

Roger's Greeting and Reflections

Protests and Violence..."A Time for Everything Under Heaven..."

Aldersgate Admin: "Safety First"

Our Condolences...

Birthdays

Pet Parade

Recognizing Our Graduates - June 28th

Prayer List

Upcoming Zoom Schedule

Please Note! Choir STARTS AT 6:25 PM (5 min. early) Wednesday, June 3rd

CSL/Healing Arts

Video 1: Basic Self-Reiki and Distant Healing

Video 2: Qigong Movements with Ben Hashiba

Video 3: Pal Dan Gum Qigong - Part 1

Video 4: Pal Dan Gum Qigong - Part 2

Video 5: Pal Dan Gum Qigong - Part 3

NEW - Meditation Video!

Roger's Greeting

From Rev. Roger: "A Time for Everything Under Heaven..."

As if the pandemic was not enough to deal with, this week, America was thrust back into the raw emotions of its failures in racial justice as we witnessed the death of George Floyd at the hands of a Minneapolis police officer. This video evidence has erupted into an uprising composed of mixtures of legal protests and angry violence and destruction of property in not only the Twin Cities but in several cities throughout the U.S.

It has struck a raw nerve of generational injustice, grief, and anger by African Americans in particular and people of color in general. The video shows first hand the violence experienced by so many African American men at the hands of unethical authority. People are angry.

For most of us, we are experiencing or witnessing these events from our SIP. While we have thoughts and feelings about the events unfolding on TV, most of us are primarily observers. For the protestors, others who are perpetrating and glorifying violence (on all sides), for the police, civil authorities, (and now military authorities), the situation on the ground is complex and diverse. Each city/location is different and fluid. In some places, you have authorities threatening more violence while in others like Atlanta, you had the police chief on the ground speaking face-to-face. However, even in this situation, it is fluid and changing day by day, hour by hour, minute by minute.

It is complex, diverse, and fluid (not to mention dangerous).

For most of us - observers - the question is, "How should we view what is happening before us?"

Last Sunday, my reflection focused on "time" and I utilized the passage from Ecclesiastes, "A Time for Everything Under Heaven...". This is a time for anger - or maybe - it is a time OF anger. So what should we do in the midst of a time of anger as observers?

When someone is angry, when someone is lashing out in anger and grief, for us - as brothers and sisters - for us, it is a time to listen ... a time to listen and to seek understanding."

To listen means to watch what is happening and to ask "Why are people feeling what they are feeling?" "What experience have they had that has brought them to this point?" "What is their story, their history, and their pain?" It is not a time for us to interject OUR experience and needs. It is a time to listen to them. It is a time for us to seek to understand people who may have such a vastly different experience than ours. It is a time to muster the strength listen and to continue to listen for not only the days ahead but for weeks, months, and years.

It is not a time to judge. We can only watch and begin to listen. To judge what we don't know is to immediately fail in our attempt to understand the pain of others, and thus, only perpetuating the ongoing cycle of dismissing the injustice and inequities in which people face. We must have genuine understanding before we can begin to even address the difficult issues of race, injustice, inequalities that our nation faces.

At some point, this "episode" will subside; but we will only revisit it again if we have not listened and acted to change the experience of injustice and struggles in our society. The solution comes later; and in part, it will come from us and our ability to truly empathize and understand the pain of other people.

Jesus understood our brokenness is what moves us forward as individuals and as a community. When we embrace the pain of others, we begin to create a forum to heal one another and thus transform the world. In these days, as we watch and observe the events before us, let us listen (and not judge) so we can be ready to offer healing when that time comes.

- Roger

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Aldersgate UMC Administrative Council Confirms "Safety First!"

On Wednesday, our administrative council met and discussed the issue of re-opening. We confirmed our perspective is "Safety First". Bishop Stanovsky describes this perspective from a Wesleyan perspective of "Do No Harm". All this means is that we will not be opening until it is safe. This will be a long time from now, and in the meantime, we will continue to wait and see how vaccines, cures, protocols and others fair in re-opening before we even consider re-opening.

For prior information on our primacy of "Safety First", please see Letter #24 which can be found on our website, "AUMCPA.ORG".

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Our Condolences:

This past week has been filled with the loss for several of our members. As reported in the last Letter #24, Brad Shirakawa's mother, Helen Shirakawa, passed away last Sunday, May 24th as well as Sachiyo Yamasaki's younger sister, Mayumi Takeda.

On Monday, Glen Narimatsu's father, Ray Narimatsu, passed away after a long period of declining health. We had been praying for Ray each Sunday. Glen posted a really nice Facebook post on his father. You could access it by searching for Glen Narimatsu home page on Facebook.

This week, Ed Nieda's father, Sam Nieda, passed away in Southern California. Sam had been suffering with heart issues for several years. Ed was able to be in Southern California during this time.

Our prayers for Glen and Ed and their families in their loss as well as continuing our prayers for Brad and Sachiyo. Loss and grieving is especially difficult in this age of SIP. (None of these deaths were related to the coronavirus.)

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BIRTHDAYS! Today, we celebrated on our OWE the birthdays for people born in January through May. On June 28th, we'll celebrate the June Birthdays. Please send me the names (and month) of your and other friends and family members' birthday (no years please).

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Pet Parade continued... Over the next few weeks, if you did not get a chance to get your pet in the parade... the parade will continue. Please get you video or pic in by the Wednesday before the Sunday. If you did not see your pet, please let me know. It means I missed it as I move the submissions around on my computers. .

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Response to Online Worship Experience(OWE)... We need your Tik Toks, talents, humor, and fun videos. People have truly enjoyed our OWE and Fellowship Time has helped us know each other and just appreciate getting through this pandemic together even in the age of SIP.

Rev. Roger needs some Children Time videos! So if you have an idea, go for it and share it with Rev. Roger.

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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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Our Prayer List:

Haruye Ng, Paul Osaki, Sue Nakamura, Tak Nishiura, Kiyo Shizuru, Lea Haratani, Kamila Young, Hitoshi Tachibana, Chloe Gong, Ginger Powell, Jieun Lee, David Nelson, Patricia Orr, Jamie Campbell, Mel Imai, Harry Hatasaka, Rev. Mariellen Sawada Yoshino, Sue Lemba, Martha Tanji, Edith Yanagisawa, Bonnie Pennebaker, Nagi Hashiba, Tim Ome, and Alex Baquiran.

Prayers for Brad and his family in the passing of his mother, Helen Shirakawa.
Prayers for Sachiyo and her family in the passing of her sister, Mayumi Takeda.
Prayers for Glen Narimatsu and his family in the passing of his father, Ray Narimatsu.
Prayers for Ed Nieda and his family in the passing of his father, Sam Nieda.

(Note: The OWE video watch recorded prior to hearing of the passing of Ray and Sam.)

Prayers for Glen Narimatsu’s relatives (sister-in-law’s sister and her son) who have Covid 19

Update: Edith Yanagisawa is out of the hospital as she continues to recover from Covid 19.

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Upcoming Zoom Meeting and Online Gatherings:

Choir Practice , June 3rd at 6:25 PM

Practice is exactly one hour and ends at 7:25pm.

Join Zoom Meeting:

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

Meeting ID: 511 182 912

One tap mobile cell phone for audio and video:
+16699006833,,511182912# (San Jose)

Dial by your location for audio only:

+1 669 900 6833 (San Jose)

Meeting ID: 511 182 912

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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

NEW! Video 6: Meditation

produced/created by
Joy Nakamura and Ben Hashiba

NEW: Meditation Video from Ben and Joy
Need help to find that inner peace within you? Check out this new video!

“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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