

Aldersgate United Methodist Church

Letter # 30 - June 17, 2020

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Roger's Greeting

"Think Globally, Act Locally..." by Rev. Roger Morimoto

Written on Monday, June 15, 2020

The slogan, "Think Globally, Act Locally" was popularized around this issue of global warming and climate change. While this issue is still a major reality, this slogan could also apply to the historic and systemic issue of racial injustice that we currently face. The Black Lives Matters movement is clearly at the forefront of our attention (as it should be) but at the same time, it can be overwhelming to think about and to wonder what we should be doing personally.

Thus, my advice is for us to adopt "Think Globally, Act Locally" or perhaps more apropos, "Think Big Picture, Act Locally".



We need to understand the issues of racial injustice from a big picture perspective - the historic perspective that helps us understand that racism has been rooted in the very foundations when this country was created, and the historic fight to overturn this rooted racism that has manifested in our bloodiest conflict of the Civil War, and the continuing historic struggle through the years of Jim Crow and up through and past the Civil Rights movement of the 1960's to our current struggle of systemic racism as manifested in policing and other misuses of authority in our social discourse. This is a big picture issue and we must seek to educate ourselves of this history and of the issues that span across almost all institutions and areas of our lives.

But, then we need to act, to change ourselves - "act locally". The issues of institutional racism, policing authority, and systemic racism, while widespread, in each region, the particular issues are as varied as the number of regions themselves. It will take local initiatives on a variety of levels to implement meaningful change. It will require we vote for local officials that have the heart and mind of reform to confront systemic racism. It will require that we act locally.

And we need to check ourselves. It is ok for us to have made past mistakes and even future ones IF we are willing to learn and to be open to change. One heart at a time, will again, bring about real meaningful change - acting locally.

Yes, this challenge is before us, all of us. Black Lives do matter - and until we face this challenge, we cannot claim that we believe that all lives matter.

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Submitted by Kathy Asada: "The Difference between 'not-racist' and antiracist"

There is no such thing as being "not racist," says author and historian Ibram X. Kendi. In this vital conversation, he defines the transformative concept of antiracism to help us more clearly recognize, take responsibility for and reject prejudices in our public policies, workplaces and personal beliefs. Learn how you can actively use this awareness to uproot injustice and inequality in the world -- and replace it with love. (This virtual interview, hosted by TED's current affairs curator Whitney Pennington Rodgers and speaker development curator Cloe Shasha, was recorded June 9, 2020.)

This talk was presented at an official TED conference and was featured by our editors on the home page. [CLICK HERE FOR THE TED TALK LINK](#)

Ibrahm X Kendi ends this TED Talk with a quote from his Instagram post that shows his 4-year old daughter and his following words:

"I love. And because I love I resist. There have been many theories on what's fueling the growing demonstrations against racism in public (and in private). Let me offer another one: Love. We love. We know the lives of our loved ones, especially our Black loved ones, are endangered under the violence of racism. People ask me all the time. What fuels me? It is the same: Love. Love of this little girl. Love of all the little and big people who I want to live full lives in the fullness of their humanity. Not barred by racist policies. Not degraded by racist ideas. Not terrorized by racist violence. Let us be antiracist. Let us defend life. Let us defend our human rights to live and live fully. Because we love.

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**Reconciling Congregations News:
“Supreme Court Delivers Major Victory for LGBTQ Employees”**

From the Washington Post: “In a historic decision, the U.S. Supreme Court ruled Monday that the 1964 Civil Rights Act protects gay, lesbian, and transgender employees from discrimination based on sex. The vote was 6-to-3, with Justice Neil Gorsuch, President Trump’s first appointee to the court, writing the majority opinion. The opinion was also joined by Chief Justice John Roberts and the court’s four liberal justices.”

This is great news for this country as we continue our journey to be an inclusive, pluralistic, and caring country. It is a victory for not only LGBTQ persons but for equality and justice.

As a Reconciling Congregation, we applaud this news!

* The image of the rainbow flag is adopted from the Universal Unitarian Church.

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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, Sue Lemba, Martha Tanji, Bonnie Pennebaker, Nagi Hashiba, Tim Ome, Alex Baquiran, and Susie Lui.

Update: Rev. Mariellen is amazingly back at work. We grateful for your successful surgery and recovery.

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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. 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!



ALDERSGATE

SHARING

COMMUNITY



BUILDING

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](#)

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

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!

JAPANESE NIMONO INGREDIENTS

- 3 boneless chicken thighs
- 1 table spoon sake
- 1 medium gobo
- 2 medium carrots
- 3 bamboo shoots
- 1 block konnyaku
- 4 shiitake
- 1-1/2 Tablespoons canola oil
- 1/4 cup sugar
- 1-1/2 cup dashi
- 1/3 cup soy sauce
- Dash of mirin

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

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Report on June 6-7, 2020 Online Forum:

For two days, we brought together 1,000 registered attendees, 15,000 viewers, nearly 250,000 tsuru, seven direct actions, 22 healing circles for change, and dozens of artists, organizations, and activists. We gathered as a community toward transformative solidarity.

THANK YOU!

Please visit our Tsuru Rising! Conference Page where you can re-watch videos of our live streams: Tsuru Rising!, Kimochi Night, Tsuru Direct Actions, and links to media articles. We are highlighting a few of the incredible speeches and perspectives from our community from the weekend on our blog. Find them here; we will continue to add more.

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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.”

see you next letter!

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