

The HERALD Newsletter

Japanese Church of Christ

268 West 100 South, Salt Lake City, UT 84101

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Website: jccslc.net **Email:** info@jccslc.net

In-person worship services are Sundays at 10:30 a.m.

The weekly sermons may also be viewed at www.jccslc.net.

Pastoral Message

January 2023

Happy New Year

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! 2 Corinthians 5:17

I'm writing this as I'm sitting in new employee orientation at the Salt Lake City VA hospital. Today I'm starting a new thing: There will be no change to my part-time interim ministry with JCC; but on the full-time side, I came off active duty orders with the Army and will go back to part-time chaplaincy in the Army Reserve. My new full-time position is as a civilian chaplain at the Salt Lake City VA hospital.

At the beginning of this new year, I invite you to reflect on the new beginnings in your life: When was the last time you started something new? When did you switch jobs or retire? How did it feel to have a new chapter of your life ahead? When did you last start a new hobby?

During lockdown that was an important coping method for many. When was the last time you made a new friend? How old are the relationships in your life? Do you have "new blood" coming in? Jesus Christ comes ringing in new times, a new life, a new creation. Staying stagnant and comfortable is not what Jesus Christ is about.

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! In Christ you are already a new creation. If you think you need to be in the right mood or wait for the right moment to embark on something new, don't! You don't have to feel a new feeling to do a new thing. You are already a new creation in Christ. Just go for it in 2023! May God's newness reenergize you!



Blessings,

Rev. Daniel Haas, BCC
Cell 801-368-1180

Remember in Your Prayers

Names will appear on the prayer list for one month, so we can keep it updated and current. To respect individual privacy, if there is a name to be added to this prayer list, the person must first give permission to have his/her own name published. Email the JCC website, jccslc.net or contact Pastor Haas or any of the Deacons.

Please remember the following friends and family in your prayers:

Victor Homma

Betty Morishita

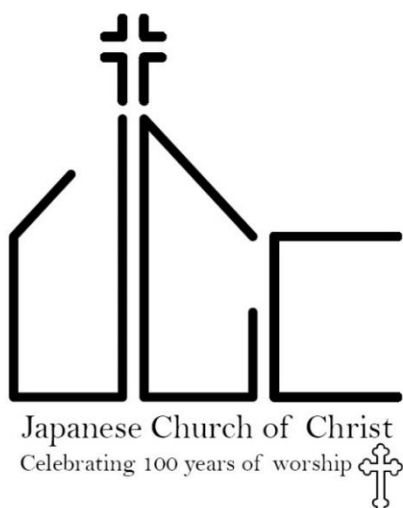
Midori Murakami

Wilma Kimura

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.

Interim Pastor: Rev. Daniel Haas
Clerk of Session: Daniel Cheung

Session

Lorraine Crouse - Worship
 Steve Fukumitsu - Building and Grounds
 Allyn Nakashima - Education
 Pauline Vosburgh - Finance
 Lynne Ward - Personnel
 Gary Nakao - Membership, Stewardship

Deacons

Karen Okawa (moderator), Jan Aramaki,
 Elaine Iwasaki, Elise Mori, Julee Mori,
 Laura Olson, Yuri Uyeda

Newsletter articles are due on the fourth Saturday of each month at noon. Send your articles to jccherald@gmail.com.

Website: www.jccslc.net

Congregational Meeting in February

The JCC Annual Congregational Meeting for 2023 will be held on **Sunday, February 5, 2023**. This meeting will be in-person this year (after two years of a virtual Zoom meeting).

This is an important meeting for JCC members - to review the annual report, review and approve the upcoming year budget and to approve nominations for Elders, Deacons and Trustees. Please plan to attend. The meeting will be held immediately after worship service.

Per Capita Amount

The Annual Per Capita one-time amount for the Presbytery per JCC baptized member for the year 2023 is **\$42.35**. Please indicate on your check that it is your Per Capita remittance.

