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Maruyama Premier School 5th Graduating Class

Message from an Alumna

Hello, my name is Sakurako Shamoto, and I am an alumna. I am currently studying in the Department of English at Sophia University, where I focus on International Cooperation in Civil Society and dedicate myself fully to my studies.

At MeySen, I not only learned English but also discovered the joy of learning the language. Being taught by teachers from diverse backgrounds,

I experienced something new every day, making my time there both exciting and fulfilling.

One of my most memorable experiences was participating in a study trip to Seattle when I was in the fourth grade. Attending a local school for the first time and staying with a host family gave me invaluable opportunities to broaden my perspective.

This February, I took part in a training program in New York focused on "The Role and Organizations of the United Nations." During a program I joined in high school, I learned about the high maternal mortality rates among Black women, which sparked a strong interest in global inequality. This experience inspired me to pursue a deeper understanding of international issues.

I decided to join this training because I wanted to learn firsthand how the United Nations develops policies on issues such as gender and poverty, and how those policies translate into real-world support. I also hoped to gain the knowledge and perspective needed to work in an international organization in the future.

During the one-week program, I had the opportunity to hear valuable insights from professionals at organizations such as UN Women, the NHK New York Bureau, UNDP, UNICEF, The New York Times, and the Permanent Mission of Japan to the United Nations.

Through this intensive training, I realized that the United Nations is not simply an organization that resolves international issues, but a vital platform that connects people from diverse backgrounds and fosters dialogue and cooperation. I was particularly impressed by the emphasis on "human security" and "human dignity" in the work of organizations such as UNFPA and UNDP.

I also came to understand that issues such as population, poverty, climate change, and conflict are deeply interconnected and cannot be solved by any one country alone. Furthermore, I learned that not only the UN, but also NGOs, civil society, and the voices of young people play essential roles in the international community. This experience reinforced for me the importance of gaining accurate knowledge and taking action while maintaining a strong interest in global issues.

To all of you currently attending MeySen, I encourage you to value the environment you are in and fully enjoy your school life. I sincerely hope that after graduating, each of you will go on to succeed in your own unique paths. I wish you all the very best.



United Nations General Assembly Hall

LET'S
LEARN
MORE!

What kind of organizations are the various institutions that Paula visited during her training?

United Nations (UN)

Established in 1945, the United Nations is the world's largest international organization, aiming to maintain world peace, protect human rights, and promote economic and social development. Currently, 193 countries and regions are members, and its headquarters is located in New York, USA.

UNDP (United Nations Development Program)

UNDP is one of the UN's main development agencies, working to eradicate poverty, promote democratic governance, reduce inequality, and achieve sustainable development. It provides support for building better societies in over 170 countries and regions worldwide.

The New York Times

A daily newspaper based in New York City, USA, first published in 1851.

UN Women

UN Women is a United Nations agency that works to eliminate discrimination against women and girls and protect their human rights. It develops international frameworks, supports government policies, and provides humanitarian assistance. It also plays a coordinating role to ensure progress on gender equality across the UN system. In developing countries and conflict areas, it delivers direct support to women and girls living in challenging conditions.

UNICEF (United Nations Children's Fund)

UNICEF operates in about 190 countries and regions to protect the lives and rights of all children. Its wide-ranging activities include providing vaccines to prevent infectious diseases, offering medical support, improving sanitation, expanding access to education, and protecting children from violence, abuse, conflict, and disasters.

Bible verse

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Hebrews 11:6

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Biblical Teachings That Protect Our Hearts

5 Faith—Trust in God

In this series, we are reflecting on the teachings of the Bible that protect our hearts. This time, we will focus on "faith."



Daniel Fanger, Principal

What Sustains Our Hearts Amid Anxiety and Fear

All of us live while carrying anxieties about the future, fears of failure, concerns about relationships, and worries about illness and death. In such circumstances, the Bible teaches that "faith," that is, trust in God, supports our hearts and brings hope and peace.

The Definition of Faith in the Bible

The Bible describes faith as follows:

Now faith is confidence in what we hope for and assurance about what we do not see.
— Hebrews 11:1

Faith means trusting that God's promises are certain, even though they cannot yet be seen. For example, when we board an airplane, we trust that it will safely carry us to our destination. Even though we do not fully understand how it works, we entrust ourselves to it.

