

# The HERALD Newsletter

Japanese Church of Christ  
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SLC, Utah  
Permit No.1645



Pastor Brad Kramer  
[info@jccslc.net](mailto:info@jccslc.net)

## **Worship Schedule:**

Canceled until further notice  
due to COVID-19 pandemic.

## **Pastor's Message**

**January 2021**

One of the common refrains I have heard from people this season is, "This sure has been a weird year" (or words to that effect). In fact I have said that myself on a number of occasions. Guess what? 2020 is now behind us and we have a brand new year in which to anticipate God doing some significant work within our church community.

I love the story of Joshua as he was called by God to lead His people into the promised land of Canaan. If you recall, Moses, after leading God's people out of bondage in Egypt and escorting them through the wilderness for 40 years, passed on the mantle of leadership to Joshua. In the first chapter of the book named after Joshua, we find the Lord speaking deeply encouraging words to Israel's new leader:

<sup>6</sup>Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. <sup>7</sup>Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go.

What makes this promise so special is that after 40 long years of toiling in the wilderness, God was finally ready to bring his people into a new and prosperous land. But they had to learn some lessons first. Fortunately, I don't think it will take 40 years before we are able to return to services at JCC. I anticipate a wonderful reunion with all of you at some point in 2021. Until that special day, let us be mindful of how great and patient our God is, and seek to honor him in obedience and faithfulness. And let us hear the words of Joshua as he strengthened his people with this charge;

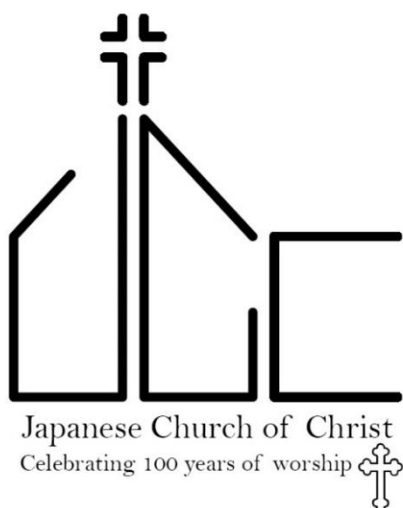
"Consecrate yourselves, for tomorrow the LORD will do amazing things among you."

May God Bless You Richly,  
Pastor Brad

**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 (outgoing)**

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](http://www.jccslc.net)

**2021 Congregational Meeting**

The 2021 JCC annual congregational meeting will be held virtually via Zoom in the new year. The meeting is scheduled for **Sunday, February 21, 2021 at 10:30 a.m.** Details on how to join the meeting will be included in the February Herald. Stay tuned.

**2021 Offering Envelope Boxes**

Due to COVID-19, the offering envelope boxes were not distributed as usual. Call Betty Kubota (801-641-3374) and arrangements will be made to get one to you.

**Annual Per Capita**

The Annual Per Capita one-time amount per JCC member for the year 2021 is **\$39.00**. Please indicate on your check that it is your Per Capita remittance. Remember to send the payments to the JCC post office box, P.O. Box 1495, Salt Lake City, UT 84110.

**Annual Report Deadline**

Reports to be included in the annual report (you know who you are!) are due on **January 23, 2021**. Submit your articles to Betty Kubota either via email or to her home address listed in the church directory.

**90<sup>th</sup> Birthday Recognition**

During the year 2020, we recognize Judge Raymond Uno and Grace Sato for turning 90. Such a memorable year too! Congratulations on this milestone! Since we were not able to commemorate the birthdays in person or virtually, a card and gift from the Deacons was sent in the mail to both of them.

**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](http://jccslc.net), and indicate what should be updated. Thank you!

Please remember the following friends and family in your prayers:

Toshiko Marse  
Kenta Naraoka  
Toy Shimizu  
Betty Morishita  
Ron Price

Chris Miya  
Susan Fukushima  
Steve Fukushima  
Susan Rosvall  
Sumiko Rosvall

Kai Ronning  
Marie Matsukawa  
Tracy Barnes  
Saeko Nakashima  
Dorthie Conway

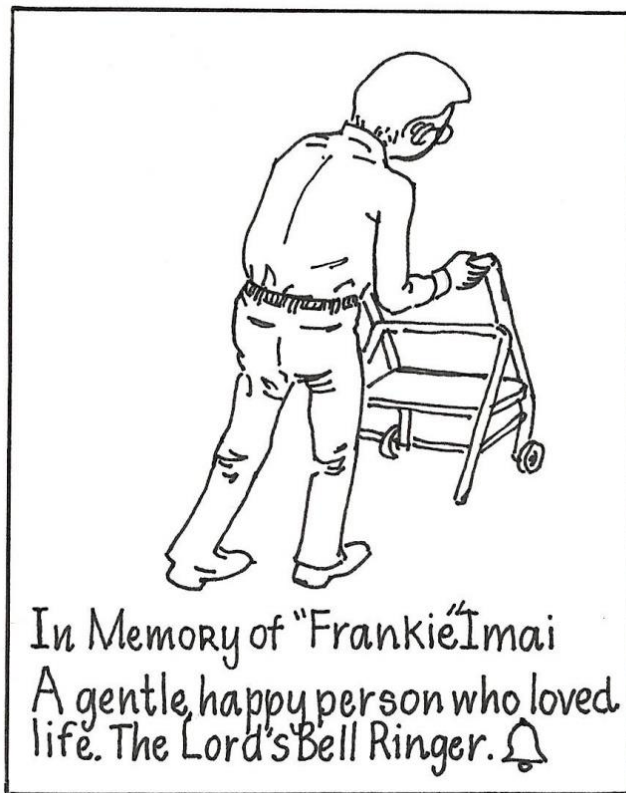
## Christmas Eve Service Recap

Though we were unable to be together in person for our Christmas Eve service, the tradition was carried on virtually with the lighting of the final Advent candle by the Kramer family. A special treat was the "finale" provided by the DeRose family. Yoko performed Silent Night on the organ with the lit chapel in the foreground. It was a beautiful way to celebrate the birth of Jesus.

If you were not able to tune in to the service on Christmas Eve, it can still be viewed on the JCC website. Go to "Sermons" from the home page and click on the "Sermons from 2020" link. The video is called "Messiah."



Photos courtesy: Paul and Yoko DeRose



Ron Nishijima created this memoriam. Thank you Ron!

## Bible Study Resuming

The Adult Bible Study took a short break during the holidays, but will resume on **Sunday, January 3, 2021 at 9:30 a.m.** We will continue our study of the book of Genesis.

Go to the JCC website, [jccslc.net](http://jccslc.net) and click on "Online Bible Studies Instructions" from the home page. There you will find installation instructions for various devices (iPad, iPhone, Android, etc.) and browsers. Then email [jccherald@gmail.com](mailto:jccherald@gmail.com) to request an invitation to join the meeting. Also be sure to include your email address in the message.

Before Sunday, Greg Paige will send an "invitation" to you via email to join the meeting. He also sends a list of biblical references to look up. On Sunday morning at **9:30 a.m.**, click the link in the invitation or enter the Meeting ID number found in Greg's email and then you will join the bible study. The class lasts one hour.

Following the class, stick around for virtual Coffee Fellowship! BYOC (coffee).

## Personal Testimony

Submitted by Jan Aramaki

### The Roller Coaster Ride of my Life

Sharing our faith journey can make us feel vulnerable. However, my hope is that if I share mine, others will also feel comfortable in sharing and letting others build strength from your testimony. I suggested to Karen Okawa the idea of featuring a church family member's faith journey in the Herald each month. Her response to me, "That's a good suggestion Jan. Would you perhaps like to submit the first testimony?"

I welcome the invite by Karen because I embrace this as an opportunity to help me grow even closer to God.

