

Aldersgate United Methodist Church

[Letter # 34 - July 1, 2020](#)

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In Today's Letter



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Reflections, Announcements and Sharing

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Story on the Ministry of Rev. Mineo Katagiri shared by Rev. John Oda

CNN Story on a group of mask making women including our Wendy Ng

Story on "Redlining" back in the 1950's and 60's

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

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Roger's Greeting

["Let's talk about sex..."](#)

[Written on Tuesday, June 30, 2020](#)

Ok, I think I have your attention now... (What I must do to keep your attention!).

Seriously, though, I would like to look at the AIDS epidemic as we struggle with the combating the coronavirus. Clearly, on a national level, we are struggling with containing the coronavirus as we move into July, the fifth month of this pandemic

for the U.S. We are struggling as we are trying to re-open parts of our social and economic lives. It has become politicized in the process.

Personally, we are all struggling with decisions to open up our own lives as well. We have questions about what is appropriate in doing so.

Perhaps, we can take look metaphorically at the AIDS epidemic to process our own decisions regarding “re-opening” our own lives or not.

When AIDS and HIV began to become a reality, it dramatically changed people’s views towards sexual activity. Terms like “safe sex” began to become part of our lexicon and concepts like “when you sleep with one person, you have slept with all of their prior partners AND all of those persons prior partners...” The potential exposure grows exponentially with each new contact. It created a new normal in our attitude towards sexual activity.

Now, instead of sexual activity, we are asked to consider to whom we are sharing breathing space. We are asked to have “safe breathing” by using a mask and to consider that we are not only sharing breathing space with one person but in a sense, with everyone, they have shared breathing space with in the last 14 days... and so on.

The more people we engage, the wider and broader the possible connections to COVID 19.

Some counties have suggested limiting our interactions with what I call, “breathing space friends”. Some counties call these groups, our “social bubbles” to limit exposure. Some schools will be seeking to use “small learning pods” which students will be confined in an attempt to limit exposure and to limit spread when there is an exposure.

We are all struggling to find a way forward. It is a matter of percentages.

Perhaps, I am just trying to remind us to think in terms of percentages as we think about how we open up (or not) our personal lives. (For most, especially our seniors, the safest is not to open up of course, but for many, this may not be possible.)

Of course, sexual activity and breathing are not the same. Abstinence (from breathing) is not an option so we have to make some choice that will incur risk. As much as we can, let us practice safe breathing (wearing a mask) and remember, as we connect with others, the exposure is growing exponentially.

As the COVID 19 numbers continue to surge into July, let us try to be as safe as we can.

Be safe, stay healthy, and be kind.

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[From Rev. John Oda, Program Manager for Asian American Language Ministry Plan for the United Methodist Church, previous pastor of Lake Park United Methodist Church in Oakland:](#)

“I hope everyone is staying safe and healthy during these unprecedented times. I have linked a two-part article about Rev. Mineo Katagiri written by Stan Yogi. I never knew about Rev. Katagiri’s amazing life and ministry. He was a UCC minister in the Seattle area. Those in the PNW should definitely read this. His story unfolds in the two well-written articles below.”

[CLICK HERE FOR PART 1](#)

[CLICK HERE FOR PART 2](#)

Note: Highly recommended!

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From Wendy Ng... “Great story about Auntie Sewing Squad (A.S.S.) picked up by CNN. I’m not in any pictures, but my donated fabric made it in. Just trying do my part and still making face coverings.” Wendy is a part of this sewing squad!

[CLICK HERE FOR THE STORY](#)

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From a friend who grew up in Palo Alto:

He shares this story from Palo Alto Online. In light of current events, it has evoked the memories of the “redlining” in this area that ended in 1964-65 with the Civil Rights Act. From another friend who grew up in this area, “My dad wanted to buy a house in Los Altos but because Japanese were prohibited to buy there, he had to buy the house on Moreno in Palo Alto... The only black kids that went to school with me were all bussed in from EPA. At the time, we didn’t see things as clearly as to how they really were.”

