

# Aldersgate United Methodist Church

Letter # 28 - June 10, 2020

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



## In Today's Letter

“MUST SEE” - If you haven't had a chance to view last Sunday's Online Worship Experience (June 7th), you do not want to miss this important message and service. As one member puts it, “Today's message was moving with all that is going on globally.”

Another writes, “Thank you for the beautiful message and communion service. I needed that...” Be sure to just take a few moments from your week to view the service. You can access it from the website “Aldersgatepa.org” or by clicking on the photo at left.

And just a note of caution: Last Sunday's OWE theme is about the senseless death of George Floyd. Parents may want to take this into consideration as they decide whether or not to have their children view this service and/or be prepared to talk about these very serious and adult-like topics.

## In Today's Letter:

Reflections, Announcements and Sharing

“The Difficult Discourse Ahead...” by Rev. Roger Morimoto

“One Week, Three Stories” by Rev. Jon Visitacion

From A Church Member: “75 Things...”

Updated Instructions: Birthdays

Recognizing Our Graduates - June 28th

Children's Time Video's Needed!

Prayer List

Back-to-School Backpack Drive

Upcoming Zoom Schedule

Please Note! Choir STARTS AT 6:25 PM (5 min. early) Wednesday, June 10th

Kaizen Living: “Rest for the Soul” Thursday, June 18th, 7:30 PM

Koyukai Zoom, Tuesday, June 23rd at 10:30 AM

Tsuru for Solidarity News...

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!

Correction: In the June 7, 2020, OWE, the first photo was submitted by Chris' friend from Seattle, "Kathy". I mistakenly thought it was from Kathy Asada.

## Roger's Greeting

From Rev. Roger: "The Difficult Discourse Ahead..."



While we are still immersed in the "moment" of the George Floyd protests, as we begin to look ahead to confront the systemic racism that African Americans face every day, we already know there is a great need on many levels for dialogue and conversations among all of us. Systemic racism is not something Blacks can fix, for they are victims of it. It will require change within individuals, among individuals, between individuals and groups, within and among institutions especially those institutional structures that hold the power - political, economic, and religious.

However, already we can see these conversations are going to be hard. People are rooted in their values, cultures, politics, and faith expressions.

One early example is the episode with Drew Brees, the quarterback for the New Orleans Saints. When asked how he felt about players potentially taking a knee during the National Anthem in the upcoming season, Brees responded with his base answer that he could "never" condone such action of any player because of the values the flag represents to him (His grandfathers served in the military). Within 24 hours after hearing from his Black teammates, Brees recanted and apologized for this comment.

While this had a positive outcome (from my point of view), It points to how symbols of our values, culture, politics, and faith often make such dialogue extremely difficult. Unfortunately, all too often we cannot get past these symbols so we can hear each other in a meaningful way. For Brees, the American flag, the symbol of his values, plugged his ears and blinded him to the depth of grief, anger and pain that his friends/teammates were feeling.

For us to move forward, for us to engage, all of us will need to be willing to suspend our symbols even if it represents our cherished values. For us to hear each other and specifically hear the African American community, we need to become vulnerable and open by checking at the door the symbols that we may hold dear.

Furthermore, whenever we hold to our symbols too tightly, we open ourselves to being manipulated by others. At times, people will embrace your symbols to garner favor when they may actually be diametrically opposed to the values those symbols represent to you. For instance, the President at St. John's Episcopal Church carrying an upside-down Bible is such an example.

Systemic racism will not disappear overnight, and it will require all of us and the best of ourselves as we begin to humble ourselves by letting go of things that seem sacred to us so we can truly hear those who are in pain.

Let us be part of the healing that is so deeply needed.

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**From church members:** “ We’ve enjoyed & appreciated your sermons & Aldersgate OWE. It is helping us navigate thru these turbulent times, knowing we are not alone. Your messages have assisted & guided us in sorting out all the complexities of events happening in our lives, nation & world. It has brought an element of calming, directing us to focus on what truly matters in the midst of all the images we are bombarded with these days.

You might have already seen this YouTube video. Our friend had posted it on FB & brought us much needed cheer on a rather difficult day. The video is: Bay Area Blessing-Churches sing “The Blessing” over the San Francisco Bay Area. Link:<https://www.youtube.com/watch?v=hLPDcqwdcto>.

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**One Week and Three Stories...**  
**by Rev. Jon Visitacion**

I haven’t shared a reflection in a long time, so I wanted to share with you three stories in one reflection.

**Story one.**

I’m tired. This past week it seemed like there was so much on my mind and on my plate. My oldest son Koki is filling the role of what it means to be two and a half years old in every way, shape, and form, with trying to be a sweet big brother while also yelling, screaming, and stomping his way through the townhouse. My youngest son Aki is filling out and is just being a happy 3 month old. Think “michelin-tire-baby” and always very hungry. I spent time with my wife Mika taking down the work

of her kindergarten class, and just impressed by their work while saddened that their work for the entire year was unfinished.

**Story two.**

I’m tired and exhausted. This past week it seemed like there was so much on my mind and on my plate. we were allowed to enter back into the hospital to do visits in-person, and there was fear in me when I entered the facility. I am still restricted to specific units with non-covid patients, but when you have spent 6 weeks in the safety of your own home and isolated work office away from the hospital, you build a level of comfort. I walked back and hesitated in each room, maintaining a generous 10-foot “still-touching-the-exit-door” distance from patients. However, throughout the week, I have been getting more back into the practice of walking the floors and caring for patients and staff. There has been a walk that I now take in-between my office and the hospital entrance that has been a nice addition to my work-flow day. Though that walk is challenging with a white coat and the warming weather.

