

## Interim Inspirations

Below is a passage by John O'Donohue, an Irish scholar and priest, well regarded across traditions of Christian spirituality. His work and personal development grew from Celtic roots. This is from Eternal Echoes: Celtic Reflections on Our Yearning to Belong.

“What is it that prays in us? In every breath and in every moment of your life, the Divine is in conversation with itself. You carry a world in your mind, which you only catch a glimpse of on occasions. Your own mystery is never fully present to you. This means that your prayers in wishes and words are always partial and often blind. Yet the deep prayer of the heart continues within you in a silence that is too deep for words even to reach...

What do you pray with? Put more tenderly: What is it that prays within you? If prayer is but the voice of the superficial mind, the result is endless inner chatter. Prayer goes deeper... The presence that prays within in is your soul... In the New Testament... the soul is always seen as a continuation of the Holy Spirit.” (Page 194)

In the prayer of Ash Wednesday that bids us to Lent, first words are addressed to God, “...you hate nothing you have made and forgive...” The words “tenderness” and “mystery” in the book’s passage above, recall the spirit of Lent in our prayer.

Perhaps take a few moments to reflect on “tenderness,” a word juxtaposed to our huge metropolitan setting. Perhaps reflect on tenderness shared with others, on tenderness within heart and soul, on God’s tenderness.

It is this priest’s joy to offer affirmation of that which you already know of yourselves, that you are a loving and patient congregation. It is not news that interim between rectors requires patience; certainly there is mystery there.

In interim’s progress, which is moving along well, in divine mystery nonetheless, take some of a Lenten reflection on tenderness and regard the interim work you offer together. No doubt, your patience with God in interim’s spiritual and otherwise mystery, brings God a smile.

‘Gracious God, we ask your blessing upon the people and service of Saint Michael the Archangel. Grace these forty days of Lent with meaning and the sense of your presence. May interim discernment of this parish be yielding, satisfying and refreshing by the shepherding of your Holy Spirit. In the name of Christ, we pray. Amen.’

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During Lent, I will be at the church on four Fridays, March 3-24, for Stations of the Cross at noon and in the office from 8 a.m. until Preschool Chapel at 11 a.m.

It is indeed a pleasure to be with you in these days between rectors. My work is to provide some continuity until your search process bears the fruit that we know it will by God’s good graces. I am with you for worship, preschool chapels and pastoral care.

If you would like to meet, let’s do. Please call or text and we can set a time. If you are not available in the morning, I would be happy to arrange a time to meet. If anytime there is a pastoral urgency, I will be there. My cell is (503) 351-3360. – *The Rev’d Andrea R. Maier*



### C.A.S.E. Ingathering March 19th

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



### March Calendar



Friday, March 3	Stations of the Cross at Noon
Friday, March 10	Stations of the Cross at Noon
Sunday, March 12	Daylight Savings Begins
Friday, March 17	Stations of the Cross at Noon
Sunday, March 19	CASE Ingathering
Friday, March 24	Stations of the Cross at Noon
Sunday, March 26	Bring 1 or 2 dozen filled Easter eggs (peanut free) to church for our Family Promise kids



### Did you know pretzels were invented during Lent 1400 years ago?

The pretzel was invented around 610 A.D. by a monk in either Northern Italy or Southern France. This monk decided to prepare a delectable snack out of rolled bread dough (unleavened bread with flour and water) for Lent. He twisted the dough into the shape of little arms crossed over the chest in a prayer stance (People prayed with their arms crossed rather than their hands clasped in the Middle Ages.) and distributed them after prayer. He called them “pretiola”, which is a Latin term that means “little reward”, and he handed them to children who learned their prayers. As the years went by, the pretiola became known in Austria and Germany as bretzel. When it crossed the ocean to America it became known as the pretzel.



### Voices From The Vestry

I always start my work meetings with my team asking them to share some good news. I tell them there is enough negative stuff we hear on the news that we need to hear more of the positive stuff. Last month one employee said she had nothing to share that was good. One person said 'you are employed', another 'we just had a great free lunch together that Jorge paid for', and another said 'you have a roof over your head'. She acknowledged and said that she didn't think of it that way. She proceeded to share that she's healthy, her daughter was doing great in school, and she was going on vacation the following week. I jumped in and thanked her for sharing. I said, we are fortunate to live in a beautiful part of the country where it is mostly warm and sunny (except this past winter), and where we can ski and surf (I don't do either) all in the same day within a couple of hours. The sharing of good news always seems to turn to a great show that someone is watching. I try and watch a movie or show, but often don't find (or make) the time without falling asleep on the couch. Three different team members said they were watching The Last of Us on HBO Max. I had never heard of it, but they said it was based on a video game of a post-apocalyptic America. They all said I needed to watch Episode 3. One said, you can just watch Episode 3 without watching anything else. Well, last week I went to watch Episode 3, skipping 1 and 2. I watched 2 minutes and stopped. I decided I needed to start with Episode 1, but had a difficult time getting through it. The few shows that I watch are to escape reality and make me happy. I'm not into gore, solving crimes, or other, but I did get through episodes 1 and 2. On Episode 3, it started off slow and I couldn't figure out why I was told by multiple people that I needed to watch it. I'll leave it at that. Nick Offerman is the main character in that episode and delivers an Emmy worthy performance. In an interview with him last week, he said his wife, Megan Mullally, star of the TV series Will and Grace insisted he take the part. I hope after seeing it, you will agree. Love is a beautiful thing!



