



IKEBANA

INTERNATIONAL

San Diego Chapter #119

www.ikebanasandiego.org

July 1, 2025



Peony petals fell
piling one upon another
in twos in threes

*botan chitte
uchi kasanarinu
ni sanpen*

Yosa Buson (1716-1783)

Board Meeting – August 20, 2025 via Zoom – 10:00AM

Enjoy the Summer – See you September 24, 2025 for Teachers' Showcase, Room 101 Balboa Park



June 25 Luncheon Report –We enjoyed a delightful lunch and views at the San Diego Yacht Club, and welcomed our Honorary Member for 2025-2026, Judi Bowes. Unfortunately, Judi was unable to attend but her friend Isabella read Judi's lovely acceptance speech to us. Six lucky attendees went home with handmade moribana containers.

Thank you to all who attended our June 25th luncheon. You made it a special day.

If you wondered why we had a wine surprise it's because we must meet a food and beverage minimum. This is typical for a beautiful venue like the San Diego Yacht Club.

If you have some feedback about this year's luncheon please share that with Cecilia or me by August 1st.

Thanks again,
Chris cjones4mail@gmail.com





Chris Jones, Luncheon Chair, and Jeff Fine, Honorary Member Chair



Dining with view



A handmade container centerpiece



Hand painted place cards



Japanese Friendship Garden & Museum

Tokonoma photos from June: Please contact Debbie Warriner at dswarriner.sd@gmail.com for information.

<https://www.niwa.org/>

<https://www.ikebanasandiego.org/gallery#tokonoma-arrangers>

View Video of Tokonoma Photos Jan-Jun 2025:

[Tokonoma Video Jan-Jun 2025](#)

I hope you are well and looking forward to a fun Summer! Here are the Tokonoma Arrangers for July 2025:

July 3-6	Cecilia Carrick
July 10-13	Anna Noah
July 17-20	Sharon Bristow
July 24-27	Rose Phuc Pham Nguyen
July 31-Aug 3	Rose Tyson



Judy Clifton



Ginger Truschke



Chris Jones



Deborah Warriner



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From the Editor – If you have announcements or suggestions for the next newsletter, please email me at gingert@san.rr.com



The Healing Power of Seeing the Invisible | Ikebana Stories #18

<https://www.ikebana.be/blog>

It usually starts with a sigh. The assignment is simple: "Go outside, into your garden, your local park, or even your balcony, and find something that speaks to you. One flower, one branch, one leaf." And back come the replies: "There's nothing." Nothing? In an entire garden, an entire forest, or park?

But then, something curious happens. After a pause, and perhaps a moment of quiet frustration, someone notices a single flower, stubbornly blooming. Or a branch that had fallen in last night's wind. Or a leaf that curled in on itself just so. And suddenly, there is something.

That is the moment I wait for. Not when they complete the assignment, but when their way of seeing begins to shift.

After starting ikebana, this change happens in silence, almost invisibly. A student tells me, weeks later, that walking through the park is no longer the same. That they pause now to look at how a branch leans, how a weed holds a drop of water, how the shadows stretch along the path.

And then comes the joy: they send me a photo. A humble container, a few imperfect stems, an arrangement. And in that photo is something special: time taken, attention given, a small moment carved out of chaos to honour beauty.

I encourage advanced students to use whatever they find, not only the traditionally beautiful, but also the crooked twig, the overripe fruit, the leaf with a hole. There is beauty in imperfection, and ikebana teaches us to notice it. Humans, too, are part of nature, different, flawed, expressive. Appreciating that is part of the work.

It reminds me of something I love in Japanese culture. On one hand, there's an extraordinary emphasis on uniformity, salarymen in white shirts, schoolchildren in matching outfits. But in the tea ceremony, each person gets a different cup, each with its own character. That is the paradox: order and individuality, harmony and difference.

In ikebana, we hold that paradox, too. We seek balance, but not sameness. We create space for

surprise. And that starts with learning to see, truly see, what's in front of us.

During those strange, quiet months of separation in the early 2020s, I learned this too, again, more deeply. One afternoon, I remember standing in the garden, a cup of tea cooling in my hand, noticing the way a single branch had twisted toward the light. That even when the world feels uncertain, there's always something to notice. A curve, a crack, a moment of calm. Teaching ikebana during that time reminded me that seeing differently is not only a creative act, it's a healing one.

So if a student tells me again, "There's nothing," I simply smile. They don't know it yet, but their eyes are about to change. And once they do, well, they never quite walk through a garden the same way again.

It's summer. Nature is bursting with possibilities—at the roadside, in the garden, even in the weeds. Let it surprise you. Find something. Whether it's shaped by heat, wind, or simply leaning in a curious way—these summer materials are full of stories waiting to be told. And if you do, send me a photo. I'd love to see what caught your eye.

Ilse Beunen