

The HERALD Newsletter

Japanese Church of Christ

268 West 100 South, Salt Lake City, UT 84101

(801) 363-3251

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

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

Pastor's Message

August 2023

No matter how often honest people fall, they always get up again (Proverbs 24:16a, GNT)

Kiyoshi Aoyagi and others studied "Falls Among Community-Dwelling Elderly in Japan" and compared them to Japanese-Americans in Hawaii as well as Caucasians. (<https://doi.org/10.1359/jbmr.1998.13.9.1468>) These were all folks older than 65 living in assisted living facilities. The researchers found something amazing: The Japanese have a lower incidence of hip fracture than Caucasians despite having lower bone mass than their Caucasian fellows. Hip fractures are the most common injury that aging people suffer after a fall. The researchers came up with "two factors that might account for the reduction of risk of falling among Japanese, compared with Caucasians, are better neuromuscular function from sitting directly on the floor (a traditional Japanese custom) plus the shorter legs of Japanese people (at least partly related to genetics)."

That was a false assumption because people in Japan fall just as often as everybody else, especially as they age. The major difference here was the fewer hip fractures resulting from the falls. That is where I want to propose a different reason: As children, the vast majority of Japanese learn at least some Judo in elementary school. And the very first thing you learn in your very first Judo lesson is to fall without hurting yourself. Later, in old age that muscle memory is still there and allows them to perform their Ukemi to a point of reducing injury.

Fall prevention is important at any life stage. As soon as a little one learns to walk, we tell them to be careful. As our balance deteriorates with age, it is important to remove rugs and other tripping hazards from the home. Eventually, it becomes helpful to use mobility devices as directed by caregivers and healthcare providers. And still: Everyone falls! Kids run faster than their balance can handle sometimes and hit the concrete hard. Daredevils on skateboards and bikes bear their scratches and bruises with pride. I experienced a collision as a teenager where I was riding my bike and a car did not stop where it was supposed to, and I went rolling over the hood. The Occupational Safety and Health Administration issues Fall Protection Standards for workplaces. And finally, in old age everybody loses their balance every now and then. Everyone falls!

The important thing is to reduce injury. People raised in Japan have the advantage of at least some exposure to Ukemi, the art of falling. Let's make sure we learn from their wisdom. During Natsu Matsuri, there will be a Judo demonstration as part of the festival entertainment where you will see experienced Judoka fall. The following day, **Sunday, 20 August**, I will be hosting a class on falling properly to reduce injury, right after church. No prior knowledge or special skills are required. Just wear something comfortable and be prepared to take off your shoes. Be part of the honest people who no matter how often they fall, they always get up again!

Blessings

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



Remember in Your Prayers

Email the JCC website, jccslc.net or contact Pastor Haas or any of the Deacons to update this list. Please remember the following friends and family in your prayers:

Pastor Chelsea Page

Jan Vosburgh

Pastor Tipiloma Pupua

Debbie Homma

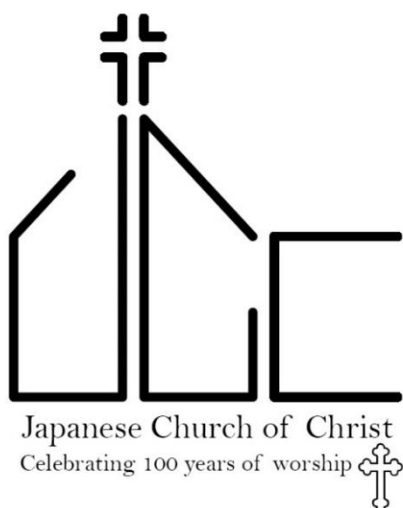
Yeiko Homma

Nakashima 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.

Interim Pastor: Rev. Daniel Haas
Clerk of Session: Karen Okawa

Session

Lorraine Crouse - Worship
 Steve Fukumitsu - Buildings and Grounds
 Lynne Ward - Personnel
 Julee Mori - Finance/Kenshin Taiko Liaison
 Elise Mori - Membership/Stewardship/Deacons Liaison
 Karen Okawa - Membership/Stewardship
 Greg Paige - Education/Nichigo

Deacons

Jan Aramaki - moderator, Elaine Iwasaki, Stephanie Mori-Nakao, Allyn Nakashima, Akiko Oki, Laura Olson, Nancy Umemura, Yuri Uyeda

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

Website: www.jccslc.net

Learn How to Fall!

