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# *Nomura* No.86 *Center News*

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Ozegahara, Japan's largest highland marsh



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Opening of Regular Seminar Courses 2020 on Nomura Lifelong Integrated Education

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Aspirations at the start of our Regular Seminar Courses 2020

Due to the global coronavirus pandemic this year in 2020, we have been forced to change our mind-set on the way to live, and society and the world have had to make significant adjustments.

The spread of this unforeseen virus has created a situation where people the world over must deal with the very same crisis in their lives. As of the end of June, more than 10 million people around the world had been infected by the virus, and there are still no signs of abating. On the contrary, experts express the view that there will also be a second and third wave in the spread of the virus, and they also predict that dire conditions accompanying the slowdown in economic activities resulting from self-restraint will further worsen.

If we look at the challenges facing humanity for well more than a decade even before the emergence of the new coronavirus, however, we see that the scale of natural disasters due to abnormal weather worldwide has increased in severity year by year.

In this environment where we are ever mindful of the crisis of the global environment that supports all life and now the crisis brought on by the coronavirus that threatens the life of every individual, every day is surely a worrisome day where we are prompted to ask ourselves, “How should we be living?”

Since its very founding, Nomura Lifelong Integrated Education has taught us that “human beings are part of nature, being alive by the world of Nature.”

When we consider that we have upheld that “everything in life is material for self-education” in the course of our daily lives in which this virus has now emerged and natural disasters caused by abnormal weather every year have become frequent occurrences, each of us must seriously consider and reflect on as our own issues what we will learn from this current situation, and how we will create our own future, the future of society, and the future of the world, and we must share the wisdom.

When thinking about the responsibility of living in this era and creating the future, we have a renewed desire to study together with all of you “Lifelong Integrated Education as a Creator of the Future – Principles of Nomura Lifelong Integrated Education” as education for developing the infinite possibilities of human beings. We would now like to inform you about this year’s courses.

## Preparing to Hold Courses

Nomura Center conducts the Regular Seminar Courses on Lifelong Integrated Education eight times a year, where participants study the Principles of Nomura Lifelong Integrated Education constructed by our Founder Yoshiko Nomura. As its main course, it includes the National Course for branch and chapter leaders throughout Japan and several other courses held at Headquarters in Yoyogi, Tokyo and also branches and chapters hold Regional Seminars as well as reading meetings.

At the end of March this year, however, the Board of Directors postponed courses for the new academic year in April and practiced widespread restraint in other activities involving large gatherings considering the rapid expansion of COVID-19 and its effects on social circumstances. The Center later resumed activities and operations at head office in stages following the government's lifting of the state of emergency declaration on May 25, while taking into consideration the regional differences. The Board also held several discussions on how the Center should approach holding courses. Against this background, three senior members in charge of seminars and regional activities started to listen to what National Course participants have in their mind. In this way, the board members learned that participants were eager to study in the National Course. In the metropolitan area, however, the number of people infected with COVID-19 began to climb once again and difficult conditions for holding courses continued in Tokyo in particular, where some 220 odd leaders from all over Japan assemble at one time.

Around that time, information received from the state-run facility we use as the venue of the National Course every month was that they would resume rental of the facility in July. Director General Mrs. Yumiko Kaneko thought to herself "Amid concerns about a second wave, we don't know when we will have the next opportunity to hold the course. Somehow I would like to proceed with holding the course before it is too late." At the same time, she felt that holding online courses, which was being recommended in society, would be extremely difficult at the Center where the number of senior members had increased. Nevertheless, Mrs. Kaneko had her strong desire to meet with the regional leaders from all over Japan and posed the question, "Can't we hold the National Course in an online format that would connect all regions? At any rate, I would like to take up this challenge." Mrs. Kaneko then held discussions with Executive Director and Directors as well as the members in charge of seminars and regional activities, and as she shared her vision, she firmed her resolve to hold the National Course in an online format in July.

Therefore, the members in charge first conveyed the Mrs. Kaneko's intention to the chiefs of the branches and chapters throughout Japan. Initially, some asked, "What does online mean?" while others expressed doubt, saying, "That is way too difficult for us." The more elderly chiefs in particular were strongly hesitant at first. However, they changed their attitude when Mrs. Kaneko put them at ease by saying "It's alright for us to fail. First of all, it is important for us to see each other. This is a challenge for us." The chiefs then changed

their attitude and expressed their support for the idea, saying, "We want to somehow connect with each other online and to hold courses."

