

Aldersgate United Methodist Church

Letter # 43- August 2, 2020

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

In Today's Letter



Click on the photo at left for our ONLINE experience!

IN TODAY'S Letter:

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From Darrell Sasagawa: The art of Bryan Ida

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Birthdays

Children's Time Video's Needed!

Prayer List

Upcoming Zoom Schedule

Please Note! Choir STARTS AT 6:25PM Wednesday, August 5th

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 Ex-**

perience or **Past Letters of Hope**

Roger's Greeting

“Working Hard During this SIP”

Written on Monday, July 30, 2020



Today, I would just like to put out a “Shout Out!” to Kelli Yamaguma and the director of the summer camping programs. Last week was the last of four weeks of the Asian American Summer Camp and Jr. High Camp programs - ONLINE!

I participated in the last evening by sharing some Enneagram knowledge with these young people. I was amazed Asian Camp and JHC were able to figure out how to put these online programs together so well; and I was amazed at these young people and their resilience in these unprecedented times.

For us “older folks” - if they could do it, we could do it!

Now with that said, I know a tremendous amount of time is put in by Kelli and others to make this happen and to happen well! So a big thank you to Kelli and the other directors and

congratulations on a job well done! Thank you for being an inspiration to us all during this SIP.

Remember, if they could do it, we could do it!

Be safe, stay healthy, and be kind.

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Tabemashou Teriyaki Fundraiser

Tabemashou is making and selling teriyaki sauce to support Black and Indigenous communities working with land and food in the Bay Area. Normally, part of preparing for Spring Bazaar is making several gallons of teriyaki sauce; but this year, we have an opportunity to do something different, to feed our community and benefit others as well. This summer’s uprisings for Black lives and Black liberation are calling us all to dismantle white supremacy, to realize justice that centers Black people. To this end, I invite you to join me and Tabemashou in pursuing one form of reparations: supporting Black and

Indigenous land stewardship and food sovereignty.

Genocides against Black and Indigenous people in this country have always targeted both traditional foodways and access to land. Reclaiming stolen land, growing fresh and healthy food, and providing communities with greater food security and cultural engagement is a way of healing the wounds of genocide, of resisting white supremacy and imperialism. With this in mind, all the money we raise will go to:

An organic farm in Bayview-Hunters Point in San Francisco; in their own words, “The mission is to rehabilitate land and spirit in the community and use healthy food to forge strong bonds between the people of Bayview/HP.”

Black Earth Farms, a Black- and Indigenous-led farming collective in Oakland

Sogorea Te’ Land Trust, an Indigenous women-led land trust in the East Bay, whose work includes farming and gardening for sustenance and medicine.

To Order Teriyaki Sauce and to Donate [CLICK HERE!](#) or click on the Tabemashou Teriyaki Fundraiser poster above.

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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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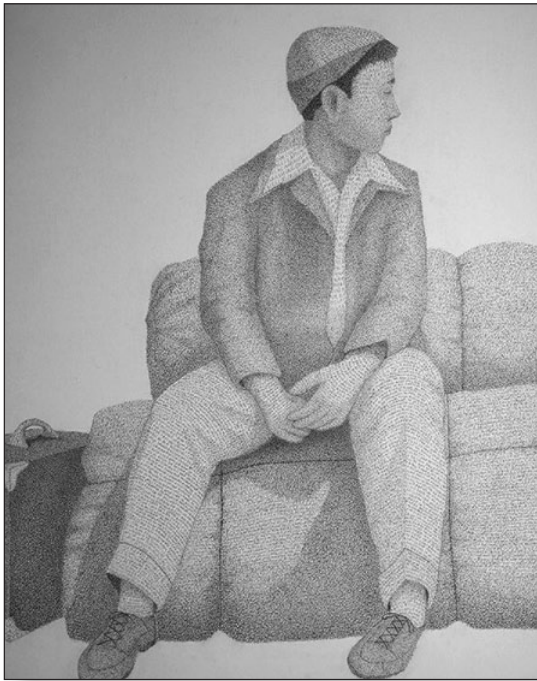
**From Brad Shirakawa: “Another JA Pilgrimage movie...”
At the Intersection of Black Lives Matter... and the Issei”**

Regina Boone is on a quest to find her father Raymond’s father. Ray is black, but his father was an Issei. Follow the footsteps of Regina in her quest to find out about Tsuruju Miyazaki, from Suffolk, Virginia, to Rohwer, to

Nagasaki. Another terrific NHK production.

Click here; <https://www3.nhk.or.jp/nhkworld/en/ondemand/video/3016040/>

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From Darrell Sasagawa...”Artist - Bryan Ida”

Darrell shares the art of his friend, Bryan Ida. Bryan does art portraits with “words”. One of the intriguing pieces is a portrait of a photo taken by Dorthea Lange. From Bryan Ida, “Another ink on panel portrait of my father taken from a photograph by Dorothea Lange of the Japanese American Internment during WWII. The text is Executive Order 9066 which established the internment camps.

This and more of the ink portraits will be a part of a show at the Japanese American Museum in San Jose running August 1, 2020, thru February 3, 2021.

There will be upcoming online events and hopefully open to see in person.

CLICK HERE FOR Bryan’s Website.

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From Nan Kitaura and “Kaizen Living”...

Nan shares the “Action Calendar: “Altruistic August 2020” with us. Thank you Nan! [CLICK 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, 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.)

Post-Recording:

1. Prayers for Kathy Asada's cousin, Gracie Yamaguchi who contracted Covid-19 after visiting E.R. in San Francisco due to a fall. Gracie is currently hospitalized in SF. Please keep her in our prayers.

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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, August 5th 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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Healing Arts: 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 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 Mediation
Videos produced/created by
Joy Nakamura and Ben Hashiba

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see you next letter!