

Aldersgate United Methodist Church

Letter # 29 - June 14, 2020

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

In Today's Letter

We are in a marathon, not a sprint; but unlike actual distant runners, we need to rest and recuperate as we take on the great change and shifts that we are in the midst of (pandemic, economic recovery and combating systemic racism). In that spirit of rest and recuperation, today, Rev. Jon will share a message of "self-care" and we open with an uplifting poem from Marika Okamoto (7 years old). Thank you Marika!



CLICK THE HEART PHOTO (left)

for JUNE 14th Online Worship Experience (OWE)

Heart Poem By Marika Okamoto

Love means inviting others. Love means to be nice. Love sounds like musical fluffy love. Love is honest. Love looks pink and red. Love smells like red roses. Love is soft inside.

Love tastes like light chocolate, dark chocolate, white chocolate. Love is respectful. Love makes you feel warm inside. Love makes you feel happy. Love is smooth. Love is friendly. Love makes you feel great inside. Love feels fuzzy.

Love is spelled L-O-V-E. Love tastes like chocolate chip cookies. Love smells like peppermint chocolate. Love looks white and red. Love is Power. Love sounds like your heartbeat. Love feels like walking on a sunny road. Love means to have gratitude. Love means to be there for other people. Love means to have confidence. Love means to be friends. Love means to respect.

July 14, 2020 - Online Worship Experience

Welcome & Themes: "Self-Care" and "Stay Open to Learning", In this time of massive change, we need to take moments to take care of ourselves. When we're not sure what to do, what to think or even how to be, we can look to the process of "learning" - both about ourselves and the world around us as a way to embolden ourselves.

"They Will Know We Are Christians By Our Love" - Performed by DeeDee Kato

Children's Time by Patsy Obayashi

"Great Is Thy Faithfulness" and Kneeling in Solidarity by Joann Shieh

Pastoral Prayer by Rev. Jon Visitacion

A Moment of Learning: "The Sam McDonald Story" submitted by Darrell Sasagawa

"Exodus 3" - ready by Rev. Jon and his colleagues, Brent and Michelle

Reflection: "I Am Who I Am" by Rev. Jon Visitacion

"Be Thou My Vision" by Sam Yamashita

Fellowship Time/Time for Learning: "Black Wall Street and the Race Massacre of 1921"

Reflections, Announcements and Sharing

"Know the edges but be careful not to get pushed..." by Rev. Roger Morimoto

Podcast: "On Being with Krista Tippett" shared by Brynn Saito

Repeat: "Coronavirus Anxiety Workbook" shared by Rev. Jon Visitacion

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 17th

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

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

Densho Community Hour with E.D. Tom Ikeda

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!

New Section: Personals

Happy Birthday to Michelle Nieda!

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



Know the edges but be careful not to get pushed ... Written on Wednesday, June 10, 2020

Anyone who has been to the top of Half Dome, you know how exhilarating and dangerous it is to walk to and stand at the edge looking down a few thousand feet below to the valley floor. It takes your breath away.

As we continue as a nation (actually, globally) to address the changes needed to combat systemic racism, the media and those seeking political capital will consistently push us towards the edges. It is "breaking news" for the former and it engenders fear in their political base for the latter. Thoughtful, careful analysis and educational processes are not helpful to either of these groups; but for us, a deliberate thoughtful, and careful movement towards the edge can bring us to a moment of exhilaration in seeing a whole new perspective of the possibilities of our life together.

It is now clear to most, reform is necessary throughout our society. It will involve more than reform of policing but include economic, health, and welfare and personal change of deep-seated attitudes to combat systemic racism. This process will have an ebb and flow nature to it and it will require moving to new places/perspectives that we have never gone before. It will be both exhilarating and scary at the same time.

But it will be the media and the opportunist politicians that will push us towards the edges to solely serve their purpose of headlines and political advantage. The focus on "defund the police" is a perfect example of being pushed to the edges.



As we continue to progress, let us not be manipulated in ways that make us more afraid; but let us find a grounding in our own being trusting that our goodwill, our true intent, and our openness to change will lead us to a place of new heights and possibilities.