At that time, Board of Directors decided that with the cooperation of the audio-visual equipment contractor of the Center's facility, which had experience in operating online seminars, it would be possible to hold the course even with a short preparation period of about three weeks. Then detailed surveys was conducted at all of the branches and chapters concerning local conditions including traffic conditions, collated our information on each location, and finally it was decided to hold an "online National Course" connecting 14 venues nationwide with Tokyo as the central venue.

Chief of the National Course who served as the contact point for the actual groundwork preparations were told that temporary line construction for the facility internet connections at the main venues normally takes one month and that it would also be difficult to adjust the schedule for the preliminary inspection of the completed work. Consequently, she became impatient about pushing ahead with the urgent preparatory work. At that time, senior member advised her, "It is important to discuss matters with the people around you to learn viewpoints that you do not have." When she then reflected on her approach while receiving guidance from directors following a number of errors, she realized, "I should know at least this much. I must not fail. And I do not want to be chastised!" Thus, she became aware of her oversight until then to frankly ask for advice from people around her. She realized that she had been undertaking work based on decisions within the scope of what was visible from her own perspective. Realizing this, she then proceeded with preparations with the aim of understanding herself through the important role of being chief in charge of the national course. Coordination with the respective contractors proceeded smoothly thereafter, and the work for installing communication lines was completed on time without a hitch the day before the course.

Led by chiefs in each region, regional members proceeded with the search for venues to serve as satellite bases and setup preparations for the day. The members in charge of PCs also received tutoring from their husbands and children on how to operate the PCs in preparation for the day.

At last we succeeded in holding the Center's first "online National Course" over a two-day period from July 1 (Wed.) to July 2 (Thur.), with the International Conference Room at the National Olympics Memorial Youth Center as the main venue. When all the venues were connected on the day, all the members felt enveloped in a spirit of unity and even the contractors shared their joy, exclaiming, "We were so thrilled to see your happy faces." The successful holding of the course this time, which was an aspiration of all people involved, afforded the individual members the opportunity to know themselves better and to connect with their families. It was also a challenge in exploring the infinite potential of human beings.

## 2020 The Holding of Seminar Courses on Nomura Lifelong Integrated Education



As mentioned earlier, we were looking forward to holding courses for this academic year in July. After the National Course, however, we postponed our other courses at Headquarters including the General Course, Saturday Course and Senior Citizens Course, due to the rising number of coronavirus cases in metropolitan Tokyo. In our Youth Course, we canceled live-in seminars on weekends and replaced them with one-day seminars only.

Furthermore, as the branches and chapters took into consideration the conditions in their respective areas, some branches had to make adjustments to their schedules on the day just prior to the courses. As each branch and chapter dealt with their respective issues and learned from their experiences in the process, the Center was ultimately able to hold Regional Seminars in 27 locations.

In this issue, we report on the National Course and Course on Human Studies.

### *National Course*

From July 1 (Wed.) to July 2 (Thur.), 211 participants from 15 locations throughout Japan took part in the National Course, which was held in an online format. During the morning of the first day, the steering meeting met for the first time in five months since the study meeting for National Course participants in February.

Mrs. Kaneko, who commenced proceedings with a greeting to participants at various venues projected on the screen said, “Although we are ‘meeting’ virtually via this screen, I am pleased to be able to see all of you in this way. I feel grateful that we have been able to welcome this day and I look forward to studying with you.” The Directors and Assistant Directors of Headquarters then presented reports covering the previous five months.

The lectures began in the afternoon. The curriculum this year was different from ordinary years due to the exceptional circumstances, and lectures for Chapter 1 and the first half of Chapter 2 were presented in the National Course for July.

Mrs. Kaneko delivered the lecture on Chapter 1: Milestones to Lifelong Integrated Education, from the Principles of Nomura Lifelong Integrated Education.