Biblical faith is similar. It is not only understanding God's existence or promises intellectually, but trusting, "God is faithful, so I am secure," and entrusting ourselves to Him.

The starting point of faith is trusting God regarding two problems that we cannot solve by our own strength: "sin" and "death." God cleanses our sins through the atoning death of Jesus on the cross, and through His resurrection gives us the hope of resurrection and the promise of eternal life.

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.

— Romans 5:1

Acknowledging our weaknesses and sins, and relying on Jesus, is the first step of faith.

What Faith Looks Like in Daily Life

How, then, does faith appear in our everyday lives?

First, it is expressed through prayer.

When we face difficulties or worries, instead of trying to solve everything on our own, we seek God's help. Prayer is not just making wishes; it is an act of trusting that "God will do what is best." For example, we may pray:

"God, I am deeply troubled right now. I don't know what to do. Please guide me. I trust that You will do what is best."

In this way, prayer is honestly sharing our hearts with God and entrusting ourselves to Him. Second, it is obeying God's Word.

The Bible teaches us to forgive, to love, and to be honest. At times, this may feel difficult. However, trusting that "God's way is best" and striving to follow it is an expression of faith. When we obey God's Word, His help and blessings will surely be present in our lives.

Third, it is not losing hope even in difficult times.

Abraham in the Bible was promised by God that his descendants would greatly increase. Even in old age, when he had no child, he continued to believe that God's promise would be fulfilled. Noah built the ark in a time when no one had ever seen a flood. They trusted in God's Word rather than what they could see.

Faith is not believing in God only when everything is going well. Rather, it is continuing to trust God even when we cannot see what lies ahead.

How Faith Protects Our Hearts

In modern society, many people carry anxiety and fear:

"What will happen to my future?"

"What if I fail?"

"What if I become ill?"

"What if I lose someone important?"

These worries are universal. However, faith provides great support to our hearts because it teaches us that we do not have to carry life alone. God loves us, watches over us, and guides us. Even when we cannot understand everything we face, believing that "God knows me and will lead me to what is best" brings peace to our hearts. Jesus said:

Therefore, do not worry about tomorrow...
— Matthew 6:34

Faith does not magically remove our problems, but it helps us so that we are not crushed by them.

A ship in a storm will be tossed, but with a firm anchor, it will not drift away. In the same way, when we have the anchor of trust in God amid life's storms, our hearts are protected.

Closing Message

Biblical faith is not only acknowledging God's existence; it is trusting in His love and promises and entrusting our lives to Him. That faith is expressed daily through prayer, obedience, and hope.

Life is filled with anxiety and fear. However, when we have the assurance that "God is with us" through faith, we can walk with peace and not lose hope, even in difficulty.

Faith does not mean seeing the entire future clearly in the darkness. Rather, it means continuing to walk while trusting God, even when we cannot see ahead. And it is this trust that protects our hearts and gives us the strength to move forward.

I pray that the joy and peace that come from faith and trust in the Almighty God, the Creator of heaven and earth, will be upon you all.

フレンズ Friends Summer 2026

「読む」とつながる。「読む」とひろがる。

MeySen
Newsletter
No. 215



60th
MeySen
Anniversary

フレンズ
Friends

「読む」とつながる。「読む」とひろがる。

Friends is the MeySen Academy newsletter and publishes the latest news on everything that is happening at MeySen Academy, from Kangaroo Club to High School and MeySen Alumni. You can read it on our website too.

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Have a BLAST this summer at MeySen!

At long last, summer vacation has arrived!

From sleepovers at camp, to campfires, fireworks, Summer Club, and Summer School, summer is filled with exciting events and endless opportunities for fun. This year, let's make the most of it—enjoy every moment, learn new things, and create unforgettable memories together!



A beloved MeySen tradition for the whole family FRIENDS DAY

"Friends Day," held on Sunday, May 31 at the Takamori Campus and Sunday, June 7 at the Maruyama Campus, was once again filled with smiles and excitement.

Did you know how Friends Day began?

Shortly after the establishment of Friends Club, Friends Day started as a classroom observation event. In those early years, highlights included impressive attractions such as draft horses weighing over 1,000 kg, one of the smallest American miniature horses in the world, and even horse-drawn carriage rides. Children were fascinated—many exclaimed, "It's like an elephant!" as they gazed in wonder at the giant horses.

Puppet shows and chorus performances by parent groups soon became cherished traditions, touching the hearts of many families and filling the venue with warm applause.

