

Will Have a New Design Starting with the 200th Issue!

The very first issue of the Friends Newsletter was published back in 1977, and our next issue in the fall of 2022, will be the 200th issue! From the next issue onward, we will be updating the Friends Newsletter to make it easier to read and more enjoyable for the whole family. To achieve this vision, we will be implementing new ways to increase reader engagement, which we are starting with this summer issue! Below is a quiz about the MeySen school buses. We hope you will try it, together with your family!

Newsletter Tagline

“読むとつながる。読むとひろがる。”
Read to Connect, Read to Expand.

This will be the tagline of the Friends Newsletter that will accompany the "Friends" cover logo, starting with the next issue. The articles and photos will bring forth old memories and new discoveries, and we hope new goals may also be born of them. We aim to create a fun and informative newsletter in which parents, children, and friends can pore over the pages and have many wonderful conversations with each other.

200th Anniversary Pre-Event

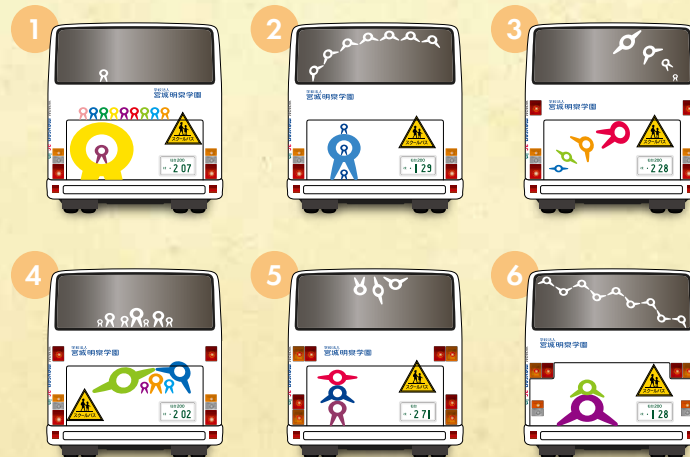
MeySen Bus Quiz! Which bus is this?

All of the MeySen school buses have the same design of three tulips on their sides, but did you know that the design on the back of each bus is different? Some buses have large persona symbols carrying smaller persona symbols on their shoulders or holding hands with one another. This design was created by graphic designer Kakutaro Iimori* in line with the concept of "Encouraging the children of MeySen to grow through various challenges and experiences together with adults."

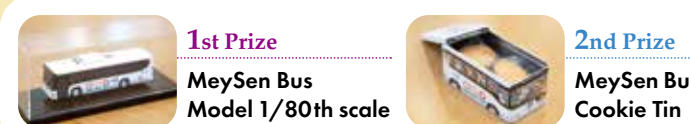
Now, here's the quiz! If you can guess all six buses correctly, your name will be put in a drawing, and if selected, you will win a prize. Winners will receive their gifts in August, and we will announce the winners in the fall issue of our newsletter. We look forward to hearing from you!

* Kakutaro Iimori is a graphic designer who has designed logos for Hino Motors and Shimizu Corporation.

* We will not be accepting applications from high school, premier high school, grammar school students, and those of you who receive the English version of this newsletter (unless you are currently enrolled as a student in MeySen Academy's Kindergarten or elementary school program). We apologize and thank you for your understanding.



Here's the giveaway!



Eight Study Abroad Students Return Home from the U.S.

We proudly welcome back eight study abroad students, who spent the last year in the U.S. attending high school and building life-long friendships during their time overseas. These students have returned to Japan with many memories and accomplishments, after fulfilling their dream of studying abroad. We asked two of these students what they had experienced and gained from their study abroad experience, so if you are considering studying abroad, please read on!

Miyuu Takano (Janet)



A friend's birthday party

I studied at a high school in Oregon, and my goal is to continue to hone the skills I developed while studying abroad to make an impactful contribution to the world. I would like to use the English expressions I learned there to interact with more people and learn more about the world.