Annual Report Deadline

Reports to be included in the annual report (you know who you are!) are due on January 8 to Michael Flemming, [mflemming1867 \[at\] gmail \[dot\] com](mailto:mflemming1867@gmail.com), so that the annual reports can be compiled and printed for the Annual Congregational Meeting on February 5.

NBA All Star Game Heads Up

If you are not yet aware, the NBA All Star Game will be held in Salt Lake City at Vivint Arena in February 2023. There are numerous activities in conjunction with the actual game on February 19, so the roads near the arena may be blocked off from February 10 through 19.

The Session is working with local officials on the event regarding how this event will affect the JCC; if we will or will not be able to access the church on two Sundays in February - 12th and 19th. More information will follow as the date becomes closer and will be announced during worship services.

Baptisms

On Christmas Day, Noah and Lilia Flemming were baptized into the JCC church family by Pastor Haas. Noah and Lilia are the son and daughter of Michael and Chisato Flemming.

With technology and a camera set up near the front, family members on the East Coast were also able to witness the baptisms. A special day!



Flemming family and Pastor Haas
 Photos courtesy: Lorraine Crouse

Souper Bowl of Caring Competition

This is a project for the Presbytery of Utah, Matthew 25 Presbytery Committee.

"Lord, even as we enjoy the Super Bowl football game, help us be mindful of those who are without a bowl of soup to eat."

-Rev. Dr. Brad Smith, Souper Bowl of Caring Founder

All churches in Utah are invited to participate. The goal is to earn as many points as possible in "tackling hunger!" Kickoff will be **Sunday, January 1st, 2023**. Collection Day will be **February 12, 2023**.

The JCC will be collecting for the Rescue Mission of Salt Lake, in memory of Kay Nakashima.

We earn points via donations of money and/or cans of food (no elapsed dates please) to donate to charity. 1 non-perishable food item = 1 point OR \$1 = 1 point.

We will count points every week. On February 12th, we will take total points and divide by church members. The final number will be our total team points.

A bin is located in the Fellowship Hall. Our total point count will be submitted to the Matthew 25 Presbytery committee. The top 3 teams will be announced and applauded at the next Presbytery meeting!

Church Women United Annual Meeting

A multi faith gathering of Christian Women

Mark your calendar and plan to attend CWU's Annual Meeting.

When: Friday, January 27, 2023 (Last Friday)

Time: Afternoon – 12:30 p.m. Registration (\$1)

Where: Cottonwood Presbyterian Church, 1580 East Vine (6100 South) (SLC)

Keynote Speakers: Mina Koplin & Kevin Rushforth

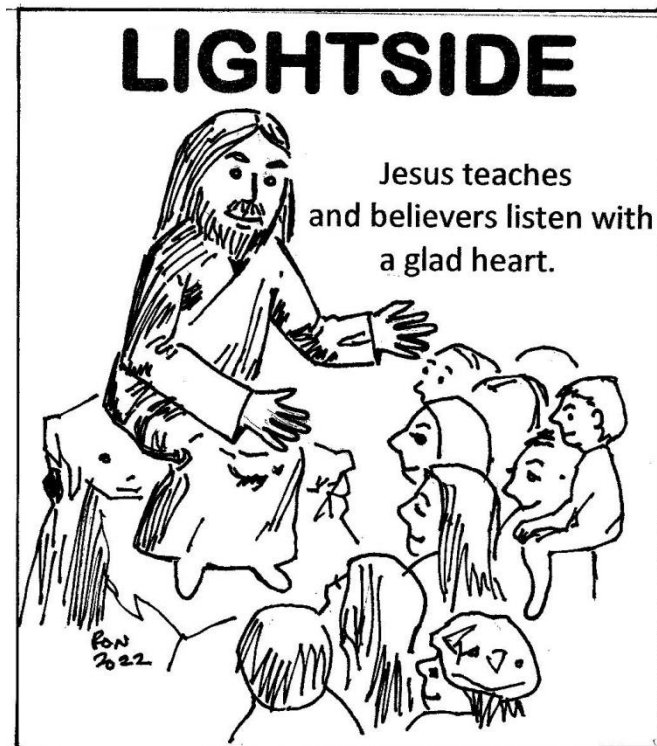
Milestone Transitional Living Program

Election and Installation of CWU Officers

Tea / Social / Fellowship

Community Outreach: Milestone Transitional Living Program – Please bring NEW items only: Towels (Bath & Hand), Washcloths, Twin Size Sheet Sets, Twin Size Comforters/Blankets, Toilet Paper, Paper Towels, Laundry Basket. Cash Donations: Checks Payable to "Church Women United," designated for Milestone Transitional Living Program

