

Highland Park United Methodist Church



TAYORI

John Mark Wang, Pastor

Co-chairs: Patty Marinos, Joanne Ferris

Georgette Rogers-Lay Leader

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Volume 18

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Published every 2 months



Parsonally Speaking ...



Dear Church Family,

I hope everyone had a delicious and happy Thanksgiving, taking time to spend with family, closest friends, and guests. Thanksgiving is at the top of my list of favorite holidays because we celebrate what we are grateful for with our loved ones. It is hard to beat turkey plus giving thanks! It happens so suddenly but as soon as Thanksgiving ends it feels as if everything fast forwards toward Christmas.

Now that the Christmas season is upon us, so much preparation is needed both at home and at church. The garlands and wreaths come out of storage, Christmas trees emerge from boxes, and old Saint Nick centerpieces return to the tables. Our homes get winterized while Christmas lights of all colors and styles light up the neighborhood. The work never ends as we hurry to get everything finished in time for friends and family who come to visit!

In this busy holiday season, I propose we practice the mystical art of meditation. It is difficult to find solace in a hectic schedule but spending a few minutes meditating and focusing on God can help relax and calm the mind and body. When Jesus finished performing miracles, he would go off on his own to a mountainside for prayer, peace, and quiet (Matthew 14:23). The following is a few instructions on mindfulness meditation from the University of Wisconsin Integrative Medicine's article, "Meditation for Health and Happiness":

1. In meditation, begin by finding a quiet place to sit where you will not be disturbed, wearing ear plugs if it is noisy. Set aside a certain amount of time just for meditating and maintain the intention, "I have nowhere to go and nothing to do. For this time now, I am nobody going nowhere." Next, sit comfortably with your back and neck straight, and your hands resting in any comfortable position, and then direct your attention toward a word, prayer, or the breath, allowing the mind to settle into the present moment. Allow yourself to become still and open to peace and quiet. While seated comfortably, allow the breath to flow in and out easily, at a natural rate, simply concentrating on the nostrils or the rising and falling belly.
2. When your mind wanders into thoughts, memories, ideas, or to-do lists, gently return to the breath. On recognizing your mind wandering, just note, "oh well" or "that's interesting" and then go back to the breath. Be aware that this process has no beginning or end. Make NO judgment on whether you are "doing it right." Let everything go. Returning over and over again to the breath and the process itself.
3. At the end of the period set for mindfulness meditation, sit comfortably for a minute or two. Stand up slowly when ready. Non-judgmentally make note of the experience.

If you followed these steps you have just experienced mindfulness meditation. Like many experiences, it takes practice to quiet the mind and slow down the busy body. Tips to become better at meditation include meditating on an empty stomach (eating too much will cause you to feel sleepy), do not meditate too long in the beginning (emphasize quality over quantity), practice meditation regularly trying to reach 20 minutes in the morning and again before going to bed. The practice of meditation can enrich our prayer lives and strengthen our faith in the midst of the busy Christmas season.

God bless,
Pastor John





Homebound Visitation Team



Healing from illness

- Ada Honda
- Joanne Ferris
- Vern Bott
- Webb family
- Chris Newton
- Eric Hirata
- Laurie Kawabata
- Metzger

Nursing homes

Healing at home

- Connie Seikijima

Know anybody in need of prayer?

Please let Pastor John Ada , or Ayako know

Church: 535-2687

Ada: 448-5628

Ayako Tanaka 228-0271

UPCOMING EVENTS

- ⇒ December 1 Mochi making
- ⇒ December 16 Christmas Program
- ⇒ Jan 13 –New Year Pot Luck
- ⇒ March 28,29,30 Senbei making
- ⇒ April 27 Sukiyaki



A special thanks to Ted Toribara who has been working so diligently on keeping our shrubs neatly trimmed.

A special thanks to all the volunteers who work on so many of our fundraisers.

December

- 2 Amy Furumasu
- 7 Marie Magenta
- 10 Paul Kessinger
- 17 Ken Hathaway



- Jan 7 Sumi Okamoto
- Jan 12 Margaret Ueda
- Jan 14 Kazue Yamamoto
- Jan 17 Kyle Yonago
- Jan 22 Sumi Kransberger
- Jan 23 Phyllis Hathaway
- Jan 25 Chieko Tarlton

Legend of the poinsettia



The legend comes from Mexico. It tells of a girl named Maria and her little brother, Pablo. They were very poor but always looked forward to the Christmas festival. Each year a large manger scene was set up in the village church, and the days before Christmas were filled with parades and parties. The two children loved Christmas, but were always saddened because they had no money to buy presents. They especially wished that they could give something to the church for the Baby Jesus. But they had nothing. One Christmas Eve, Maria and Pablo set out for church to attend the service. On their way they picked some weeds growing along the roadside and decided to take them as their gift. Of course, they were teased by other children, but they said nothing for they had given what they could. They began placing the green plants around the manger and miraculously the top green leaves turned into bright red petals, and soon the manger was surrounded by beautiful star like flowers.



