



FAITH UNITED METHODIST CHURCH SOUTHBAY

MARCH 2023

# GOOD NEWS

A LENTEN JOURNEY

## soul care

MINI RETREATS IN MARCH 2023  
SUNDAYS AT 2PM

MARCH  
05

**SPIRITUAL CARE:** Spiritual Disciplines Practices  
with Rev. Allison & Minister Ainise

MARCH  
12

**HEALING & WHOLENESS:** Faithful Healing  
with Alan Saruwatari, Shiatsu-Anma Therapist

MARCH  
19

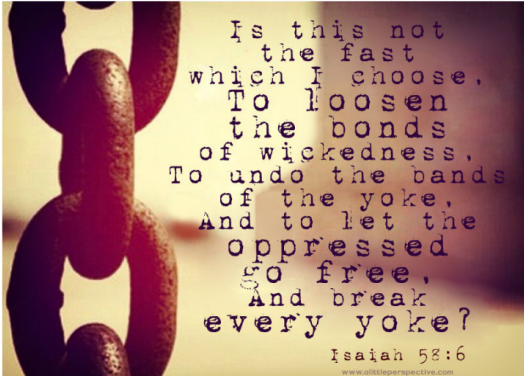
**MEDITATION & CENTERING:**  
Mediation & Sound Healing Experience  
with Susan Slade, Sound Bath Practitioner

MARCH  
26

**WELCOME, EVANGELISM & HOSPITALITY:**  
Card-Making & Letter-Writing  
with The Card-Making Ministry

DETAILS ON PAGES 4 & 5

# Senior Pastor Ponders...



The Season of Lent is upon us and as we take the opportunities to "fast, pray, and almsgive" as ways of deepening our relationship with God, centering our hearts on Christ, and finding ways to spiritually "retreat" so that we can recharge, revitalize, and reset our priorities in order to best serve God and others. That sure sounds like a tall order to do in just 40 days and 40 nights, right? It is, but it's a start!

We began the season of Lent with the Ash Wednesday reading from Isaiah 58, where we are invited into a different kind of fast, not only a symbolic one of fasting from eating, but a spiritual fast that challenges us to choose the fast that is life-changing and transformational that included praying and serving others as a way of deepening our relationship with God. In Matthew 4:1-11, Jesus began his transformational journey from his Baptism to his own "walkabout" as he wandered in the wilderness for forty days and forty nights to find clarity in God's call for him.

Our Bible studies pondered what it would be like to fast for over a month and then at the end of that fast be tempted by the evils of the world. We thought about how lonely it may have been for Jesus on this solo retreat without the creature comforts he had before called into the wilderness. We also explored our own Lenten wanderings from death and grief, to difficult decisions, trials, and traumas, and how important it was to note that even in the darkest of times, Jesus was not alone; he was with the Spirit and angels had been watching over him (verses 4:1 and 11!) Truly some heavy pondering happened in this first week of Lent!

And as we recognized how each of us has have "wilderness" and "wandering" moments, and that like Jesus, we too are not alone in these times, we discovered that with each wandering or wilderness moment, we have been given gifts. Gifts for the wilderness, if you will. And this month we would like to offer some gifts for our congregation...

This year's Lenten Disciplines for the month of March are our "Soul Care: Mini-Retreats" with each week offering a different "Taste and See" practice of Spiritual Disciplines from one of our ministries (or potential area of growth) that you may find piques your interest and you may want to incorporate into your life. (see pages 4&5 for details)

# ... "Gifts for the Wilderness"

Fasting and Prayer also offer opportunities for growth and transformation in the ways of giving back to God's community as well (almsgiving). In 2019, the Finance committee approved the exploration of a 501c3 non-profit status and Ad Council has been aware of looking into what kind of non-profit we want to be. Well, now it is your turn to Vision & Strategize with us. Using a process from the Kaleidoscope Institute that I have been trained on called, "Holy Currencies," Faith will be invited to explore what our church, our neighborhood, our South Bay Community could look like as a Neighboring Community Center. Could it be an opportunity to expand in our Senior Ministries, our Children, Youth, and Family ministries, could we offer holistic care as a healing center that offers wisdom and guidance, and mental health support? What are you interested in? What are the gifts that you could bring to the table to start this new ministry? (see page 12)

And as we find our way out of the "wilderness" we know that the season of Easter comes to us each year to bring us hope for the journey. And with that hope, we will be looking forward to our Holy Week offerings, and the new life that will spring forward in more Easter "Soul Care: Mini-Retreats," a new Baby and Me Group (for our Faith Keiki and their parents, grandparents, aunties/uncles, and even nannies!), Spring Membership, even preparations for upcoming fundraisers and a Fall Matsuri of Faith!

There is much to look forward to as we wander through Lent, and in the times where we feel like the journey is long and lonely, may we be reminded that we do not have to wander alone. For those of you that are struggling or have had challenges that have felt like the weight of the world on your shoulders, let Faith help you carry the load. With our Bible Studies and support groups, we also are hoping to connect you to small groups that will enrich your souls as well. If you have pastoral care, health, mental health, or caregiver needs, please do not hesitate to call any of the pastors or request support from the Church office so we can resource you. These are the gifts for the wilderness, for we do not need to journey on our own.

Peace to you in this season of wandering,

*Allison K. Mark*

Rev. Allison Mark





a lenten journey: soul care mini retreat | march 5, 2023 | 2:00 pm

## SPIRITUAL CARE: Spiritual Disciplines Practices

*with Rev. Allison Mark & Minister 'Ainise 'Isama'u*

An introduction to Spiritual Disciplines and offering several different ways to find deeper connection to God and our faith at the beginning of the Lenten season, we will offer several ways of starting a Spiritual Discipline:

Centering Prayer  
Journaling through Prayer Mapping  
A Meditation or PrayerWalk

*Note: For the Meditative Walk, we will offer two journeys: 1. A neighborhood walk (for those who are able to walk longer distances, please wear comfortable shoes) and 2. A labyrinth walk in the Activity Room (barefoot).*

a lenten journey: soul care mini retreat | march 12, 2023 | 2:00 pm

## HEALING & WHOLENESS: Faithful Healing

*with Alan Saruwatari, Shiatsu-Anma Therapist*

Faithful Healing is one of our regular ministries at Faith (see page 31).

Our in-house Shiatsu-Anma practitioner, Alan Saruwatari (CST) will lead us through a meditative workshop and session, teaching us how to strengthen our natural healing abilities and take an active role in the healing process. Alan uses a holistic approach as he incorporates our Christian faith.

Please dress comfortably and be prepared to relax and connect with our bodies and with God.



**a lenten journey: soul care mini retreat | march 19, 2023 | 2:00 pm**

## **MEDITATION & CENTERING: Meditation & Sound Healing Experience** *with Susan Slade, Sound Bath Practitioner (and Christine Bone's sister!)*

What is a Sound Bath? A Sound Bath is a deeply-immersive, full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to

**NURTURE YOUR MIND AND BODY.**

The experience begins with each person lying down or seated in a comfortable position.

Participants are invited to dress comfortably, and bring a blanket/sleeping bag, yoga mat, pillow, and/or eye mask if they so choose.

