

# Aldersgate United Methodist Church

[Letter # 45- August 9, 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:

"Journaling Through the Journey..." by Rev. Roger Morimoto - Morgan Ome

Tabemashou Fundraiser by Lyn Ishizaki Brown

"75th Anniversary of the Atom Bombing of Hiroshima and Nagasaki"

KTVU featuring Rev. Nobu Hanaoka

From Brad Shirakawa: "We Didn't Need to Drop the A-Bomb After All"

From Steve Murata: WSJ - "From Hiroshima's Devastation: A Wrenching Account of the Human Toll"

From Joy Nakamura: "Peace on Your Wings" Must see finish to this remembrance...

From Marice Shiozaki: "Aloha Run Supporting BLM"

"Making a Splash" in Hawaii - The Sakumas make the news!

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 Experience](#) or [Past Letters of Hope](#)



## Roger's Greeting "Journaling through the Journey"

Written on Friday, August 7, 2020

Last week, THE ATLANTIC published Morgan Ome's more recent article, "Dear Diary: This is my Life in Quarantine". (CLICK HERE FOR THE ARTICLE) Morgan opens her piece with "The time we're living through will one day become history. This is always true, of course, but the coronavirus pandemic has, perhaps more than any other event in living memory, made people hyperaware that their present

will be remembered in the future. And this new, strange sensation has compelled many to capture the moment for posterity.”

When the SIP was implemented in March, I had a sense this experience was going to be for a long time. I started the bi-weekly letters by numbering them as a way to mark the passing of the days, weeks, months, and yes, possibly years. I had the image of a prisoner using scratch marks on a cell wall to track the days.

However, beyond marking the passage of time, I found it has also become a tool to cope with the experience itself. Morgan is right as she refers to a 29-year-old actor she interviewed, “He described journaling as a way to “check-in with an invisible therapist” and told me he now writes twice a day for his mental health.” Journaling helps us process our experience in this moment, and the next moment and the next.

We need all the tools we can get to work our way through this journey. I encourage you to take a peek at Morgan’s article (btw - great job Morgan) and to consider journaling. It may help with your peace of mind and later, you and your family will find it an interesting look back on this pivotal historic moment.

Be safe, stay healthy, and be kind.

+++++



### 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

+++++

Nori Masuda photo



**75th Anniversary of the Atom Bombing of Hiroshima and Nagasaki**

**From KTVU 2:** Bay Area rings bells for 75th Atom Bombing of Hiroshima and Nagasaki:

This web article features Rev. Nobu Hanaoka and various community members in the Bay Area... [CLICK HERE!](#)

**From Brad Shirakawa:** “We Didn’t Need to Drop the A-Bomb After All”

Brad has created this PDF featuring an article from Gar Alperovitz and Martin Sherwin - [CLICK HERE](#)

**From Steve Murata:** WSJ - “From Hiroshima’s Devastation: A Wrenching Account of the Human Toll”

Steve shares this article from Lesley Blume about John Hersey and how he made American feel the devastation of the survivors of the atomic bomb. [CLICK HERE](#)

**From Joy Nakamura:** “Peace On Your Wings”

Joy helps us close this remembrance with a feeling of hope. “Today, August 6th, is officially recognized in Hiroshima as Peace Day. The current cast of “Peace On Your Wings” was originally scheduled to have its opening night performance of the show on tour in Los Angeles this evening. Due to the pandemic, all of the “Peace On Your Wings” casts have come together to acknowledge Peace Day from their homes, creating this very special performance of the title song.” [CLICK HERE](#)

+++++

**From Marice Shiozaki... Supporting JCYC and Black Lives Matters**

Marice shares with us the upcoming JCYC Aloha Run (Saturday, September 26th). (Jon Osaki is the executive director of JCYC.) This year they are going virtual and supporting BLM! For more info, [CLICK HERE](#)

+++++

**Making a Splash in Hawaii...**

Patty and Paul took Wendy to Hawaii for the start of the University of Hawaii... then Hawaii extended their 14-day quarantine for those coming onto the islands and the Sakumas became famous. For the story, [CLICK HERE](#)

+++++

**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.)

+++++

## 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, Chris Takimoto, and Carolyn Tenn.

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!

Post Recording:

1. Prayers for Janis Yamaguma's friend, Carolyn Tenn who is recovering from Covid-19. She is a nurse in Idaho.
2. Prayers for Janis' family in the passing of her cousin, John Towata, Jr, (he is known as Junior). He passed from liver cancer.
3. Prayers for Eunice Louie's father, Makoto Ueda, who fell in his home on Friday. He is hospitalized and being evaluated. Please keep him in your prayers as he recovers.

+++++

## 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.**

+++++

# Upcoming Zoom Meeting and Online Gatherings:

**Choir Practice, August 12th at 6:25 PM**  
New Log-in Info for this week only!

Choir Practice, August 12th at 6:25 PM  
Join Zoom Meeting:  
<https://pausd.zoom.us/j/94177366620>

Meeting ID: 941 7736 6620

+++++

**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>

+++++



**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

+++++

**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

+++++



## **Center for Spiritual Life**

### **Healing Arts**

Click here to go to our new website Healing Arts page!

Basic Reki, Pal Dan Gum Qigong and Mediation  
Videos produced/created by  
Joy Nakamura and Ben Hashiba