Free-will Offering: Stays with Local SLC / Bountiful CWU Unit: Checks need to be made payable to "Church Women United."



Nikkei Senior Center Luncheon

The Nikkei Senior Center organization has resumed its monthly luncheons again after a 2-year COVID hiatus. Traditionally in the past, the Japanese Church of Christ has hosted the luncheon annually in the month of February. At the December Deacons meeting, the Deacons voted to host the February 2023 luncheon. (Exact date is still to be determined.)

As the host, we are tasked to prepare food for lunch and provide entertainment. If you would like to help with food preparation and plating, please let one of the Deacons know. We can use your help!

The Nikkei Senior Center also rented our Fellowship Hall for its Christmas party on December 3, 2022. Many JCC seniors attended the event, which included a visit from Santa! (Hmm, he looks a little familiar...)



Al Kubota and Frank Ujifusa tell Santa how good they were last year.

Christmas 2022

It was nice to celebrate Christmas in-person this year! The lighting of the Advent wreath candles throughout the month by various JCC families; the December 18 joint worship service with JCC, Tongan and Kachin families sharing a potluck afterwards; and the Christmas story enacted by members of all three congregations (thanks as always to Laura Olson for coordinating the hit production).

Christmas Eve followed with a candlelighting service and soup to warm our hearts.

Christmas Day fell on Sunday this year and the JCC welcomed Noah and Lilia Flemming into the church family. As the song says, this is the most wonderful time of the year!



JCC Worship Band performs - December 11.



Marie and Phoebe Haas narrate the Christmas story.



Pastor Haas gives the children's sermon.



Arrival of the Wise Men while shepherds look on.



Christmas Eve attendees sing.



Lighting the candles on a wondrous night.



Mike Flemming and soup servers Laura Olson, Karen Okawa and Allyn Nakashima. Photos courtesy: Lorraine Crouse

Deacons Report – December Meeting

Submitted by Karen Okawa, Moderator

The Deacons monthly meeting was held on Sunday, December 4. The following items were discussed.

- Financials – End of year donations were sent to Road Home, Rescue Mission, Geraldine King Women's Shelter and Utah Food Bank. Deacons paid postage for the Samaritan's Purse shoebox project. Participated in Holiday Boutique, sales totaled \$255.00. A \$150 donation was also received.
- Discussion on holiday gifts. Judy Tegan and Jean Kobayashi sewed furoshikis to give to shut-ins/90 years of age. We will order the usual sushi plates from Japan Sage Market and wrap them in the furoshikis. Poinsettias were ordered for those families who have lost a loved one in 2022. Judy also tied bows to decorate the planters with. Meeting on December 17 to assemble and deliver.
- The Deacons will be in charge of the potluck for the joint Christmas celebration on December 18. We will provide ham as the entree.
- Participation in Souper Bowl of Caring, a project in conjunction with the Presbytery of Utah. (See article on Page 2.)
- Christmas cards will be sent to the congregation once again. Ron Nishijima will design the card. Deacons will label and address them on December 17 as well as pay for the postage.
- Attended Church Women United Advent Tea on December 2 and met women from other local churches. All have the same issues as JCC – losing seniors, lack of youth, low attendance.
- A new moderator will be selected to take over in February 2023.
- Next meeting date is to be determined.

Update, 12/20: Thanks to all Deacons for stuffing and stamping Christmas cards, delivering sushi and poinsettias, and helping with serving and clean up for the joint Christmas potluck. We were busy this month!