*\*Note about Sound Baths: If you have sound sensitivities, have had brain surgery, or a metal plate in your head, the frequencies of the singing bowls may affect you.*

**a lenten journey: soul care mini retreat | march 26, 2023 | 2:00 pm**

## **WELCOME | EVANGELISM & HOSPITALITY:** **Card-Making & Letter-Writing** *with Faith's Card-Making Ministry*

Faith's Card-Making Ministry has been creating and serving our Faith congregation for many years. As these beautiful cards are sent to cheer up, greet, and let our congregants know that we care for them, our leaders of this ministry, Karen Ageno, Kimberly Ageno, Ellen Ing, Kelley Mizukami, Geri Mizukami, Jean Masukane and Wendy Takao will share their creativity and skillset with us.

In this hands-on workshop, we will create beautifully decorated cards and write letters to our homebound, hospitalized, and those we want to let know we have been thinking about them.

# Nihongobu News

Pastor Becky



「3-3の日（賛美の日!）」

教会に参加すると、自分がしないであろうことをするようになります。一つは賛美です。毎週の賛美は私たちに歌を歌わせ、音楽に親しむようにさせます。(歌も上手になります! )そして、私は毎週礼拝のために何時間かけて、聖歌、賛美歌、賛美に目を通し、学びます。楽譜がない賛美は、自分で楽譜をおこすこともしばしば。それほど音楽、賛美は教会では大事なのです。

音楽で教えられることは多々あります。＃は半音高くする時に用いられる記号。イエス様が十字架に上げられたことを表現する音に＃を付けたのがバッハです。＃記号の十字架は２つ。一つはイエス様。そしてもう一つは、私の十字架。イエス様の十字架と自分の十字架を重ね合わせ＃になる。音楽を通し、日々自分の十字架を負い、イエス様に従うことが分かるようになる時が与えられます。(マルコ8:34)

旧約聖書で、心病めるサウロ王様は、少年ダビデのたて琴を聞いて慰められたと記されています。どうやって祈るのか分からない時、歌を歌うことによって、私の罪を赦して取り去って下さる主に祈ることが出来ます。イライラして感謝が出来ない時、主に感謝することが出来ます。落ち込んでいるとき、主に賛美して励ましを受けます。

人生、良い時と悪い時が必ずあります。どういう季節であっても、言葉が出なくても、祈れるようにと神様は音楽を下さいました。受難節、十字架を思い出す賛美を多々歌い聞きながら、信仰の歩みを深めたいと思います。

March 3rd is Girls Day. However, on March 3rd, we also remember the Day of Sanbi (Praise or Hymn) as the Japanese words fit perfectly for this day. At Church, we learn the importance of the sacred music and hymns. Weekly, I go over many praises and hymns. Music is very powerful; we often learn so much from singing or just listening. Bach, the great composer, used the # (sharp) every time the lyrics expressed Jesus on the cross. The # has two crosses. One is Jesus' cross and the other cross is ours. Therefore, when the # appears in music, it reminds us to take up our cross daily to follow Jesus who died for our sins. (Mark 8:34) During the Lent season, we would like to sing many Sanbi, to stay close to Jesus. And when we see # in the music, we will remember what Jesus, our Lord, has done for us on the cross. 平田



# A Lenten Journey Through Grief

'Amelia 'AhoSivi Faletau Finau, my dearest mother, passed away at 2:45am on February 22, 2023. This day was also Ash Wednesday. My family and I were not surprised that mom continues to remind us of the importance of this season, even on the other side of the veil. When I spoke with Rev. Allison later that day, she shared something that resonated with me. She said, "the passing of your mother on Ash Wednesday reminds us of our mortality-- 'dust we are and dust we shall return'."

It had me looking at my notes that I learned in my time with Rev. Allison and the Women's In Transition (WIT) group. I realized that if there were ever a season designed to help us move through grief after a loved one's death, that season would be Lent. I learned that just like the stages of grief we all must go through, Lent involves a series of passages: from darkness to light, loss to gain, fear to trust, sorrow to joy, and ultimately, from death to life.

Lent is a season that is deep and wide with passages that can help us walk through our grief. I believe this is my way of journeying through this lenten season and through this time of bereavement.

## *Moving from darkness to light*

While it may seem far away as Lent begins, and far removed from the depths of grief, the hope and the faith that there is more than this earthly life, that death does not have the final word, does bring light into our darkness as we move through this season. I look toward the light and hold on in hope!

## *Moving from loss to gain*

I should also remember that the measure of my loss is the measure of my love, the measure of my pain is also the measure of my gain, in the sense that our grief reveals to me the many ways my life has been blessed by the gifts and presence of my mother (our loved ones). Grief affirms not only what is lost but also what remains—the love, the gratitude, the memories, and the hopes.

## *Moving from fear to trust*

When I feel caught in the grip of fear or anxiety because of my mother's death, I remember that Jesus too had his night of great fear and anxiety, his night of anguish in the garden of Gethsemane. Perhaps remembering his response—entrusting himself completely to God's care—this indeed shows me the path to take with my own fear.

## *Moving from sorrow to joy*

Faith reminds us that joy is available even in the midst of our grief and loss because in God's hands, nothing and no one is ever lost. Separated from us for a time, yes, but not lost.

When we walk through this season with the support of loved ones, spiritual resources to nourish us (like our Soul Care mini-retreats), and an abiding trust in the goodness of God, we will indeed reach our own Easter Sunday of healing and wholeness. Though we may start our season of grief in ashes, it will be completed by our rising to new life.

Love and Grace,  
'Ainise Isama'u  
Church Life Coordinator



## The Garden Mission “Growing Disciples of Jesus”

We continue to welcome the children back to in person Sunday school and It is always a joy to see their smiling faces in person. As we continue to move forward into this Advent season, we have many crafts and activities planned for the children to participate in.

The Garden (Sunday School) classes are offered for children ages 3 (must turn 3 before September 1) through 5th grade during the 10:30 service.

Child care for children under 3 is available in the nursery located in room 15. For more information please contact our nursery director Kristen Hayashida at [Faihumc.garden@gmail.com](mailto:Faihumc.garden@gmail.com).

### Our classes and teachers are as follows:

Our Pre-school/K/1 Teachers

Miss Kelly Mizukami, Mr. Paul Matsushima, Ms. Shari Nishihara

Our 2nd/3rd Grade Teachers

Miss Hope Maruyama, Miss Jolie Miyake & Miss Courtney Shibuya

Our 4th/5th Grade Teachers

Miss Leslie Kuwabara & Miss Ally Sakurai

The Garden Directors- Kelley Mizukami, Traci Saruwatari, Amanda Taketa  
[Faihumc.garden@gmail.com](mailto:Faihumc.garden@gmail.com)

*“We will speak the truth in love, growing in every way more and more like Christ, who is the head of the body, the church.”*

- Ephesians 4:15





Dear Friends and Families,

As we head into the month of March we look back at our very busy February. The Youth have been continuing to meet on Sundays at 10:30am in the Chen and it has been great to see the Youth together. In February MYF and TGIF collaborated for the first “Linx” Event with our sister Churches: West LA UMC and Centenary UMC in Sawtelle! We had a total of 21 Youth and 10 Leaders from the combined churches! We are so excited for this new ministry opportunity and looking forward to the next one in April at Faith UMC! This month we will be hosting a Fried Rice Fundraiser on March 19th after Service! Come get your Bowl of Fried Rice with a variety of toppings! Lastly all youth from 6th - 12th Grade are welcomed to join us on Sundays for Youth Group Time and on the 2nd and 4th Fridays for Fellowship Night! Thank you for all of your continuous prayers and support for the Youth Ministries!

