

# Aldersgate United Methodist Church

[Letter # 42- July 29, 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:

Reflections, Announcements and Sharing

"Time to Grow Up... Part 2" by Rev. Roger Morimoto

Special Healing Arts Class...

From Janis Yamaguma: "Sansei and Sensibility"

Mimi Funabiki and Herb Gong: Summer Sustainability - For Kids!

"Fun Cuts" from the Barbarees...

Birthdays

Children's Time Video's Needed!

Prayer List

Upcoming Zoom Schedule

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

Center for Spiritual Life - Healing Arts: "Equanimity and Peace" Special Guest Presenter August 24, 2020 at 7:00 PM

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

## Roger's Greeting

### "Time to Grow Up-part 2"

Written on Monday, July 27, 2020



"When I was a child I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to my childish ways." – 1 Corinthians 13:11

This hardship – pandemic, social transformation, and economic crisis – has startled most of us awake from a slumber of apathy. We are realizing we need to step up to this challenge or this 3-prong crisis will overwhelm us. Collectively, we need to grow up.

I am encouraged though by a few symbolic signs of "growing up".

One of the things we recognize as maturity is giving up childish behavior. Just stopping. Just giving it up.

We have begun to see the childishness of name-calling finally being given up. The pressure from corporations on the Washington NFL team to change its derogatory name is an example of this spirit. Representative Alexandria Ocasio-Cortez calling out Rep. Ted Yoho for his misogynistic attack on AOC was another example.

It is a simple thing but unbelievably, we have political leaders who have no problem acting in such childish ways. It is time to grow up!

It is simple. Stop calling people hurtful names. It is so simple. It is so elementary.

It is time for us to grow up.  
Be safe, stay healthy, and be kind.

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### Special Healing Arts Class... (see detailed info below)

This summer, Joann Shieh introduced Ben Hashiba and Joy Nakamura to Gayathri Narayan, found of Myn-dtree. Ben and Joy have responded with a big "WOW!" Please consider joining in on this special session on August 24th at 7:00 PM. The info is listed below.

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### From Janis Yamaguma:

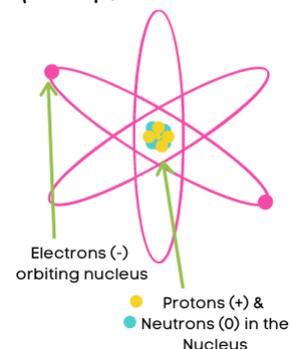
A virtual event celebrating Karen Yamashita's new book, 'Sansei and Sensibility', will take place on August 13, at 7 p.m. (PST), presented by Bookshop Santa Cruz and UCSC's Humanities Institute (THI). This online event is free and open to the public. For more information and to register for the event, go to THIS web site.

Here's a website on Karen Yamashita: [CLICK HERE!](#)

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### From Mimi Funabiki and Herb Gong... for the kids!

## The Atom



This week we look at a truly shocking topic - electricity! In our journey to be efficient and sustainable with our resources, one of the things we can do is switch from natural gas to electricity. First, let's learn about what electricity is and how we use it!

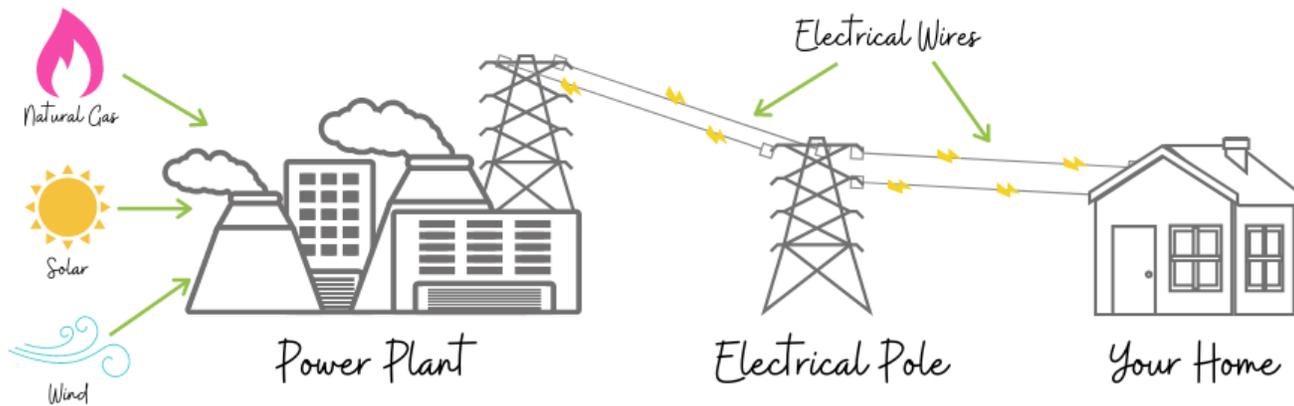
### Learn: What is Electricity?

