

Aldersgate United Methodist Church

Letter # 39- July 19, 2020

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In Today's Letter



IN TODAY's Letter:

"Back, To the Future..." by Rev. Roger Morimoto

From Brad Shirakawa, NHK Film on the 442nd

Birthdays

Children's Time Video's Needed!

Prayer List

Upcoming Zoom Schedule

Please Note! Choir STARTS AT 6:25PM Wednesday, July 22nd

Koyukai Gather: Mask Making by Patsy Obayashi, Tuesday July

21, 2020 at 10:30 AM NEW LINKS IN PREPARATION FOR

THE CLASS!

Other Worlds Module of SLF - "Earth's Energy Grid and Ancient

Monuments" - Monday, July 27th 7:30 PM

CSL/Healing Arts

Pal Dan Gum Videos and Meditation Video Links

For past videos and Letters click on the following: [Online Worship Experience](#) or [Past Letters of Hope](#)

Roger's Greeting

"Back to the Future"

Written on Wednesday, July 15, 2020



In this month's "paper" newsletter, I shared how a friend and colleague sent me an old paper I had written in the last month of my seminary education in 1985.

It was written in May of 1985 and entitled, "Toward A New Spiritual Center". The visiting professor was the Dr. Rev. Paul Nagano (Shelley Nagata's granduncle).

While 1985 was a different time, many of the issues prevalent are not too far off from today. In this paper, I set forth what I believed and hoped would be a spiritual shift in the years ahead.

Reflecting on this paper, some of the issues have changed, some have shifted or have come to the forefront. Clearly, much of what I had hoped for has not been achieved.

As I reflect on my mindset of 1985 and the current radical shift in race issues, I have a better understanding of why I have been sparked by the social upheaval that is occurring as our nation, in a raw but real way, as we deal with our history of racism.

For this morning's reflection, I encourage you to take a look at my paper from 1985... [CLICK HERE](#)

In these past several weeks, I have seen shifts that I had no longer believed I would see in my ministerial career. While these times are filled with rest and anxiety, perhaps we are witnessing and living through a major shift of paradigms.

Perhaps, at least a part of our selves can step away from our fear and anxiety so we could be grateful that we are those "privileged beings who are present and share in such events."

Be safe, stay healthy, and be kind.

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From Brad Shirakawa:

The best doc/film I've yet seen about the 442nd comes from Japan and the NHK in 2016. It's an excellent composite of re-creating the 442 with modern-day actors and pretty darn good special effects, plus historic info/footage.

Nowhere will you real footage from the war on the 442nd dealing with the German artillery (88s) blasting them in the Vosges mountains in France, but the NHK does a good job with modern video and actors.

When 90+ year-old veteran Lawson Sakai (photo) talks about the tree bursts, it's hard to imagine...so the NHK does a good job of blowing up trees and re-creating the deadly wood shards of shrapnel that killed and injured many of the Nisei. Bullets flying, machine guns... you can read about that stuff, but I've never seen it quite like this. It's somewhat comparable to what Steven Spielberg did in Saving Private Ryan.

Interestingly, the NHK differs (as I do in my 442 documents) about the number of Nisei casualties during the Rescue of the Lost Battalion. You will find the casualty number listed at 800 in every blog, website, book, movie, doc, brochure... but the NHK says it's 350 over the 5 days of the rescue, not 800... They include casualties from the 2nd battalion at Hill 617...which was a kilometer east of the actual site where the 200+ Texans were trapped.

I've seen other modern-day info that the number is around 400 (Casualties are the wounded, the dead, the sick, the injured, missing in action, etc)

Other 442 researchers (notably Peter Wakamatsu of the442.org) say it's less than that. Wakamatsu also maintains that the Rescue took 3 days, not 5, and that the 2nd Battalion was not part of the Rescue. (I differ with him on that last point).

Regardless of the number of casualties, the NHK doc is worth seeing, especially if you haven't paid much attention to the 442nd. Prepare to be riveted.

Brad
<https://www3.nhk.or.jp/nhkworld/en/ondemand/video/5001177/>

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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, Kiyo Shizuru, Lea Haratani, Kamila Young, Hitoshi Tachibana, Chloe Gong, Ginger Powell, Jieun Lee, Jamie Campbell, Mel Imai, Harry Hatasaka, Sue Lemba, Martha Tanji, Bonnie Pennebaker, Tim Ome, Angel Baquiran, and Rev. Saburo Masada.