God Bless,

Darrell Mark

Faith UMC Youth Director

	March	
Date	Events	Time
3 - 5	No Youth Group (Communion Sunday)	
3 - 10	Friday Night Fellowship	7pm - 9pm
3 - 12	Youth Group Time	10:30am - 12pm
3 - 14	Study Night	5pm - 8pm
3 - 19	Fundraiser (Fried Rice)	9am - 12pm
3 - 24	Friday Night Fellowship	6:30pm - 9:30pm
3 - 26	Youth Group Time	10:30am - 12pm

 FAITH UNITED METHODIST CHURCH YOUTH MINISTRIES

**MYF AND TGIF**



# **FRIED RICE FUNDRAISER**

**MARCH 12, 2023 | AFTER WORSHIP**



# YOUNG ADULT: SIMPLE CHURCH



Start the New Year with  
Faith and Fellowship!

Faith Young Adult Ministries continues to gather for Bible Study and Hangouts facilitated by Kelvin Matsumoto. Rev. Allison & Minister 'Ainise participate as clergy support.

Join a young adult online Bible Study or in-person Dinner and Hangout every Thursday. Each Bible Study is topical and connects to the lectionary. Hangouts include fun dinner discussions, games and movie nights, and outings. Invite a friend, bring a co-worker. Together let's grow in Faith!

**Zoom: Meeting ID: 892 9497 5931**

Contact Kelvin, Minister Ainise, or Rev. Allison for the Passcode.

For Pastoral Care of Spiritual Needs, please contact Rev. Allison Mark, [revallison@faithsouthbay.org](mailto:revallison@faithsouthbay.org) or by phone.

## 1ST & 3RD THURSDAYS

Bible Study  
at 7:30PM  
**ONLINE**

## 2ND & 4TH THURSDAYS

Hangout  
at 7:30PM  
**IN-PERSON**

## 5TH THURSDAYS

**MIXER - TBA**

For more  
information, please  
contact the Church  
Office at (310) 217-  
7000 or email:  
[communications@  
faithsouthbay.org](mailto:communications@faithsouthbay.org).



## ANNOUNCEMENT FROM SPRC

### WELCOME TO OUR NEW FINANCIAL ADMINISTRATOR, SHARI NISHIHARA!

Please welcome new staff member, Shari Nishihara, as our Financial Administrator. Shari comes with both the experience and skills needed for this position. Her role is to support the Ministries at Faith UMC by ensuring that financial records are maintained and are following both policies and procedures and other governmental requirements.



### Holy Currency: Stewardship & Innovation for future of Faith A VISION, STRATEGY, & IMPLEMENTATION PROCESS FOR FAITH

As Faith re-emerges from the pandemic, new ideas, visions, and strategies are needed for us to continue on a trajectory of Faith growth for our congregation and greater community.

Using the language of "Holy Currencies" by Eric Law and through a Visioning process using the Cycle of Blessings, Rev. Allison will lead our Faith Congregation through a visioning process that will lead us to two tracts:

1. Stewardship 365 - how do we use our gifts, talents, presence, witness, service, and prayers to enhance and enlighten the ministries and missions of Faith UMC
2. Incubation Ministry - finding and resourcing community growth and neighborhood center (non-profit) by building upon the needs of the neighborhood and community and building upon the assets (gifts/skills/talents) of our leaders in our congregation and the greater community.

If you are interested in being a part of the Vision, Strategy, and Implementation Team and Process for Faith, please contact Rev. Allison Mark or Lay Leader Danny Hirata.





# FAITH UNITED METHODIST CHURCH WORSHIP TIMES

**8:30AM**

IF YOU BLINKED AND MISSED IT...  
FAITH WILL REBROADCAST THE PREVIOUS WEEK'S  
SERVICE AT 8:30AM EACH WEEK.

**9:00AM**

NIHONGOBU JAPANESE LANGUAGE  
WORSHIP SERVICE

**10:30AM**

IN-PERSON WORSHIP SERVICE AND  
BROADCAST LIVE STREAM FB | YOUTUBE



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*"Experiencing God  
Through Generous Giving"*  
**THANK YOU FOR GIVING!**

Faith United Methodist Church: 2115 W. 182nd Street, Torrance, CA 90504



**MAIL**

Mail your gift to:  
2115 W. 182nd Street  
Torrance, CA 90504



**IN-PERSON**

Drop your gift off in  
the MAIL SLOT at  
Faith UMC



**ONLINE GIVING**

PLEDGE OFFERING ONLY!  
Make a one-time pledge  
contributions or set-up  
recurring giving here



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@FaithUMC-SouthBay

Donate through Venmo!  
Add us to your Venmo  
friend list for non-pledge  
and special donations



**PAYPAL**  
@faithumcsouthbay

Donate through PayPal!  
For non-pledge and  
special donations

**SUBMIT YOUR PLEDGE CARDS ONLINE**

**WORSHIP TIMES & TITHES AND OFFERINGS**

**Lectionary Readings** Grow deeper in Christ by opening yourself to God's Word, through the study of the Holy Bible. Listed below are the lectionary scripture readings for the month of March. Our Pastors, TGIF and MYF Directors generally preach from one of the lectionary passages in our Worship Services. We invite you to study these passages in preparation for our worship time as well as a means of growing deeper in Christ.

**March 5 - 2nd Sunday in Lent**

Genesis 12:1-4a

Psalm 121

Romans 4:1-5, 13-17

John 3:1-17 or Matthew 17:1-9

**March 12 - 3rd Sunday in Lent**

Exodus 17:1-7

Psalm 95

Romans 5:1-11

John 4:5-42

**March 19 - 4th Sunday in Lent**

1 Samuel 16:1-13

Psalm 23

Ephesians 5:8-14

John 4:5-42

**March 26 - 5th Sunday in Lent**

Ezekiel 37:1-14

Psalm 130

Romans 8:6-11

John 11:1-45



## CONCERNS OF OUR COMMUNITY

*Below are the most recent prayer concerns lifted up in the Faith family; please keep these persons in your prayers...*

**Linda Jung**, health concerns

**Kay Saxton**, health concerns

**Paul Tokashiki**, health concerns

**Bill Maeda**, health concerns

**Grant Hanada**, serious health concerns

**Rev. Michael Hiranuma**, health concerns

**Winnie Osaki**, for her determination as she continues to heal, recover and rehabilitate

**Anthony Anderson, Sr.**, uncle of Sharon Sambat, health concerns

**Frank Matton**, friend of Mari & Gary Sakaguchi, recovering from brain surgery

**Faye Toma**, health concerns

**Ruth Taira**, health concerns

**Ola Filemoni**, health concerns

**Hannah Han**, young friend of Giselle Takara, health concerns

**Karlynn Fernandez's husband**, friend of Takako Okubo, health concerns

**Sumi Horii** health concerns

**June Sato**, health concerns

**Angie Torres**, friend of Patty Kobayashi, health concerns

**Sue Hasegawa**, healing and recovery

**Pastor Karen Murata and family**, as her husband, James goes through health issues

**Diana Ueda-Banda**, who continues her recovery

**Annie Nakao**, Friend of Jason Sasaki, whose father passed

**Ruth Hirata**, who has been moved to a Boarding Care facility

**Kim & Kaitlyn Sabedra**, friends of Jason Sasaki, as Kaitlyn has been recovering from surgery

**Shale Mahaffey**, Maxine & Roger Butcher's granddaughter, health concerns

**Julie Inouye**, health concerns

**Raquel M. Martinez**, healing, recovery & restoration

**Baby Charlotte Cook**, friend of Rev. Allison, recovering from heart surgery

**Kay Mui**, aunt of Julie Inouye, diagnosed with breast cancer and for healing and recovery

**Susan Mizuki**, wife of Rev. Ruy Mizuki, health concerns

**Layne Nakasone**, for ongoing health concerns

**Jayne Watanabe**, recovery and transitions

**Millie Shimizu**, health concerns & rehabilitation

**Nobie Shiokari**, in her transition to Nikkei Gardens

**Tommy Sakaguchi**, brother of Gary Sakaguchi, advanced Parkinson's Disease

**Virginia Flood**, health concerns

**Carolyn Hyatt**, for health and recovery

**Ernie Santiago**, husband of Arlene Santiago, for healing and recovery

**Maxine Butcher**, diagnosis of return of cancer

**Monika Blain**, healing and recovery

**Jeremy DeGracia**, for health and recovery

**Kelsey DeGracia**, for health concerns

**Arthur Kobashi**, health concerns

**Pam Fink**, healing and recovery

**Pastor Kai Yeung**, for healing and recovery

**Faith Tanaka**, for health and life transitions

**Barbara Tamura**, for healing and recovery

**Victoria DelaTorre**, for healing and recovery from procedure

**Barbara Kobayashi**, for health and healing

**Ralph Ichikawa**, for health and recovery

**Audrey Goto**, for healing and recovery

**Koichi Ono**, for Cathie Tani's father, for health & recovery

**Florence Uchida**, for health and recovery

**Masako Akiyama**, for health concerns

**Officers Chris Villanueva & Denton Van Duzer**, colleagues of Danny Hirata, for healing & recovery

**Shirley & Jeff Chase**, health concerns

**Kirk Shinn**, health concerns

**Richard Mason** friend of Barbara Matsukane, diagnosed with pancreatic cancer

**Linda Chan Rapp**, wife of Pastor Cliff Rapp, health concerns

**Henry Nishi**, health concerns

**Mits Saruwatari**, (Alan's mother), health concerns

**Claretta Foster**, (Kim's mother), health concerns

**Barbara Tamura**, health concerns

**Sumi Maruya**, transition to a new care home. She loves correspondence! Please write her: 16421 Chaneral Ave., Torrance, CA 90504

Prayers for the victims and the families of the over 50,000 people killed by an earthquake in Syria and Turkey

## CELEBRATIONS IN OUR COMMUNITY

**The birth of Madeline Akemi Sakurai Lopez, born February 2, 2023 to Ally Sakurai & Caesar Lopez. Proud grandparents, Linda & Glenn Sakurai**

**For those experiencing loss...**

**Prayers for the Tom family on the passing of Jean Young Tom (Nancy & Linda's father)**

**Prayers for the Tabata family on the passing of Ernie Tabata, (Nora & Judy's father), services will be held on April 1, 11am at Faith**

**Prayers for the Sakamoto family on the passing of Ken Sakamoto (Ruth's husband), services for Ken will be held on March 30, 1pm at Faith**

**Prayers for the Whitlock family on the passing of Ken Whitlock (friend of Rev. Allison Mark)**

**Prayers for the Isama'u and Finau families on the passing of Rev. Amelia Ahosivi Finau, Minister Ainise Isama'u's mother**

**Prayers for Mike, Leslie, and Wesley Kuwabara, and family on the passing of Lisa Kuwabara.**

**Prayers for Jayne Watanabe and family, on the passing of Takuo "Tak" Watanabe.**

# DEDICATED TO THE FAITH UMC MINISTRY

Jean Mitsutomi  
*In memory Pat Akahiji*

Linda Jung  
Nancy Matsushima  
*In memory Diana Herrst*

Susan DeGracia  
*In memory of Jane Iki*

Brian Ito  
*In memory Stanley Ito*

Linda Jung  
*In memory Hayward Jung*

Herb Aoyama  
Emi Hamada  
Jon & Miki Hayashida  
Nancy Honda  
Linda Jung  
Tam Kobayashi  
Sachiko Kuwada  
Jane Matsumoto  
John & Joan Minamide  
Paul Mito  
Gail Murakami  
Glenn & Karen Murakami  
Henry & Eva Nishi  
Shari Nishihara  
Karen Sakoda  
Sally Sasaki

Dave & Joanne Sato  
Ivy Toma  
*In memory Lisa Kuwabara*

Susan DeGracia  
*In memory of Diane Ley*

Ned Morioka  
*In memory of Akira Sansui*

Nancy Matsushima  
Jean Mitsutomi  
*In memory Marge Tarumoto*

Marion Antoku  
Herb Aoyama  
Susan DeGracia  
Lorraine Fong  
Emi Hamada  
Jon & Miki Hayashida  
Nancy Honda  
Sumie Horii  
Ray Isa  
Norma Ishigo  
Linda Jung  
Chris Kamatani  
Jane Kiyohara  
Tam Kobayashi  
Harry Lum  
Alice Mark  
Nancy Matsushima  
Paul Mito  
Chieko Miyake  
Florence Mizuno

Georgine Morita  
Gail Murakami  
Mae Nakakihara  
Henry & Eva Nishi  
Rose Omoto  
Karen Sakoda  
Ken & Sally Sasaki  
Dave & Joanne Sato  
Peggy Tadakuma  
Vickie Tani  
Elizabeth Tokunaga  
Faye Toma  
Ivy Toma  
Jane Tsuda  
Sandy Uyeunten  
Lani Walker  
*In memory Tak Watanabe*

Linda Jung  
*In memory Ginny Yamamoto*

Ronald & Myrna Amimoto  
Susan Dang  
Franklin & Amy Hayakawa  
Danny & Ruth Hirata  
Todd Isa  
Alice Mark  
Nancy Matsushima  
Rose Omoto  
Kevin & Terri Seki  
Lawrence & Barbara Takumi  
Robert & Helen Yamamoto  
Janice Yokouchi  
*In memory of  
Ginny & Blackie Yamamoto*

Alice Mark  
*In memory Faye Yee*

Gavin Tachibana  
*Memorial Service for  
Florence Tachibana*

Vickie Tani  
*In celebration of 2023*

Alice Kajiya  
*In celebration of  
Great Grandson,  
Rhode Radenbaugh*

Kaira & Amara  
Mark-Schwiebert  
*In gratitude for the Music  
Ministry of Auntie Kathy,  
Auntie Becky & Uncle Rick*

Tam Kobayashi  
*Happy New Year Faith UMC*

Susan DeGracia  
Victoria De La Torre  
Emi Hamada  
Helen Hirano  
Ben Inouye  
Jane Kiyohara  
Terrence Terauchi  
Janet Yamada  
*Faith Bento Ministries*

Preston & Masako Akiyama  
Kelly DeGracia  
Terry Ebihara  
Danny Hirata  
Ruth Hirata  
Ellen Hokama  
Kimiko Inouye  
Ray Isa  
Bess Kawamura  
Michelle Klunk  
Nancy Matsushima  
Steve Matsushima  
Lawrence & Barbara Takumi  
Grace Tochiara  
Barbara Ueda  
Sue Watanabe  
*Keiro Bento Ministry*

John & Joan Minamide  
Florence Uchida  
*Nihongobu Donation*

Tak & Doris Kato  
Jean Seki  
*Prime Timers Donation*

Makoto Nakayama  
*Music Ministry*

Mae Nakakihara  
*TGIF Donation*

Jack Honda  
*Van Ministry Donation*

Norma Ishigo  
*Earthquake Relief Donation*

#### IN KIND DONATION

Torrance Bakery (Gardena)  
*for donating pastries &  
cookies for Sunday Fellowship*



## 5 COMMUNION SUNDAY

**9:00 a (S) Nihongobu Worship Service**

**10:30 a (S) Worship**

10:30 a Garden Sunday School

12:00 p (A, P) UMW Executive Board Meeting

1:00 p (F) Hula Ministry

2:00 p Soul Care Retreat

## 12 GIRL SCOUT SUNDAY

**9:00 a (S) Nihongobu Worship Service**

**10:30 a (S) Worship**

10:30 a Garden Sunday School

10:30 p (Chen) TGIF/MYF

12:00 p (online) Youth Advisor

12:30 p (Chen) TGIF/MYF

2:00 p Soul Care Retreat

3:00 p (F) Girl Scout 5365

## 19 YOUTH FUNDRAISER

**9:00 a (S) Nihongobu Worship Service**

**10:30 a (S) Worship**

10:30 a Garden Sunday School

1:30 p (F) Hula Ministry

2:00 p Soul Care Retreat

3:00 p (S, F) Japanese Movie Night

6:00 p (F, A, P) Ping Pong

## 26

**9:00 a (S) Nihongobu Worship Service**

**10:30 a (S) Worship**

10:30 a Garden Sunday School

10:30 p (Chen) TGIF/MYF

12:00 p (online) Open Arms

2:00 p Soul Care Retreat

3:00 p (F) Girl Scout 5365

6:00 p (F, A, P) Ping Pong

## 6 Office Closed

9:00 a (online) Faithful Healing

10:00 a (S) Yasaki Memorial Service

7:00 p (F) Troop 719

7:00 p (online) J-Manga

## 13 Office Closed

6:00 p (F, A, P) Girl Scout 14845

7:00 p (online) Youth Parent Mtg

7:30 p (online) Nihongobu Bible Study

## 20 Office Closed

9:00 a (online) Faithful Healing

7:00 p (online) Social Action

7:00 p (online) J-Manga

## 27 Office Closed

7:30 p (online) Nihongobu Bible Study

## 7

9:45 a (F) Sakura Chorus

10:30 a (online) Bible Study

6:00 p (S, F, A, P, 16-19) Troop 719

7:00 p (online) Garden Teachers Meeting

7:30 p (online) Trustees

## 14

9:45 a (F) Sakura Chorus

10:30 a (online) Bible Study

5:00 p (Chen) Youth Study Night

6:00 p (F, A, P, 16-19) Troop 719

7:00 p (online) SPRC

## 21

9:45 a (F) Sakura Chorus

10:30 a (online) Bible Study

6:00 p (F, A, P, 16-19) Troop 719

7:00 p (online) Finance

## 28

10:30 a (online) Bible Study

6:00 p (F, A, P, 16-19) Troop 719

7:00 p (online) Ad Council

**WEDNESDAY****1**

8:30 a (F, A) Senior Hangout  
 2:45 p (F) Music Lesson (KM)  
 4:00 p (S) Five Strand Youth Band  
 6:30 p (S) Choir Practice  
 7:00 p (F) Cub Scouts (Leadership)  
 7:00 p (online) Bible Study  
 7:30 p (S) String/woodwind  
 practice

**8**

10:30 a (F) Women in Transition  
 11:30 a (K) MSG  
 2:45 p (F) Music Lesson (KM)  
 4:00 p (S) Five Strand Youth Band  
 7:00 p (S) Choir Practice  
 7:00 p (online) Bible Study  
 7:30 p (F) String/woodwind  
 practice

**15**

8:30 a (F, A) Senior Hangout  
 2:45 p (F) Music Lesson (KM)  
 4:00 p (S) Five Strand Youth Band  
 7:00 p (S) Choir Practice  
 7:00 p (online) Bible Study  
 7:00 p (F) String/woodwind  
 practice

**22 SHARED BREAD**

9:00 a (F) Come to the Table  
 2:45 p (F) Music Lesson (KM)  
 4:00 p (S) Five Strand Youth Band  
 7:00 p (S) Choir Practice  
 7:00 p (online) Bible Study  
 7:30 p (F) String/woodwind  
 practice

**29**

2:45 p (F) Music Lesson (KM)  
 4:00 p (S) Five Strand Youth Band  
 7:00 p (S) Choir Practice  
 7:00 p (online) Bible Study  
 7:30 p (F) String/woodwind  
 practice

**THURSDAY****2**

10:30 a (F) Logos Bible Study  
 7:00 p (online) Blessed Are You  
 7:00 p (S) Crossroads  
 7:00 p (F) Troop 310G Leadership  
 Meeting  
 7:30 p (online) Simple Church:

**9**

7:00 p (S) Crossroads  
 7:30 p (Chen) Simple Church:  
 Fellowship

**16**

10:30 a (F) Logos Bible Study  
 7:00 p (online) Blessed Are You  
 7:00 p (S) Crossroads  
 7:30 p (online) Simple Church:  
 Bible Study

**23**

7:00 p (S) Crossroads  
 7:30 p (Chen) Simple Church:  
 Fellowship

**30**

1:00 p (S) Ken Sakamoto Memorial  
 Service  
 7:00 p (S) Crossroads

**FRIDAY****3**

9:00 a (F) Continuing Education  
 for the Nikkei Widows

**10**

8:00 a (offsite) Men's Breakfast  
 7:00 p (Chen) TGIF/MYF  
 Fellowship  
 7:00 (F, A, P, 16-19) Cub Scouts

**17**

7:00 p (S) Cub Scouts  
 (Graduation & Bridging)

**24**

6:30 p (Chen) TGIF/MYF  
 7:00 p (F, A, P, 16-19) Cub Scouts

**31****SATURDAY****4**

9:00 a (Chen) Music Lessons (KM)  
 9:00 a (K) Blessed Bento  
 10:00 a (S) Followers of Him Band

**11**

8:00 a (Chen/K) Social Action  
 Sandwich Ministry  
 9:00 a (Chen) Music Lessons (KM)  
 10:00 p (F) Prime Timers  
 10:00 a (S) Followers of Him Band  
 10:00 a (Chen) J-Manga

**18**

9:00 a (16-18) Kevin Tsutsui  
 9:00 a (A) Keiro Bento Prep  
 9:00 a (Chen) Music Lessons (KM)  
 10:00 a (22) Fundraising Meeting  
 10:00 a (S) Followers of Him Band  
 11:00 a (K) Youth Prep  
 11:30 a Keiro Bento Drive Thru