Bill Aoyamai

It is with great sadness we say on October 6, 2018, a heart attack claimed the life of William Hiroshi Aoyama, 59, as he slept peacefully comforted by his daughter at home. William, better known as "Bill" was preceded in death by his parents Sam and Eva. Bill was a lifelong resident of Spokane Wa, where he met his soulmate Kim McInerney in 1987. They were wed on September 22, 1990. Bill and Kim together shared a love of metal/rock music concerts, ice hockey and volunteering. Bill volunteered for organizations as Toys for Tots, the Big Brothers Big Sisters Program, and the Ronald McDonald House Charities. They were his passion, where he spend most of his time for the last 20 years.

Bill made an impact on many people through the years. His loss will be felt deeply by his brother-in-law, sister-in-law, nephews and niece of the McInerney family, cousins of the Kadoya family, friends and coworkers. His spirit lives on through his wife Kim, his daughter Tia, and his grandson Seth Aoyama.

A celebration was held at Highland Park UMC on October 27



*Our Deepest
Sympathy*

Dee Matsumoto

Dee was born in 1924 to Hitachi and Ito Tanaka.

Dee was the third oldest child of the Tanaka family. She passed away peacefully at the nursing home. She had 3 daughters. Dee and her husband, Tadashi farmed in Chatteroy, Wa. She was preceded in death by her husband, parents and brothers, Sam, George and Joe Tanaka and sisters, and Hat-sy. No services will be held.



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Tom Ferris

Thomas Charles Ferris passed away at home on Friday, October 12, 2018, following a courageous 21 year battle with cancer. Born in Spokane, WA to the late Bob and Emar Ferris, Tom grew up in the Lilac City, attending Roosevelt Elementary, Saint George's School and Lewis & Clark High School. He met his future wife, Joanne Yamamoto, when she worked as a Washington Water Power summer intern, and the beautiful young couple eventually married and enjoyed 39 years of married life. Tom received his undergraduate degree in Building Construction and Theory from WA State University and embarked on a productive career with Krueger Sheet Metal where he worked for more than 30 years and developed lifelong friendships with his colleagues. Tom possessed a quick wit and easily endeared himself to many with his kindness. He enjoyed woodworking, fly fishing and photography and these hobbies became labors of love over the years. Tom also counted among his favorite pastimes spending warm summer days at the family cabin on Lake Coeur d'Alene, where Tom - forever on the hunt for the perfect smoking wood-made an art of grilling up succulent steaks and smoked turkey. Ever a devoted father, Tom tackled multiple cancer diagnoses, fighting valiantly to best the insidious disease in an effort to be with his children as long as possible and hoping to be present for each of their life's milestones. He participated in many medical trials, including a bone marrow transplant, stem cell transplant and Car T-Cell therapy-an experimental treatment on the vanguard of cancer research. Tom's willingness to participate in these medical trials has and will continue to advance medical knowledge so some day a cancer diagnosis can be the first day on the path to recovery. Tom was preceded in death by his father, Bob, and his mother, Emar. He is survived by his devoted wife, Joanne, his children, Christopher Ferris, Anna Ferris (husband Dan Colwell), and Elizabeth Ferris, his brother, Bob Ferris (wife Linda), niece Megan Ferris; mother-in-law, Charlotte Tetsuka; his aunt, Ellen Ferris; numerous cousins; and his best buddy and partner in crime, Katie Ferris.

A memorial service was held at Highland Park United Methodist Church on October 20.



