



A Publication of the San Lorenzo Japanese Christian Church
"Growing together and reaching out in the love of Christ"

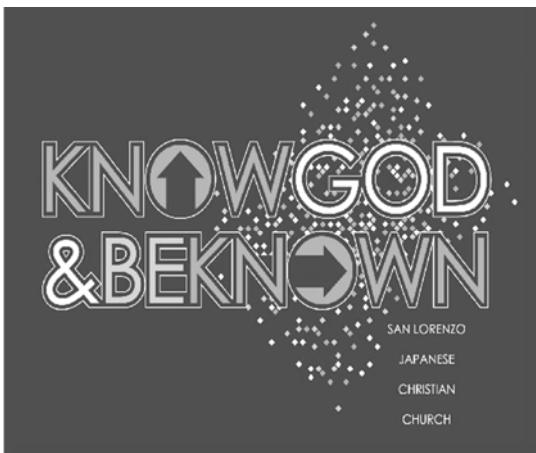
Firmly Rooted

"Just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him." Col. 2:6a
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Know God & Be Known

"not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." Hebrews 10:25



This past month we enjoyed another wonderful retreat at Redwood Christian Park. It was an amazing time where the Lord really blessed all those who attended.

Once again, a special thanks to the planning committee for their leadership. As I reflect upon the retreat, the one thing that continues to ring in my mind is the theme – **Know God & Be Known**. For all of us, whether we attended the retreat or not, I hope the theme encourages each of us to grow further in our relationship with the Lord and each other.

Know God - as Hebrews 10:22 says, *let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.* Each of us can draw near and know God, not because we are perfect people, but since we are cleansed by the blood of Christ. It is wonderful that we can come to God not having to earn or to pay Him back, but we can come to Him by His amazing grace. I pray through your daily grind that you might never forget the love of Christ which compels us to love Him and to draw near to Him. Take time to know God by taking 5-10 minutes in your morning to read His Word, take time to know God by spending a few moments praying during your lunch break, take time to know God by reading a God-centered book, and take time to know God by praising Him at the end of your day. I challenge you to continue to Know God in a bold and radical way like you never have before. Go further and deeper!

Be Known – as Hebrews 10:25 says, *not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.* The writer of Hebrews rebuked the people for neglecting their fellowship. If a church neglects meeting together, then it will begin to die together. **Community is never an option, it is a necessity.** It is not easy, but it is vital for our spiritual health. It takes sacrifice and effort to be known by another person through prayer, confession, study, fellowship, and reproof. Let us continue to sharpen each other to be the church and the people of God that He desires for us to be at San Lorenzo Japanese Christian Church. Let us be a community of believers who are consumed by the closeness of God and the fondness our fellowship. Let us take from the retreat to move forward as a church that knows God and is being known.

-- Pastor Eric

God's Blessings on SLzJCC's All-Church Retreat

As I write this, it has been over a week since the 2010 All-Church Retreat and I am still in a state of euphoria over God's awesomeness and faithfulness. In my experience, two things are certain in regards to retreats: getting people to attend and God pouring out tremendous blessings on those who show up. That was exactly the case again this year.

The weather was great; there were lots of new people, many of whom have been at SLzJCC less than six months. Based on the exit evaluations, all the attendees enthusiastically enjoyed the weekend and were blessed. The "Know God and Be Known" theme came to life over the course of the weekend. The retreat focused on spiritual disciplines within the context of small groups/fellowship as revealed to us in Hebrews 10: 19-25. Here are some highlights:

Friday highlights:

- Sweet Sounds – Justine Tekawa's worship team kicked us off with a wonderful worship set. The sound from the attendees singing and the band resounded so beautifully in the large meeting hall.
- A Fish Drama? – It was great seeing Haj Kanzaki, Ken Gee, and Ross Yamamoto, get out of their comfort zones to portray fishermen in a short skit to help introduce the retreat theme.
- 5 Minutes of Quiet – At the beginning of each session, we implemented a 5 minute period of silence to help people focus on God. The attendees meditated on God's Word and said silent prayers. It was refreshing to observe 100 people quietly focusing on God for such an extended amount of time.

Saturday highlights:

- 7 AM Corporate Prayer?! - I was amazed at the amount of folks who came out for the 7 AM Corporate Prayer sessions: 25 people came out on Saturday morning with another 16 on Sunday morning. Even Pastor Eric, a self proclaimed "non-morning person," showed up – both mornings!
- The Set-up Man – Pastor Eric laid the ground work on Hebrews 10, showing us God's way to live. We do not do good works to earn favor with God; we do good works because we love God and want to further His Kingdom. He encouraged us to make God our preoccupation.
- Look at the Redwoods – Pastor Brian explained how God invites us to draw near to Him and how God took away the old ways of atonement for sins



Thank you to the 2010 Retreat Committee for all your hard work! God blessed your efforts!

and established embracing/following Jesus as the new radical way. He pointed out the clustered Redwood groves at the retreat center as an example of how our lives are meant to be lived together.

- My gauge of success – The definition of a successful retreat, from my standpoint, is when everything is going well and I can spend some time relaxing in the pool. My son Luke and I did just that on Saturday afternoon. Awesome!

Sunday highlights:

- Let the children come to Jesus – Emi Sarena, Joyce Mitsuyoshi and Michi Shimada did a wonderful job teaching the nine-and-under crowd some great songs that they performed for us during the Sunday morning session. The kids even recited a memory verse.
- Play time is over! - Pastor Rod taught us to "spur/provoke/stir up" one another to love and good deeds; and issued a challenge to the attendees and SLzJCC as a whole. "Cross over the generational barriers and serve our fellow SLzJCC brethren" Preach it, Reverend!
- Led by the Spirit – The Communion service was once again a very intensely Spirit-filled time with most attendees receiving prayer from our pastors.

To the 2010 Planning Team: It was a true blessing working with you over these past nine months. Most were on the 2008 team and serving a second time (they are a long-suffering bunch). They worked in a spirit of unity to set up an environment where the SLzJCC attendees worshipped God in spirit and truth and in a caring community. Thanks and well done to: Lynne Kishi, Lynn Yoshioka, Jeff Kataoka, Justine Tekawa, Judy Sugiyama, Emi Sarena, Eiko Kanzaki, Gary Yamashita, and Pastors Rod/Brian/Eric/Scott! Thanks also to their spouses and significant others as well.

Retreat continued ...

To the 2010 Retreat attendees: Thanks for coming, participating, and worshipping with gusto. Keep practicing the spiritual disciplines of Bible reading, prayer, and meditation that you perfected at the retreat – and invest your time in SLzJCC's Small Group Ministry. For those who attended my Life Map Seminars, please review your Life Maps yearly.

To all who call SLzJCC home: Please make yourself available to God by creating space for Him in your daily routine. Re-arrange your routines if necessary!

Most of all, I am thankful to the Lord for allowing me to serve Him in this endeavor. I am also thankful to my wonderful wife, Betty, for her perseverance and understanding during these last nine months.

Peace be with you all,
Frank Nakasone

2010 SLzJCC All-Church Retreat Director

My Retreat Experience

By: Ramon West

The San Lo All-Church Retreat was a great time of worship, fellowship and going deep into God's Word and His desire for our lives. I was most blessed by the extraordinary worship led by Justine, Ben, Fran, Naomi, Koko, new comer Chris Kao, and of course the surprise guest appearances by the children!

We were unified and free to worship God as we felt led, standing, lifting up hands, or just sitting in prayer or reflection. Worship was full of energy, and passion for Jesus; I felt as though I were alone praising God yet surrounded by the voices of the family of believers. It set the mood for the whole weekend, and the in-depth sermons from Hebrews 10.

The sermons were direct, informative, and straight from the Word of God. My favorite analogy was that of the grove of redwood trees that stand tall through the ages supporting one another with their broad and intermingling root system, which supports the individual as the church body supports one another. I was also greatly blessed by the early morning prayer. Being able to sit in prayer with older, more mature Christians was a wonderful experience for me. I was blessed to hear how they pray, and to know that they pray regularly. Although we may be separated by years, many of us are walking similar paths with similar struggles and through the power of the Holy Spirit they have persevered. It gave me great hope to see the legacy they and many before them have created.



The last amongst many blessings was the opportunity to interact and play with the young kids or even watch them playing with the fullness of their hearts. It was a beautiful reminder of the purity and innocence that is in the world by God's grace. I was able to think back to when I was just a child running through nature fending off invisible foes so that good would prevail in an imaginary world. To see the goodness in them was a call to carry on and support and protect them with truth and love.

In closing, I am thankful I had an opportunity to interact and know more about many people in the church, worship God and learn more of His heart for us, and enjoy God's glorious creation.



The children lift up their hands in praise as they sing at the retreat.

San Lorenzo J.C.C. to
Partner with
International Christian
Center for Thanksgiving Food Drive



The Junior Church will be conducting our Annual Thanksgiving Food Drive to collect canned and non-perishable food for those in need. The Junior Church will sponsor a friendly competition to see which church team brings in the most pounds of food! From Nov. 6-Nov. 20, please bring cans of food and other non-perishable food to the church. The Junior Church children will collect and weigh the items. Look for the team lists to be posted on October 31. This year, we will donate the food to the International Christian Center, the church across the street from SLzJCC. We are excited to partner with our neighborhood church as they have a food pantry that we will help stock. They appreciate our help and we hope to establish an on-going partnership with them.

-- Jeff Kataoka