

# Aldersgate United Methodist Church

[Letter # 40- July 22, 2020](#)

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## In Today's Letter



### IN TODAY's Letter:

"Out of Control..." by Rev. Roger Morimoto

From DeeDee Kato, Story of Shig Yabu and "Hello Maggie"

From Alice Kawasaki, News story on her cousin, Sue Lemba

From Brad Shirakawa, LAT Story on famous internment photo...

Birthdays

Children's Time Video's Needed!

Prayer List

Upcoming Zoom Schedule

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

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

### "Out of Control"

Written on [Sunday, July 19, 2020](#)



This recent surge in Covid-19 in California and throughout much of our nation has left many feeling as if this pandemic is beginning to get "out-of-control". We see our leaders looking to blame others, downplay their responsibility, or deny the threat that Covid 19 presents. It can leave us feeling fearful because we feel these things are out of our control.

So how do we combat the fear and anxiety that we may be feeling? The answer is "control."

We begin to realize that even though we cannot control many of the things outside of ourselves, there are things we still control, and every small act of control helps us settle our fear and begins to give us confidence that we still have some control in our lives. It may be as simple as just meditative breathing - "take three deep breaths" - and three more and we begin to settle. We still have control over our breathing, over our own bodies, our

thoughts, and our personal actions. We still have some control... and from there we can begin to build courage and resilience.

Again, this pandemic is a marathon. It is a rollercoaster but never forget that you always have some control in your lives each and every day.

So today, breathe and go forth in peace.

Be safe, stay healthy, and be kind.

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### **From DeeDee Kato;**

DeeDee shares with us a wonderful story of Shig Yabu and his pet magpie whom he befriended while a child in the American Concentration Camp. For a heartwarming story that you will not regret watching... [CLICK HERE!](#)

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### **Heartwarming News...**

Sue Lemba has been on our prayer list since early April. She is Alice Kawasaki's cousin who lives in New Jersey.

"It's very emotional!" - Nurse (Sue Lemba) recovers from 2nd bout of coronavirus; released from rehab  
News 12, New Jersey  
July 17, 2020  
[CLICK HERE FOR VIDEO!](#)

A special moment for a nurse at Hackensack University Medical Center after recovering from a second bout with coronavirus. Sue Lemba was released Thursday from the Kessler Institute for Rehabilitation in Saddle Brook. Family and friends were there to cheer her on.

"It's very emotional," says Lemba. "I'm very happy to see everybody. It's exciting. I feel very special and blessed to have everybody here."

She was first diagnosed with the virus on March 30th and has been in rehab for the last month.

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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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**From Brad Shirakawa;**

LA Times article on the famous internment photo:

You've all seen this photo of a child, sitting on a pile of luggage, waiting to be taken to the camps. That was Yuki Okinaga Hayakawa. She died recently, and her story is here.

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**NEW/CHANGE --- BIRTHDAYS!** On August 30th, we'll celebrate August 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-July but you missed sending it, please still send it and we'll include on the August 30th.)

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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, Hideyo Takimoto, and Chris Takimoto.

Prayers for those who recently lost loved ones:

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.

In the passing of Rev. Saburo Masada, prayers for Marion Masada and family and for the lives touched by the ministry of Rev. Saburo Masada. Rev. Masada served for 25 years as the pastor of Calvary Presbyterian Church in Stockton and in retirement served (voluntarily) the ministry of UJCC in Clovis. He also directed founded along with his faithful spouse, Marion, the Special Camp program at Mount Hermon. Rev. Sab was truly an example of genuine faith speaking out for the "least of these" in the eyes of our society but not in the eyes of God. [Click Here](#) to see an interview with Rev. Sab and Marion in July 2018.

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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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## 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](mailto:RVM878@gmail.com) or text Roger at 650-575-2250.

Roger’s Office

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## Tsuru for Solidarity

Tsuru for Solidarity is excited to present the first of four sessions in our educational/discussion series: Tsuru Rising! Community Conversations. The series will provide an opportunity for deeper community conversation around identity and intergenerational trauma, anti-Black racism in our own community, and an exploration of what it means to be in solidarity with other communities historically targeted by racism and state violence.

Our first session is this Saturday, July 25th:

Japanese American Identity & Intergenerational Trauma

10am-12pm PDT | 1pm-3pm EDT

Conversation with Dr. Donna Nagata, psychologist and scholar, and Dr. Satuski Ina, Co-organizer, Tsuru for Solidarity, moderated by Brian Niiya, Content Director, Densho.

(There will be a one hour break before the workshop resumes.)

Healing Circles for Change

1pm-3pm PDT | 4pm-6pm EDT

Opportunity for participants to share in a safe and facilitated small group process, to share their responses to the workshop presented earlier on identity and intergenerational trauma.

Read more about this session and our distinguished panel at our website,  
<https://tsuruforsolidarity.org/tsuru-rising-community-conversations/>



## 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

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**see you next letter!**