During her lecture, she touched on the resurgence of the new coronavirus, which shows no signs of abating, as

well as global warming and frequently occurring natural disasters, noting that “in no matter what direction we turn, the environment is in a state of crisis.” She also explained, “the founder taught us that ‘in a primitive society, living was learning itself.’ In the midst of this coronavirus disaster, we must wake up to the understanding that in the 21st century living itself is learning,” and she described in detail the social circumstances of the 1960s when Lifelong Integrated Education were formulated as philosophy for global educational reform. Mrs. Kaneko then continued by saying, “Motivated by the misfortunes of young people, which were occurring frequently at a time when many convenient devices had suddenly become pervasive in our society, the founder, in her search for the cause of their unhappiness, had already gained the insight that while a culture of science and technology brought with it material prosperity and conveniences, it also caused alienation and the collapse of the human spirit internally and pollution and the destruction of ecosystems externally, to the point where it threatened the standing of the Earth. The founder also continued to stress to the world the importance of recognizing that all of humanity, which lives together on this small planet called Earth, is a community that shares the same fate.” Mrs. Kaneko then said, “Now the time has come when all humanity must share the same sense of crisis through the emergence of this new virus and recognize more than ever that we are a community which shares the same destiny.”

Mrs. Kaneko also talked about the importance of a transition from the existing education based on economics to education based on the value of human life at this time when we can fully understand that the existence of each individual is connected with the world.

During the question and answer session that followed, participants from all over Japan raised their hands one after another. One woman in her fifties who just started the course this year said, “I would like to ask your thoughts on the coronavirus problem, bearing in mind the second and third waves.” Mrs. Kaneko replied, “I believe answering your question is a very difficult task. There is nothing unnecessary in nature, and even bacteria and viruses must exist for some reason. As we build a human-centered society and eliminate

more than necessary, we deprive other organisms of their habitats. I believe that the emergence of this new virus is a warning about the transgressions of human beings who have eradicated organisms with which we should be coexisting. It can be said that we are not only victims of disasters but also perpetrators of disasters in the natural world. Therefore, I believe it is vital that we become aware of this and search for a way of living that strikes a balance between the economic benefits and self-restraint. Perhaps the appearance of this invisible virus may be a wakeup call to become aware of the lack of balance in various areas and our need to rectify this. This is a topic that we cannot find immediate answers to but I think all people must recognize it as an issue.”

The lecture on the second day was on Chapter 2: The Construct of the Nomura Lifelong Integrated Education – Basic philosophical principles – An oriental view of nature. Mrs. Masako Ito and Mrs. Michiyo Sano, who are in charge of seminar courses and regional activities, delivered the lectures.

Following on from Mrs. Kaneko’s lecture on the first day, the lecturers explained in detail the “relationship between man and the natural world,” which the founder explained by going back to the structure, order and laws of the natural world. To restore education based on human beings as the starting point, she taught that we must prepare answers to questions such as “What is a human being?” “What is the value of a human being?” and “What is life?” In preparation for holding the course online, the two lecturers mutually expressed their feelings and, as persons charged in the same role of seminars and regional activities, their opinions at times clashed in the course of their engagement with the branches and chapters. Due to these conflicts, they received guidance from Mrs. Kaneko, and the feelings they had toward each other afforded them clues to understanding their own selves. They each spoke of the process of realizing the “place of humans in the natural world,” which was the theme of the course this time.

Throughout the two days, the participants expressed their gratitude at being able to challenge their own potential for development through processes up to the start of the course and how they felt about being able to share the same experience with others. After listening to the lectures, the participants continued to express their views on values that placed priority on economic worth as observed in today’s society, and how this self-centered viewpoint coincided with their own attitudes. As individuals, they also acknowledged the significant changes in their own awareness. It became a course for together affirming the value of what they were learning.

### *Course on Human Studies*

The Course on Human Studies, mainly for business people and managers, was held on July 11 (Sat.) at the Center’s Second Seminar House. Mrs. Kaneko was the lecturer, and 30 participants took part.

On July 9, when the number of new coronavirus cases in Tokyo exceeded 200, staff responsible for the course asked prospective participants how they felt about attending the course under such conditions. The response they received was overwhelmingly positive. Among the comments they received were: “We cannot determine what direction to take in this critical situation. We would like to hear how the Center perceives the situation as its own issue, and how it is dealing with it.” “I want very much to participate and gain some insight about how I can take on this issue.” As a result, the course was held as planned.

After listening to the opening address from Mrs. Masako Ito, chief of the course, participants watched the video “History of the Nomura Center for Lifelong Integrated Education.” Mrs. Kaneko then delivered the lecture on Chapter 1: Milestones to Lifelong Integrated Education, from the Principles of Nomura Lifelong Integrated Education.

