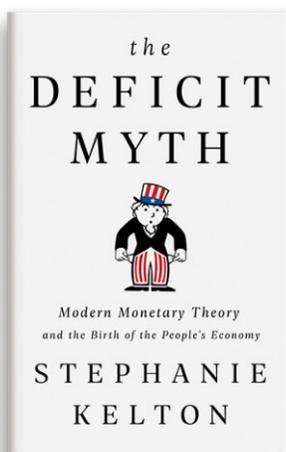


Aldersgate United Methodist Church

[Letter # 41- July 26, 2020](#)

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

In Today's Letter



Click on the book photo at left for our ONLINE experience!

IN TODAY's Letter:

“Time to Grow Up...” by Rev. Roger Morimoto

Link to Dr. Martin Luther King, Jr. - Income Distribution and Economic Justice

Rev. Toyohiko Kagawa - Brotherhood Economics

Reflection from Rev. Jon Visitacion

From Judy Wong: “Patsy’s Facemask Making...

Postlude” From Brad Shirakawa: Yu Ai Kai Fundraising Opportunity...

From Connie Kobayashi: “Pics of her masks”

IMPORTANT!!! Only your signature is needed!!! - Tsuru for Solidarity! Migrant children and families need your support!!!

Birthdays

Children’s Time Video’s Needed!

Prayer List

Tsuru for Solidarity - Your Help is Needed!

Upcoming Zoom Schedule

Please Note! Choir STARTS AT 6:25PM Wednesday, July 29nd

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 “Time to Grow Up”

Written on Friday, July 24, 2020

This pandemic, social transformation, and economic crisis have clearly pointed out one fact about the American people - we are merely juveniles. A few weeks ago in my OWE sermon (July 5th), I suggested the U.S. was similar in age of a 35-year-old but in reality, with our leadership and populace responding to these real challenges, we have been acting more like immature juveniles. (In fact, many of the age of juveniles (mature ones) have shown far more maturity than the general populace.

It is time for us to grow up.

We need to do better in our response to the dangers of the pandemic to keep one another safe. We need to do better than politicizing the social change that is long overdue to make us the nation we always intended to be and claim to be.

And with regard to the economic crisis, we need to grow up and become more knowledgeable in addressing this issue. Too often, we have left it to politicians alone to take care of the finances in running our economy rather than to begin to do the hard work of learning the basics and considering new ways of constructing an economy that can serve the whole rather than the few.

We understand that “taking care of financial responsibility” is a part of growing up. It is a part of maturing. It is a part of becoming an adult.

Today, in my sermon, I am suggesting we - all of us - need to step this up as we confront the greatest challenge of our generation.

We live in a time where our economic structures are based on a “fiat currency”. Even since Nixon took the U.S. off the gold standard I think most all of us do not really know what this means and how it differs from a currency based on a gold standard.

It time we learn for the economic structures we create as a society greatly affects our ability to help one another through hard times and affects the type of nation we become. Yet, for too long, we have abdicated this responsibility to our politicians. As we are now witnessing, this has not worked well with the pandemic and nor does an uninformed populace create an effective and just economic system.

Economics is a significant part of working our way through this 3-prong crisis. It is time we grow up... and step up to learning so we can be informed on the economics of our day. It is our responsibility and it is our hope!

Be safe, stay healthy, and be kind.

In today’s sermon, I reference the work of Toyohiko Kagawa (May 3rd Fellowship Time). [Click here for a short video on his history and work.](#) [Click here for a short video.](#)

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“Reflection: Dear Farewell”

Rev. Jon Visitacion
Friday, July 24, 2020



Greetings! It has been a while since I have written, though I plan on giving the message on the Aldersgate OWE soon. I wanted to share that time is going by fast in regard to my chaplain residency, and in about 3 weeks I will be leaving Sequoia Hospital and beginning my work as a hospice chaplain for the Hospice of Santa Cruz County. One of my supervising educators asked us in a creative exercise to begin thinking about the things we will miss, the things we want to let go, and the things we will carry on into the next leg of our journey.

I decided to write a letter/poem to “farewell”, hoping to encapsulate what I have gained in these past 2 years as a hospital chaplain resident. I would like to share it with you now, in recognizing that grief is a journey that has an ending and a begin-

ning. And also, I recognize that this Aldersgate church was an important part of my journey, my growth, and my healing in these past two years. And continues to be. Thank you Roger, Chris, and the Aldersgate family for the continued support.

Dear Farewell,

The last time we talked was at the end of my last adventure. I shared before that I felt battered, beaten, and broken, covered with bandaids of false confidence. What I thought was to be the end of a mediocre book was just the end of a chapter... The plot continues to thicken...

One by one the bandaids were taken off... Sometimes slowly... Sometimes abrupt...To let the pain show and the wounds heal.

In this letter of greetings and salutations are also the inarticulate emotions (and expletives) that I must write to you, as I am sad to be penning this letter once again.

And also, is my deep gratitude for the people, the lessons, the time, the patience, and the deep compassion. Thank you.

I surely doubt this will be my last letter to you. Please also send my regards to Welcome, who doesn't get much gratitude either.

Goodbye, Farewell.
Jon

NOTE: Just to be clear, Rev. Jon will be continuing his ministry with us though he is ending his training at Sequoia Hospital and beginning his work with the Hospice of Santa Cruz.