**PLEDGES/GENERAL
OFFERINGS 9/16-11/11/2018**

Ando, Care
 Ando, Mary
 Barker, Mary
 Beck, Duane & Marsha
 Bott, Vern & Kathy
 Clevenger, David & Hiroko
 Cooper, Pat
 Daly, Michiko & Joseph
 Deeley, Minako & Michael & Hiro
 Dwyer, Juan Juan
 Dow, Kevin & Elaine
 Fukai, Pam
 Furumasu, Chuck & Amy
 Hashimoto, Dorothy
 Hemphill, Asuka
 Hirata, Lili
 Honda, Ada
 Honda, Karla
 Grendahl, Dave & Linda
 Laquindanum, Ethan
 Laquindanum, Marcie & Erwin
 Luther, Norm & Rosalin
 Magenta, Marie & Kurt Weigel
 McDowell, Wayne & Marilyn
 Marinos family
 Miller, Daniel
 Miller, Jason & Ann
 Minata, Aiko
 Miyoshi, Margie
 Munk, Diana
 Murphy, Anita & David
 Ono, Tsuyoshi & Masako
 Okamoto, Sumi.
 Rogers, James & Georgette
 Saruwatari, Steve & Michael
 Schierman, Dan & Pam
 Snowden, Sydnee
 Suemori, Emi
 Tanaka, Ayako
 Tanaka, Alice
 Tanaka, Harvo
 Tanaka, Mikel
 Tetsuka, Charlotte
 Wang, John Mark
 Walker, Motoko

Webb, Lillian & Tina
 Yamada, Jeanne
 Yamamoto, Kaz
 Yonago, Hida
 Anonymous

MEMORIAL GIFTS

In Memory of Jennifer Evans:
 DA Davidson, Michiko & Joseph
 Daly, Kathleen Nordlund, Steven
 & Gail Quaid, William and Mrs.
 Papesch, Craig & Cathy Holmes,
 Carol Kinzebach

In memory of Tom Ferris:
 Bouten Construction, Norm &
 Roz Luther, Sumi & Elaine Okamoto

In Memory of Yaeko Sanders: Bill Stephenson,

Maintenance Donation:
 Charlotte Tetsuka, Myrna Yuasa

In Memory of Eva Aoyama:
 Duane & Marsha Beck

In Memory of Bill Aoyama: Charlotte Tetsuka

Ada's 98th birthday:
 Marcia, Rhona, Karla Honda

Thanksgiving donations:
 Mary Mihara, Ayako
 Tanaka, Darrell Mihara, Dennis
 Okamoto, Hida Yonago,
 Joseph and Michiko Daly,
 Hisako Akiyama, Emi
 Suemori,

**CANDLELIGHT
SERVICE**



December 24, 2018
 5:30 PM



December 16, 2018



Annual New Year
Pot Luck Luncheon
January 13, 2019

Please bring your friends
and enough food for 10
people



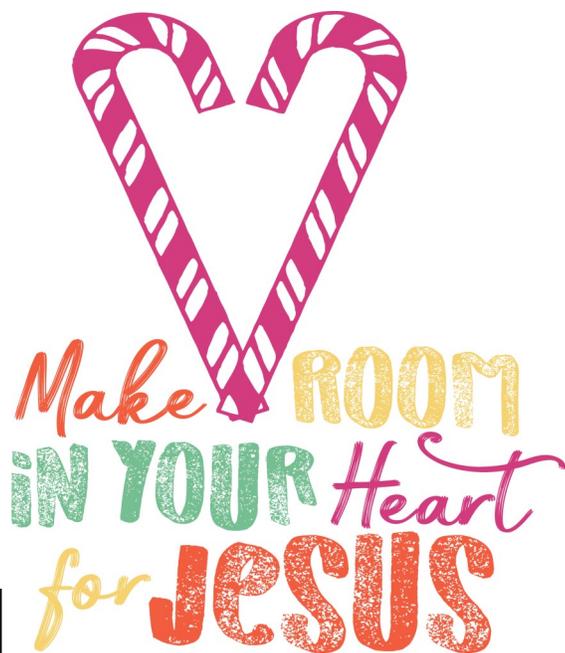
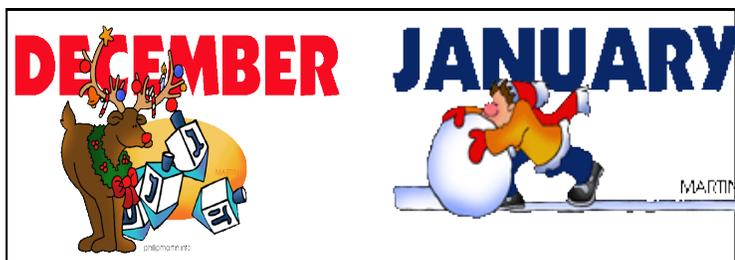
Some of the hard-working crew making senbei 2018

**Highland Park
United Methodist Church**

611 S. Garfield Street
Spokane, WA 99202-2329

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Luke 5:31 I'm here inviting outsiders –not insiders-an invitation to a changed life, changed inside and out.