In its earliest days, families brought their own lunches. However, by the 1990s, in an effort to ease the burden on mothers, the format shifted to MeySen providing food at the school. At the same time, the atmosphere evolved into a more Western-style celebration. With hotdogs, American-themed sweets, snacks, and teachers dressed in festive costumes, the foundation of the Friends Day we know today began to take shape.

Later, during MeySen Academy's 40th anniversary, the event expanded further with the addition of original merchandise, booths run by parent groups, and popular attractions such as a rodeo machine.

Today, Friends Day continues to thrive with the support of many alumni—including members of the MeySen Alumni Association—as well as graduates and LIT (Leaders in Training) students who volun-



An illustration published in MEYSEN FRIENDS CLUB No. 22, the predecessor of the MeySen Newsletter Friends. Perhaps the family in the picture is enjoying a homemade lunch prepared by the mother?

teer their time. Since its 50th anniversary, MeySen has also deepened its connection with the local community through various outreach efforts. This year, members of the Sendai Izumi Rotaract Club collaborated on food sales, with a portion of the proceeds donated to further support community initiatives.

Today, Friends Day is far more than just a "classroom observation day." It is a special MeySen tradition—one that children, parents, and the entire family eagerly anticipate each year.

Looking ahead, we hope to continue cherishing this event as a meaningful opportunity for families, teachers, alumni, and community members to come together, celebrate, and watch over the growth of our children.



Volunteers played an active and vital role!



Learn more about the activities of the Sendai Izumi Rotaract Club here.



Welcome back to MeySen!

MeySen Alumni Association 2026



This year, spring seemed to pass in the blink of an eye, with many days feeling as hot as early summer. Perhaps many of you felt that spring was especially short as well.

One day, as we looked at the sheep at the kindergarten, we noticed they were still covered in their thick wool coats. The children commented, "They look hot!" and "It must be so hot!"—and so, as we do every year, it was time for our annual sheep shearing.

A caretaker from Iwanuma Sheep Village gently held each sheep and carefully laid it on its back. With great skill and care, the wool was smoothly trimmed using clippers. At first, the children watched with curiosity and concern, asking, "Does it hurt?" and "Does it tickle?" But as the wool was removed, the sheep gradually appeared lighter and more comfortable—almost as if they felt refreshed.

So why do we shear sheep?

In fact, shearing is essential for keeping sheep healthy. If their wool grows too long, it becomes difficult for them to regulate their body temperature during the summer, increasing the risk of heatstroke. Additionally, dirt and moisture can build up in the wool, creating an environment where bacteria may grow, potentially leading to skin conditions or parasites.

The sheared wool is carefully washed and then transformed into products such as sweaters and blankets. It is thanks to this natural gift from the sheep that we are able to stay warm during the cold winter months.

We hope the sheep remain healthy and comfortable throughout the summer. And as we reflect on how they support our daily lives, we would like to express our heartfelt thanks.

The sheep are getting ready for summer!

Did you call me?



So much wool! I wonder how heavy it is.

What does a sheep feel like without its wool?



Let's take on the challenge together Soccer & Cheer Dance!

This May, we once again welcomed coaches from Vegalta Sendai's soccer school, along with professional cheer dance instructors, to host the "Kindergarten Kids Soccer Caravan & Cheer Dance Class" at both campuses.

Blessed with beautiful weather, our Nencho and K5 kindergarten children energetically took part in both activities. They were especially excited to witness powerful shots up close by former Vegalta Sendai player Shingo Tomita, now active as a club communicator, as well as the bright and spirited performances by the cheerleaders.

During the soccer session, children practiced dribbling and shooting under the guidance of the coaches, and some even showed remarkable improvement in a short time. In the cheer dance class, heartwarming moments unfolded as children eagerly approached the instructors, saying, "I want to dance more!" clearly enjoying every moment.

For children, learning through real-life experiences plays an important role in their growth. By trying things for themselves, they discover not only the joy of participation, but also the challenges and satisfaction that come with achievement.

At MeySen Academy, we will continue to nurture each child's curiosity and enthusiasm for "wanting to try," while providing a wide variety of meaningful hands-on experiences.

Vegalta Sendai Soccer & Cheer School
https://www.vegalta.co.jp/contents/school/



Those who graduated from kindergarten, as well as those who left Friends Club partway through, are also welcome to participate in the alumni activities!

