

# Aldersgate United Methodist Church

Letter # 44- August 5, 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:

"It's simpler that you think..." by Rev. Roger Morimoto

Tabemashou Fundraiser by Lyn Ishizaki Brown

From Glenn Hamamoto... Article on Art and his cousin, Evri Kwong From Brad Shirakawa: "Op-Ed on James Baldwin..."

Birthdays

Children's Time Video's Needed!

Prayer List

Upcoming Zoom Schedule

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

Admin/Prgm Council Mtg - Wednesday, August 12th at 7:30 PM

"Time and the Enneagram" - August 18th (Tuesday) at 7:30 PM

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, August 3, 2020



When Jesus perceived their questionings, he answered them, "Why do you raise such questions in your hearts? Which is easier, to say, 'Your sins are forgiven you,' or to say, 'Stand up and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the one who was paralyzed—"I say to you, stand up and take your bed and go to your home." Immediately he stood up before them, took what he had been lying on, and went to his home, glorifying God. - Luke 5:22-25

As we begin our SIXTH month of SIP and combating this pandemic, we have had to reach down deep for patience and perseverance. If it feels as if it has be difficult it is because it has been difficult. And yet, we realize we have a long ways to go.

One of the best tools is to meditate each and every day. Meditation helps release excess energy and

anxiety. It helps focus us and ground us. But many of you are saying, “EVERY DAY?”.

Yes, every day! But we must remember, meditation begins with simple breathing. “Which is easier, to say, “Meditate” or to say, “take three deep breaths.”

Three deep breaths are how we begin our Sunday worship and three intentional breaths can help us start the day. If we do no more, this is still meditation. But if we do one more breath, one focus on an image of peace, one release of concern, then the meditation grows.

We do not know how much SIP is ahead for us but let us use a simple but powerful tool of meditation to help us through our day, each and every day.

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:

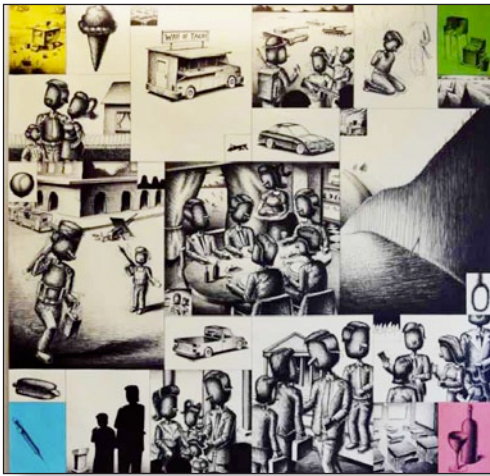
An organic farm in Bayview-Hunters Point in San Francisco; in their own words, “The mission is to rehabilitate land and spirit in the community and use healthy food to forge strong bonds between the people of Bayview/ HP.”

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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**From Glenn Hamamoto...**

Glenn’s cousin, Evri Kwong (art therapist) was invited to share his art in the De Young Museum just prior to the pandemic and SIP. Evri is featured in this “Datebook” article entitled “De Young open to showcase works of hundreds of artists at this critical time for creativity” by Tom Bravo. To access this interesting article, click here.

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**From Brad Shirakawa...**

Whether you were born in Harlem, New York, or Tehran, Iran, the story of American immigration is often the same. In 1963, James Baldwin articulated it for us, no matter your ethnicity. [CLICK HERE](#) for LA Times

Op-ed piece.

Sunday, August 2nd was James Baldwin’s birthday. He would have been 96 years old. “James Arthur Baldwin was an American novelist, playwright, essayist, poet, and activist. His essays, as collected in Notes of a Native Son, explore intricacies of racial, sexual, and class distinctions in Western society, most notably in regard to the mid-twentieth-century United States” - Wikipedia

James Baldwin could be seen speaking at the end of the video Roger shared a week ago. [Click Here](#) for that video. (Starts at the 6:50 mark)

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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, Gracie Yamaguchi and Chris Takimoto.

Prayers for our students, teachers, parents, and all associated with education. These are stressful times with schools trying to navigate the dangers of the pandemic and the politics of the day. Let’s keep them all 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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### Aldersgate UMC Admin and Program Council Mtg August 12th - Wednesday - 7:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/7269788166>

Meeting ID: 726 978 8166

One tap mobile

+14086380968,,7269788166# US (San Jose)

+16699006833,,7269788166# US (San Jose)

Dial by your location

+1 408 638 0968 US (San Jose)

+1 669 900 6833 US (San Jose)

Meeting ID: 726 978 8166

Find your local number: <https://us02web.zoom.us/u/kbzqjvbXsc>

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### Time and the Enneagram

Tuesday, August 18 / 7:30 PM 9:00 PM

How does each Enneagram type understand and relate to time? Which types focus on the past, which on the future, and which on the here and now? Which types act with urgency, as if there were too little time? Which types think there's all the time in the world? In this interactive session, we will explore the relationship between Enneagram types and time.

Join Zoom Meeting

<https://us02web.zoom.us/j/86053855189>

Meeting ID: 860 5385 5189

One tap mobile phone for audio and video:

+16699006833,,86053855189# US (San Jose)



Dial by your location for audio only:  
+1 669 900 6833 US (San Jose)  
Meeting ID: 860 5385 5189

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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](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!](#)