**Story three.**

I’m tired and exhausted and dragging my feet. This past week it seemed there was so much on my mind and on my plate. I had just heard about a black man who was killed unjustly by a police officer: by kneeling on his neck for over 8 minutes. At first, I didn’t want to read the article because of everything going on at home and at work, but it eventually caught up to me by more news reports, videos, and tearful conversations at home and at work. Patients were struggling with the atrocity, and my colleagues weren’t able to sleep because they were researching this atrocity. I too began my research on George Floyd and forced myself to notice the protests, the riots, and the public announcements against racism and prejudice. I am tired and exhausted and dragging my feet, and I notice that God is asking me to take notice and to take action in my faith, my leadership, and my actions.

To all those who are tired and weary: may you find strength in to take notice of the atrocities resulting from racism and prejudice in this world. May all those who feel that they have too much on their mind and plate make time to discern how God is calling us all to action right now. Amen.

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**From a church member...**

Note: I would prefer a broader title and more inclusive language in the tile such as “Dominant Culture” since I think I need to be included in this learning process but nonetheless, the suggestions may be helpful so I share it with you...

“75 Things White People Can Do for Racial Justice” - Click Here

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**NEW/CHANGE --- 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.)

NEW! Someone suggested we let people add the names of family and friends who have passed on. This is a nice sentiment so please send names of friends and family who have passed on and the month of their birthdays. Please note if they have passed on. These names will be in italic.(Note: I am pre-apologizing for the future but certain mistakes to be made in this process. Please let me know of my errors, gently. Thank you!)

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**Recognizing our graduates...** On June 28th Online Worship Experience, we will be recognizing our graduates. Please help us by submitting names to us of individuals graduating or transferring on any level of education or training.

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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.**

Note: The previously planned “Continued Pet Parade” and “Tik Toks” for Fellowship have been postponed for another week. They will most likely continue on June 21.

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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, Patricia Orr, Jamie Campbell, Mel Imai, Harry Hatasaka, Rev. Mariellen Sawada Yoshino, Sue Lemba, Martha Tanji, Bonnie Pennebaker, Nagi Hashiba, Tim Ome, Alex Baquiran, and Susie Lui.

Our prayers for Patsy Obayashi and her family. Patsy's cat, "KC", of 13 years, died due to kidney disease.

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## Back-to-School Drive

Every year, we have supported the Back-to-School Drive sponsored by The Family Giving Tree (FGT). This year is not different EXCEPT we will be doing it online. The FGT has created an online link specifically for



ALDERSGATE



COMMUNITY

Thank you for participating in our 2020 Back-to-School Drive! We hope to raise enough funds to prepare over 42,000 local, low-income students with the tools needed for a successful school year.

Backpacks come in many sizes and colors, so we've made selecting one easy! Just click a grade level and then browse through the choices. Let's do it!

Live Stats\*:

- Donations Pledged: **\$346.00**

\* Stats based on pledged amounts.  
Actual numbers may vary

Cart Amount: **\$0.00**

[View Cart](#)

[Monetary Donation](#)

Aldersgate. If you click the link below you will be taken to a website where you can select the age group and backpack style. FGT purchases in bulk and then assembles everything.

We will track our progress and report to you each Sunday on our progress. This year, with all the uncertainty let's truly support the education of the children who are most in need!

[CLICK HERE FOR THE ONLINE DONATION FOR BACKPACKS!](#)

# Upcoming Zoom Meeting and Online Gatherings:

## Choir Practice , June 10th 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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## Kaizen Living: "Rest for the Soul" Thursday, June 18th, 7:30 PM

Do you feel a sense of unrest mentally or physically? It can range from just not feeling quite yourself at times to a feeling so thick it is palatable. It can come in the form of depression, anxiety or just ill at ease. By learning some simple techniques on mindfulness and a little practice, you can start to move through your feelings of unrest. Come and join Nan and Kaizen Living when we discuss ways in which to gain rest for the soul.

The Zoom info will be in the next Letter... for now, save the date.

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## Koyukai, June 23rd at 10:30 AM

So, our next KYK Zoom session will be a cooking demo by Sachiyo. She will be showing us how to prepare the Japanese Nimono dish. This is one of my favorite dishes and maybe for you too. Hope you can join this special Zoom session with Chef Sachiyo!

Below is the link to log in. For those of you who need assistance, Paul S. is available to assist you. You can join us 15 min. earlier to make sure you don't have any issues.

Judy cell: 650-400-0371 / Paul Sakuma cell: 650-799-1742

Join Zoom Meeting

<https://us02web.zoom.us/j/83089506748>

Meeting ID: 830 8950 6748

One tap mobile phone for Audio and Video:

+16699006833,,83089506748# US (San Jose)

Dial by your location for Audio only:

+1 669 900 6833 US (San Jose)

Meeting ID: 830 8950 6748

## Reflections on Tsuru for Solidarity...

Coincidentally, this weekend was supposed to be the time when several of us were planning to be in Washington D.C. for the "Tsuru for Solidarity" event protesting the plight of migrant families and children. If the Coronavirus did not happen, we would have been right in the middle of these George Floyd protests. The following video is just a 30-second clip from ABC News (Heather Graf) on Sunday, June 7th at 7:10 pm. Shows the signs and items on the fence of Lafayette Park (across from the White House). At around the 7-second mark, you can see Tsuru for Solidarity signs and cranes... just wanted to share... [CLICK HERE FOR VIDEO!](#)

On June 6, 2020, Tsuru for Solidarity held an online forum. One of our members was able to view and participate some of this online forum. She may be able to share her perspective on the event in the future.



## 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!](#)