Session Report – December Meeting

Submitted by Daniel Cheung, Clerk of Session

December Session meeting highlights:

Congregational Meeting: The 2023 Annual Congregational Meeting will be on Sunday, February 5, 2023, immediately after the Sunday service. *Please send reports to Michael Flemming by Sunday, January 8.*

2023 Budget: Pauline Vosburgh, Julee Mori, and Rick Aoki are working on the 2023 budget. If there is anything that should be included, please reach out to them to let them know.

Nominations: We spent some time discussing forthcoming nominations for the Session, Deacons, Trustees, and Nominating Committee. *If you know someone who would be interested and willing to serve, please let us know.*

NBA All Star 2023: The NBA All Star 2023 will be at the Vivint Arena on February 17-19, 2023. Steve Fukumitsu is working with NBA organizers and Cascade to ensure that we still have access to the church for Sunday services.

Art and Misc Item Donations: In September, the Session adopted a Stewardship Recognition and Memorial policy. Lynne Ward will be working on a separate policy on accepting, exhibiting, and curating donated items (e.g. art, furniture) to the church.

This Session's next and last meeting is scheduled for January 11 (before the new class is installed in February). We will be finalizing the Budget and Nominations, and accepting the 2022 annual reports. If you have any other issues that should be discussed, or if you have any questions, please feel free to follow up with anyone from the Session.

Finally, one *last* thank you for the year. As we reflected on 2022, we were reminded of just how much has happened at JCC over the past year. The time and energy that you all have collected poured into the church over the past year is amazing, and I am hopeful for the future of the church.

Wishing everyone a very merry Christmas, a warm and safe holiday season, and a blessed and healthy new year!

Living with COVID

Submitted by Allyn Nakashima

This update is based on my personal experience having contracted COVID-19 recently and looking up the current clinical recommendations for treatment. I returned from a trip to San Francisco on November 30, 2022. At about 8 p.m. that evening, I begin to experience early symptoms of a cold—sneezing, runny nose, body aches, and a low-grade fever. I decided to seek testing the next day.

1. Testing with symptoms of COVID-19. The available testing options today are numerous. However, for symptomatic illness, early diagnosis is important. Therefore, we want to select a more sensitive test that will detect disease early with high accuracy and yields test results in a few hours. Home antigen tests are not as sensitive and should not be the first choice for initial diagnosis. PCR tests usually must be sent to an off-site laboratory so the turnaround time may be 24-48 hours. The best test type of testing technology for this situation is a rapid NAAT test. Rapid NAAT testing is widely available through pharmacies or government-sponsored locations. Drive-thru locations are preferable since you will be less likely to infect others if you are positive. I selected a Walgreens near my house that has a drive-thru and made an on-line appointment for 10:00 am on December 1; the results returned positive by noon.

2. Seek medical care promptly. Once you test positive, it is important to seek medical care promptly since the antiviral treatment options work better earlier in the course of illness. Call your primary care provider (PCP) or go to an urgent care. Many PCPs can arrange a Zoom appointment on your phone so you don't have to go to the office where you may infect others. If you go to an urgent care, be sure to wear a mask and let the in-take people know you are COVID-positive so they can triage you away from others or escort you to a "sick" room. I did a zoom call with my PCP and got a prescription called in for me at the same Walgreens and picked it up by 3:00 pm. This allowed me to get started on treatment in less than 24 hours after onset of symptoms. Getting started on treatment early is important since the drugs are less effective as time goes on.

3. What are the treatment options? Your provider will assess your symptoms and let you know the treatment options available to you. There are several new drugs that are coming on the market under the FDA's emergency use authorizations. Your provider will keep up with these options and help select the best option for you. Currently, the most commonly prescribed treatment for people without severe symptoms is oral Paxlovid. Several months ago, this drug was in short supply and only available to selected people (e.g., those with immunocompromise) over the age of 65. Now, however, anyone over the age of 50 has the option of taking this drug.

