

## Rector's Thoughts

April has become one of my favorite months ever since I took a course in seminary called "Ministry in an Age of Ecological Crisis." I did not come to understand ecology and spirituality until I took this course offered by Professor Sylvia Sweeney at Bloy House, the Episcopal Theological School in Los Angeles.

April 22 was Earth Day. Below, I have listed some of the books I enjoyed from this course. The books take you on a beautiful, challenging, and heart wrenching journey into questions presented from various perspectives.

As children of the Creator, Redeemer, and Sustainer, we are called to care and tend to the natural world, not overtake nor overuse it. Our responsibility during this ecological crisis is to be aware of our consumption as a first world country, with no excuse to live excessively or carelessly.

I hope you will choose one of these books as another form of spiritual learning. Wendell Berry's poems lead the reader to reflect; Elizabeth Johnson explains how Christianity and Darwinism agree on many similar theological understandings; Robin Kimmerer's book is a visual guide into indigenous spirituality; Pope Francis' book is filled with wisdom; Sylvia Sweeney's book is a meditation; and the beautifully serene book by Paul Santmire is an easy yet relevant read. You can purchase these books on Amazon.

Berry, Wendell. *The Selected Poems of Wendell Berry*. Counterpointpress.

Johnson, Elizabeth. *Ask the Beasts: Darwin and the God of Love*. Bloomsbury Continuum.

Kimmerer, Robin Wall. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*. Milkweed editions.

Pope Francis. *Laudato Si: On Care for Our Common Home*. Our Sunday Visitor Publishing.

Sweeney, Sylvia. *Winged with Longing for Better Things*. Church Publishing

Santmire, H. Paul. *Behold the Lilies: Jesus and the Contemplation of Nature*. Cascade Books.

May God bless you to make every month Earth month.

Father Joshua+



Thank you all for your loving hearts to God and to His church. As we strive to fulfill our mission statement, "Growing in God's Love, Working in God's Spirit, let us continue to work alongside God's call for us here at St. Michael's. Give to God your best in service, your heart and your resources, so that the message of Christ's unconditional love can be shared with all our friends and neighbors in the South Bay.

### C.A.S.E. Ingathering May 19

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



Our church welcomes all ages to God's holy temple. We have ordered the new series from The Sunday Paper, a lectionary cartoon for each Sunday that correlates with our Sunday Lectionary readings. We have both "The Sunday Paper Junior" for ages three to nine, and "The Sunday Paper," for ages nine and up. So, ask the usher for your copies of the bulletin for children and young adults!

#### Prayer requests

Please forward any prayer requests to [melisaasings@gmail.com](mailto:melisaasings@gmail.com) I will add them to our weekly Prayers of the People. Also let me know if you have names on the list that no longer need to be there.



June Newsletter articles are due May 29. Please send articles and pictures to [melissaaasings@gmail.com](mailto:melissaaasings@gmail.com)

## May



- |             |   |
|-------------|---|
| Wed. May 1  | Chapel with Children's Center               |
| Sun. May 5  | 8 & 10 Holy Eucharist                       |
| Wed. May 8  | Chapel with Children's Center               |
| Thur. May 9 | Ascension Day                               |
| Sun. May 12 | Mother's Day Guest Preacher                 |
|             | 8 & 10 Holy Eucharist                       |
| Wed. May 15 | Chapel with Children's Center               |
| Sun. May 19 | <b>Pentecost</b> 8 & 10 Holy Eucharist      |
|             | CASE Ingathering                            |
| Wed. May 22 | Chapel with Children's Center               |
| Fri. May 24 | Bunco 6:30                                  |
| Sun. May 26 | <b>Trinity Sunday</b> 8 & 10 Holy Eucharist |
| Mon. May 27 | Memorial Day                                |
| Wed. May 29 | Chapel with Children's Center               |

## Family Promise

**There are nearly 200 Family Promise Affiliates located in 43 states and our collective impact is tremendous. We serve nearly a quarter of a million people a year - mostly children. Together, our support makes all the difference!**

**Our Family Resource & Respite Center is filled. All of our transitional homes are filled. Our current shelter waitlist is 12 months. Our waitlist includes more than 230 families!**

Please support Family Promise. You can contribute financially, through advocacy, and volunteering. Whichever you choose, you can make a lasting impact on the lives of those we serve. Please donate online at [www.familypromiseosb.org](http://www.familypromiseosb.org). Your investment in Family Promise of the South Bay is not just a financial contribution, it is a powerful statement of your belief in positive change and a brighter future, especially for the children.

**There are many volunteer opportunities. Please let me know if you would like to do any of these together as a congregation or have other ideas!**

St. Michaels could do meal drop-offs, donate towards the food pantry, host a family lunch, have a drive (shoe drive, backpack, school supplies, summer fun survival kits, etc.)