**25**

9:00 a (Chen) Music Lessons (KM)  
 10:00 a (S) Followers of Him Band  
 10:00 a (online) COM meeting  
 2:00 p (F) Okaeri-Faith, Hope  
 & Courage

FAITH UNITED METHODIST CHURCH SOUTHBAY

# HOLY WEEK

APRIL 2 - 8, 2023



## PALM SUNDAY | APRIL 2

**9:00am** | Nichigo service in-person & livestream

**10:30am** | in-person & livestream



## MAUNDY THURSDAY | APRIL 6

**Passover Seder Meal and Footwashing (Handwashing)**

**6:00pm** | in-person & livestream



## GOOD FRIDAY | APRIL 7

**10am - 3pm** | Sanctuary open for prayer

**7:00pm** | El Tordondo Tenebrae Service at Redondo Beach First UMC; Pop-up Choir

**243 S. Broadway, Redondo Beach, CA 90277**



## HOLY SATURDAY | APRIL 8

**10:30am** | in-person

ALL CHURCH Picnic and Easter Egg Hunt



## EASTER CELEBRATIONS | APRIL 9

Easter Sunrise Service

**7:00am** | in-person

Joint Service: Nichigo & English Service

**9:00am** | in-person & livestream

Easter Celebration Service

**10:30am** | in-person & livestream



## Easter Lily Dedication ~ to celebrate a loved one...

Easter is a season of anticipation and joy as we hear of Christ's resurrection and await the promise of new life in our own lives. Easter lilies have become a symbol of this promised new life for the Christian community, and for the people of Faith United Methodist Church, as we adorn our altar and experience springtime joy on Easter Sunday! If you would like to dedicate an Easter lily in memory, in honor or in celebration of a loved one, please fill out the form below and submit it to the Church office, or place it in the offering basket during Sunday worship.

**Easter Lilies are \$15 each.** Please make checks payable to Faith UMC and note: "Easter Lily". Be sure to submit this form with your payment. Deadline is **March 19, 2023**

Given by \_\_\_\_\_ phone number \_\_\_\_\_

☐ in honor of ☐ in celebration of ☐ in memory of \_\_\_\_\_

☐ in honor of ☐ in celebration of ☐ in memory of \_\_\_\_\_

☐ in honor of ☐ in celebration of ☐ in memory of \_\_\_\_\_

☐ in honor of ☐ in celebration of ☐ in memory of \_\_\_\_\_

Please attach your payment of \$15 per plant. ☐ check # \_\_\_\_\_ ☐ cash Number of plants \_\_\_\_\_

**Deadline for ordering is Sunday, March 19, 2023** Thank you for your help in making our altar a beautiful place of worship and praise!



# Faith Bento Ministries

## About our program

Faith UMC loves and values our Seniors and continues to find new and innovative ways to support our Seniors, Primetimers, and Caregivers. **Blessed Bento** (1st Saturdays) has always been a program to support our "homebound" and participants. **Keiro Bento** (3rd Saturdays) is a NEW program that supports ALL of our Seniors and Caregivers, so that you won't have to prepare an extra meal that week!

Although Blessed Bento has always supported itself, with a generous grant through Keiro Grants Program, we are able to subsidize all of our meals for our Seniors, so sign up today!

## BLESSED BENTO

### Who is this program for?

- Homebound Seniors
- Seniors participants who have requested delivery.

### How do you sign up?

1. If you are not already a participant, you can register by contacting the Faith office: 310.217.7000 or [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)
2. Blessed Bento callers will contact you to confirm delivery.

### How are your meals prepared and delivered?

On the 1st Saturdays of the month, the Blessed Bento Ministry will make and prepare meals. Your deliveries will be made to participants homes by our BB Team early that afternoon.

### Love Offerings

**Blessed Bento and Keiro Bento are ministries of Faith and made with love. Monetary gifts are helpful to the sustainability of our Bento Ministry. Gifts and checks made to Faith UMC will go toward sustaining our Faith Bento Ministries (Memo line: BENTO MINISTRIES or Blessed Bento/Keiro Bento)**

### What is a "Well-ness Check"?

To best support our seniors and caregivers, when we confirm our monthly orders, we will be asking 3 simple questions:

1. How are you doing?
2. Is there anything Faith can do to support you?
3. Do you need a pastoral care call or visit?

### Our Community Partners

In addition to Keiro Grant Program, Faith UMC is excited to partner with our local South Bay restaurants and local eateries. We hope to rotate and support local businesses and restaurants such as Shin-Sen-Gumi, Ladybug, Nijiya, N Cafe, Seiwa Market, Tokyo Central, and other local eateries.

### Faith UMC South Bay Contact Information

2115 W. 182nd Street, Torrance, CA 90503 \* Phone: 310.217.7000 \* Email: [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)

## Keiro BENTO

### Who is this program for?

- ALL Seniors
- Caregivers (Limit 2)

### How do you sign up?

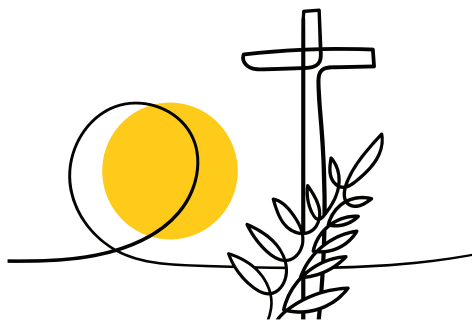
1. Participants must call monthly to sign up by contacting the Faith office: 310.217.7000 or [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org). For the month of February, there are only a few meals left. Please call before March 3.
2. Faith staff will call each month to confirm your # of meals, if you are able to pick up your meals, and will ask our 3 "Well-ness Check" questions.

### How do you pick up your meals?

On the 3rd Saturday of the month, a different local restaurant and eatery will create a Bento Box for our participants. Pick up will be between 11:30am-12:30pm in the Faith Parking lot. *(If unable to pick-up, please let us know during your confirmation call.)*

# PRIME TIMERS

## mini lenten retreat



### PRIME TIMERS' IN-PERSON LENTEN GATHERING

**Saturday, March 11, 2023 10 am to 12:00 pm**  
**Fellowship Hall**

Let us prepare for the Easter season by participating in some of our favorite Prime Timers' Lenten spiritual practices. Please join us as we gather for our **mini lenten retreat** – to sing, participate in devotional teachings, celebrate Communion, and fellowship together.

A light lunch will be provided. **Please call the church office (310) 217-7000, to confirm your attendance.**



Save the date:

**Saturday, April 8**

Program to be announced.

The Prime Timers ministry is open to all seniors and retired members of our community. We hope that you will join us for one of our upcoming events. For more information about the Prime Timers, please contact: Chris Kamatani (310) 612-7826.



Please save the date for 2023's Relay for Life, **May 6, 2023**. Our Team, Ohana of Faith will participate again as we have for more than 16 years. We would love your participation as a Survivor, Care Giver, Volunteer, Prayer Warrior and much more. More details will follow. If you are interested in joining our team or if you would like more information, please contact Sandy at the church. You may join our team by clicking on this link:

[https://secure.acsevents.org/site/STR/RelayForLife/RFLCY23CGH?team\\_id=2646597&pg=team&fr\\_id=104263](https://secure.acsevents.org/site/STR/RelayForLife/RFLCY23CGH?team_id=2646597&pg=team&fr_id=104263)



**CELEBRATE!!! REMEMBER!!! FIGHT BACK!!!**

Team Captain, Linda Sakurai



FAITH UNITED METHODIST CHURCH

*Presents*

日本映画

FREE ADMISSION  
& POPCORN!

無料

EVERY THIRD  
SUNDAY OF  
THE MONTH

# JAPANESE MOVIE NIGHT

JAPANESE AUDIO/ENGLISH SUBTITLES



## Critical comments:

Unmissable; A classic that influenced so much to come it's almost essential; One of the world's truly great works; Astonishing; An ultimate classic that changed the way films were made forever; As singularly influential as any film in history; Despite many imitators no one has ever quite duplicated the power of this film; In the top 25 best movies ever made world-wide

Movie will be shown in Japanese audio with English subtitles. It will also be shown dubbed in English



**SUNDAY**

**March 19, 2023**

**@ 3PM**

**Masks are required**



**FEATURING  
AKIRA KUROSAWA'S RASHOMON**

**FAITH UNITED METHODIST CHURCH / 2115 WEST 182ND STREET, TORRANCE 90504**

**FOR MORE INFORMATION: 310.217.7000 / FAITHSOUTHBAY.ORG**

**THERE WILL BE A SHORT REFLECTION AFTER THE MOVIES**

# FALL 2023 MATSURI OF FAITH

**Saturday, September 9, 2023  
11:00 am to 3:00 pm**

**WE WILL HAVE:**

**FOOD**

**BAKE SALE**

**GAMES**

**ENTERTAINMENT**

**LITTLE STORE**

**LEAP OF FAITH**

## SAVE THE DATE!

**LOCATION: Faith UMC Southbay  
W. 182nd Street  
Torrance, CA 90504**

**For more info, please call (310) 217-7000 or  
email: [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)**

**MATSURI**



CO-SPONSORED BY: CENTENARY UMC, FAITH UMC, WEST LA UMC, AND OKAERI LA

COME JOIN US!

# FAITH, HOPE & COURAGE

**SATURDAY, MARCH 25, 2023**

**@ 2:00PM - 4:00PM**

**FAITH UMC**

2115 W 182nd St, Torrance, CA 90504

Personal sharing of Christian faith journeys from LGBTQIA individuals. Event will help to promote Okaeri LA's 5th Biennial Conference: November 10-12, 2023

Please **RSVP** for event by calling Faith UMC: (310) 217-7000  
or email: [murakami4@aol.com](mailto:murakami4@aol.com)

**SPEAKERS:**

**Aiden Aizumi** - National speaker who identifies as transgender

**Colleen Tani** - A queer Sansei cisgender woman

**Rev. Kenneth Schoon** - United Methodist Church pastor who identifies as gay

\*for questions email: [murakami4@aol.com](mailto:murakami4@aol.com)



[okaeri-losangeles.org](http://okaeri-losangeles.org)

Okaeri is fiscally sponsored by LTSC





# FAITH HULA

WHEN:

1:00 PM

NEXT CLASS ON:

MARCH 5 & 19

WHERE:

FAITH FELLOWSHIP HALL  
1ST AND 3RD SUNDAYS

## Faith Van Ministry



## & Ride Shares

We're restarting our Van Ministry for Sunday Mornings, but we need to know if you're interested, need a ride, and what kind of support you need!

**For the month of March, we will be "test-driving" our return of pick-ups and drop-offs on the 1st and 3rd Sunday of the month:**

**Sunday, March 5, 2023**

**Sunday, March 19, 2023**

If you would like to arrange for a ride, please contact Glenn Sakurai at [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org) or by calling the Church Office, 310.217.7000.

**If you would like to help DRIVE our seniors, please contact Glenn as well to be a part of the vanpool driver rotation or if you can help with pick ups of seniors in areas near you!**

# master's kitchen *is back for you!*

11:00am to 11:45am Saturday

April 29, 2023

July 29, 2023

September 30, 2023

December 30, 2023

40 lunch boxes  
and sack lunches  
to be handed out



## SANDWICH MINISTRY

Sandwich Ministry has been continuing  
**every 2nd Saturday of the month!**



40 sack lunches are prepared in the  
Chen Annex (8-9 am) and delivered  
to the day laborers at Home Depot.

**SIGN UPS ARE WELCOME!**



If interested, call church office (310-217-7000) or notify Barbara Takumi.



## SAVE THE DATES:

SOUL CARE: MINI RETREATS, 2PM

MARCH 5, 12, 19, 26

HOLY WEEK SERVICES

APRIL 2-8

HOLY SATURDAY FAMILY FUN:  
PICNIC & EGG HUNT

APRIL 8

EASTER CELEBRATIONS

APRIL 8

As a reminder to the congregation: ALL committee meetings at Faith are OPEN meetings. SPRC is the only committee where attendance must be requested by church members.

## RE-ENTRY UPDATE: MARCH 2023



With Gov. Newsom rolling back the CA State of Emergency related to COVID, Faith UMC will begin to adjust and ease our masking guidelines AFTER EASTER to also reflect what is published on CA Dept. of Public Health website:

*When the end of Flu Season is announced, Faith will begin to "recommend and not require," people wearing a mask based on personal preference, informed by their own personal level of risk.*

### **Vulnerable people\*:**

*Consider wearing a mask in crowded indoor public places. Ensure your mask provides the best fit and filtration (respirators like N95s, KN95s and KN94s are best).*

*If you are a vulnerable person\* or live with a vulnerable person\*, consider taking additional precautions to keep them safe.*

If you are feeling under the weather, it is always best to air on the side of wearing a mask in public. We also recommend that nursery caregivers wear masks to keep themselves healthy.





## METHODISM 101 CLASSES

**2nd SUNDAY AFTERNOONS at 2:00pm**

**Sunday, March 12, 2023**

After a great Membership class and a discussion of what we as United Methodists believe, we decided to hold a once a month "Refresher" class on different topics on Methodism. Bring your lunches, all are welcome!

**MARCH MEETING: Join our Soul Care: Mini Retreats!**

Each week in March, learn about the different creative ministries at Faith that you may want to tap into, participate in, or serve in ministry. Some of our mini-retreats are new and if there is enough interest, it is an opportunity to explore and try these new ministries.

**WESLEYAN GRACE      FAITH JOURNEY      METHODISM 101**



## CONFIRMATION & MEMBERSHIP CLASSES

**WHY WE BELIEVE.  
WHAT WE BELIEVE.**

**SPRING 2023  
POST-EASTER  
SUNDAY AFTERNOONS at 1:00pm**  
(WITH CONSENSUS OF GROUP)  
**Activity Room & Patio**

Also a great refresher class!  
One does not need to commit to membership to join class!

