

CCEA

**Cross Cultural
Exchange Association**

**Issue 7
2025**

October NEWSLETTER

Tea Ceremony & Demonstration

Gwyn Wilson will lead us in a Tea Ceremony where we will gain insight into Japanese aesthetics, hospitality, and the art of slowing down in a busy world. It's an experience that encourages presence in the moment, appreciation for beauty in simplicity, and gratitude for shared connections.

In this lesson, we'll explore:

- The history and philosophy behind chanoyu
- The symbolism within the utensils, gestures, and space
- A guided demonstration of the tea-making process
- An opportunity to practice mindful appreciation as we enjoy the tea together

Let us step into this timeless tradition and discover how the Japanese Tea Ceremony continues to inspire harmony, respect, and tranquility today.

Coming in November...

Thanksgiving Discussion

Let's gather in the spirit of gratitude! Join us for a Thanksgiving discussion where we'll share traditions, stories, and what this season of thankfulness means to each of us

Meeting Details:

October 3rd 2025

10:00am WILL Aichi

〒461-0016 Aichi, Nagoya, Higashi
Ward, Kamitatesuginocho, 1

11 minute walk from Nagoyajo
Station Exit 2



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 CCEA General Meeting	4
5	6 Book Club	7 Kimekomi	8	9 Yamato-e	10 CCEA Board Meeting	11
12	13	14 Zumba	15 Day Trip	16 Walking and Hiking	17 Happy Hour Hunters	18
19	20	21	22	23 Global Bites	24 Yamato-e	25 Ikebana & Calligraphy
26	27 Pilates	28 Interest Group Collaboration! Restaurant Hunters & Language Exchange Osu Street Food!	29	30 Photography	31	

Autumn in Nagoya is full of color and celebration. The Nagoya Matsuri, one of the city's biggest events, brings vibrant parades and performances, while the Nagoya Castle Autumn Festival and Osu Kannon Taisai showcase tradition and culture. As the season begins, enjoy the stunning autumn foliage at Shirotori Garden and Tokugawa Garden.



Upcoming General Meetings

NOV
7th

Thanksgiving Discussion

DEC
5th

Holiday Lunch



Yenling Chou Sato- Oct. 17th

May Tsujimura- Oct. 28th

Sayaka Britcher- Oct. 29th

Member Spotlight



Yenling Chou Sato

Hi!

I'm Yenling Chou, originally from Taiwan. I've lived in Nagoya for over 20 years with my Japanese husband, and our children are all grown up now. I've been a CCEA member for nearly 15 years, and currently serve as one of the leaders for Day Trips with Manisha and as a co-leader for Hiking & Walking with Sofie.

I enjoy many things in life, especially hiking, traveling, and visiting workshops. Being part of CCEA has been a wonderful way for me to make friends and share experiences. Over the years, I've organized many workshops and outings, and I look forward to meeting you at future events!



2025 Board Members

President:
Manisha Kundu-Nagata

Vice President:
Chihiro Okuno

Program Coordinators:
Fumika Kusano
Sofie Franzén
Takeno Matsuda (Supporting)

Membership Coordinators:
Takeno Matsuda
Courteney Woods

Financial Coordinators:
Sakiko Kato
Gwyn Wilson

Catering Coordinators:
Naomi Hasegawa

Marketing Coordinators:
Samantha Brunner

Administrator:
Gwyn Wilson

Recruitment Coordinators:
Vacant- Look for new members, welcome guests EN/JP

Are you interested in becoming a board member? Please contact us for more information!

nagoyacce@gmail.com

Are you ready to launch an impactful new group? Contact us for more details on turning your ideas into action!

Email: Nagoyacce@gmail.com

Interest Group Directory

Art Club

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Arts & Craft

Natasha Medella
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Book Club

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Zumba

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