If you would like to interact directly with our homeless families, volunteers will need to complete an online trauma-informed training:

<https://family-promise.coassemble.com/unlock/Ds9ckbl>

3 modules to complete that will take about 2-3 hours total:

Coassemble 101

Coassemble 102

Coassemble Accessibility DEIA



**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.

**Visit Wrigley Coffee and have some fun!**

Wrigley Coffee is not a chain and you won't find it anywhere else - it's strictly ours! Through Wrigley Coffee, our goal is to give parents facing housing insecurity a fresh start and a path to independence through career training, coffee, and community. The idea is similar to Homeboy Industries. If you haven't been yet, you're really missing out.

Monday - Sunday 7am - 4pm

437 W Willow St., Long Beach, CA 90806

With Love, Jeanie Powell, [cheeriochewer@gmail.com](mailto:cheeriochewer@gmail.com), 310-462-9904

We are working on creating a new directory. First step is to check in via email. After that is completed we will have physical information sheets for parishioners to fill out. Look for more info soon.

### 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.

### Treasured Old Memories

Some years ago, I saw an ad come up on my computer that prompted me to look up my old high school after decades of no contact. They were having a class reunion! On impulse, I decided to go—largely to see the area where I grew up one more time. One of the first e-mails I received when I added my name to the website was from a boy in my class when we were 12 or 13. We decided to meet at the airport and our first sightseeing agenda would be our old Episcopal church where I was in the choir and he was an acolyte. We stopped there on our way into town. First sign of the current times—it was locked.



When Sunday morning, came, the flood of memories started. My sister and I were too young to drive then, so we walked—every Sunday, a couple of miles. How nostalgic it was to sit again in front of the altar where I had not been in decades, and recognize the intricate wood carving I had spent so many hours looking up at as a child. Of course, time had made it's impact--improvements, I think they called them. The choir pews had been removed from the altar. The choir was no longer the dozen or so children I remember, but now a large group of beautiful adult voices singing their praises from the loft. And gone from the loft, was the winding narrow wood spiral staircase I had so loved as a child.

An old church has a wonderful sense of timelessness that endures the passing of ages. There was a comforting mustiness of old stone walls, decades of incense, and aged wood pews and kneeling benches rubbed and worn smooth by generations of worshippers. How many thousands of prayers had been offered here--whether of grief or despair, and hopefully also thanksgiving. How many generations had been baptized, married or eulogized within these walls since the church was built in 1848?

Sometimes we don't realize the value of what seems like a routine experience until it becomes a treasured memory. It can be a lifelong blessing for children to have memories of special times and a place of peace, tranquility, devotion, and blessings.

Gerri Pisciotta

We are planning an upcoming all church lecture mini-series in summer. It will be on two consecutive Sundays at 9:00 am between the two services, lasting 40 minutes each. The lecture mini-series will be a time to learn and a time to ask questions from our guest speaker. Look out for more information to follow

### Voices from the Vestry

“The day the Lord created hope was probably the same day He created Spring.”  
~ Bernard Williams



Spring is here. I am from the East Coast and have always loved all the seasons, with Spring being my favorite. Spring here in El Segundo is funny, going through all four seasons in a single day. Our day begins at 40 degrees with drizzle and if all goes well, the marine layer burns off to provide a little warmth and sunshine before the evening wind picks up and that blanket of marine layer returns, requiring coats for an evening stroll. The sounds and sights of Spring are quite magical. The birds are up early, singing to each other to announce Spring’s arrival. The trees are sprouting buds and the rosebushes have returned with their beautiful, colorful petals after winter’s dormancy. There is such a feeling of newness in the air. With all the turmoil happening in our world, things can look bleak and feel hopeless. But, for better or worse, the only constant is change and Spring is a perfect reminder of that. May you embrace all the beauty, renewal, and hope that this Spring season brings.

~ Melissa McCaverty

### Let's Roll the Dice!



Join us in Yeaton Hall on Friday,  
May 24, 2024 at 6:30PM to play  
**BUNCO.**

We will be raising funds to support  
Family Promise. Suggested  
donation is \$20 per player.  
Bring a dish to share and your  
choice of beverage. Water and soft  
drinks will be provided.

Don't worry if you haven't played before...it is easy to learn  
and lots of fun. And of course, there will be prizes!  
Look for the sign-up sheet in Yeaton Hall.

### May Birthdays

Ava Markarian 19  
Florine Guy 24



### Children’s Center News

April showers bring May flowers...we hope! This month the children will be learning about gardening and planting. We hope to have some new flowers growing in the yard and maybe some vegetables. The older children will also be learning lots of nursery rhymes as they continue to review letters and numbers in preparation for TK and Kindergarten.

We enjoyed our first month of Chapel with Father Joshua and look forward to many more. We learned some new songs, but our favorite part is walking in with our lights shining.

Thank you for the continued prayers and support of the school.

Lauren







# THE GUARDIAN

**St. Michael the Archangel Episcopal Church El Segundo**

Parish Office: 310-322-2589  
Web site: [www.stmichaels-elsegundo.org](http://www.stmichaels-elsegundo.org)  
Email: [StMichaelsElSegundo@gmail.com](mailto:StMichaelsElSegundo@gmail.com)

**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.*

# May 2024



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

TO: