



# Aldersgate United Methodist Church

Letter # 26 - June 3, 2020

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## In Today's Letter

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Protests and Violence: "In My Opinion..."

Next Sunday OWE - "Communion"

From Joann Shieh, A Moment of Inspiration in these difficult times...

Repeat: Aldersgate Admin: "Safety First"

Birthdays

Recognizing Our Graduates - June 28th

Children's Time Video's Needed!

Room to Rent?

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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

Meditation Video!

## Roger's Greeting

From Rev. Roger: "In my opinion"

This past weekend, as we continued to view the protests that ignited in Minneapolis and then rippled across our country in major cities, we felt torn within ourselves. On the one hand, common decent people all recognized the need to protest the insane murder of a handcuffed subdued black man, George Floyd, by Minneapolis police who were clearly acting with a sense of impunity. We understand and support the need to protest.

But as we saw the protest devolve into the destruction of property, fire, and then looting, internally, some of us begin to feel conflicted. For some of us, it seems a line has been crossed. Some media, pundits, and politicians try to separate the "good protesters" from the "bad looters". To further add to

the internal conflict, the aggressive action of some police towards protesters, the possibility of outside agitators, the reports of white supremacist infiltrating the protests, and reports of “organized” looters heightens our confused sensibilities.

From our vantage point, we cannot have a clear picture of the reality on the ground. Any judgments from people observing from home will only add angst that will ultimately keep us from being part of the solution that is necessary for the future.

Trying to separate the “good protesters” from the “bad looters” confuses and attempts to detract us from the underlying issue before us - that something is terribly wrong in this country and Black men, in particular, are suffering terribly because of it. Yes, there are other victims and other aspects and issues, but the flashpoint at this particular moment is about what Black men face every day.

The “Amy Cooper” (women in NYC Central Park) episode vividly and plainly showed the nation the systemic racism in which African-American men feel AND face every day they walk out into society on their own (conservative and liberal America). The murder of George Floyd showed the starkest consequence of that systemic racism. These events lit a match and the city of Minneapolis was figuratively and literally set on fire.

However, this fire was not limited to the location of Minneapolis. It rippled across the nation.

Perhaps a metaphor will help me explain my point here.

It is as if we all lived in a large apartment complex and there were faulty pipes installed in the entire complex creating a gas leak in all the units. One fire in one unit created an explosion in that one unit but it rips through the whole complex because the same issue is present in all these locations.

The protests, the anger, the fires, and the looting, all point to a systemic problem in our society. And while we can look at how each person handles the crises in their own apartment and lives, the problem is deeper than the individual situations. It would be distracting to say, the person in apartment 10 should not have run leaving others behind, or that the person in apartment 15 should have helped keep others calm...etc. For us, home observers, to get caught up in this analysis is to detract from the essential issue(s) at hand - that African American men are suffering and dying due to the systemic racism in this country. (Note: For those directly involved, there is a real time need for that discernment but again, it is so complex. It is noteworthy that the Atlanta police department acted immediately in such a case. It is also important to hold political leaders accountable for throwing gasoline on the situation when our government should be doing all it can to resolve the crises.)

While this is not the only problem we face in this country, if we, observers, get distracted from this primary that Black men are suffering and dying from this systemic racism in our country, then we certainly will also detract from the other issues of poverty, inequities, sexism, gender, Xenophobia and other forms of racism.

Yes, the destruction of property and looting is terrible. And we need to pray that it does not worsen and more individuals are not hurt and killed, but it is so important that we do not detract from the big and central issues that we face as a nation. We have always faced this issue but unfortunately, have always turned a blind eye.

When Colin Kaepernick tried to get us to address this issue, some of the media, corporate America, the public and political leaders turned him into an “anti-military” and anti-American figure. Even though Colin “took a knee” as a way to still honor the military but still call into question the treatment of Black men, this was completely turned around on him. And it was easily done because he was partially Black which in our society meant he was a dangerous man. This has been so easily done in our society, again, as the Amy Cooper episode highlights.

Our nation has major systemic issues related to racism, economic inequality, and poverty. Let us NOT sweep them under the table but face them, address them, and seek a better life - together.

Roger

(Note: This reflection was written before the President had the military police forcibly clear peaceful protestors and church ministers (from the front of the church) so he could have a photo op with the Bible in his hand in front of St. John's Church. The President's forcible and obvious use of the Bible, the Church, and faith as props at a time of deep national crises must be one of the saddest and lowest point in the history of the American relationship between our religious and governmental institutions.)

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**Next Sunday, June 7, 2020 - Communion**

On our next OWE, we will be partaking in "Communion" as our part of our response to the events that have struck our country this past week. If possible, please have some bread and a liquid beverage whenever you watch, however, it is not necessary to watch. Most importantly just watch this video. This OWE will be music, communion, and reflection. It will be more solemn than our previous OWE.

Note: The planned "Continued Pet Parade" and "Tik Toks" for Fellowship have been postponed for this week. They will most likely continue next week.

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**From Joann Shieh...**

Joann shared this video with the Fellowship Night families. She writes, "These recent days the news has been so heavy, and this was the message and the music that I needed for this time. My meditation teacher shared this video by Indian Rap stars Nimo Patel and Daniel Nahmod, and I am sharing it forward. I hope you find it uplifting! [CLICK HERE FOR VIDEO!](#)

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**Aldersgate UMC Administrative Council Confirms "Safety First!"**

*Last 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, [Aldersgatepa.ORG](http://Aldersgatepa.ORG)*

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**BIRTHDAYS!** Last Sunday, 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).

(NOTE: If you or your family member's birthday was in Jan-May but you missed sending it, please still send it and we'll include on the June 28th.

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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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**From Roger: Personal Privilege...**

Brad is in need of moving from his current living situation. He is looking for a room to rent with kitchen access and some storage space. If you know of possibilities, please contact him at 408-368-8587 (phone or text).

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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, Kiyu 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.

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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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**see you next letter!**