



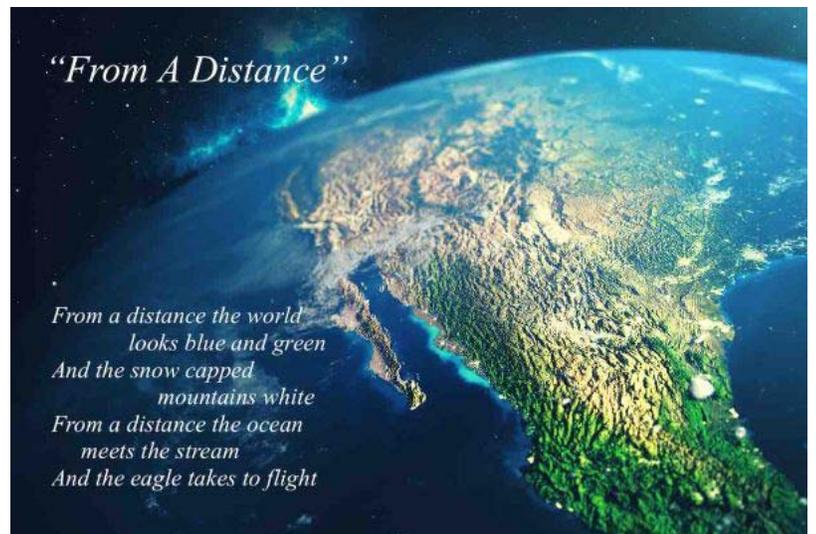
Aldersgate United Methodist Church

Letter # 17 - May 3, 2020

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

**From a distance the world looks blue
and green, And the snow capped moun-
tains white**

**From a distance the ocean meets the
stream, And the eagle takes to flight
From a distance there is harmony, And
it echoes through the land
It's the voice of hope, It's the voice of peace
It's the voice of every man**



Click on the photo above to go to our latest video

In Today's Letter:

Roger's Greeting

Prayer List

Upcoming Zoom Schedule

Poem by Lea Haratani

Center for Spiritual Life/Healing Arts

Video 1: Basic Self-Reiki and Distant Healing

Video 2: Qigong Movements with Ben Hashiba



Roger's Greeting

Dear Friends,



In this morning's Aldersgate Online Worship Experience we have some special treats: "Walk Rocks", "Visiting with the great saints of Aldersgate", beautiful music by Ed Nieda, prayerful music from William Moon (Amy Moon's son), creative video song by DeeDee and the boys, a cool young adult scripture reading, Roger's reflection "From A Distance" and of course, a Fellowship Tea featuring two of our young folks taking up the "Roger vs Roger" challenge!

At the end of this morning's video is a 7-minute video on "Toyohiko Kagawa" narrated by Chris Morimoto. Please take the time at some point to watch this bonus feature. You will be moved by the life and example of faith of Toyohiko Kagawa.

This week we are beginning to see the loosening of shelter-in-place restrictions in several states. In California, we will begin to see some outdoor businesses and activities reopen. Let us remember to continue to keep safety first especially when it comes to our seniors, and let us get not get antsy as a society we seek to find the best balance of safety and economy as we make our way forward.

For "face-to-face church", it is still "months, not weeks away" since it is considered part of stage 3.

Let us keep our prayers for all of us as we will be tempted to break from discipline as we see more activity. Again, let's be safe, stay healthy and kind!

Roger

Our Prayer List:

Haruye Ng, Paul Osaki, Sue Nakamura, Tak Nishiura, Sam Nieda, Kiyo Shizuru, Lea Haratani, Kamila Young, Hitoshi Tachibana, Chloe Gong, Ginger Powell, Jieun Lee, David Nelson, Patricia Orr, Jamie Campbell, Mel Imai, Harry Hatasaka, Ray Narimatsu, Mayumi Takeda, Rev. Mariellen Sawada Yoshino, Sue Lemba, Martha Tanji and Edith Yanagisawa.

