



THE GUARDIAN

St. Michael the Archangel Episcopal Church El Segundo

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St. Michael's Children's Center

Ms. Lauren Cherrington
School Office: 310-322-7522

Worship Schedule

Sunday 8:00am Rite I Said Service
Sunday 10:00am Rite II
with Music

The Reverend Joshua Wong, Rector

Mission Statement for St. Michael's Church

*Growing in God's Love.
Working in God's Spirit.*

June 2024



St. Michael the Archangel Episcopal Church
361 Richmond Street
El Segundo, CA 90245

TO:

Rector's Thoughts

Some Notes on Worship, Part One.

As we approach the summer season, here are some helpful church information, I sometimes refer to as, Worship Information 101, in which all of us can use to refresh our memory of why we do what we do in worship.

The Anglican/Episcopal tradition is filled with beautiful and ancient liturgy that leads us to the summit of Gospel and onto the Holy Communion, or also called The Holy Eucharist. There are never any RIGHT or WRONG ways to worship God, but all our rituals are meant to guide us into a deeper worship with the Divine. The following descriptions give you the meaning behind what we do.

STAND, SIT, or KNEEL?

Generally, we stand to praise, we sit for instruction, and we kneel to pray. Standing is a sign of respect, while kneeling is a sign of being humble before God and can also represent penitence.

MAKING THE SIGN OF THE CROSS

The Sign of the Cross is a reminder of the power of God in Christ, but can also mean essentially "Amen," indicating personal assent. The cross is Christ's victory sign, and Christians have long used it to claim identification with his triumph over sin and death. It's also a reminder of our commitment to Christ. At the Gospel, a special version of the sign of the cross is used, tracing the cross with thumb on one's forehead, lips, and heart. This represents the ancient prayer, "God, be in my head and in my thinking; God be in my lips and in my speaking; God be in my heart and in my understanding."

THE GREAT THANKSGIVING

After the first part of the service called The Liturgy of the Word, we begin The Great Thanksgiving. In the Great Thanksgiving, we do what Jesus himself asked us to do: We thank God and recall all that God has done for us in the life, death and resurrection of Christ. The Great Thanksgiving, or Eucharistic Prayer, is a long prayer with four parts. Each of these four parts corresponds to a different action of Jesus at the Last Supper, where he took, blessed, broke and gave bread and wine as sacraments of his body and blood. We begin with the "Sursum Corda" (Lift up your hearts), which dates back to the 3rd century. We recall God's acts of salvation history. The Celebrant says the "Words of Institution" that Jesus said at the Last Supper. At the Memorial Acclamation we remember Christ's death, resurrection, and promise to return at the end of the age. During the prayer, the Holy Spirit is invoked to bless and sanctify the gifts of bread and wine. We ask the spirit to "Sanctify" us also—to set us apart for God's purposes.

WHAT IS PENTECOST

Concluding the 50 days of Easter, and when it was believed Jesus ascended into heaven, we celebrate Pentecost, which refers to the coming of the Spirit (Acts 2:1), shortly after Jesus' death, resurrection, and ascension. Christians came to understand the meaning of Pentecost in terms of the gift of the Spirit, as Pentecost was the fulfillment of a promise which Jesus gave concerning the return of the Holy Spirit. Pentecost emphasizes that the church is understood as the body of Christ, which is drawn together and given life by the Holy Spirit. Some understand Pentecost to be the origin and sending out of the church into the world. The Day of Pentecost is one of the seven principal feasts of the church year in the Episcopal Church. The liturgical color for the feast is red. Pentecost is often called Whitsunday, meaning a day of celebration in the English church. Pentecost is celebrated worldwide as the birthday of the church.

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WORSHIP IN ORDINARY TIME

After the second Sunday in Pentecost, this is the season in the church calendar called “Ordinary Time.” Ordinary time in the church means that there are no major feast days or commemorations on the liturgical calendar. Readings are focused on the daily life of Jesus and his ministry. During this time the color of the vestments are green. As green can mean “growth,” we can think about this time as living daily in faith and seeing the ordinary as nothing short of “extra”-ordinary in its beauty and sacredness. Church does not go on vacation; however some elements of our worship life changes to accommodate staff vacations and to take some time for refreshment in order to rejuvenate. Ordinary Time lasts up until four weeks before Advent.