By chance, I have been having the same conversations with one of our elders in the congregation as we have been re-visiting that time in local history.

[CLICK HERE FOR THE STORY](#)

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“3-Part Poetry Workshop: Part III” 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 #3: Collaborative Poetry

There is something powerful when you create a poem that holds the words of others because you are able to hold different thoughts and opinions together.

HOW TO WRITE: To write this poem, go to this link here and answer the two questions in the form anonymously: When I think of...(fill in the blank), I just want want to (fill in the blank). You may submit as many times as you would like, and I would encourage you to do so, as it creates more lines to the poem. After submitting, you can see what others wrote, and I hope to publish a final version of this poem in the future. Here were some of the lines submitted by anonymous authors in the hospital:

When I think of injustice, I just want to change the world!
When I think of my mother, I just want to go back in time and just hold her.

When I think of George Floyd, Breonna Taylor, and Ahmaud Arbery, I just want to cry.

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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.)

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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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Our Prayer List:

Haruye Ng, Paul Osaki, Sue Nakamura, Tak Nishiura, Kiyō 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, Angel Baquiran, and Susie Lui.

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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!](#)

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.

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Upcoming Zoom Meeting and Online Gatherings:

Choir Practice, July 1st 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)

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

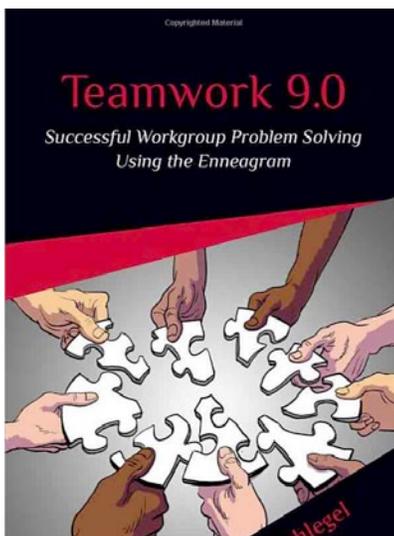
Please join my meeting from your computer, tablet or smartphone.
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New Book! Congratulations to Matt Schlegel on the publication of his New Enneagram book entitled, "Teamwork 9.0: Successful Workgroup Problem Solving Using the Enneagram"!!!

Teamwork 9.0 cracks the code for extraordinary team effectiveness. In this book, Matt Schlegel shows you how to use the Enneagram as a basis for team analysis and team-based problem solving. This thought-provoking text uses neuroscience and real-world case studies to illustrate how the nine Enneagram dynamics fit together like pieces of a puzzle to optimize your team for success.

In Teamwork 9.0, you will learn about the unique strengths that each Enneagram type brings to problem solving as well as each type's underlying motivations, leadership characteristics, and other key traits. All of these qualities contribute to successful problem solving, and the Enneagram provides the framework for understanding when, why, and how to apply each personality dynamic.

Struggling teams will appreciate the diagnostic tools and suggestions for adjustments, and high-performing teams will learn how to maintain and replicate their success as teams and projects change. Teamwork 9.0 explains how to put the right people on the right projects at the right time.

NOTE: To order the book, go to “Amazon.com” and search for “Teamwork 9.0”. Mailchimp does not allow us to link affiliate marketers like Amazon.com.

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Kaizen Living

Here is a happiness calendar from Action For Happiness ~ <https://www.actionforhappiness.org/jump-back-july> or click on the calendar pic.

I especially like the saying in the tip left hand corner. This is part of what we discussed in the Rest For the Soul talk a few weeks ago.

“We can’t control what happens to us, but we can choose how we respond”
VS

“How we react.”

Where do you notice the feeling of anxiety (fear, sadness, anger, excitement, etc.) in your body? When you feel that realize it, take a breath or 2 and be mindful of how you react. If you don't understand this, please connect with me with a question.

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Center for Spiritual Life - Healing Arts



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

Basic Reki, Pal Dan Gum Qigong and Mediation
Videos produced/created by
Joy Nakamura and Ben Hashiba

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see you next letter!