

Aldersgate United Methodist Church

Letter # 33 - June 28, 2020

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

In Today's Letter



Click here for the Aldersgate Worship Online Experience

Opening Pictures and Buster's Cheer

Intro - Rev. Roger

"Great Is Thy Faithfulness" by Joann Shieh with Photos by Marice Shiozaki

Children's Time - Amanda Okamoto

Pastoral Prayer - Rev. Roger

"Celebrating Our Graduates" - Video by Kelli Yamaguma

Brief Reflection - Rev. Roger

"Joyful, Joyful, We Adore Thee" by DeeDee Kato

Fellowship Time:

Rev. Jon Visitacions Important Announcement!

Birthday Sunday by Lynn Barbaree!

Tik Tok and K-Pop - The Morimotos

Reflections, Announcements and Sharing

"Learning The Harder Way..." by Rev. Roger Morimoto

"A Yonsei Perspective" by Lyn Ishizaki Brown

"Blue Eyes, Brown Eyes..." - shared a church member

"3-Part Poetry Workshop: Part II" by Rev. Jon Visitacion

Updated Instructions: Birthdays

Children's Time Video's Needed!

Prayer List

Back-to-School Backpack Drive

"Sachiyo's Nimono Cooking Class" - Link to video

Upcoming Zoom Schedule

Fellowship Night Zoom - Tonight! 7 PM

Please Note! Choir STARTS AT 6:25 PM (5 min. early) Wednesday, June 24th

Other Worlds Module: "Bosnian Pyramids", Monday June 29th at 7:00 PM

Admin and Prgm Council Mtg, Wednesday, July 1, 2020 at 7:30 PM

CSL/Healing Arts

Pal Dan Gum Videos and Meditation Video Links

Note: In last week's OWE opening slide and Roger's intro did anyone recognize the background music? It was chosen for Rev. Roger and Father's day. And a bit more obvious was the background music for Brent's Children's Time - can you name that tune?

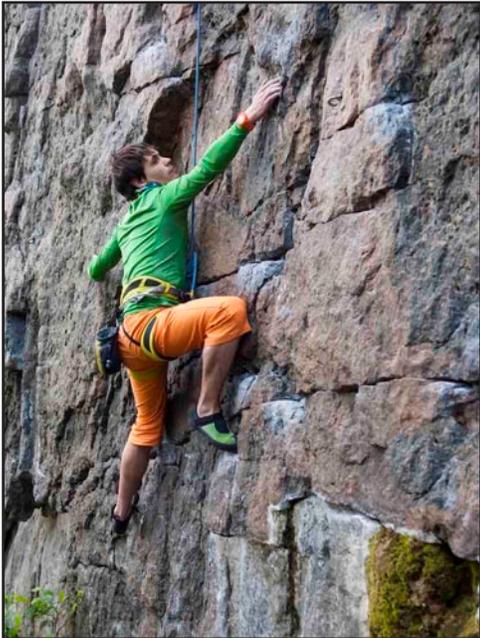
For past videos and Letters click on the following: **Online Worship Experience** or **Past Letters of Hope**



Roger's Greeting

"Learning the Harder Way..."
Written on Saturday, June 27, 2020

We have all heard someone tell us, "You can learn it the easy way or you can learn it the hard way." Well, when it comes to the Coronavirus, the saying goes, "You can learn it the hard way, or you can learn it the harder way."



There is no easy way around this deadly virus. We are beginning to understand this as we see a resurgence of cases from the re-opening of society. Yet, we are caught between a rock and a hard place - remain SIP and watch our economy collapse or re-open and re-risk our lives and the lives of others (especially, the frontline essential workers and medical personnel.)

We now know for sure there is no "easy way". It is not going to magically disappear.

I wish I had an answer but at this moment, I really do not - thus, I don't blame the myriad of reactions to combating the coronavirus. But I do offer words of encouragement that what is needed regardless of our approach is more patience and kindness... and love. In "correcting others" or receiving advice from others, let us call up as much as possible patience, kindness, and love.

We are all in this together, (whether we want to be or not) and we will get through this together.

We still have a ways to go in combating this pandemic. We have had setbacks and we will have more in the future as well. As we go forward, again, let us lift up the courage and strength to be the force of calm in the midst of this raging storm as we not only seek a cure for the vaccine but healing for the human fear that we are all encountering.

+++++



"A Yonsei Perspective..." by Lyn Ishizaki Brown

With gratitude to all of you who have supported me and taught me, I would like to briefly share my perspective as a yonsei, and offer up other perspectives that I feel are essential for us to move forward together. My generation is forever grateful to the issei, nisei, and sansei for all that they survived and all that they sustained. To paraphrase Yuri Kochiyama, the world that future generations will inherit is ours to build; I want to encourage us all to imagine a world of liberation and justice, and then do all we can to build it.

