



THE GUARDIAN

St. Michael the Archangel Episcopal Church El Segundo

Parish Office: 310-322-2589
Website: www.stmichaels-elsegundo.org
Email: StMichaelsElSegundo@gmail.com

St. Michael's Children's Center

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

Worship Schedule

Sunday 8:00am Rite I Spoken Service
Sunday 10:00am Rite II Choral Eucharist

The Reverend Joshua Wong, Rector

Mission Statement for St. Michael's Church

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

May 2025

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

TO:

What is The Daily Office?

By Rev. Joshua Wong



In the month of May, I am sharing with you from a book entitled, *Walk in Love, Episcopal Beliefs and Practices*, by Scott Gunn and Melody Wilson Shobe. One of the chapters I have picked to write about is something that is a gift for our faith journey. Our *Book of Common Prayer* offers many ways to pray and spend time with the Lord. Many of us use the handy booklet for daily devotion call, *Forward Day by Day*, published by the Episcopal Church, but we also have another way of prayer found on pages 35-146 called *The Daily Office*. However, *The Daily Office* is not the only way to pray using *The Book of Common Prayer*, but for now, let's learn about *The Daily Office*.

The original idea of *The Daily Office* came about with the example and words of Jesus when Paul instructs Christians to “pray without ceasing.” From this practice arose the tradition of the Divine Office, or Liturgy of the Hours, a set of seven liturgies spaced through the day so that prayers were offered throughout the day and night. By the fifth century, communities of monks and nuns set themselves aside and dedicated their lives to praying the Divine Office. The word “office” comes from the Latin word *officium*, meaning service or duty. In our modern usage, an office is simply another word for a scripted set of prayers and can be used interchangeably with words like service, liturgy, or rite. In our *Book of Common Prayer*, we call these rites *The Daily Office*, because they are meant to be used on a daily basis, versus rites like Holy Baptism and Holy Eucharist offices that we use weekly or occasionally.

Thomas Cranmer, the author of the first *Book of Common Prayer* believed that daily prayer should be available to all people, not just priests or those who lived in monasteries. In fact, that is why *The Book of Common Prayer* is called “common,” not because it is ordinary, but because it is a way of prayer available to all people—it is prayer held in common. Cranmer wanted to make daily prayer accessible to everyone, so he simplified the monks’ prayer cycle into two Daily Offices, morning prayer and evening prayer. In our prayer book, we have more recently added Noonday Prayer and Compline. Instead of the full Divine Office—prayer held every three hours throughout the day—the prayer book’s Daily Office offers a simplified version of four services of prayer: Morning, Noonday, Evening and Compline. The different offices provide an opportunity to find a practice that works in your context; the prayers are suited to whatever time of day you are able to make the space for daily prayer.

Cont. on pg. 3

Cont. from pg. 2

When you first use it, the first choice you have is whether you want to pray Rite 1 or 2. The only difference is language preference. All the offices follow a similar structure, though each has unique prayers and features suited to its time of day. Every office includes: opening sentences, Psalms, readings, canticles, prayers and a concluding versicle and response.

If you want to start *The Daily Office*, first start by familiarizing yourself with the service, take time to read through it, including the rubrics in italics. *The Daily Office* is a wonderful Anglican way to pray: It is an important part of our heritage and a way that we connect through time and space to other believers who have prayed and are praying in these same forms.

I hope you give it a try! If you are able, and do not yet have your own copy of The 1979 Book of Common Prayer, please consider purchasing it, until then, you may borrow one from the church. <https://www.churchpublishing.org/bookofcommonprayer>



C.A.S.E. Ingathering May 18

Honey Nut Cheerios, Frosted Flakes, Fruit Loops, Lucky Charms, Captain Crunch
Oatmeal – Plain Old Fashion or instant Quaker Oats in the cardboard cylinder or name brand
(NO off brands or steel cut oatmeal please)

Canned Chicken

SPAM

Rosarita Refried Beans

Ketchup

Sugar

Salt

Cake Mixes - Chocolate or Yellow

Brownie & Cookie Mixes

Syrup

Strawberry and other fruit jams (not grape)

Peanut Butter - prefer Skippy, Jif or recognized store brand

Juice

Cookies

Toothpaste

Dish detergent

Canned Tuna

Pasta Sauce

Progresso or Campbells Chunky Soups

Mayonnaise - Best Foods is preferred

Flour

Cooking Oil

Frosting - Chocolate or Vanilla

Pancake Mix - Store brands please

White Rice

Honey

Snacks

Coffee (No decaf)

Shampoo

Laundry detergent



Our new Audio/Visual system.



St. Michael's would like to thank everyone for their contribution to our needed A/V system. We acknowledge everyone in our parish and throughout the Diocese who donated during my Installation Service for the Evangelistic ministry to the parents of the Children's Center. We also would like to thank the

many people who laboriously helped set up the system which required many hours of service. Thank you to Daniel Duarte who represented the Vestry in being the project manager and to Chris Powell who assisted him and oversaw the finances. We give thanks to Arthur Yeap who donated his time, talent, and treasure to come help us all the way from San Francisco.