Furthermore, to prevent from being “pushed to the edges” or manipulated, educating ourselves is perhaps our greatest tool. Being open to learning about the history and stories of the African American community and their first-hand experience in this country will lead to a deeper understanding of the issues before us. The more learning, the more empowered we become to address the great challenges before us. Knowledge becomes power.

Therefore, let us not be led around by those that seek sensationalism but be guided by an open and deeper mind. In this way, we will once again find the potential of our country and of our life together.

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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=hLPDcqwtdcto>.

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Shared by Brynn Saito... (This podcast is very insightful and educational. I strongly encourage people to take a listen. - Roger)

Brynn shares this podcast from “On Being with Krista Tippett”. In this episode, Krista sits down with Resmaa Menakem from Minneapolis prior to the pandemic lockdown. Resmaa offers therapy and coaching across the U.S. He’s worked with U.S. military contractors in Afghanistan as well as American communities and police forces. His latest book, My Grandmother’s Hands: racialized Trauma and the Pathway to Mending Our Hearts and Bodies, is part narrative, part workbook.

Krista Tippett says, “Resmaa Menakem is a therapist and trauma specialist who activates the wisdom of elders and a very new science, about how all of us carry the history and traumas behind everything we collapse into the word, “race” in our bodies..”

For the podcast, click here!

<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

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From Rev. Jon Visitacion: "Coronavirus Anxiety Workbook"

Rev. Jon has shared this in previous Letter #'s but it has been getting great reviews from people across the country. His message today is about self-care. We have included a link to this workbook again in case you have missed it. [CLICK HERE!](#)

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NEW/CHANGE --- BIRTHDAYS! 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 17th 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

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.

Join Zoom Meeting
<https://us02web.zoom.us/j/81593118102>
Meeting ID: 815 9311 8102
Password: 012345

One tap mobile phone for audio and video:
+16699006833,,81593118102#,,1#,012345# US (San Jose)
Dial by your location for audio only:
+1 669 900 6833 US (San Jose)
Meeting ID: 815 9311 8102
Password: 012345

Koyukai, June 23rd at 10:30 AM

Hope this email finds all of you safe and sound!

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!

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

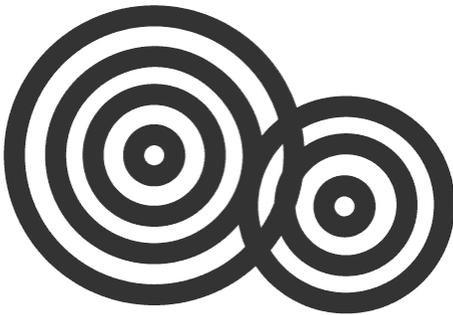
<https://us02web.zoom.us/j/83089506748>

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

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Densho Community Hour with E.D. Tom Ikeda
June 18th, 19th, 25th or 26th

At this moment, we are all trying to comprehend the gravity of recent tragic events and the constantly changing COVID-19 situation. Many of us are processing feelings of frustration, anger, fear, confusion, heart-break, and anxiety as we navigate these historical and political contexts, and the deep social inequities rising to the surface. To meet this moment, we believe that learning, reflection, and action requires space for brave

and supportive processing of these events within our community. We invite you to an informal (and all digital) get-together from the comfort and safety of your own home. We want to share with you how Densho is rapidly adapting and expanding the tools we offer during this unprecedented time. Our online platform and digital materials are needed now more than ever to help deepen public understandings of racism and xenophobia—and how to activate our history to combat it.



So let's stay connected. We may not be able to gather in person, but we can use webinars and video calls to remain socially close but physically distant. No formal agenda. Just conversation and community. Tom will share some thoughts and we will be ready to spend some quality time answering questions from you, our friends.

CLICK HERE FOR FOR TIMES AND LINK TO REGISTER

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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.”

Personals - From Our Members!

From Ed Nieda...

“Happy Birthday (June 16th) to Michelle!” We, too, wish Michelle a Happy Birthday on June 16th and we’ll sing to her and other June Bdays on June 28th OWE!

see you next letter!

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