I'd like to begin by uplifting all those who have been brutalized, murdered, and disappeared by the state in the past weeks. I would especially like to uplift the Black women, and most especially the Black trans women who have been killed. May they rest in power, may their loved ones find justice, may we all dismantle the system that killed them.



The feminist theorist bell hooks describes the United States of America as a white supremacist, imperialist, capitalist, patriarchy. Meaning the US is built on these structures of power, and on the oppression they enact. The US was and is made possible by genocides of Indigenous and Black people (both within and beyond US borders), and by the exploitation and colonization of people around the world, through military occupation, economic exploitation and extraction, war and war crimes, and more. The existence of the US itself is violence.

All the violence that the US produces originates from the same point; the same system produced the incarceration of Nikkei in World War II, the mass incarceration of Black people, and the detention of migrants and refugees. In

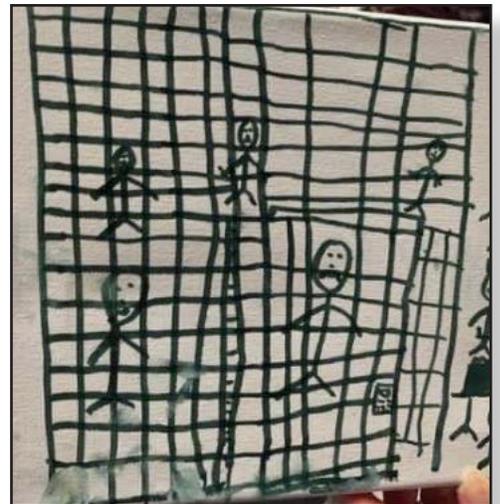
the same way that we can see the clear relationship between the incarceration of migrant children in 2020 and nisei children in 1943, we can see the relationships between all forms of violence and oppression by the state. And it becomes clear that we are called to be in solidarity with the Movement for Black Lives, and to support Black liberation.

None of us will be free until we are all free, and our freedom will only be possible if we center the most marginalized members of our communities and movements. The Combahee River Collective, a group of Black lesbian feminists, wrote in their groundbreaking 1977 statement, "If Black women were free, it would mean that everyone else would have to be free since our freedom would necessitate the destruction of all the systems of oppression."



Angela Davis

For Nikkei and Asian Americans to commit to Black lives and Black liberation, we must also commit to dismantling the white supremacist, imperialist, capitalist, patriarchal system that oppresses Black people. Knowing this, and knowing that Black liberation will mean our liberation as well, it is a radical and powerful act to imagine a liberated world: a world centered on justice, care, and solidarity. I believe a critical part of imagining this world is understanding the abolition of the Prison Industrial Complex (PIC), which includes the abolition of both police and prisons.



Abolition has been an idea, a goal, and a movement for decades now. We are lucky to be able to look to the work of radical and brilliant Black abolitionist leaders like Angela Davis, Mariame Kaba, and Ruth Wilson Gilmore; they have done so much of the work of envisioning and creating a liberated and liberatory world without prisons or police. Likewise, there are countless Black organizers who are fighting on the ground for abolition and for Black liberation, and their work cannot be erased.

I urge you to begin or to continue learning about abolition, starting with the links above, and with 8 To Abolition, Transform Harm, and Critical Resistance and their Abolitionist Toolkit. To learn more and financially support abolitionist organizations that center Black women, start with Survived and Punished and the Solutions Not Punishment Collaborative. I've listed all these resources below, with a little more context; if you'd like more resources or recommendations, please email me (lynkatsuko@gmail.com) and I can send them to you.



If you are interested in the work that Nikkei are doing to support the Movement for Black Lives, Nikkei Progressives, Tsuru for Solidarity and their member organization Japanese Americans for Justice are using their social media to share their work and opportunities to get involved. If you missed Tsuru for Solidarity's Tsuru Rising event earlier this month, you can watch the recording and especially the Panel on Solidarity and State Violence to hear organizers speak about the relationships between Nikkei, migrant, Indigenous, and Black communities' experiences of the carceral state and the Prison Industrial Complex.

Resources

Angela Davis' book "Are Prisons Obsolete?",
Mariame Kaba's op-ed "Yes, We Mean Literally Abolish the Police"
The New York Times profile of Ruth Wilson Gilmore
8 To Abolition, created in response to a campaign for police reform, offering a clear breakdown of how abolition could happen and why reform is not a liberatory solution
Transform Harm, a resource co-created by Mariame Kaba with extensive information on different ways to approach harm and healing
Critical Resistance and their Abolitionist Toolkit: an abolitionist organization with a lot of helpful resources for better understanding the Prison Industrial Complex and abolition
Survived and Punished, an abolitionist organization that advocates for survivors of domestic and sexual violence who have been criminalized for defending themselves
the Solutions Not Punishment Collaborative, a Black LGBTQ-led collective organizing for divestment from the Prison Industrial Complex and reinvestment in community services

+++++

From a church member on:

Jane Elliot's 1968 exercise. Jane Elliot is an American schoolteacher, anti-racism activist, and educator. She is known for her "Blue eyes-Brown eyes" exercise. She first conducted her famous exercise for her class on April 5, 1968, the day after Martin Luther King Jr. was assassinated. - Wikipedia

"I watched the short 3-minute video on Jane Elliot, did some research, and then watched a longer version of the college experience. The longer version was uncomfortable and heart-wrenching to watch. It is a thought-provoking story about the nature of color, gender, and anyone who is different than the predominant society. It will make you think about your own experience and what is happening in our country and the world today. It may change the way you think. [CLICK HERE FOR VIDEO \(40 minutes\)](#).