Upcoming Zoom Meeting and Online Gatherings:

Choir Practice, Wednesday, May 6th at 6:30 PM

Topic: AUMC Choir Meeting May 6th at 6:30pm

Join Choir Zoom Meeting

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

Meeting ID: 511 182 912

Password: 012345

Kaizen Living, Tuesday, May 12th at 7:30 PM

Join "Kaizen Living" Zoom Meeting

<https://us02web.zoom.us/j/87555229706>

Meeting ID: 875 5522 9706

Password: 012345

I hope you're all doing well and are thriving the best you can. I just want to remind you of Kaizen Living Zoom talk which is planning to take place on Tuesday night at 7:30pm (May 12th). I have a few topics in mind but would like to hear suggestions or interests you might want to hear about.

You can just come and listen and not be visible on video or you can also listen on your phone. We'll give you the Zoom code later with the announcement of the topic.

Attached are ideas you can checkout for Meaningful May. If you want me to send you out a nice printed version of this, let me know. Some of these take only just a minute or just mindfulness throughout the day. Stay Strong, Safe and Sane,

Nan Kitaura



ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe

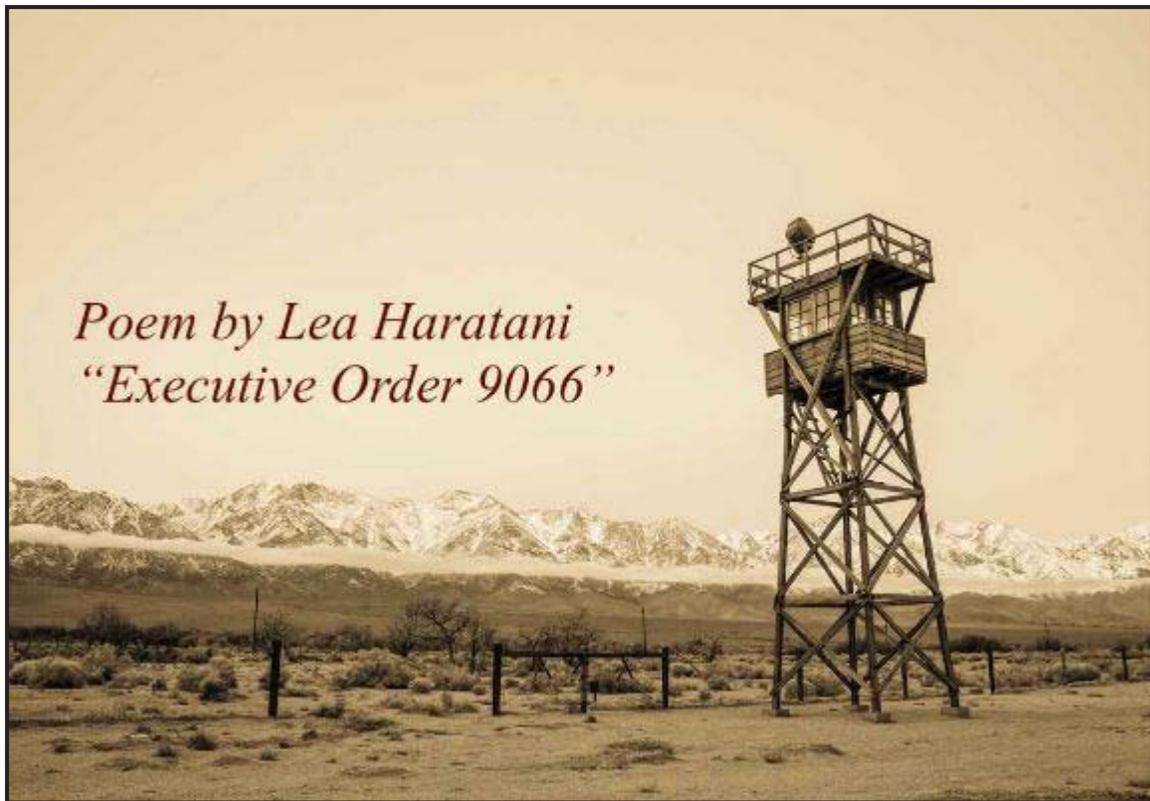
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
				29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS www.actionforhappiness.org