Touching upon current conditions including the coronavirus pandemic that completely changed circumstances in July when the Olympic Games were scheduled to be held, the present economic difficulties people are now facing, and the frightful natural disasters such as widespread damages caused by abnormal weather and successive earthquakes that Japan has been experiencing, Mrs. Kaneko expressed her convictions by saying, “The problems of such infectious diseases and global warming are teaching us anew that we must learn about ‘living itself is learning.’ Since modern times, the purpose of education has strayed from learning to live to acquiring technology and knowledge for a comfortable life and economic growth, and has become the means for human beings to achieve economic power and outcomes for society. And just as we were entering an era where AI has the potential to replace human labor, we came into contact with this highly infectious disease. I believe that awakening to ‘learning to live,’ which is the original purpose of education, is a proposition every person is tasked with.” As she spoke, Mrs. Kaneko stressed the importance of having an understanding of the era we live in and the importance of our understanding of ourselves as individuals living in that era. She also explained that the human understanding of the self at the micro level becomes the will, which prompts action and creates the outside world in our relationships with people and things at a macro level. Therefore, she emphasized the importance of human education, which determines all politics, economics, and society as a priority for all, and explained in detail the four points in educational reform that the founder advocated.

In the plenary session, the participants discussed their views in the context of the drastic changes in everyday life precipitated by the coronavirus, and Mrs. Kaneko responded

to each of their comment.

Mrs. U, who is in her fifties, said, “I live with my husband in Germany, and I found it very difficult for me as a person raised in Japan to understand public demonstrations against restrictions on going outdoors during the lockdown. Until now, I have had the tendency to compare Japan and Germany with a sense of rivalry of one country versus the other. However, the coronavirus problem has made me realize that we are more closely related in the world than I previously imagined. I cannot go on thinking this way. That is why I decided to attend the course this time. I realized that my understanding of the times and my understanding of my own self are two sides of the same coin, and I want to see myself in this way.” In response to her comment, Mrs. Kaneko said, “Mrs. U shared her story about the conflict between a husband and wife who witnessed firsthand various differences in the ways of thinking between Asia and the West. I believe your perceiving your own status and your husband’s status as being connected to world peace is a significant insight gained from your efforts at self-education.”

Mr. M, also in his fifties, commented, “In my life as a salary man, I have always had conflicts and battles over giving top priority to economic matters. In the meantime, when the new coronavirus problem came to the fore, I was moved by Mrs. Kaneko’s words, which appeared in Issue No. 423 of the Center’s Japanese organ, published in the last issue, NCN85. She said, ‘It is not a matter of life or the economy but the importance of achieving a balancing between the two.’ In the world, however, major powers are in conflict with each other and are far from achieving harmony and stability. I feel that they always turn to approaches that place emphasis on economics as a means to recovery. I believe it is necessary for the people in power to discuss practices aimed at balancing life and economics.” Responding to his comments, Mrs. Kaneko said, “I wholly agree with what you say concerning people in power. As a start, however, waking up to the importance of a balance in our own lives is something that we are all capable of, and if we as ordinary people at the grass roots level can connect with each other to become a collective force and convey our message to the people at the top, I believe we would change the world a little.”

After that, course participants continued to discuss their difficult circumstances such as the torrential rains coinciding with the challenges posed by the coronavirus and employees having their homes damaged. A woman in her forties spoke about how her company recommended employees work from home but as a consequence lost their connection with the workplace. She also spoke of their difficulties working in the home environment amidst their family, which not only caused considerable stress but also a mental health problem. It was also mentioned that, conversely, there was a new trend to encourage employees to go to the office.

Mr. K, in his forties, spoke about his experience, “After retiring from a company where I worked for over 20 years, I was re-employed in April but shortly after was asked to



work from home. Although I initially felt disoriented, this arrangement gave me an opportunity to stop and think about myself. Up until now, I was in the habit of doing the work in front of me, and now I have a chance to give my best effort to new challenges, I began to wonder when my life came to an end whether I could be proud of the work I have done until then and whether it was appreciated by others. With those thoughts at the back of my mind, I joined this course. During the lecture, when I heard that education was a lifelong process for human beings to become more humane, I felt relieved to know that what is important for me is to live my life more humanly. At the same time, the very thought that I will go on learning throughout life made me feel happy that I took part in the course today.” In response, Mrs. Kaneko said, “I believe the sense of ‘wanting to please others,’ which people experience as they age, is innate in human beings. I believe Mr. K has reached that stage, and I would like you to treasure that feeling.”