Jorges Cortes

### *Faster Lilies*

If you would like to make a donation for our Easter lilies, complete this form and return it to the church office. **Please turn in your requests by Sunday, April 2nd.**

(Please Print Clearly)

Your Name: \_\_\_\_\_

Your Phone Number: \_\_\_\_\_

In Thanksgiving/Memory (circle one) of:

\_\_\_\_\_

\_\_\_\_\_

**The Suggested Donation is \$25.00**  
**Please make checks payable to: St. Michael's**  
**"Easter flowers" in memo line**



It seems like spring has finally arrived! After a winter of rain and cold kept us hibernating indoors almost every day, it is a welcome site to see the sun shining again! It is actually inviting to wander outdoors again! My garden seems happier because of the rain—everything is lush and green. There is a lot of greenery I don't even recognize. There are a couple orchids that have multiple buds on them, and I don't think they bloomed last year. There's one I don't even remember what color it is—but I will find out in a few weeks! And—I have roses already!

It is hard to believe Easter will be here in a little over a month! I called a friend and asked her if she remembered last year she and I made a plan that we would make designer Easter eggs together this year. It is definitely spring, and in addition to the welcome green and growing signs, in life's way of balancing everything, there are also the things we aren't looking forward to—weeding the garden, fertilizing, and of course, income tax! All part of the relentless passage of time that we can neither slow, speed up, or create more of. We can only try to spend wisely.

Gerri Pisciotta



### March Birthday Blessings

- 4 Michelle Gillam
- 7 Shirley Chernushin
- 14 Jeanette Volturmo
- 21 Gillian Madden



### Children's Center News

Happy March! This month the preschool will spend time learning about the great author Dr. Seuss, bugs and insects, and of course St. Patrick's Day. The first week will be a fun themed week where each day we do something different, like crazy hat day and crazy hair day. Hopefully spring will bring us some warmer and dryer weather this month.

We are having an Easter See's Candy Fundraiser this month. You can buy See's Candy online and the school will receive 20-50% of your purchase. The link to our page is: [https://www.yumraising.com/secure/stmcc\\_st\\_michaels\\_childrens\\_center\\_el\\_segundo70/Lausai5390/candy](https://www.yumraising.com/secure/stmcc_st_michaels_childrens_center_el_segundo70/Lausai5390/candy)

Thank you for your support!



## Family Promise

Please support our Family Promise children's Easter event! Bring 1 or 2 dozen filled plastic Easter eggs (peanut free) to church on Sunday, March 26th!

Family Promise is hosting an Easter event for the children in our programs and, of course, we need an Easter egg hunt! We are expecting 30 children and are counting on your help to collect 200-300 filled Easter eggs (peanut free) from St. Michael's. The Easter event is open to current and graduate families' children, and local neighboring school children from low-income households. Thank you very much for your support!

Three families in our Intensive Case Management Program were recently housed!

The Housing Authority of the City of Long Beach is an awesome resource for our families. Three of our families were accepted into the Housing Choice Voucher program. These families receive a housing voucher that helps with some of their rent costs for a period of time. Our case managers will continue to work alongside these families during this time. Our families worked hard to find apartments while working on their goals to regain stability. One of these families is a single mother of two children. After two years of experiencing housing insecurity she connected with us in December. With access to resources and a committed spirit, she was able to sign a lease and is in her new home! We're so proud of the hard work these families have done and continue to do and we love hearing these stories!

Please join The Promise.

The Promise is our new community of Family Promise monthly donors committed to helping families who are experiencing housing insecurity. You can sign up for a recurring monthly gift of \$10, \$30, \$50, or \$100, and know that you're making a difference in the lives of children in the South Bay. As a monthly donor, you'll be the first to hear about program updates. Please join at [familypromiseosb.org](http://familypromiseosb.org).

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.

Wrigley Coffee is one year old!!! Go, visit and have some fun!

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





# 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

**Mission Statement for St. Michael's Church**

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

# March 2023

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

TO: