

The HERALD Newsletter

Japanese Church of Christ
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Organization
U.S. Postage
PAID
SLC, Utah
Permit No.1645



Pastor Brad Kramer
info@jccslc.net

Worship Schedule:

Canceled until further notice
due to COVID-19 pandemic.

Advent Season

The season of Advent is the four week period before December 25, when we celebrate the birth of Jesus Christ. During advent, we prepare to welcome Jesus into our homes and our lives by reading scripture, sharing special advent readings, lighting the candles on the advent wreath and praying together.

Three of the candles are purple, to represent royalty, because Jesus is our eternal king. One candle is pink, to represent the joy that we feel when Jesus comes to our world. The last candle, the Christ candle, is white to represent the holiness and purity of Jesus our savior. We light the Christ candle on Christmas Eve as we read the story of Jesus' birth in the Gospel of Luke. We will light the advent candles during worship the four Sundays before Christmas. (This year due to the pandemic, will look a little different, but will be included as part of the online worship service.)

You may light the candles on your own advent wreath and share the special readings at home with your family and friends. (Please make sure that your parents or other adults are with you when you light your advent candles, and extinguish the candles very carefully after!)

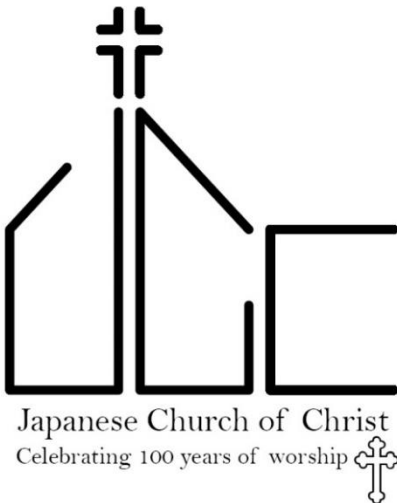
- November 29, 1st week in Advent: Hope (purple candle) - Paige family
- December 6, 2nd week of Advent: Peace (purple candle) - Iwamoto Fukumitsu family
- December 13, 3rd week of Advent: Joy (pink candle) - Aramaki family
- December 20, 4th week of Advent: Love (purple candle) - Mori family
- December 24, Christmas Eve: Holiness & Purity of Jesus Christ (Christ candle) - Kramer family



The JCC Mission Statement

To proclaim the Good News of Jesus Christ and seek spiritual growth for the entire congregation through:

- Worship, prayer, and Bible study
- Outreach and evangelism
- Loving service to the Church and community
- Fellowship
- Cultural activities unique to our ethnic congregation

**THE HERALD**

A monthly publication of the Japanese Church of Christ, Salt Lake City, UT.

Pastor Brad Kramer

Clerk of Session: Allyn Nakashima

Session

Pauline Vosburgh, Finance
Lorraine Crouse, Worship
Keiko Ikeda, Nichigo
Patricia Arakaki Price, Membership
Steve Fukumitsu, Building
Yoko DeRose, Nichigo
Daniel Cheung, Personnel

Deacons

Jan Aramaki, Moderator; Karen Okawa,
Akiko Oki, Misako Bowker, Julee Mori,
Jean Kobayashi

Newsletter articles are due on the last Saturday of each month at **noon**. Send your articles to [jccherald \[at\] gmail \[dot\] com](mailto:jccherald[at]gmail[dot]com)

Website: www.jccslc.net

Task Force Update

Paul DeRose

The JCC Task Force continues to meet monthly in an effort to determine when the best time will be for JCC to reopen its doors. At this time, the church remains closed due to the recent increase in COVID-19 cases in Utah and across the nation. The task force also continues to discuss ways in which JCC can remain connected as the church handles things virtually online.

Church Service:

Weekly church service continues to be posted online and can be viewed on JCC's website at jccslc.net, or can be viewed directly on Youtube by typing JCCSLC into Youtube's search field.

English and Japanese scripture readings are now a part of the online services. If you are interested in participating in the scripture readings, please call or email Pastor Brad and he'll include you in the lineup for upcoming church services.

With the Advent Season underway, five families have been selected to participate in Advent each week leading up to Christmas Eve and will be included in our online services.

Online Survey:

Your voice matters in how JCC handles its eventual reopening during COVID-19. If you haven't done so already, please take a moment to complete the online survey that was sent out in the November Herald. The survey deadline has been extended from November 30th to December 31st, 2020 and can be completed by visiting bit.ly/jccsurvey1120 in a web browser.

Adult Bible Study & Online Fellowship:

The JCC Adult Bible Study group, lead by Greg Paige, continues to meet each Sunday via Zoom from 9:30 AM - 10:30 AM. To join the group, please send an email to [jccherald \[at\] gmail \[dot\] com](mailto:jccherald[at]gmail[dot]com) to request you be added to the weekly Bible study invitation list.

At the conclusion of each week's Adult Bible Study, a virtual fellowship is being held on Zoom (same link for the Bible study) where folks can gather and meet in Zoom breakout rooms. Fellowship starts at 10:30 AM and lasts for 20-30 minutes.