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Patsy's Facemask Making... postlude!

I want to thank Patsy for demonstrating anything and everything to do with wearing a mask! It was an excellent Zoom meeting! For those people who were not able to Zoom in, Patsy has provided many great links about making masks and more. I would recommend taking a few minutes to watch all of them, they were very helpful! So again, thank you Patsy for your demonstration!

Thank you,
Judy

Here's the basic instructions with the accompanying youtube links:

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>

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 homemade 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 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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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;

Here's a fundraiser opportunity for Yu-Ai Kai... [Click Here!](#)

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Connie Shares pics of her masks...

Connie Kobayashi has also been busy making masks. She has donated some to Kimochi in San Mateo and senior care facilities in Fresno as well as selling them... To see Connie's masks, [CLICK HERE!](#)

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IMPORTANT LATE BREAKING... See the Tsuru for Solidarity News below... ONLY YOUR SIGNATURE IS NEEDED!!!

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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, 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.

Post-Recording:

1. Prayers for Chery Joo and Lisa Joo and their family in the passing of their uncle George Semba in Idaho.
2. Prayers for Mitzi Takimoto and family in the passing of Hideyo Takimoto. Hideyo was hospitalized last with pneumonia (non CV19). He came home to be with Mitzi on Thursday and passed peacefully on Saturday morning. (note: Hideyo and Mitzi moved up here to be near their son, Chris and his family, a few years ago but for long-time Aldersgate members, Mitzi is also sister to Mary Narita and Sumi Higaki.)

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We are writing today to share with you urgent action items that we are asking our members to participate in to help end family detention and stop separation of families.

In addition to direct actions at detention sites, your participation in these online actions are tremendously effective and will help.

As we prepare for our first Tsuru Rising Community Conversation on Intergenerational Trauma in the Japanese American community which will take place today, we need to keep in our minds and hearts the families suffering now and do all we can to speak out against this unjust detention.

Judge Boasberg's heartless ruling that ICE does not need to release parents with their children forces parents to make an impossible "choice:" to remain together with their children in detention and risk COVID infection, or to give up their child, potentially forever, so that their children can be released from deadly jail conditions. As Satsuki Ina stated when this "choice" was first introduced (see statement below), the Japanese American community is all too familiar with these inhumane, double-bind, no-win situations being imposed in detention. We will continue to fight to #FreeTheFamilies.

Please take a moment to participate in these important actions demanding the release of families in US Detention:

ONLY YOUR SIGNATURE IS NEEDED!

Shut Down Berks

Free the Families

#FreeMyFriends

STATEMENT FROM SATSUKI INA ON THE SEPARATION OF FAMILIES IN DETENTION DURING THE COVID-19 PANDEMIC

In 1943, thousands of innocent people of Japanese ancestry were held in mass confinement. It wasn't until after they had been rounded up and placed in American style concentration camps without due process, that they were forced to sign what was referred to as the "loyalty questionnaire." If answered in the affirmative they might qualify for early release or the men could be drafted into military service while their families were unjustly incarcerated. If they answered in the negative, they were removed to a maximum security concentration camp. Heads of household, never allowed to become naturalized citizens, were deported, or American citizens like my father were removed to Federal Department of Justice prison camps. The outcome of that questionnaire resulted in the long-term consequences of family separation trauma that has lasted not only a lifetime but for generations that followed.

Today parents in the family ICE detention facilities are being forced to decide in a similar, inhumane, double-bind, no-win situation – whether to remain in custody with their child at continued risk of Covid-19 infection or give up their parental rights and be separated from their child. Government officials have the authority to release families together to keep them safe from the increasingly threatening circumstances in ICE custody. Yet they are determined to maintain immigration policies that deny people their inherent dignity and support a prison system policy that funds the private prison industrial complex. In order to bypass increasing pressure to meet the legal requirement that children be held in the least restrictive environment, they are replicating yet another draconian strategy that violates one of our most basic values of keeping families together.

We urge everyone to join the fight to Shut Down the Berks County Detention Center by signing this petition TODAY.

You can find more of our recent statements on our website.

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 29 at 6:25 PM

Join Zoom Meeting:

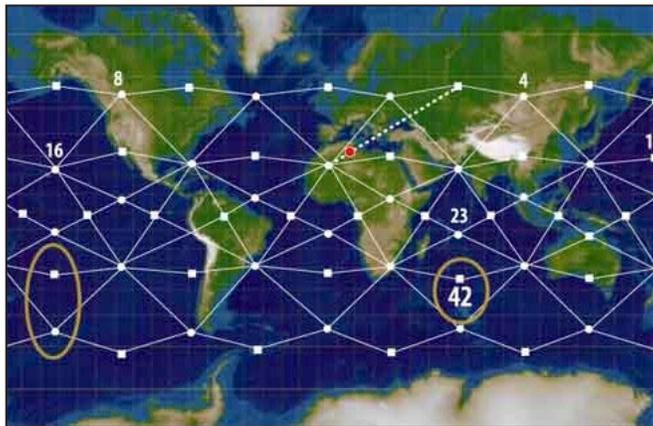
<https://us02web.zoom.us/j/511182912>

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 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>

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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 Mediation
Videos produced/created by
Joy Nakamura and Ben Hashiba

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see you next letter!