Have you ever seen lightning? Ever gotten a shock? Both are examples of electricity. Electricity is a word that people came up with to describe things they saw that related to the presence or movement of electrons. Why did they call these things electricity? The word *elektra* in Greek means "amber" – fossilized tree sap that is glassy yellow and can be made into jewelry. The first people to discover static electricity are thought to be ancient Greeks who were polishing pieces of amber with fur and noticed that small bits of leaves stuck to the amber after they rubbed it with fur, much like your hair sticks to a balloon that you rub on your head. Your hair is attracted to the balloon - and the leaves to the amber - because it wants to get back electrons that got rubbed off. What are electrons? To truly understand electrons and electricity, we need to first learn about atoms.

the leaves to the amber - because it wants to get back electrons that got rubbed off. What are electrons? To truly understand electrons and electricity, we need to first learn about atoms.

Atoms are the teeny tiny particles that make up everything. You, me, your dog, your house, the air, the mountains, all these things are made up of atoms arranged in a specific way. Inside each atom are even smaller particles called protons, neutrons, and electrons. Huddled in the nucleus, the center of the atom, are protons, which have a positive charge, and neutrons, which are neutral. Electrons have a negative charge and are held in orbits surrounding the nucleus.

The electrons near the nucleus are held tightly to the atom. Sometimes, the ones farthest away are not. We can push some of these electrons out of their energy levels. We can move them. Electrons in motion are called electric current, which we think of as a form of electricity.



## How Do We Make Electricity?

Electricity is commonly made or generated at a power plant. It is becoming more and more common for power plants to use solar panels to generate electricity. Since sunlight is a renewable resource, these power plants generate electricity that is clean, meaning that its generation does not create emissions of greenhouse gases. Most often, though, power plants use big coils of copper wire spinning near huge magnets to make, or generate, electricity. As the coils spin, magnetic fields from the magnets push and pull electrons in the copper wire. The electrons in the copper wire flow into power lines, which bring the electricity to our homes. It takes a lot of energy to spin the coils of wire that are part of the generators. To do this, power plants can use wind to spin the blades of a turbine connected to the coils. Or they can boil water to make steam that spins the turbine blades. Power plants that boil water to make steam use natural resources as fuel. Some use renewable (won't run out) resources like sunlight. Other power plants use non-renewable (will run out) resources like coal and natural gas.

## Electricity Around the House

Now that you know how electricity gets to your home, let's look at how we use it around the house. Every appliance that is plugged into an outlet in your home uses electricity. To provide power to your appliances, a circuit must be formed between your item and the outlets in your home. A circuit is a closed loop that lets energy flow into and out of your appliance, thus providing power.

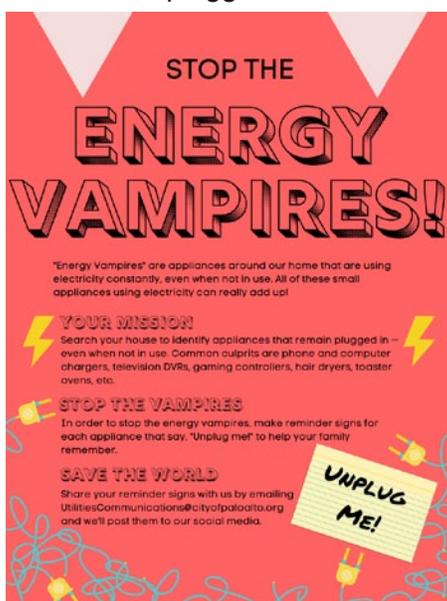
CPAU measures how much electricity your family uses with a unit called kilowatt hours. The more electricity you use in your home, the higher the number of kilowatt hours measured by CPAU. Did you know that even when you turn your appliances "off" they are often still using electricity?

### Vampires

In addition to unplugging devices when they are not in use, your family can switch to more efficient appliances, meaning appliances that use less electricity to complete the same function. Let's use lightbulbs as an example to study efficiency.