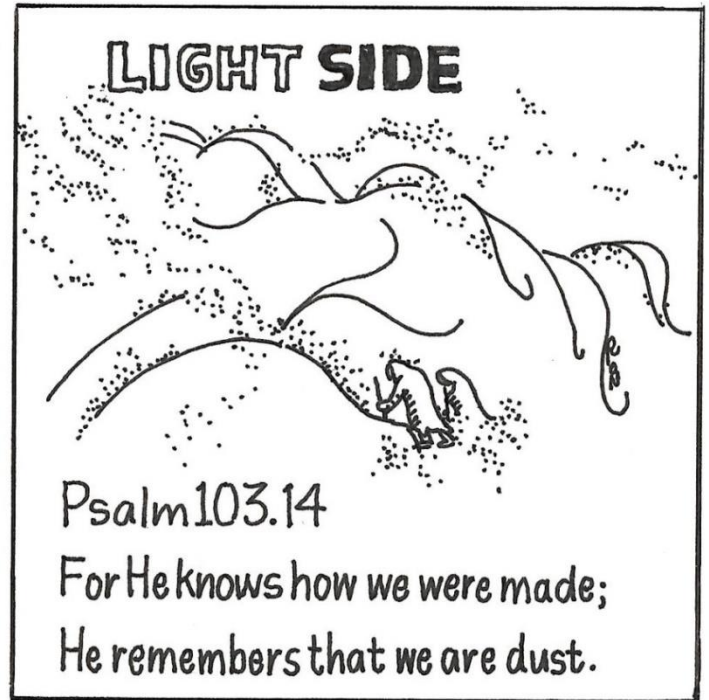
As many of you know, Doc Matsukawa, the evangelist, recruited and coaxed us to attend a Lake Tahoe Fellowship retreat in past years. He finally talked me into accompanying my mom as she was aging in years. Once I attended with my sweet mom, Utako, I understood the purpose of his efforts. Lake Tahoe Retreat family members are the most loving Christ-like individuals and the Lake is magical filled with God's presence. I learned about faith journeys there. Each year, they would schedule different people to share their faith journey throughout the week. I found the faith testimonies immensely healing and providing hope not only for the person sharing, but for all. My greatest gift was witnessing my mom grow in faith each year after returning from Lake Tahoe as she shared her testimony at a JCC service.

The first time I shared my testimony was at a Lake Tahoe Retreat, I found myself feeling so vulnerable, but the experience to me was so healing. I am going to withhold many of the specifics of my life worries and struggles as a single mom. But I know as I raised my two sons, they too had struggling circumstances that involved me and their father.

I appreciate Chris' name being on the prayer list for such a long time. His journey in finding his life path has been like a roller coaster with hands up never knowing whether or not the downturn will change to an upturn for the positive. Both he and Matt experienced their own individual struggles, as I did. For many years, we were a broken family unit and we were tightly hanging onto the roller coaster safety bar always trying to avoid a potential heavy life threatening fall.

I am thinking I may not be alone in feeling at the bottom of the coaster, and we just don't have the energy to move upwards. I remember sitting in the JCC pews, and I was madder than heck at God, asking him why he was giving us such challenges in our personal life and my family deserved better.

*(to be continued on Page 5)*



### Japantown Update

The third Japantown Community Event was held virtually on Saturday, December 12, 2020. Members of GSBS Architects presented layouts on the design of 100 South and discussed various elements such as art elements, historical markers, signage, street lights, paving and landscaping. Participants then formed breakout groups to provide input and ideas.

A project timeline can be found on the RDA website:

<http://slcrda.com/japantownstreet/>

The subcommittee and Japantown working group will now review the final concept in January.

### Utah Compact on Racial Equality, Diversity and Inclusion

Last month State Senator Jani Iwamoto joined Utah Governor Gary Herbert and community leaders to unveil the state's new Compact on Racial Equality Diversity and Inclusion – a declaration of five principles and actions to create equal opportunity. This compact affirms that all people are created equal under God. A racially equitable state requires us to act and create a society where race and ethnicity do not determine value, opportunity and life outcomes. To sign the compact yourself, go to the Salt Lake City Chamber website for a link.



## Jan Aramaki's Personal Testimony continued:

I would question Him and I would cry out to God asking why he was allowing my family to be challenged with such crippling life circumstances.

I don't know if you have ever cried out filled with hopelessness asking God "Why?!!!" Pastor Luke Choi invited me to meet with him and Jenis in their home early mornings, and they would pray for me. I learned the power of prayer and learning how to trust God so I could Let Go and Let God take my worries and fears, my life began to change.

As my trust in God continues to grow, I find myself having an inner peace and trust that God is going to help me in my challenges. I also learned as a mom I had to take a step back and allow my sons to make their own life journey. It was the most difficult thing I have ever done. I always thought I was being a good parent by trying to control my sons' destiny. But a hard lesson to learn – the more I tried to control, my situation worsened. What I thought was the right path they needed to take, was sending the message that I doubted their ability in themselves to make their own decisions in life – for the good or the bad.