To register, please contact:  
[communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)

**WESLEYAN GRACE      FAITH JOURNEY      METHODISM 101**



FAITH SOUTH BAY

1ST MEN'S BREAKFAST



Once a month, Fridays, 8:00am  
Next meeting: March 10  
Offsite at Country Touch Cafe

Once a month men (all generations) gather for food and fellowship.  
Please sign up with Herb Aoyama or Roger Butcher or contact the church office at [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)



Faith Chancel Choir & Crossroads

## CHOIR PRACTICE

We have a new choir director!  
Dr. Lynn Atkins will have Choir Practices on:  
Wednesdays at 7:00pm  
Chancel Choir

Thurs., February 9, 7:00pm  
Crossroads Choir

Come! Make a joyful noise unto the Lord!



## FAITHFUL HEALING

Join Alan Saruwatari, CST, a shiatsu therapist and Qi Gong practitioner at One, Natural Healing Center as he walks you through ways to strengthen your natural healing abilities and take an active role in the healing process through a meditation that connects with your Christian faith. *Feel God's love as you calm your mind, relax your body and brighten your spirit!*

***Every 1st and 3rd Mondays at 9:00am.***

If you're interested: please email Alan Saruwatari at [One.nhc@att.net](mailto:One.nhc@att.net) for zoom information.

## TUESDAY MORNING BIBLE STUDY

If you've tried Bible studies before, but found them difficult to understand or irrelevant to your life, you should spend some time with us. Our conversations are engaging, honest, and practical. Come and enjoy!



**We gather at 10:30am every Tuesday**

**Zoom Link:** <https://us02web.zoom.us/j/5883329633>

If you're interested, please contact the church via email **communications@faithsouthbay.org** or call at **(310) 217-7000**.

## MID-WEEK BIBLE STUDY



**EVERY  
WEDNESDAY  
AT 7:00PM**

IF YOU'RE INTERESTED:  
PLEASE CONTACT THE CHURCH VIA EMAIL:  
**COMMUNICATIONS@FAITHSOUTHBAY.ORG**  
OR CALL AT **(310) 217-7000**.



# LOGOS BIBLE STUDY

**1ST & 3RD  
THURSDAYS  
AT 10:30AM**



**REV. ALLISON IS OUR INSPIRATIONAL  
LOGOS TEACHER. COME JOIN THIS GROUP IF  
YOU DESIRE TO GROW DEEPER IN CHRIST.**

IF YOU'RE INTERESTED: PLEASE CONTACT THE CHURCH VIA EMAIL:  
**COMMUNICATIONS@FAITHSOUTHBAY.ORG** OR CALL AT **(310) 217-7000**.

## BLESSED ARE YOU: WOMEN'S BIBLE STUDY

**EVERY 1ST AND 3RD THURSDAYS  
FROM 7:00PM - 9:00PM**

Bible study group for women of all ages and stages in life. Women spend a special time with God in a tranquil and soothing environment, created especially for a spiritual experience that is comforting, supportive, accepting, and affirming to sisters in faith.



If you're interested, please contact the church via email  
**communications@faithsouthbay.org** or call at **(310) 217-7000**.

**YOU CAN GET IN TOUCH WITH THE CHAIRS AND COORDINATORS OF YOUR GROUP VIA THEIR CHURCH EMAILS AND/OR CONTACTING THE CHURCH OFFICE  
(310) 217-7000**

**Women in Transition (WIT)  
Women's Grief & Support  
Group (WGSG)**

**Next meeting: March 8, 2023, 10:30am**



We welcome all women to join us for encouragement, support, fellowship & spiritual growth as we journey through various transitions in our lives, such as loss of loved ones, friends, job, health & loneliness. We have launched TWO separate tracts for our group: Women's Grief & Support Group (WGSG) and Women in Transitions (WIT). The first tract is for those experiencing loss and grief and would like to process together. The second tract is a group discussion on what it means to move into new transitions. We will join together again for lunch.

Rev. Allison and Minister 'Ainise Isama'u will co-facilitate these two tracts.

For more information contact Rev. Allison,



**Senior hang-out**

**Next meeting: March 1 & 15**

**8:30-11:30am**

Senior Hangout has returned to meeting at Faith with a new day of the week! Wednesdays! Due to current COVID-19 protocols still in place, we are asking that all Senior Hangout participants register and are vaccinated.

Join us for a few hours of fun, fellowship and refreshments. We play games such as hanafuda, hand-and-foot, 21 and mahjong. If you are not a game person, you can sit around and "talk story", quilt or get help with your ipad or smartphone. Bring a friend for this wonderful fellowship time.

Coordinators: Joanne Sato and David Sato. For more information, contact Joanne Sato or contact the church office, [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)

**MOCHI CLUB: MISO & TOFU Parenting Groups**



Moms and Dads with children of ALL ages are invited to participate in our monthly Mochi Club pop-ups, movie nights and family activities. MISO: Mom's in Search Of... and TOFU: The Open-Hearted Father's Unite. As we start out with fellowship and fun, we hope to grow in our Faith by creating family groups, camping and retreat opportunities for the whole church family and other events and gatherings where we can share knowledge, experience, and raising children spiritually and biblically together. **[Mark your calendar with tentative dates for Palm Sunday Egg Hunt: April 2; Day Camp: July 10-14 & Duolingual Keiki Camp: July 17-18. Dates for Hollywood Bowl and other fun events to be announced soon!]**

If you are interested and want to participate, please contact, Church Life Coordinator, Minister Ainise 'Isama'u, [akisamau@faithsouthbay.org](mailto:akisamau@faithsouthbay.org) or Rev. Allison Mark, [communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)

**YOU CAN GET IN TOUCH WITH THE CHAIRS AND COORDINATORS OF YOUR GROUP VIA THEIR CHURCH EMAILS AND/OR CONTACTING THE CHURCH OFFICE  
(310) 217-7000**

## **caregivers' support**

The Caregivers' Support provides support to adults who are caring for aging parents and spouses. We also provide resources in the fields of elder care, Alzheimer's disease, and other end-of-life issues.

Please contact Rev. Allison Mark or the church office for Caregiver Resource information:  
[communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)

## **Men's Support Group (MSG)**

**Next meeting: March 8, 2023, 11:30am**

The Men's Support Group is mainly for widowers. We share the experience of loss of loved ones, but also explore redefining their lives and significance in face of this loss. They meet to (1) experience cooking and sharing foods together under the leadership of Ralph Ichikawa, and (2) listen to participants' life experience as they see their significance in light of Christian belief.

For more information, contact  
Mas Oshiro or contact the church office.  
[communications@faithsouthbay.org](mailto:communications@faithsouthbay.org)

## **Open Arms Support Group**



**Last Sunday of Month, 12:00 pm (online)**

The Open Arms Support Group's mission is to provide a place of love and support for lesbian, gay, bi-sexual, transgender and queer individuals (LGBTQ), as well as for their families, friends and allies. In addition to promoting a greater understanding and respect, the group seeks to provide educational resources related to LGBTQ issues and challenges.

Our goal is to become an inclusive faith community that embraces all individuals regardless of ethnicity, race, color, nationality, age, physical ability, family structure, social or economic status, sexual orientation or gender identity. It is our hope and prayer that whoever wishes to participate fully in the life and ministry of Faith UMC may do so freely, openly and unconditionally in accordance with God's plan and grace.

Please feel free to contact Derek Murakami  
[openarms@faithsouthbay.org](mailto:openarms@faithsouthbay.org)



# FAITH STAFF

Growing deeper in Christ  
Going farther for Christ

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