Driveway Visits:

Due to the recent increase in COVID-19 cases, the driveway visits that were being planned by Pastor Brad and the Deacons earlier this Fall have been suspended. Outdoor visits will be revisited further down the road once things have improved with COVID-19.

Action:

Do you have ideas or suggestions that you would like the Task Force to consider in their upcoming meetings? If so, please send them to [jccherald \[at\] gmail \[dot\] com](mailto:jccherald[at]gmail[dot]com) and they will be discussed in future meetings.

Please stay tuned, stay connected and, most importantly, stay safe!

Christmas 2020

As we settle into this Christmas season, we are acutely aware of how different this is than any other. I don't believe that there has ever been a Christmas service in our 101 year history where the people of JCC have been prevented from worshipping together at our chapel. From talking with many of you in recent weeks, I realize that we there is a collective hole in our hearts from being apart for so long. And of course that hurt is magnified by not being able to experience our traditional Christmas service and the celebration that follows, as well as our Christmas Eve/candle lighting service. Even writing this brings me a bit of sadness. However, as I sit here composing this letter, I am reminded of the very first Christmas which, took place in a nondescript town in Israel, which was orchestrated by God Himself. The Apostle Paul brings home the irony of this event in his letter to the church at Philippi. Let's take a brief look at verses 6-8 in chapter 2:



Jesus Christ, ⁶Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. ⁸And being found in appearance as a man, he humbled himself by becoming obedient to death- even death on a cross!

Incredible! The supreme sacrifice was made on our behalf so that we could experience the love of God through adoption into His family. But let's not overlook verse 5 where Paul tells his readers that we are to have this same attitude in ourselves, which was also in Christ Jesus. You see this is the spirit of Christmas; following the example of our Savior.

Yes we are sad for our loss of close fellowship this season. But when we start to feel low about those things of which we are deprived, let us remember that we will be together again under the same roof, and in the meantime we can celebrate the extraordinary gifts that we enjoy through our relationship with our beautiful Savior.

May God Bless you Richly This Season,

Pastor Brad

Christmas Eve Service

Though we are not able to celebrate our annual Christmas Eve service together this year due to the pandemic, the lighting of the final Advent candle and service will still be held online. Go to the JCC website, jccslc.net to view the service.



Condolences

It is with great sadness that we share the news that two beloved JCC family members have passed away recently. But we are comforted that they are now in the hands of our Heavenly Father.

Frank Imai passed away on October 26, 2020 at the age of 83 due to COVID-19. The church was Frank's family. He was head usher for many years, served as a Deacon, and loved sharing his birthdate with Joe Ota. He was a great representative of the JCC, inviting high rise residents and others to worship services and other JCC and community events. For many summers, he attended the Mount Hermon Conference in California and served as bell ringer. Frank supported all of the various local community activities and was often a guest at the Tongan Wesleyan Free Church and Kachin Trinity Church events, who both share the JCC facilities. We will miss seeing Frank seated in the back pew each Sunday.

Marie Matsukawa passed away peacefully on November 9, 2020. Marie taught school at Woodstock Elementary School for many years; but she also served faithfully as a Sunday School teacher and Choir Director at the JCC and was a dedicated volunteer, whether it be cooking in the kitchen for the Oriental Festival or leading the JCC choir in the Christmas program. Marie suffered from Alzheimer's in recent years and was unable to attend JCC, but she will always be remembered for her sweet manner and strong spirit in everything she pursued.

Remember in Your Prayers

Due to COVID-19 and the fact that we have not been able to be together in person, it has been difficult to keep this prayer list up to date. If you or know of someone that should be added or removed from this list, please email the JCC website, jccslc.net, and indicate what should be updated. Thank you!

Please remember the following friends and family in your prayers:

Toshiko Marse	Chris Miya	Kai Ronning
Kenta Naraoka	Susan Fukushima	Marie Matsukawa
Toy Shimizu	Steve Fukushima	Tracy Barnes
Betty Morishita	Susan Rosvall	Saeko Nakashima
Matsukawa family	Sumiko Rosvall	Dorthie Conway
Ron Price	Imai family	

Operation Christmas Child

Thanks to everyone who filled a shoebox for Samaritan's Purse. With the global pandemic, your donations are needed this year more than ever. Thanks to Greg and Karla Paige for coordinating efforts for this annual activity.



Stewardship

Stewardship is about being grateful, responsible stewards of the gifts we receive from God. How can I thank God for my many blessings? We are called to apply our gifts, training, abilities, education and skills to the tasks that God places before us – our Time, Talent and Treasure. Giving is an act of worship in response to the generosity of God. 2 Corinthians 9:8 teaches, "And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."

This year, members will not receive a brochure and pledge card in the mail as in the past. However, we ask if you can submit your pledge commitment (yearly, monthly or weekly) in a note and send it to the JCC at the P.O. box below, it will be greatly appreciated so the budget committee can plan for 2021.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10



P.O. Box Reminder

Until we return to actual services at the church, remember to use the P.O. Box for pledge and offerings.

P.O. Box **1495**
Salt Lake City, UT **84110**

Thank you to all for your generous pledges and offerings. We earnestly appreciate your ongoing support. If there is anything the JCC can do for you, do not hesitate to reach out.

No Mochi

Due to the pandemic, we regret that the JCC will not be selling mochi this year.



Tips from the National Institutes of Health (NIH)

An excellent article on how to plan for the upcoming holiday season in the midst of this pandemic is found at this link:

["Planning Your Holidays During the COVID-19 Pandemic"](#)

The article includes suggestions such as sending gifts and cards to let loved ones know you are thinking of them, making videos and sharing meals remotely through Zoom or other videoconferencing means.

Most importantly, stay safe by practicing these **3 Ws**:

- **Wear** a mask when out in public and indoors eating with people not part of your immediate household.
- **Watch** your distance, staying at least 6 feet away.
- **Wash** your hands, thoroughly and often.



Congratulations!

Berkeley Denyse Malison was born on October 23, 2020 to parents David and Michelle. The proud grandma is Allyn Nakashima!



Berkeley Denyse. Photo courtesy Allyn Nakashima.

Personal Testimonies

Beginning next month, The Herald will print the testimony of anyone who would like to share his/her story of faith. First of all, what is a testimony? A testimony is the articulation of one's personal faith. It is the speech, comment, remark, statement, acknowledgment, or public profession of a person's relationship with God. Here are a few examples:

Testimony of LOVE. Showing love to others is a testimony in itself. There are many scriptures that tell us to love, such as "Let all that you do be done in love" (1 Corinthians 16:14).

Testimony of LIFESTYLE. A person can give a testimony by a changed lifestyle. People notice when one lives a righteous life. "Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven" (Matthew 5:16).

Testimony of LIPS. The most common type of testimony is the one that comes from a person's lips and heart. "And they overcame him by the blood of the Lamb, and by the word of their testimony" (Revelation 12:11).

Testimonies come in all shapes and sizes, from salvation to tiny breakthroughs. All matter and show God's love, grace and faithfulness. If you would like to share your testimony, email your submission to the JCC website or snail mail it to the JCC P.O. box.

Japantown Update

Jani Iwamoto

Here are the latest developments on Japantown improvements:

- The committee is scheduling an extra Subcommittee meeting next week to review our recommendation for the street concept based upon the most recent round of stakeholder meetings and comments from the October Subcommittee meeting.
- In Community Event 3, we will review the concept/s with a larger audience including those who were at Community Event 2 and whoever they feel would benefit from participating to provide input on refined concepts and Placemaking Elements
- We will take a short pause until after the holidays and meet as a Subcommittee for a final meeting in early January to review what we heard in Event 3 and to go over the final draft concept with the group before it goes to the Working Group
- The design team will meet with the Working Group to review the preferred concept and go over low-medium- and high cost options for the street and review cost estimates. All three of these options will be in the design guidelines so down the road when you are getting close to implementation, you can go through and select things from a menu of options based on your funding.
- The design guidelines will then go to the RDA for review and the approval process. We have given this process about a month to complete.
- Once the design guidelines are approved, we would like to host a final community event (or set up a table at another event, hoping that we can see other people by then) to show everyone the final design guidelines, answer questions, and celebrate the hard work that the community has done to make this possible.

Living with COVID-19 - Avoiding Weight Gain and Getting Exercise

Allyn Nakashima

Many of you know I was working on COVID-19 at the Utah Department of Health until my retirement in October. Now that I have some time, I wanted to start a series of short articles on public health and COVID-19 to help keep our congregation informed about this disease.

In this first column, I want to remind folks of the importance of maintaining your general health while sheltering-in-place to avoid becoming infected. For most people, working and staying at home has caused weight gain (the so-called "COVID-19 lbs") and much reduced physical activity.

As we go into the holidays, it is especially important to watch our dietary intake and improve our physical activity to get back to our pre-COVID status at a minimum. Consider eating smaller portions and eating less at evening meals since calories are not burned as efficiently when you are sleeping. If there are no reasons (e.g., diabetes) where you should not skip a meal, doing this for one or more days before a heavier holiday meal is anticipated can help avoid further weight gain.

For any questions about dieting, consult with your primary care physician. A calorie monitoring app on your phone (e.g., Fitness Pal, WeightWatchers, etc.) can also help you to set realistic targets to gradually lose weight.

An exercise program is also important for all ages. This is more difficult now because most gyms are closed. However, everyone should plan and carry out a daily exercise program as is practical. A daily walk or jog around the neighborhood (with your mask on, of course!) or a bike ride can provide aerobic exercise. Simple strength training can be done at home with a set of weights, a yoga mat, and some stretch bands of different strengths. There are lots of YouTube videos on line to help with exercise ideas and routines.

Stay healthy and safe for the holidays!