The system was not only necessary to set up the audio for the live streaming in Yeaton Hall, but has proven to benefit those with hearing impairment. We are close to finishing the final set up of the live-streaming in time for our next Once-a-month Family Worship on May 11, as well as having a microphone up in the altar for use during Holy Communion.

Will you now join me in dedicating our new Audio/Visual system to God:

O Lord, before whose throng trumpets sound, and saints and angels sing the songs of Moses and the Lamb: Accept this Audio/Visual system for the worship of your temple, that with sound and sight we may proclaim your praise and tell it abroad; through Jesus Christ our Lord. Amen.

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. Each of these 13 charities receives an average of \$4,000 four times a year! It is an extremely successful outreach that has given millions of dollars to local charities. 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. The store hours are Tuesdays through Fridays, 11am - 4pm, Saturdays, 11am - 3pm, closed Sundays and Mondays.



With love, Jeanie Powell

Voices from the Vestry

MOTHER'S DAY

In just a couple of weeks, we will be observing Mother's Day. The following are some history/thoughts/observations on this holiday.

More phone calls are made on this day than any other day of the year.

I recently read Jewish cemeteries will not schedule burials on Mother's Day because the cemeteries are so crowded with people leaving flowers at their mother's graves.

The first official Mother's Day came about in 1908, when a woman named Ann Jarvis, who remained unmarried and childless all her life, wished to honor her own mother. She attained financial backing from John Wanamaker to hold an event at a Wanamaker's Department Store. The event was attended by thousands of people!

In 1914 President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day. Eventually Ann Jarvis came to renounce the commercialization of a day she had hoped would be set apart for honor, not commercialization.

The mother, especially for the women in the early decades of the twentieth century, was the most influential person in a child's life. In the 1950's—80% of mom's were stay at home. By the late 60's it was 49% and in 2022 it was 15 - 20 percent. Now, in 2025, Nearly a quarter of American mothers identify as stay-at-home parents—a sharp rise from 2022, according to a large survey of US women conducted by Motherly, an advocacy group.

We inherit more than genes from our mothers. Much of the value system children learn comes from their parents, especially the mother. Adults that are honest, kind, and compassionate quite likely learned at least some of that from observing their mothers and their mother's teachings. Likewise, less honorable value systems of some people may have early maternal influences also. I recently heard a story from someone about a lifelong acquaintance of hers who had spent a lot of his adult life in jail. He had told her many years ago when he was a child, his mother would take him shopping, point out something in the store, tell him to grab it and stuff it inside his jacket. I wonder how she would feel if she knew how his life had been and if she would accept any responsibility.

Today children have more freedom and independence than children of previous decades but they still learn basic values and morals from their parents. One of the most important things parents can impart to their child is the feeling that the child is worthy, lovable, and valued. I used to tell patients "no one gets to adulthood without some complaint about their parents."

Some of the touching messages of sentimentality surrounding Mother's Day can bring poignant, painful messages to people who were not fortunate enough to have had a warm loving relationship—orphans, children of bitter divorce, and children of women who were just not loving, nurturing compassionate mothers—either because they didn't know how, or they just weren't that kind of person.

If a child didn't have a mother that nurtured well, the child either learned to do that for themselves, or found a surrogate person that could serve in that capacity. I have talked to people who stated without aunts, uncles, or adult friends with kind words and encouragement for them, they probably would not have been able to make it through as well as they did.

The effects of parenting can have a lifelong impact. Hopefully when someone thinks about their mother, the predominant feeling is "thanks, Mom." If the memories of their mother are not treasured as good, the child may just have to realize she didn't know any better. Hopefully even as an adult, people have found someone who can be loving and nurturing with them and give them a sense of self worth—which is important no matter how old we are.

Gerri Pisciotta



Calendar of Events for May

May this list assist us to pray for our programs and to commemorate the saints who have gone before us.

Saturday, May 3, L.A. Diocese all parish Confirmation at St. John's Cathedral

Sunday, May 4 Third Sunday in Easter, 8 am and 10 am Service

Monday, May 5, Cinco de Mayo

Wednesday, May 7, Children's Chapel, 11 am

Sunday, May 11, Mother's Day, 8 am and 10 am Service.

Children's Family Service at 10 am

Monday-Wednesday, May 12-14, Clergy Conference, Office is closed.

Wednesday, May 14, Children's Chapel, 11 am

Saturday, May 17, Thurgood Marshall Remembrance

Sunday, May 18, Fifth Sunday in Easter, 8 am and 10 am Service,
CASE Pantry Donation

Wednesday, May 21, Children's Chapel, 11 am

Sunday, May 25, Sixth Sunday in Easter, 8 am and 10 am Service

Monday, May 26, Memorial Day, Church Office and School are closed

Wednesday, May 28, Children's Chapel, 11 am

Thursday, May 29, Ascension Day



Children's Center News

This month, the older children will begin a unit on nursery rhymes. They will bring these fun stories to life through art and other creative activities. Our younger friends will spend the month exploring insects and nature. They will all spend some time talking about Moms and all they do for us. We will be celebrating them with special gifts and lots of love.
Happy Mother's Day!