In July, I will be sharing more meanings behind our worship. Stay tuned!

Father Joshua+

C.A.S.E. Ingathering June 16

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|--|-----------------------------------|
| Coffee—regular & decaf | Dry beans—pinto, black, lentils |
| Canned tuna—albacore & chunk light | Canned pinto beans |
| Canned chili—turkey chili, no beans chili | Jell-O boxes |
| Bottles of juice—apple, orange, cranberry | Cereal—kid friendly, sugary |
| Oatmeal—in canisters, not individual packets | Honey |
| Salad dressings—1000 Island, Honey Mustard | Mayo |
| Oil—vegetable, canola, olive | Sugar—granulated, powdered, brown |
| Laundry soap / Body wash / Shampoo & conditioner / Toothpaste / Toilet paper | |



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| Sun. June 2 | 8 & 10am Holy Eucharist |
| Sun. June 9 | 8 & 10am Holy Eucharist Graduates Blessing |
| Sun. June 16 | 8 & 10am Holy Eucharist
Dan Ince guest Preacher
Father’s Day
CASE Ingathering & Special Coffee Hour |
| Sun. June 23 | 8 & 10am Holy Eucharist |
| Sun. June 30 | 8 & 10am Holy Eucharist |
| Sun. July 7 | 8am Holy Eucharist
10am outside Holy Eucharist service |

Family Promise

Thank you, Elizabeth, for organizing and hosting Bunco Night again to benefit Family Promise!

We had an awesome turnout. Everyone had a blast and we raised \$500 to help with meals for the kids at Summer Camp! It is such a fun way to raise money and meet some new people! The prizes were great too!

Do you remember when we hosted families overnight with our friends at the El Segundo United Methodist Church?

Thank you, Ellen Russ, for donating the supplies and bedding from our Family Promise hosting supplies to Immanuel Presbyterian Church in Korea Town. They, among many programs, run a safe shelter for migrants. So the legacy of kindness continues!

Sign-up to volunteer for Summer Camp 2024! Summer Camp will be June 24th - August 2nd at First Christian Church in Torrance.

We're looking for volunteers for Lunch Prep & Lunch Supervision, Day Helpers, & Field Trip Chaperones.

Required for all volunteers:

1) Trauma-informed Modules: Coassemble: [Here](#)

*Complete 101, 102, DEIA

*Upon completion, complete certificate and email sarah@familypromiseosb.org

2) Mandated Reporter Training: [Here](#)

*Email certificate to sarah@familypromiseosb.org

Additional training and background checks will be conducted upon official registration.

Please remember PV Resale Thrift Shop as you clean out your cabinets and closets!

PV Resale Thrift Shop is a huge blessing to Family Promise. The thrift shop provides funding quarterly from their proceeds to 13 local charities, including Family Promise. Please support this non-profit committed to community service and the support of charities by donating items in clean, working, and very good condition. They sell almost everything: clothes, bedding, towels, dishes, furniture, small appliances, books and toys. I am happy to take donations for you if they fit in my car – let me know if you want a receipt. Palos Verdes Resale Thrift Shop is located at 2321 PCH in Lomita.

With Love, Jeanie Powell, cheeriochewer@gmail.com



Outside Services

July 7 and August 4, the first Sunday of July and August, the 10 AM service will be worshipping outside on the lawn. The other Sundays, we will be back in the chapel. The 8 AM service will remain in the chapel.

Guest Speaker

Please mark your calendars. On Sunday July 7 and August 18 from 9 AM to 9:45 AM, please join us in conversation in Yeaton Hall as we have Deacon Paula Walker who has a passion for the subject of ecology and spirituality join us as our guest speaker. Come ask questions and learn how we can be responsible stewards of God's creation.

Bunco night was a huge success!! We raised \$500 for Family Promise. A special thanks to all who attended and for Elizabeth and Florine for organizing the event.