+++++

"3-Part Poetry Workshop: Part 2" by Rev. Jon Visitacion

My chaplain colleagues and I have been working on various self-care events for the hospital staff for self-care month. I led an interactive poetry workshop for staff members to express their identity, express how they feel, and express what is on their minds, which I would like to invite and share with you all.

If you think you cannot write a poem, I feel your pain AND these poems are about



YOU. No one has to read these poems, they are for your own healing and strength; and if you would like to share them with me and possibly put them in future newsletters, send them to me (jon.visitacion@gmail.com) or to Roger by replying back to the newsletter.

Poetry Workshop #2: Feelings and Colors

We have the ability to express how we feel based upon our sense of touch, taste, hear, smell, and see. This poem format shows how just by seeing color can invoke or articulate what we are currently feeling.

HOW TO WRITE: To write this poem, find a colored piece of paper in your house that jumps out at you or catches your attention. The format of the poem is as follows:

I feel (color of paper),

Adjective 1, Adjective 2, and Adjective 3,

Like a (noun or a statement).

Two action words ending with "ing"

I feel (emotion)

+++++

Birthdays

Today, we celebrated on our OWE the birthdays for people born in in June (and those we missed last time for Jan-May. On July 26th, we'll celebrate the July 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-June but you missed sending it, please still send it and we'll include on the July 26th.)

+++++

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.

+++++

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.

+++++

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!](#)

June 7-25th - Received \$976 (approximately 35 backpacks (Amazing Job!) Our initial goal was 25+ backpacks! Let's keep it up as we surpass our goal! Thank you all for your generosity.

+++++

The Koyukai Group had a zoom cooking class with Sachiyo Yamasaki. The prepared dish was Japanese Nimono. The video is now available by clicking on the picture of Nimono above.

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

_+++++

Upcoming Zoom Meeting and Online Gatherings:

Fellowship Night
Tonight - June 28th - 7:00 PM

We will be using Rev. Roger's Goto Meeting Account. Here's the info below:

Please join my meeting from your computer, tablet or smartphone.

Roger's Office (click on the link below)

<https://global.gotomeeting.com/join/240390733>

You can also dial in using your phone.

United States: +1 (646) 749-3131

Access Code: 240-390-733

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/240390733>

IF YOU HAVE ANY DIFFICULTY, CONTACT ME AT 650-575-2250.

Choir Practice, June 24th at 6:30 PM

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)

**Next Other Worlds Session
“The Bosnian Pyramids”
Monday, June 29th, 2020
7:00 PM**

In 2005, Bosnian born anthropologist Dr. Sam Osmanagich announced to the world’s media his discovery, that a group of hills in the vicinity of Visoko, a small town in central Bosnia, were not hills at all but were in fact buried and forgotten Pyramids of both monumental size and extreme age. The Bosnian Pyramid of the Sun, the largest of the Bosnian Pyramids, is estimated to be at least 300m (900ft) tall. The Bosnian Pyramid of the Moon, though smaller at 190m (600ft) tall, is still over 50m (150ft) taller than the Great Pyramid of Giza.

We will explore “Bosnian Pyramids” and other general ideas related to new emerging archeological discoveries that challenge the traditional idea of the past on this planet.

Please RSVP to RVM878@gmail.com or text Roger at 650-575-2250.

Roger’s Office
Please join my meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/240390733>

You can also dial in using your phone.
United States: +1 (646) 749-3131
Access Code: 240-390-733

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
<https://global.gotomeeting.com/install/240390733>

**Administrative and Program Council Meeting
Wednesday, July 1, 2020
7:30 PM**

Please join my meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/join/240390733>

You can also dial in using your phone.
United States: +1 (646) 749-3131

Access Code: 240-390-733

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/240390733>

<https://global.gotomeeting.com/join/240390733>

You can also dial in using your phone.

United States: +1 (646) 749-3131

Access Code: 240-390-733

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/240390733>

+++++

Center for Spiritual Life - Healing Arts

Click here to go to our new website Healing Arts page!

Basic Reki, Pal Dan Gum Qigong and Meditation

Videos produced/created by

Joy Nakamura and Ben Hashiba



Copyright © 2020 Aldersgate United Methodist Church,
All rights reserved.

see you next letter!