May Birthday Blessings

Florine Guy May 24



We would like to remember all our parishioners birthdays each month. If you could please email me your name and birthdate, I would greatly appreciate it!

musicalmelissa@gmail.com

Outreach Update

This month members of vestry attended a Family Promise open house that provided program updates for churches of the South Bay. Under new leadership, Family Promise is still focused on “Prevention, Shelter, and Stabilization” as part of a 2 year program to help families on the brink of homelessness. For more than 10 years our church has been participating in the Empty Bowls fundraiser that is an incredible event that brings the community together to share a simple meal and raise critical funds to support families facing homelessness. This year's Empty Bowls fundraiser will be a chili cook-off held on June 7th at First Christian Church of Torrance. If you are interested, Jeanie will be purchasing a table for the event. Please contact Jeanie or Amy if you would like to attend. You can even enter the chili cook-off competition!

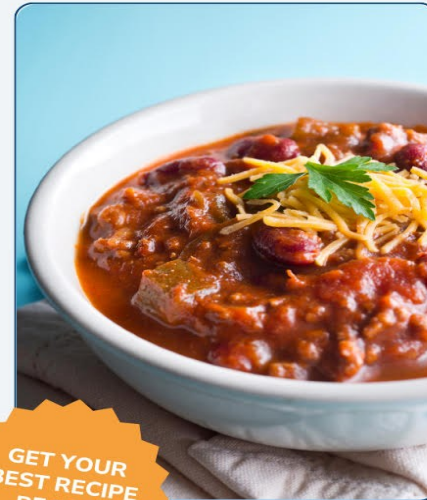
A CHILI AND SOUP COOK-OFF FUNDRAISER

EMPTY BOWLS

You're invited to a friendly chili and soup cook-off in support of Family Promise of LA! Bring your best dish to compete for the top prize, or just come to enjoy homemade food, cast your vote, and support families experiencing homelessness. Each ticket includes a handmade bowl from a local artist!

SATURDAY JUNE 7 | 5PM

**FIRST CHRISTIAN CHURCH
OF TORRANCE**
2930 El Dorado St
Torrance, CA 90503



**GET YOUR
BEST RECIPE
READY!**



TICKETS: \$75

Each ticket includes a handmade bowl from a local artist!



PRIZES

for best chili and best soup



SILENT AUCTION

with exciting items to bid on



Scan the QR code to enter
your chili or to get your
tickets!

WWW.FP-LA.ORG

 **Family Promise**
of Los Angeles

310-782-8196



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Crystal's Tree

Crystal Galloway was a former parishioner who was very dedicated to St. Michaels. Crystal sang in the choir for many years and was a member of the vestry as well. When Crystal passed away, her husband Stuart asked if he could have a tree planted on church grounds to remember Crystal. The tree was dedicated on Wednesday, April 23. Crystal will always be remembered this way.



The Lord Has Risen!

Easter Season can be a time of desired transitions in your life
or in our faith community's life.

How can we cultivate gratitude for what **is**, instead of focusing on
what **could** be?

Lent is over. Christ has risen! Easter Season has begun. This season will last for 50 days in of Christ on earth until his ascension to heaven. At the end of those days, we enter into the Pentecost season. During these 50 days, our church spends time to peel away the layers of distraction that blur our ability to see the intersection of the holy and the common. This is a time to consider the idea of Christ in our world. How does Christ intersect our life? How can both work together?

If the Lord has risen, what hope does that mean to you, and how may it transform your life to become a life of gratitude?

I am inspired by the April 2 readings during our daily Lenten meditation journey together. You may remember Thomas Merton's quote: "One cannot simply open his eyes and see. The work of understanding involves not only analytical dialogue, but a long labor of acceptance, obedience, liberty and love."

The writer of this daily devotion uses the example of succulent plants to remind us of patience and gratitude. She writes, "These succulents provide little bursts of green scattered throughout the house, and their steady and low-drama existence provide reminders that good things come out of patience and contentment. If I can let my plans and my timing be laid low, setting aside the distractions of **what could be** and cultivating gratitude and love for **what is** instead, I might see and understand the goodness of God's timing that much more."

I recall another daily meditation about not always wanting more. The writer mentioned her personal learning regarding their decision to move from the city to the country. When they settled in their new farm she discovered that she was missing the aspects of her city life. Sometimes, we are constantly striving for the next "plan," without being grateful for what we already have now.

Are there people and situations in your life that you are working through, where the holy and common intersect? Does it involve a relationship, or a life changing decision? After dialogue, rest in God's hands of wisdom and patience with gratitude. Let us go forth with gratitude and new minds holding on to the hope God has given us in the resurrection of His Son Jesus Christ. May He be our strength, our hope and our joy during this Easter Season. Amen.