Post Recording:

Add: Prayers for Hideyo Takimoto (91) who has been hospitalized with pneumonia (tested negative for Covid 19). And for Mitzi, Hideyo's wife as she supports him at this time.

Add: Prayers for Chris Takimoto (son, of Hideyo and Mitzi Takimoto) who had surgery on Friday for a fractured ankle. Prayers for a speedy recovery and prayers all the way around for this family.

Add: Prayers for Okajima family in the passing Rosie Okajima in Fresno. Rosie lived most of her life in Sanger and was the sister-in-law to Bette Nakamura and aunt to Connie Kobayashi.

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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 22nd at 6:25 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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Koyukai Gathering!
“Mask Making” by Patsy Obayashi
Tuesday, July 21st at 10:30 AM

Every step of the process is prepared ahead of time so that it will be less tedious to watch the process (in other words, I won't actually be sewing on the machine).

Optimal fabrics to use for efficacy in addition to sources for materials
Demo: several different styles of masks and including no-sew options
Mask hacks such as how to minimize foggy glasses and ill-fitting masks
Links to patterns.

Correct way to wear the mask for optimal protection

There are several people making masks so, please join the KYK Zoom meeting. Share your patterns, any tricks to making masks, suggestions, contact me so I can add you to the Q & A time slot!

Topic: KYK Meeting July 21 - 10:30am
Time: Jul 21, 2020 10:30 AM Pacific Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/87311817130>
Meeting ID: 873 1181 7130

One tap mobile for video and audio:
+16699006833,,87311817130# US (San Jose)
Dial by your location for audio only:
+1 669 900 6833 US (San Jose)
Meeting ID: 873 1181 7130

NEW LINKS IN PREPARATION FOR THE CLASS:
Link for How to Sew a Surgical Face Mask, includes free pattern

Two styles of masks to sew includes detailed patterns with instructions with pictures and background information:

<https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/>

<https://www.instructables.com/id/DIY-Cloth-Face-Mask/>

No Sew Mask tutorials

Blue shop towel simple disposable mask, no sew, a few minutes to make. I agree, it is rather 'comfortable' to wear. Even better if, instead of rubber bands, you use hair ties or pieces cut from socks, trouser socks, panty hose. Also, can substitute pipe cleaners, twist ties, plant tape, etc. for paper clip shown for nose piece. Links to short and long tutorials:

<https://www.youtube.com/watch?v=edQAHCRTIVQ>

Another simple, no-sew mask from 'ingredients' you may have on hand:
[http://blog.japanesecreations.com/no-sew-face-mask-with-handkerchief-and-hair-tie\](http://blog.japanesecreations.com/no-sew-face-mask-with-handkerchief-and-hair-tie/)

Comfortable no sew mask from t-shirt, no rubber bands needed:
<https://www.youtube.com/watch?v=r51YroAFPds>

DIY Cloth Face Mask (alternate style) from a blog by ashevillejm contains lots of background research references, links for additional information such as the link below for what material is best to use for masks or where to donate home made masks, great pictures of the sewing process and detailed lists for supplies.
What are the best materials for making DIY Masks

<https://smartairfilters.com/en/blog/best-materials-make-diy-masks-virus/>

The best choices for DIY masks are cotton t-shirts, pillowcases, or other cotton materials. These materials filter out approximately 50% of 0.2-micron particles, similar in size to the coronavirus. They are also as easy to breathe through.
Doubling the layers of material for the DIY mask gives a very small increase in filtration effectiveness, but makes it much more difficult to breathe through.

Why do face masks work?
<https://www.youtube.com/watch?v=A0UclAmrhVI>

How to correctly wear a mask
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

How to keep glasses from fogging up while wearing a mask
<https://health.clevelandclinic.org/how-to-keep-your-glasses-fog-free-while-wearing-a-mask/>

How to get a better-fitting mask
<https://www.youtube.com/watch?v=INffqOY5Yss>

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Other Worlds Session
“Earth’s Energy Grid and Ancient Monuments”
Monday, July 27, 2020
7:30 PM

In this session, we will explore the idea of a natural earth energy grid system and if ancient monuments are both proof of this system and a part of the system. Come join us for another intriguing presentation and discussion of the “Other Worlds” module.

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>

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Center for Spiritual Life Healing Arts

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

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

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see you next letter!