### Let There Be Light!

Lighting our homes is one of the main ways we use electricity. There are



# Let There Be Light!

	Incandescent	LED	CFL
Brightness per Watt	15 Lumens	65-70 Lumens	65-70 Lumens
Watts per bulb (equiv. 60 watts)	60	8.5	14
Average Lifespan	750-1000 Hours	25,000 Hours	8000-12,000 Hours
Bulbs needed for 25,000 hours of use	21	1	3
Rating	★	★★★★★	★★★

many options to choose from when it comes to selecting lightbulbs to use in your home. Let's look at three main types of lightbulbs - incandescent, compact fluorescent (CFL), and LED (light-emitting diode) - and how they use electricity differently.

## Electricity Check

As we discovered above, some lightbulbs are better at using electricity than others. Take a look around your home and see which lightbulbs are present in your home. Count and record the number of CFL lightbulbs, LED lightbulbs, and incandescent lightbulbs your family uses. Then compare these numbers to see which type your family uses the most.

 Number of CFL Lightbulbs

 Number of LED Lightbulbs

 Number of Incandescent Lightbulbs

 Total Number of Lightbulbs

What kind of lightbulb does your family use the most?

**Bonus** An average household incandescent bulb uses 60 watts of power, or flowing energy. An LED uses 8 watts and a CFL uses 14 watts. Using these numbers, can you calculate how many watts your family uses to light your home?

Incandescent lightbulbs light homes by heating tiny filaments (small thread-like wires), until they glow and produce light. If you touch an incandescent light bulb after it's been on for a while, it will feel very hot and may even burn your hand. That's a sign that the bulb is using lots of electricity. CFLs contain mercury gas, a potentially toxic element that produces light by interacting with electricity and the white coating on the inside surface of the glass lightbulb. Because of the mercury, the used bulbs can't be thrown in the garbage.

LED bulbs are the most efficient choice. An LED is basically a solar cell (how we collect energy from the sun) in reverse: instead of light in, electricity out, you put electricity into the same (solar cell) material and get light. LEDs come in lots of colors and do not get hot. If you use holiday lights, there is a good chance those are LEDs.

Check out the chart below, which compares the energy usage and lifespan of the three types of lightbulbs. Energy flow is measured in watts. The brightness of light is measured in lumens. To understand how each bulb uses energy differently, we examine how many lumens are produced when one watt of energy is flowing.

Now that you've assessed your family's energy usage, you can make better choices about how to use energy in the

future.

Stay tuned for our next issue where we'll look at electrification, switching from using natural gas and gasoline to electricity, and how that impacts the environment.

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**Gary Barbaree Before... and After... Hair-cut from his granddaughter, Eisha.**

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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:

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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**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)

Center for Spiritual Life – Healing Arts Zoom Meditation Class

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Equanimity and Peace

August 24, 2020

7:00 PM to 8:30 PM

This summer Joann Shieh introduced us to Gayathri Narayanan, founder of Myndtree. We have been attending Gayathri's mindfulness meditation sessions. "WOW!" was our response to the session on Equanimity and Peace. We wanted to share this with you all and are so excited that Gayathri will be our guest speaker.

Gayathri will lead us in an exploration of the topic 'Equanimity and Peace' in the context of mindfulness meditation practice. Gayathri will present some food for thought, share some stories and poems, and engage the group in a discussion/Q&A. She will also guide the group in a 20-minute meditation practice that is designed to cultivate a sense of equanimity and peace.

Please RSVP to Ben Hashiba at [bhashiba@gmail.com](mailto:bhashiba@gmail.com) or text Ben at 408-712-9445

This special class will be held on ZOOM from 7:00 PM to 8:30 PM.

Here's the link and password to join.

<https://us02web.zoom.us/j/85190005494>

Meeting ID: 851 9000 5494 Password: 123456

About our guest: Gayathri Narayanan is the founder of Myndtree and has been teaching mindfulness and meditation to adults and teens in the Bay Area since 2012. She has had a personal meditation, yoga and contemplative practice for over 20 years and has seen the invaluable

benefits they have brought to her own life. Her passion to share these teachings and practices with others is driven by a longing to see more ease, well-being and harmony in the world.

For more information, please visit Gayathri's website

<https://www.myndtree.org/>

Hope to see you on the 24th! Ben, Joann, and Joy

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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!](#)**