Mid-week Spiritual Meditation

Starting in the summer, we will begin a seasonal mid-week spiritual meditation using the Centering Prayer method developed by Thomas Keating. This is a great and necessary opportunity during the week to calm ourselves down, focusing on developing a genuine spiritual life to learn to encounter God with our word, mind and heart. If you would like to learn more about this practice, you may purchase Thomas Keating's book, *Intimacy With God, An introduction to Centering Prayer*. Take a brief half-hour break this summer on Wednesdays at 12 noon in the chapel.

FRIENDSHIP

Today let's talk about a subject that hopefully is present in all our lives—friendship. If not abundantly, at least--which can actually be more beneficial--one or two treasured people who really make a difference in our lives. It is healthy to have peer groups we are friendly with at every stage of our lives but can be even more important as we age. It may help to remember “we are never too old to make a new friend.” It is also likely the people we are closest to have similar interests, vocations, and/or life or family situations, and more importantly, share our basic values and belief systems.

These are the people that can see us at our best, at our moments of success, and are able to genuinely share our joy (without jealousy or resentment). They can also see us at our worst and are able to provide needed comfort, even counsel or suggestions without anger or scolding—just constructive thoughts. The kind of person we can just be ourselves with, be completely vulnerable with, talk about things we wouldn't discuss with family, or even just be silly with. We can always count on them for positivity and love.

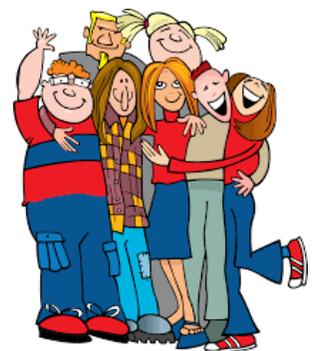
Research increasingly shows feeling strongly connected to someone can be an important factor in our mental and physical health. Knowing there is someone who will always be there for you can decrease anxiety and depression and actually influence physical health issues like blood pressure. You have probably heard the expression, a grief shared is half a grief, and a joy shared is twice a joy. We can argue about the math, but I'm sure we all agree, having someone significant to share life's major events with is helpful. And knowing they were there when “that” happened, will be a major contributing factor when we think how much we value that friendship.

I have a friend I made an agreement with when we both reached our seventh decade, “if you don't answer either your cell phone or landline after several tries I'm coming over to look myself instead of calling for a welfare check. Then I'm going to bawl you out!” Fortunately we live a couple blocks apart. We laughed at our negativity, but we realized each of us had known someone who fell, and was on the floor-- in one case 15 hours, and in the other 3 days before they were discovered by family because they didn't answer the phone. Both turned out ok, but it was a scary and uncomfortable experience for them and their loved ones. The one who was on the floor 15 hours was even wearing a medic alert necklace, but forgot she was wearing it and how to use it. It is helpful to know there are also wrist watches that can be activated without the person wearing it activating the “call for help mode.”

Decades ago, when I would not have thought it important for myself, I organized a “call a friend” chain for a group of seniors at a particular organization who each lived alone. Person A would call person B, who would call person C, etc. on a specific day(s) just to check in on each other. I think an additional benefit was it also helped them get to know each other a little better.

So, while you are thinking about it, is there a friend whom you really value, but because of the pressures of daily life have not talked to in a while? Are you wondering how something turned out for them, or if they pursued that new interest they had mentioned? Take a few moments and make the call!

Gerri Pisciotta



Voices from the Vestry

St Michael's recently welcomed Fr Joshua Wong as our new rector. We have already begun to see new life breathed into our church family. We have several new members and families, and group activities. Pentecost Sunday welcomed the lessons being read in native language speaker's tongues ranging from Japanese to Irish Gaelic to Spanish. There was even a Bunco fundraiser last week with over twenty people in attendance that raised \$500 for Family Promise.



It's a perfect opportunity for each of us to re-engage with our church family and help share the gifts of the Holy Spirit this Pentecost Season. There are plenty of opportunities to get involved, but none is more important than making Sunday worship one of the weekly activities in your busy life.

Any time I read an article on maintaining good health it always includes positive social interactions. What can be more positive and healthier than taking some time to worship at St Michael's and then stop by afterwards to socialize with friends and neighbors?

Hope to see you all soon to worship support Fr Joshua and the St. Michael's church family. God bless you and your family.

Chris Powell

Baccalaureate Blessing for all who have celebrated a graduation this year, from children to adults. We will bless you on June 9 at our 10 AM service.

Baptism, Confirmation or Reaffirmation
If you are interested in baptism, confirmation, reaffirmation or being received into the Episcopal Church, please let Father Joshua know as soon as possible. The three sessions will happen between services at 9-9:45am Sunday mornings.

June Birthdays

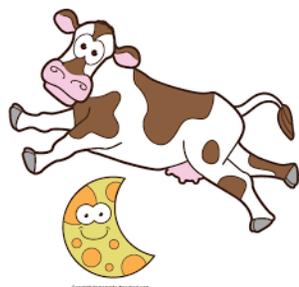
- 2 Melissa Albers
- 9 Alex Nilsson
- 17 Momi Ince
- 18 Chloe Samia
- 27 Jeanie Powell



The choir will be on a well deserved summer break starting on June 23 to the beginning of September. We thank them and Adam for their service.



Children's Center News



The June gloom is in full effect as far as the weather is concerned, but not inside the preschool. Our older friends have been talking about moving on to TK or Kindergarten. Some of them visited their schools last month and are so excited about becoming "big kids." They will continue having fun with Nursery Rhymes as their theme. Our younger friends have been learning about planting and gardening and will also continue with this theme this month. Both groups will spend time talking about Dads in preparation for Father's Day. We look forward to learning more of the Lord's Prayer in Chapel time with Father Joshua.

Happy Father's Day to all the dads and grandads!

Lauren

Music West Presents

THE SOUND OF MUSIC

Music West Est. 2004
20th Anniversary

Music by RICHARD RODGERS
Lyrics by OSCAR HAMMERSTEIN II
Book by HOWARD LINDSAY and RUSSEL CROUSE
Suggested by "The Trapp Family Singers" by MARIA AUGUSTA TRAPP



PERFORMANCES
Thu 7/11 7:00pm, Fri 7/12 7:00pm,
Sat 7/13 2:00pm & 7:00pm

El Segundo Performing Arts Center
640 Main Street, El Segundo, CA 90245
Tickets \$20 / Limited VIP Tickets \$25
Performances Feature Live Music



For more information visit www.musicwest.org or email info@musicwest.org
The Sound of Music is presented by arrangement with Concord Theatricals on behalf of the Rodgers & Hammerstein Organization www.concordtheatricals.com

Our own Ryan McCaverty is playing Fredrich in this show. Come out and support community theater and all the children involved.



Amy Powell spoke at the El Segundo Rotary Club in May. Amy's topic was Maternal mortality in African American women. Amy did a great job and really spoke on a subject near and dear to her heart. Congrats Amy!

Prayer shared by Jeanie Powell at our vestry meeting.

Heavenly Father, Thank you for this opportunity to meet together and the opportunities you give us to serve you and others. We thank and praise you for all you have done for us and are still doing. We especially thank you for Father Joshua and his loving and encouraging ways. Please grant him wisdom, understanding and strength and that his leadership will bless many and glorify you! Remind us to let him know what a good job he is doing at St. Michaels and with our children and to offer help. We thank you for several new members, especially Edward and tom, who jumped right in and joined our choir. We thank you for the precious gift of the Holy Spirit and that your presence is with us right now. Please work in our hearts and minds and give us the faith and courage to grow into the people and church you want us to be. We thank you for our sameness and that we are all brothers and sisters by your design. May that truth shape how we view others, but mostly ourselves. Please inspire out thoughts, ideas, discussions and decisions as we work together to ensure that our church is your church. In Jesus' name we pray. Amen.

July/Aug Newsletter articles are due June 26 Please send articles and pictures to melissaaasings@gmail.com