In my classes and extracurricular activities, I learned about ways of thinking that I was not previously aware of, and I feel that I was able to develop my ability to think about things from different perspectives. I also believe it's important to communicate what I experienced during my time studying abroad, including cultural differences in both Japanese and English. I will not allow what I learned during my study abroad experience to go to waste, but will aim to build on it and take what I learned to get to an even higher level.

Traveling in Washington State with two host sisters (center) and an exchange student from Germany



Haru Takahira (Melanie)



With my brass band friends after a concert

Hello, I am Melanie. Starting last August, I spent about 10 months studying abroad in Indiana, and returned to Japan this June.

During my study abroad experience, it was difficult for me to overcome certain cultural differences and especially the language barrier. There were times when I feared failure and struggled to express my opinions in English, but through hard work and determination, I overcame those challenges. Through these experiences, I came to enjoy speaking English even more.

I believe that the best way to grow is to bravely push yourself outside of your comfort-zone, to make lots of mistakes and to use what you learn from those mistakes, to help you with whatever comes next.

At the ice skating rink with school friends (third from right)



Bible verse

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others. Philippians 2:3-4 (ESV)

聖書



MeySen's Core Values

In this series, we introduce the values and ideas that we share and esteem among all of our staff. In this issue we address the fourth core value, Humility.

Humility

We Are Not Perfect / Listening to Others

Part 4



Principal Daniel Fanger

"Humility" is listed as the fourth of MeySen's core values, but we believe it is the most important and influential. The dictionary describes humility as "having a modest and humble attitude;" a way of treating others in an honest manner without being conceited of one's own abilities or position. The opposite of humility is pride, arrogance, insolence, and pompousness. These words mean "to be arrogant and conceited." These negative qualities also carry the implication of "looking down on others."

Characteristics and Consequences of Pride

Pride is the source of the following attitudes.

- Bragging, boasting, arrogance, and haughty attitude
- Overestimating oneself and looking down on others
- Not listening to other people's thoughts or opinions
- Refusal to admit one's own mistakes and faults, and an inability to apologize

Humility can be thought of as the opposite of these things. In addition, even though it does not always appear connected, the following behaviors are also considered to be rooted in pride.

- Arguing and fighting (not conceding)
- Comparing oneself with others, jealousy, greed
- Hiding one's own mistakes and sins, being quick to point out the faults of others
- Wanting to be superior to others, unable to serve others
- Quick to judge, unable to forgive, and lacking in compassion

Pride is the root of many sins we commit, and we need to do our best to avoid it. No one can be completely free of pride in their heart, no matter how it may appear on the outside. In fact, if someone says they have no pride, that itself is surely a sign of pride. And isn't the greatest pride to ignore, dishonor, and not be thankful to God, our Creator?

The Humble Receive Favor and Grace

The Bible says that there are seven things that God hates and abhors, and the first one listed is

pride. We also have the following words from God, concerning pride.

"The Lord detests all the proud of heart. Be sure of this: They will not go unpunished." (Proverbs 16:5)

"But he gives us more grace. That is why the Scripture says: God opposes the proud but shows favor to the humble." (James 4:6)

God gives mercy and grace to those who humble themselves and admit their sins. He opposes and punishes the arrogant and conceited. The same is true for us human beings. It is difficult to forgive those who make excuses and blame others for their mistakes and errors, but we are inclined to give grace and forgiveness to those who humbly and gracefully admit their faults and sincerely apologize.

Therefore, a humble person will gain favor from both God and others and will steadily grow. Humble people create harmony and good teamwork. They are able to respect others, celebrate the successes of others, and rejoice in who they are.

True humility is not superficial modesty or self-deprecation. It is not a matter of comparing oneself with others, because everyone is precious to God and equally valuable, and we should rejoice and be thankful for the gifts we have received from God.

Humility Is the Path to Heaven

It is important to pursue humility. It begins with knowing God and opening our hearts to Him. A prideful heart elevates itself above God and leads us to worship "idols" such as power, fame, money, and control. Idols are not limited to objects made of metal or wood. In our hearts, everything that replaces or is more important than the living God of heaven is an idol.

Humility begins with the knowledge that God is the Creator of the world and that humankind is His creation, leading us to Jesus our Savior. If we humble ourselves before God, confess our sins, and believe in and accept Jesus Christ, we are redeemed by His sacrificial death on the

cross, our sins are cleansed, and our names are written in the Book of Life under God. It is like receiving a ticket to heaven, a written assurance of an eternal heavenly home.

"The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the Kingdom of God." (Continued below)

If we live with pride, self-love, and self-centeredness, we are a slave to sin and cannot enter heaven. For those who recognize their own wretchedness and sinfulness and cling to Jesus' salvation, there is forgiveness of sins. Still, there will be a battle against the "works of the flesh" that come from pride, self-love, and self-centeredness until he or she reaches heaven. However, those who believe in Jesus will be given God's Spirit (the Holy Spirit), and the Holy Spirit will help, guide, and protect us.

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law." (Galatians 5:19-23)

The "fruit of the Spirit" is the result of a humble walk, loving God with all our hearts, loving our neighbors, and rejecting the "works of the flesh" through listening to and obeying the voice of the Holy Spirit in our hearts.

"Humility is the fear of the Lord; its wages are riches, honor, and life." (Proverbs 22:4)

This is God's promise as recorded in the Bible. Let's strive to be people who bear the "fruit of the Spirit" and store up treasures in heaven and receive the greatest treasure of all, eternal life.



Friends

MeySen Academy Newsletter フレンズ

No. 199
SUMMER
2022
ENGLISH EDITION

Let's enjoy Summer with our Friends!



Rays of Sunshine!

With the COVID pandemic gradually slowing down, MeySen is now able to hold events just as it did before the pandemic. The children's activities under the summer sun, which include camps at the school, camps in Bandai, Hanayama, and Inawashiro; and even our trip to Kansai*, are treasured and irreplaceable events for our students.

*The summer issue of the newsletter is printed in early July. Due to changes in the infection spread situation, some events may have been canceled at the time of publication.

MESSAGES FROM ACROSS THE SEVEN SEAS!

Do you know which country your homeroom teacher is from? This year we have many teachers who are not from the U.S. and in fact, hail from all over the world! We hope that this article will encourage you to ask all of the MeySen teachers where they are from. For our American teachers, please ask them "Which state are you from?"

Held for the first time in three years!

Alumni Association BBQ



U.S.A.
The American teachers at MeySen, come from 24 different states! We are planning to have them introduce their home states, so stay tuned!

JAMAICA
Jamaica is a small tropical island, yet the island produces the fastest men and women in the world, like the great Usain Bolt.



Mr. DeMario
Takamori Premier School

VIRGIN ISLANDS OF THE UNITED STATES
St. Croix is located in the Caribbean Sea. It is one of the three US Virgin Islands.



Ms. Reanne
Maruyama FC



Scan the QR code, to read their full comments in English and Japanese!

U.K.
The UK is a diverse, modern country with a rich history.



Mr. Peter
Maruyama High School

THAILAND
Thailand is a good country to live in, with many delicious foods like fruits, and cheap prices for goods.



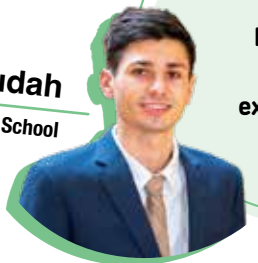
Ms. Claudia
Maruyama FC



Ms. Tabitha
Takamori FC

Ms. Tabitha and Ms. Claudia are sisters and were born in Thailand.

NEW ZEALAND
New Zealand has amazing nature, fresh food, and exciting outdoor experiences.



Mr. Judah
Maruyama Premier School

REPUBLIC OF ZIMBABWE
Zimbabwe is a landlocked country in the Southern part of Africa. It is famous for Victoria Falls which is the third largest waterfall in the world.



Ms. Graça
Maruyama FC



Ms. Pashy
Takamori FC

Ms. Graça and Ms. Pashy are sisters and were born and raised in Zimbabwe, but their nationality is Mozambican, the same as their parents.

REPUBLIC OF MOZAMBIQUE
Mozambique is a long coastal country located in the Southeastern part of Africa. The spoken language is Portuguese.

Baby chinchillas born!

Chinchilla Babies



In mid-April, two cute baby chinchillas were born at the Takamori campus! Since chinchillas are nocturnal, it will be difficult for our students to catch a glimpse of them during the daytime. In just a few months, these little ones have already grown so much, under the loving care of their mother.

Did you know that the chinchilla is a member of the rodent family, and they originate in the highlands of the Andes Mountains in South America? They are very cute with big ears and chubby bellies! Maruyama has a chinchilla cage on the terrace, on the way to the Spring Building and Takamori has a cage next to the Hall, so please stop by anytime, and hopefully you'll be lucky enough to see one of them.

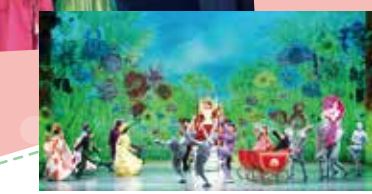


I'm your mommy!

Premier Student to Perform in Musical

Mary Poppins

The musical "Mary Poppins" was made into a movie in 1964, produced by Walt Disney and starring Julie Andrews. Many of you may know the song "Chim Chim Cher-ee" which is sung in the play. Anna Ohno (Amanda, age 10), a former Maruyama Premier Elementary School student, auditioned for and won the role of Jane Banks* in the Japanese tour of the Broadway musical. Ms. Ohno left Sendai at the end of last year and has been living out her dream of performing on-stage, in Tokyo and Osaka, since March. She has also been cast in the next nationwide musical, so we are greatly anticipating what her next role will be.



*She will play the role of the daughter of the Banks family, for whom Mary Poppins works as a nanny.

I took great care to portray my character's emotions in such a way that would endear the audience to Jane and leave a lasting impression with them. I am proud to say that I was able to rehearse with the English-speaking directors from England, without the use of an interpreter, thanks to the English education I received at MeySen.



The 33rd Central Contest for Book Report Drawings

Satoka Ogawa of Takamori Premier High School G10 won the highest award



Satoka Ogawa (Becky) of Takamori Premier High School won the highest prize, "The Minister of Education, Culture, Sports, Science and Technology Award," in the Central Contest of Book Report Drawings for the year 2021. Contestants read assigned books and express their impressions of these books, through paintings. The paintings that passed the prefectural competition, then proceeded to the national competition. The book that Ms. Ogawa read was "Not Weapons, but Water for Life: The Life of Dr. Tetsu Nakamura (Heibonsha)," which describes the life of a Japanese doctor who tragically fell victim to an armed group's gunfire, while providing humanitarian assistance in Afghanistan.



Scan the QR code, to see the thoughts that went into Ms. Ogawa's painting and her award-winning work.

International Student Journalism Contest Winner

Nanaka Takahashi (Jenny), whose work was featured in the winter issue of our newsletter, won second place in the multimedia news story category in the annual news reporting contest, held by Youth Journalism International*.

Her winning story was titled "The Olympics Are Underway in Tokyo," which covered last year's Tokyo Olympics. The judges commented, "Nanaka combines her ability to convey information in an easy-to-understand manner with her high level of interview skills. The report was excellent, with photos taken during the interview, video of the interview, English subtitles, and an easy-to-read, enjoyable article."



Nanaka Takahashi
Maruyama Premier High School G8



Scan the QR code, to see the award-winning report.

*The organization provides a forum for students interested in journalism, to present their articles and reports to each other.