Finally, Mrs. Kaneko confided, “I feel that all of you are seriously pursuing learning, and your efforts have become a source of energy for me. Although I would love to continue to listen to what all of you have to say, I am afraid that we must now bring this session to a close. I look forward to the next opportunity when we can again share what we have learned.”

## Self-education on Living in Harmony with the Family Senior Citizens Course

The National Course was to be held in July, and the Senior Citizens Course was scheduled to take place at the Second Seminar House on July 17 (Fri.). Therefore, the person in charge at the Senior Citizens Division and chief and deputies of the course in their 70s and 80s set about making preparations. Subsequently, however, the number of people in Tokyo infected with the coronavirus continued to rise on a daily basis. In response to members' requests to proceed with holding the course despite conditions, Mrs. Kaneko and other directors engaged in dialogue with members, explaining, "While we value each person's wish to hold the course, considering the strong possibility that seniors could become seriously ill if they became infected with the virus, we advise that you thoroughly discuss the matter with your family." Senior members held repeated discussions on the matter until the day prior to the course schedule and finally a decision to postpone it was made. During this process, the Senior Citizens Division members took up family relations as materials for their own self-education and gained many valuable insights.

When a decision was made to proceed with the National Course, Mrs. K, chief of the course, felt that it would also be possible to proceed with the Senior Citizens Course. When she spoke to prospective participants ranging in age from their 70s to their 90s from metropolitan Tokyo and the neighboring three prefectures, they expressed various views. While some stated that they were anxious about traveling to another prefecture, others like Mr. D, who was studying with his wife, said, "We are very keen on participating and studying wholeheartedly for the very reason that we are in a critical situation this year." Mrs. I, who is in her 80s and had received advice from the members in the Senior Citizens Division throughout the previous year on issues including suffering a bone fracture and having an ill husband, adopted an attitude of accepting age for what it was and was grateful that she and her husband had subsequently recovered. When she told her husband about plans to hold the course, he encouraged that she attends, saying, "It is very important study for you. Please go."

When the chief and deputy chiefs, who confirmed procedures from Headquarters concerning infection prevention at the steering meeting on the first day of the National Course, again asked course participants what they thought about holding the course, they conveyed their firm commitment to studying, saying, "It is because of the current critical situation that we want to study as much as we can." The chief and deputies then relayed the participants' strong desire to Mrs. Y, who was in charge of the Senior Citizens Division, and discussed the matter with her before making another request to the Director General to hold the Senior Citizens Course. A decision was then made to hold it on July 17.

On July 9, ahead of the course preparatory meeting, the number of infected people in Tokyo topped 200 but the staff, who learn that "an important issue at the end of life is spiritual independence," continued to stay in touch with each other by telephone and proceeded with preparations. Observing their determination, the director in charge said to the members,

"I understand your feeling but have you spoken with your families? Don't you think it is important to reconsider your relationship with your family in light of conditions at present?" Up until now, the chief and deputy chiefs had decided at their own initiative to participate in preparation meetings and the course, and were therefore hesitant to speak with their families, particularly under the current conditions. Even so, Mrs. K tried to practice what was advised by the director and she was told by her daughter, who lived apart from her, "At a time like this, I wish you would stop going to places where people gather." Other staff also said that when they spoke about their plan with their families, almost all family members were against it. When Mrs. K relayed this to the director, she was surprised when the director asked, "Isn't your family worried about you?" She lived by herself, and usually planned and decided matters on her own but was very moved upon sensing her daughter's concern and realized that she had family who cared about her. When Mrs. Y spoke to her daughter, her daughter presented objective information of experts, and urged her mother to look at it and take it into consideration. Until then, Mrs. Y had requested to somehow proceed with holding the course but she now accepted her family's feelings of concern. She later conveyed her gratitude to the director, saying that this experience had expanded her mind and heart. Mr. D also expressed his view, saying, "Perhaps we should postpone the course this time in light of the objective increase in coronavirus infections."

On the day prior to the scheduled course, the number of new cases had risen to 286. Taking into consideration these social conditions in the lead up to the course gave staff the opportunity to communicate their feelings with their families and they made the decision to postpone holding the Senior Citizens Course in July but through this process experienced unexpected joy.

Despite the disappointment of the postponement, the senior members were grateful to be able to go through the process of experiencing the value of family ties at first hand.

*Attending the lecture.*

*At a later date on September 18th, the Opening of the Senior Citizens Course for this academic year was finally held.*



## The Joy of Learning

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Mrs. Seiko Motoyama  
Financial Division

I am a member of the Financial Division of the Nomura Center's head office.

For many years I have worked as a nurse, and the night pediatric clinic where I currently work is a medical facility that operates until late at night 365 days a year, with doctors from the university hospital and general practices taking turns on duty.

Due to the global coronavirus pandemic, our clinic has also been receiving precautionary notices about the virus and notifications on the status of people infected with the virus but the content of these notices has changed over and over again, and in the early days was inconsistent. The doctors and nurses also had various views on infection, and even the team doctor in charge was at his wit's end. As of late July, it was also reported in the media that medical institutions were not under pressure but recently the number of cases of infection is rapidly rising, and I feel that the threat of a second wave is not far off.

Being in a workplace where I feel a strong sense of danger, I began feeling stressed and started to have symptoms of palpitations. Every day there are also reports about prejudice and discrimination towards health workers, and I worried that it might be a trouble to others at the Nomura Center if I kept working as I had been, and I began to feel uncomfortable.

At around that time, Director General Mrs. Kaneko began to worry about me, and I received a telephone call from the assistant director, who conveyed Mrs. Kaneko's concern to me. When I told the assistant director about my palpitations, she passed that on to Mrs. Kaneko, who again showed her concern and passed on her advice, saying, "Mrs. Motoyama, please have pride in the enormous importance of your role as a healthcare worker." Her words were very reassuring, and little by little the palpitations I had been experiencing subsided. At last I felt like going to the Center once again while taking precautions.

When I went to the Center's head office after an absence of about three months, Mrs. Kaneko had arranged to spend some time with me, which both surprised me and made me feel happy. At that time she listened to me talk frankly about my first encounter with the Nomura Lifelong Integrated Education and the difficulties I was currently experiencing at the clinic. In the course of talking about these matters, I was able to reflect on my life.

I was introduced to the Nomura Center 31 years ago and began going there for "educational counseling" as I was having difficulty with my son, who was a high school student at the time and refused to go to school. At that time, one of the senior members asked me, "What does your husband think about your son? As you spoke, I did not hear you mention your husband even once." To be honest, I had never even asked my husband how he felt, so I was unable to answer her question. The member counseling me said, "Your child's

problem is the problem of both parents. It is important for you to reflect on your relationship with your husband." I took part in the counseling because I wanted to find an answer to my problem, and I could not readily accept this advice. Nevertheless, I quit my job for a period, and made efforts at home despite the conflict I had at that time. As a couple, my husband and I had not quarreled very much, but I felt there was something lacking in the relationship with my husband. If I asked him questions like, "Are you going out?" or "Are you going to eat this?", he always answered in monosyllables, simply saying yes or no. One day when I asked him why he never expressed his views, he told me that it was because if he did, he would have to listen to a painfully lengthy rebuttal from me. As I told this to the senior member exactly in the way he said it, I slowly began to understand my unpleasant overbearing manner. In the following days, I began to hear my husband humming in the bath, and asked myself, "Is this what a happy home is?" I started to feel a sense of happiness, and we got to the stage where we could have both husband-and-wife quarrels as well as conversations. Afterwards my son settled down, and just as my husband and I were thinking about taking a trip together, my husband was diagnosed with cancer. Our daughter's marriage had also been decided, and my husband tried his best to soldier on, but it was not to be.

As Mrs. Kaneko listened to me speak about this, I again became aware of how our bond as husband and wife had been strengthened through learning, and I felt very grateful.

Mrs. Kaneko then gave me words of encouragement, saying, "Your first task is to get well. To have our health care workers who are involved in the vital work also feel well, I hope that you become energized by being heard by colleagues at the Center, and then you will be able to listen to what those in medical front have to say."

Being busy with my own work, I thought I had let my son go astray and I had felt negative about myself as a person who worked as a nurse. However, I felt encouraged by the words of Mrs. Kaneko, who reminded me of the importance of the role of health care workers, and I was able to feel proud to be involved in a service that was essential to society and to dispel my negative perception. By confiding in Mrs. Kaneko, I again realized the importance of what I gained through my learning of the Principles of Nomura Lifelong Integrated Education and felt very grateful. I am determined to continue to study and work hard.

