



## SERVING YOUR CHURCH

**Pastor: Rev. Roger Morimoto**

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Your AUMC Staff:

Submit **newsletter** articles by the  
15th of the month to:

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bradaumc@yahoo.com

Send **Sunday bulletin** info to Brad  
by the WEDNESDAY before Sunday

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## Aldersgate Still Closed

Aldersgate UMC will continue to remain closed to in-person worship at least through the end of the year.

If you would like to meet with Rev. Roger online, or in-person (socially distanced, outdoors with a mask) please contact him at RVM878@gmail.com (email) or 650-575-2250 (Text or call).

Masthead art: Shingo Nishiura, WWII

## Words with Rev. Roger



## A Year of Stillness

As I have shared several times, I have taken up yoga. Chris and I are in yoga two, three, sometimes four times a week. It helps that one of the sessions is *restorative* yoga but I have to say that I have amazed myself at my commitment to this practice. Of course, the pain and suffering of an injury and the realization that I needed something to reverse a downward trend regarding my physical health both contributed to my motivation. Nonetheless, I have been diligent in my yoga practice for six solid months.

One thing I have discovered is how holding a pose, standing still and seemingly doing “nothing” can feel like a great strain. Even a restorative pose can be a challenge to hold the stillness. Being still can be challenge despite the outward appearances.

As I think of this past year in dealing with the pandemic, it has been a “Year of Stillness.” We have tried to be as still as possible so as not to spread the virus to one another. We have tried to be still in the midst of the political chaos swirling around us. We have tried to be still as our economic worries grew.

Stillness has been a challenge.

As we begin to shift toward vaccinations, we are beginning to open up. We are beginning to move again.

Another adage from yoga I believe is helpful at this point. When we are often on the floor in a pose and we are shifting to a sitting position, we are instructed to “slowly rise up with your heads coming up last to prevent dizziness.”

We are beginning to rise up again from our attempted stillness. We must do so slowly, consciously aware of our surroundings, and mindfully so we do not become dizzy.

See ROGER, continued page 2

# Church News

## **ROGER** – *continued*

These months ahead we need to be careful how we rise of a year of stillness – and to re-emerge in a way that brings us forth to a new stability without becoming disoriented and dizzy.

Namaste!

Roger

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## Special Gifts!

### Donations

Jan 20 to Feb 17, 2021

**Ann Shimakawa**  
**Satoshi & Marilyn Ishimaru**  
**Guy & Lucy Funabiki**  
**Joyce Hikido**  
**Matt & Helen Schlegel**  
**Frances Tamura**  
**Paul & Patty Sakuma**  
**Emily Allen**  
**Glen & Gayle Narimatsu**  
**Tomoko Ozawa**  
**Leslie Itano & Jerry Chang**  
**David Nakamura**  
**Judy Wong**  
**Mary Tsukushi**  
**Steve & Marice Shiozaki**  
**Harry & Syd Hatasaka**  
**Kit Nishiura**  
**David Nakamura**  
**David & Joann Shieh**  
**Mare & Lily Shibuya**  
**Mary Imai**  
**Tami Oshima**

**In memory of Lloyd Wake**  
Marion Wake

**In memory of Sue Nakamura  
and Tak Nishiura**  
Grace Kozen

**In memory of Tak Nishiura**  
Judy Wong  
Mary Tsukushi  
Steve & Marice Shiozaki  
Tomoko Ozawa  
Connie Kobayashi

**In memory of Dale Ah  
Tye's mother**  
Judy Wong

**Appreciation**  
Mary Tsukushi  
Sachiyo Yamasaki  
Tomoko Ozawa

**Koyukai**  
Frances Tamura

**New Year**  
Mits & Anne Uchida

**Senior programming**  
Terry Shimizu

**Easter**  
Mare & Lily Shibuya

**PAYPAL from Jan 15  
to Feb 15**  
Ed Nieda  
Joan Haratani  
Patsy Obayashi  
Chris Takimoto  
Marion Wake  
Brynn Saito  
Herb Gong  
Family Medicine &  
Lactation  
Roger Morimoto  
Dan & Linda Yasukawa  
Carol Uyeno  
Connie Kobayashi



Bags of goodies were delivered to the seniors in January.