Falls can put us at risk of serious injury, especially as we get older. Physical changes and health conditions (and some medications for those conditions) can make falls more likely.

On **Sunday, August 20, 2023**, following worship service, Rev. Haas will conduct a class on falling properly to reduce injury. No prior knowledge or special skills are required. Come dressed in something comfortable and be prepared to take off your shoes.

**Natsu Matsuri is Almost Here!**

Natsu Matsuri is almost here! The event will be held on **Saturday, August 19, 2023 from 11 a.m. to 5 p.m.** See **Page 6** of this newsletter for more details on the festival.

There will be a Silent Auction that includes an original watercolor painting, painted and donated by Ron Nishijima. It measures 24 x 36".

Also, this handmade quilt donated by Jodi Iwasaki:



The JCC is so blessed to have such generous and talented artists!

Nominating Committee Volunteers Needed

The JCC bylaws state that a Nominating Committee be formed to find qualified candidates to fill positions of leadership for our church. The Leadership Session conducted by Pastor Haas on June 25 introduced the various roles and responsibilities involved.

According to the bylaws, the committee shall consist of: 2 Elders (one current to serve as chairperson and one current or past), 1 Deacon, and 4 at-large members. If you are interested in serving on this committee (or better yet, serving as an officer), please contact Greg Paige, chair of this committee.



Session Report – July Meeting

Submitted by Karen Okawa, Clerk of Session

The July Session meeting was held on Wednesday, July 12, 2023.

Pastor Haas opened the meeting with prayer and gave a devotional based on Matthew 13, the Parable of the Sower.

Individual reports:

Pastor: Ginger Memmott will be the guest speaker on August 6. The General Assembly of the Presbytery is meeting in Salt Lake City in September. A media team will be coming next month to visit our congregation.

Building and Grounds: Demolition has begun on replacement of the windows in the Fellowship Hall. The glass will be tempered, so some type of visual warning will need to be considered. Still waiting on a bid for the sanctuary kitchen renovation, so it will not begin until after Natsu Matsuri. A bid was received on xeriscaping the front lawn area; in the long run it will use less water, require less maintenance and have curb appeal. Zoom testing of worship services continues.

Mission Study Committee: The hardcopy July Herald just arrived in readers' hands this week. Getting responses.

Education: Considering the study of the book of Romans for adult Bible Study in the fall.

Nichigo: Reconciling Nichigo funds.

Finance: The budget total for January to June 2023 is \$11,269.00. The budget looks healthy. Must keep in mind that expenses for a full-time pastor may be needed in next year's budget depending on what is discovered in the Mission Study.

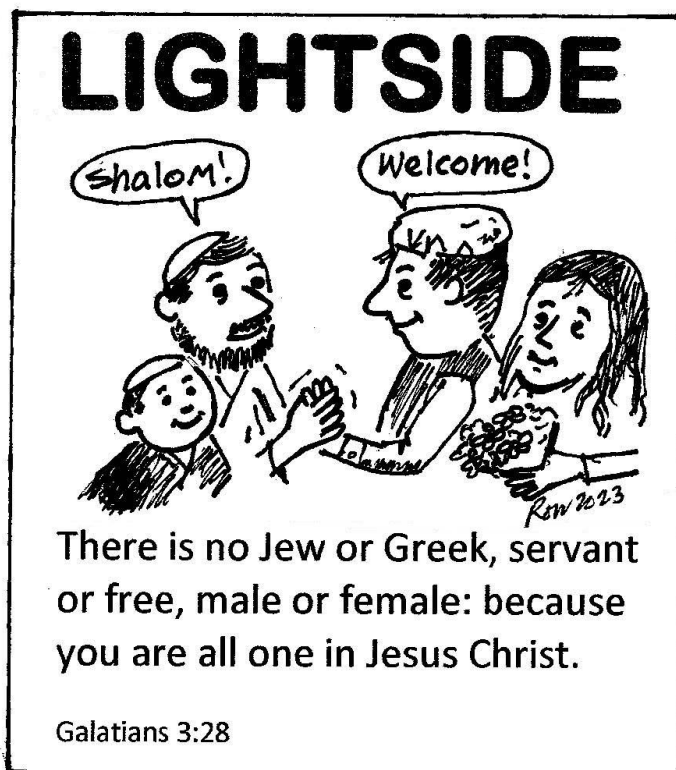
Membership/Stewardship: The first release of the Emergency Contact List is in the office. The annual Stewardship brochure will not be sent due to low responses in the past. A pledge article will appear in the Herald. Looking into an online donation link such as PayPal.

Worship: Father's Day picnic had good attendance, but the pavilion and restrooms were not cleaned from the previous reservation. Next year we may find another park; Murray Park has a reasonable fee, but is not as centrally located. A new copier/printer has been installed to print the bulletins.

Deacons: Just completed 2-day training (see report in next column).

Kenshin Taiko: The group has been busy with many bookings. See report on page 4.

The next Session meeting will be on Wednesday, August 9.



Deacon's Planning Session

Submitted by Nancy Umemura

The Board of Deacons conducted a planning session on June 25 and 26. Our focus verses came from James 1:22, 27 and 2:8, 14-17 that talk about being doers of the word and demonstrating our faith by our actions.

We discussed the different people and communities we serve (JCC, SLC Metro, Utah, USA, and worldwide.) We considered what they might need spiritually, relationally, physically, and culturally. We assessed our personal connections and abilities and brainstormed actions that this group of deacons could do to meet the needs we identified. We selected 19 actions that we want to continue or initiate through the end of the year.

For each action, we identified a leader and core support members, recognizing that we will all be participants to help, as needed. We also identified some actions we will consider doing next year. We will conduct another planning session early in 2024, after we have the results of the Mission Study and the new class of Deacons is inducted.

Speak Up and Stand Up

A handbook called "Hate Crimes: Recognize, Respond, Report" has been published through a cooperative effort between the United Jewish Federation of Utah and Community Partners of Salt Lake City, the SLPD and the Salt Lake District Attorney's Office. The handbook has information on how to identify, speak up and stand up against hate, and how to report a hate crime. For a copy of the handbook, contact Jani Iwamoto.

Condolences

Our deepest sympathy is extended to the family of Saeko Nakashima, who passed away on July 21, 2023. She will be missed.

JCC Worship Band

On Sunday, July 23, the JCC Worship Band performed during worship service. It is always great to hear the band! We would like to welcome the newest band member, Gene Shimizu (in photo on left), along with Rick Aoki, Dean Shiba and Wes Kida.



JCC Worship Band Photo courtesy: Lorraine Crouse

Culinary Class Wrap Up

On Wednesday, July 12, a few Agape women and friends got together to learn to make Mitarashi Dango from our resident chef, Akiko Oki!

Dango are mochi-like balls or dumplings, that are skewered and boiled or grilled, then coated with a sweet soy sauce glaze. Flavors such as azuki (red bean), edamame, kabocha (pumpkin) or strawberry can be added as well.

A good time was had by all! Thanks to Akiko for her time in preparation and sharing her knowledge. Thanks to Allyn for opening her home and kitchen to us.

We hope to be able to coordinate more classes like this in the future. If you have a particular Japanese dish you would like to learn to make, please let us know!



JCC's own Julia Child-san! Photo courtesy: Allyn Nakashima

Kenshin Taiko Activities

Submitted by Sarah Gregorio

After the Asian Festival on June 3rd, Kenshin had a relatively quiet June in the way of performances. We took the time to practice and get better at our newest song, Korekara, as well as putting some time into a couple of our newest beginners and their performing!

With the start of July, we had a great performance at the Murray City Fundays on July 4th. The audience was huge! We turned right back around to play for the Laotian Water Festival at the Wat Lao in West Valley on the 8th, and then the Ink Against Cancer Fundraiser on Sunday the 9th! We will have a couple of weeks break from performing during mid-July, where some players will attend the Utah Taiko Experience in Manti. We will round out the month with a performance on July 22nd at the Samoa Heritage Festival. Then, August will take off running, with a whopping 7 performances, including Natsu Matsuri!

Presbytery of Utah Women's Fall Gathering

For the Beauty of the Earth: Our Call to Care

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously" 2 Corinthians 9:6

September 15-16, 2023

Friday 5:00 - 9:00 p.m. and Saturday 8:30 a.m. - 2:30 p.m.

Community of Grace Presbyterian Church
2015 E Newcastle Dr, Sandy, UT 84093

Featuring: The Great Salt Lake Interfaith Coalition, Fellowship with God and Creation Commission on the Status of Women; the impact of climate change on women.

Registration Deadline: September 8, 2023

\$15 registration fee includes 2 meals (payable at registration on Friday)

Please contact Paula Burns McEvoy, pmcburns24@gmail.com, or 801-230-0573 or your PW moderator to register.

Let Paula know if this is your first time at a Gathering, any dietary needs, if you need a ride, or if you could provide a ride.

Special Upcoming JCC Events

Taiko Performance

Save the date of **Friday, September 1** for a free taiko concert.

Takumi Kato is a professional Japanese Taiko drumming performer from Japan. He has performed in Japan, at international events, and for numerous dignitaries including the current and former Emperor of Japan.

Takumi and his young family (including three young sons) have moved to the United States for five years with the goal of performing in all 50 states. He started in October 2022 and will be making a stop in Salt Lake City in September.

He is not performing for monetary gain or popularity. His purpose is to share the beauty and culture of Taiko with as many Americans as possible for cultural exchange.

At press time, planning is still in the works. Further information will be available on the jccslc.net website and announcements will be made during upcoming worship services, but for now reserve September 1 on your calendar!

Yoga Workshop

At the end of September or early October (date is still to be determined), Bob Matsueda, advanced yoga instructor and yoga therapist licensed by the government will be giving a workshop at our church. Bob has been teaching yoga for health at any age and any physical condition for years. His students range from their twenties to 101 years old. Bob will share his knowledge of how yoga transforms the mind, body and soul. Bob will be flying out from the Bay Area to help barbeque steaks at our Natsu Matsuri so you can meet him there! Go to www.bobmatsueda.com to learn more about Bob and his classes.



Takumi Kato and sons



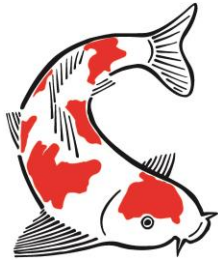
Bob Matsueda

For more information on either upcoming event, contact Jani Iwamoto.

JCC August 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 -Parking, Greta Van Fleet, 7:30pm	3	4	5
6 -Communion Service, 10:30am. Guest speaker – Ginger Memmott	7	8	9 -Session Meeting, 6pm	10	11 -Parking, NF Hope Tour, 8pm	12 -Parking, Banda Ms v Eden Munoz, 7pm
13 -Worship Service, 10:30am	14 -Parking, Lil Baby, 7pm	15	16	17	18 -Natsu Matsuri prep, all day	19 -NATSU MATSURI
20 -Worship Service, 10:30am -How to Fall workshop, after worship service	21	22	23	24	25 -Parking, Jurassic World Live, 7pm	26 -Herald deadline, noon -Parking, Jurassic World Live, 11am, 3pm, 7pm
27 -Worship Service, 10:30am -Parking, Jurassic World Live, 1pm, 5pm	28	29	30	31		

*Calendar current as of Herald printing, 7/24/2023.



NATSU MATSURI

Join us for the return of this JCC annual fundraiser. Due to the Fellowship Hall remodel and COVID shutdown, we haven't held this event for a few years! The theme of "Remembering the Past" (remember the old Oriental Festival and Aki Matsuri?) resonates in the activities listed below:

Food: Served from 11 a.m.

- Udon Bowl – noodles in soy sauce broth with toppings
- Inari Sushi Plate (6 pc) – fried tofu pockets filled with seasoned rice
- Vegetable Curry – potatoes, carrots, onions in curry sauce over rice
- Teriyaki Chicken Bento – grilled chicken thighs, rice, seaweed salad
- Teriyaki Ribeye Bento – grilled ribeye steak, rice, seaweed salad
- Manju Plate (6 pc) – Yaki and Mochiko combination

Entertainment: Beginning at noon.

- Welcome and announcements
- Lilly Pupu'a, vocalist
- Anchored in Christ Wesleyan Church Choir
- Japanese Language School Food Demonstration
- Lotus Blossom School of Martial Arts
- USA Stars of SLC and Rocky Mountain Judo Club
- Josh Watanabe, K-Pop
- Kenshin Taiko

Opportunity Drawing Baskets and Silent Auction:

An array of baskets to choose from – Children's, Hawaiian, Fishing, Golf, Japanese/JCC, Beauty, Game, Lego, Ron Nishijima watercolor painting, Jody Iwasaki handmade quilt, and Amazon gift card!

Cultural Displays: All Day

- Photo Gallery
- Ikebana by Theresa Sueoka
- Bonsai by Ken Yamane
- Origami by Judy Iwamoto

Children's Games: All Day

Ring Toss, Children's Arts and Crafts, Face Painting, Bean Bag Throw, Fishing, Water Target Shoot

A complete schedule can be found on the JCC website, jccslc.net/natsu-matsuri-2023

Natsu Matsuri t-shirts are also available for sale! \$15.00