I am ever so grateful for Greg Paige to lead our Bible studies each Sunday. I'm not one who even knows the order of the books in the Bible, all I can say is thank goodness for tabs so I can easily find which book to turn to ha-ha. I am still unfamiliar with the order of books in the Old Testament vs the New, nor am I one to be able to recite a scripture. But what I do know is my belief in God is true and I will continue to walk in his path. Our church family has contributed greatly to my faith journey. You have all touched my life – from prayers of encouragement to witnessing for myself how you touch so many lives.

We all have our struggles in our personal lives, some hide it better than others. I find myself being able to share because I can say I am proud of the great young men my sons have become and I look forward to what the future holds for them. During one of my morning walks, I heard this on a podcast "the habit of worry, robs you of opportunities and joy." Today I can say that God's love and guidance in my life has brought me peace and serenity. I strive daily to hand my worries over to God and I speak to him in my own way. Pastor Kramer recently shared during one of our Deacons meetings, to say a prayer is like having a conversation with God (easy as that)!

My relationship with God continues to grow, and I truly believe that God has great plans for Chris and Matt. If you know them, you know their kind hearts and tender caring souls. I always feel His presence in both my children and my daily life. My family has grown in so many ways and our journey continues to move upward to the highest peak of the coaster, getting us closer to God. Now, whenever my life feels I am on a downturn on a roller coaster ride, I can now with faith lift my arms high freely handing my fears and worries over to Him, rather than white knuckling the safety bar. Once someone said to me, the struggles you three are experiencing will make you stronger as a person and as a family unit. Remember this, at the time when you're in that deep dip on your life roller coaster ride, you may not believe that, but it's true. Trust in the Lord and your life blooms with his everlasting love.

In God's name, amen.

Romans 5:5 And hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

If you would like to share your personal testimony, submit it to the JCC email address, [info@jccslc.net](mailto:info@jccslc.net). Herald submission deadline is always the last Saturday of the month, by noon.

## Living with COVID-19 – Quarantine 101

*Allyn Nakashima*

In our second installment on living with COVID-19, I want to talk about quarantining when you or a family member may have been exposed to someone with the disease. This situation will become increasingly common because so many people in Salt Lake and other Utah communities are now infected. After exposure to a person with COVID-19, public health recommends you stay away from others to avoid spreading infection to them before you develop symptoms or have a positive result on a COVID-19 test. The recommended quarantine period has been recently shortened from 14 days to 10 days by the CDC based on the data collected since the epidemic began. The day count begins the day after the suspected exposure.

During the quarantine period, a room should be identified away from other family members, e.g., a spare bedroom in the basement, preferably with its own bathroom. The exposed person should stay in this room with the door closed throughout the quarantine period. Get plenty of books, TV, computer, puzzles, etc. to keep entertained! If s/he must leave the room (e.g., to get tested for COVID-19), a mask should be worn at all times. Meals should be prepared and put on a tray and left at the top of the stairs or in front of the room. Then the meal preparer should call or text the exposed person to come out to get the tray (--while wearing a mask, of course). There should be no face-to-face contact with the person--the goal is to prevent spread by sharing as little air with the exposed person as possible. The person should eat in the quarantine bedroom and leave the tray outside the room or at the top of the stairs and call the preparer to come and get the tray. The preparer should wear a mask while approaching the room or stairs. S/he should wear gloves to collect the tray and immediately wash the dishes and tray with hot, soapy water. Laundry can be collected in a plastic bag and the caregiver can receive it as with the food trays and immediately put it into the machine. The virus is easily killed by routine washing. If a separate shower and bath are not available near the quarantine bedroom, then the exposed person should make do with sponge bathing. S/he should not take a shower in the same room that will be used by other family members.

Household studies have shown that if the exposed person and his/her family strictly adhere to quarantine procedures, no spread occurs even if the exposed person is infected and tests positive. However, without strict adherence to quarantine, nearly everyone in the household will become infected.

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!

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## Nominations for JCC Officers

New officers of the JCC will be installed next month. The number of nominations for each office are:

- Session - 2 nominations;
- Deacons - 2 nominations;
- Board of Trustees - 2 nominations

Thank you to those that have served diligently, especially during this "different" year.