The benefits of taking Paxlovid are the rapid resolution of symptoms and prevention of hospitalization. There are some side effects (e.g., diarrhea if taken on an empty stomach, bitter taste in mouth, etc.) and many people experience rebound—becoming COVID-positive again after testing negative. Despite these issues, Paxlovid should be a strong consideration if you are over the age of 50 because of the benefits.

4. Isolation and monitoring yourself. To avoid infecting others, it is very important to stay in isolation for at least 7 days or until you test negative using home test kits. When you get your Paxlovid prescription, ask the pharmacist to provide you with at least 6 home test kits that you can use for follow-up. Isolation means that you stay in a separate part of the house or in a room with its own separate bathroom. Food should be brought to you and left at the door. You should keep the door closed until the person bringing the food has left. After eating, your tray should be left outside the door; close the door and call your loved one to pick up the tray after an hour or so. If you are taking Paxlovid, use a home rapid test kit to test yourself after you complete your 5-day course. If you are still positive, repeat the test in several days. Once you test negative, you may come out of isolation, but wear a mask in all settings where you will contact others for the next 5 days. At any time during this period, if you develop any symptoms, re-test yourself since you may have Paxlovid rebound and need to go back into isolation for 5-7 more days. Re-test yourself after 5 days. Even if you don't develop symptoms, it is a good idea to re-test 5-7 days after completing a course of Paxlovid and testing negative to make sure you don't have an asymptomatic rebound.

Yo! Camp

Yo! Camp is a seven-day overnight non-denominational experience for teens ages 9 through 14 in the Japanese-American community, providing a safe, hands-on environment for family fun, personal discovery and life-lasting memories. For detailed information on the camp, visit the website www.itsyocamp.com.

Dates: Sunday, July 2 through Sunday, July 9, 2023

Location: Camp Gilmore, Calabasas, CA

Yo Camp is looking for participants from our region, both chaperones (18-26 years) and participants (9 -14 years old). The tuition is inclusive (including airfare) and Mt. Olympus JACL will pay the tuition of any participant interested in going. Email Stephanie Sueoka at samiamsueoka [at] gmail [dot] com for more information and if you are interested in being a chaperone or a participant.



YO! CAMP

More Christmas Photos

Santa's visit to the JCC is always a hit! Thanks to the Man in Red for making this special appearance every year!



Advent Season 2022

We are always blessed during Advent to have church families participate in lighting of the Advent wreath candles. The first candle of Advent (HOPE) was lit by the Flemming family.

Second candle (PEACE) - Pauline Vosburgh and Chris Lund.



Third candle (JOY) – Croft/Oki family.



Fourth candle (LOVE) - Haas children and their grandmother visiting from Germany.



Fifth candle (CHRIST candle) - Aoki/Foxley family.



JCC January 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 -New Year's Service and Communion, 10:30am	2	3 -Parking, Jazz vs. Kings, 7pm	4	5	6 -Parking, Monster Jam, 7pm	7 -Parking, Monster Jam, 7pm
8 -Adult Bible Study, 9:30am -Worship Service, 10:30am -Parking, Monster Jam, 1pm	9	10 -Parking, Jazz vs. Cavaliers, 7pm	11 -Session Meeting, 6pm	12	13 -Parking, Jazz vs. Magic, 7pm	14 -Parking, Jazz vs. 76ers, 7pm
15 -Adult Bible Study, 9:30am -Worship Service, 10:30am	16 MARTIN LUTHER KING DAY	17	18 -Parking, Jazz vs. Clippers, 7pm	19	20 -Parking, Jazz vs. Nets, 7pm	21 -Herald Articles Due
22 -Adult Bible Study, 9:30am -Worship Service, 10:30am	23 -Parking, Jazz vs. Hornets, 7pm	24	25	26	27	28 -Parking, Jazz vs. Mavericks, 7pm
29 -Adult Bible Study, 9:30am -Worship Service, 10:30am	30	31				

*Calendar current as of Herald printing, 12/26/2022.

From the Archives – Then and Now



Left: A photo from the 75th Anniversary book – JCC Christmas Party in December 1918.

Below: The cast from three congregations participating in the Christmas story in December 2022.