From Brad Shirakawa: “Why Zoom Video Chats Are So exhausting”

(click the link below)

[https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting?xtor=ES-213-\[BBC%20Features%20Newsletter\]-2020May1-\[Worklife%7c+Button\]](https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting?xtor=ES-213-[BBC%20Features%20Newsletter]-2020May1-[Worklife%7c+Button])



When I walked by the mantle for the last time, there were fresh roses spilling on to the wood.

If I had run my hand across the grain, broken off a flower, filled the crystal bowl with water, I would remember more, but I was fourteen, the youngest of seven, I did not know it was the last time.

**We packed what we could carry, a blanket, sheet, cup, and spoon. “Shikata ga nai”
my mother repeated, “as long as we are together.”**

**One by one everything disappeared from view: dog, tractor, unpicked fruit,
the gossamer blooms of poppies.**

**Our friends, neighbors, colleagues, teachers, shopkeepers, and butchers had betrayed us.
Had anyone stood up in our defense?**

**After the war, we moved to East Palo Alto where
gun shot pierced the starless sky and the earth was burdened by concrete.**

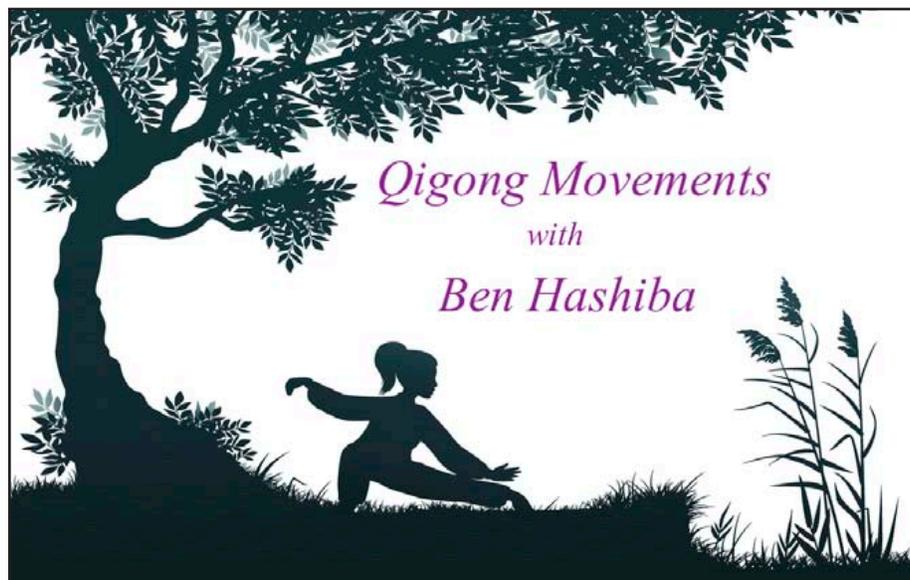
**My brothers and sisters would recall life before the war: an orchard laden with apples, the earth tidy in
rows, the long slant of the afternoon sun, summer’s abundant berries.**

**For the rest of our lives we would remain farmers without land.
The earth would grow for us only memories.**



[Center for Spiritual Life - Healing Arts - click on the text below to go to the videos!](#)

Video 1: Basic Self-Reiki Techniques and Distant Healing



**New: Video 2: Qigong Movements with Ben Hashiba
produced/created by
Joy Nakamura and Ben Hashiba**

**[Please send Roger pictures of how and what you are doing during this “Shelter in Place.”
It helps us feel connected to one another!](#)**

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[see you next letter!](#)