



THE GUARDIAN

St. Michael the Archangel Episcopal Church El Segundo

The Reverend Joshua Wong, Rector

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St. Michael's Children's Center

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Worship Schedule

Sunday 8:00am Rite I Spoken Service
Sunday 10:00am Rite II Choral Eucharist
10:00 Children's Worship Second Sunday of
each month

Mission Statement for St. Michael's Church

Growing in God's Love.

Working in God's Spirit.

July/August 2025

Understanding our Identity, Part 2.

The Rev. Joshua Wong

This month, we will continue to learn about our identity as Episcopalians. To understand our denomination is to understand our history and who we are. The Book of Common Prayer (BCP) is unique to our Episcopal identity. It is a compilation of the church's liturgical forms originally issued in 1549. The BCP represents our faith's independence from Rome and is derived from ancient English spirituality and embodies the uniqueness of Anglican Christianity. Throughout our BCP's history, there have been many revisions and updates, but currently, the 1979 BCP is the official Prayer Book of the Episcopal Church (TEC) of the USA. The BCP is used along side our Bible, and does not replace the Bible. The BCP assists us in worship, prayers and in our daily spiritual formation as Christians.

The Church of England, our mother church of the Anglican Communion, probably began to be practiced in England not later than the early 3rd century. It was known that by the 4th century, the church was established well enough to send three Bishops to the Council of Arles in present-day France in 314. In the 5th century, after the Romans had withdrawn from Britain and the Anglo-Saxons had invaded it, St. Illtud and St. Patrick performed missionary work in Wales and in Ireland. Isolated from continental Christianity in the 5th and 6th centuries, Christianity in the British Isles was influenced by Irish Christianity, which was organized around monasteries rather than episcopal "Sees" or Diocese, where the bishop has authority.

The early church in England was comprised of a distinctive fusion of British, Celtic, and Roman influences. Although adopting the episcopal structure favored by the church of Rome, the early church retained powerful centers with the monasteries. Under Henry VIII in the 16th century, the Church of England broke with Rome, largely because Pope Clement VIII refused to grant Henry an annulment of his marriage to Catherine of Aragon. Wishing no reform, Henry intended to replace Rome's authority over the English church with his own. It is also understood that King Henry was tired of paying taxes to the Roman Catholic Church. When Henry died, Archbishop Thomas Cranmer began changes that allied the Church of England with the Reformation. His BCP revised traditional forms of worship to incorporate Protestant ideas. These efforts, however, were overturned by Queen Mary I (who was married to Prince Philip of Spain) who sought to restore Roman Catholicism in England. Upon her death at age 42, Elizabeth I assumed the throne in 1558, and the Reformation in England had returned to Protestantism. The church dominated England's religious life, becoming a considerable social and spiritual force and closely allying itself with the power of the throne. For more in depth learning about the history of the Anglican Church, you may visit <https://www.episcopalchurch.org/?s=history&paged=2>

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But here in America, the birth of the American Episcopal Church began after the American Revolution. Church of England congregations in the newly independent States reorganized themselves as a new church—free from the King of England and from oversight by English bishops. The new church took the name “Episcopal” to emphasize the historic ministry of bishops, priests and deacons. Also, it changed its name and its constitution



(Episcopal bishops are elected, while English ones continue even now to be appointed by the monarch) but continued to use the Book of Common Prayer, with minor modifications to acknowledge political changes.

Being a product of its time in history, many of the creators of the new church were also founders of America’s new government. It was estimated that two-thirds of the men who signed the Declaration of Independence were Episcopalians, and the services for the inauguration of George Washington were performed by the first Bishop of New York and rector of Trinity Church in New York City, Samuel Provoost.

Today, members of our church are known *both* as “Episcopalians” and “Anglicans.” The Episcopal Church (TEC) is one of 30 autonomous national churches that are part of the Anglican Communion. With 70 million members in 64,000 congregations in 164 countries, the Anglican Communion is the third largest body of Christians in the world, after the Roman Catholic and Eastern Orthodox communions. The temporary Archbishop of Canterbury is the Right Rev. Justin Welby and the presiding Bishop in America is the Most Rev. Sean W. Rowe. Having said this, the Anglican Church of America *is not* the same as our Episcopal Church in America. Currently, Stephen D. Wood serves as the Anglican Church in North America’s Archbishop. Over the last half century a number of largely conservative dissident Episcopal churches have broken away to join the Anglican Church of America. In the 1970’s, the controversy at hand was the ordination of women, as well as disagreements about changes to the liturgy when the Book of Common Prayer was revised in 1979. Over the last 20 years, the major dispute has been around LGBTQia issues, namely the ordination of gay people and how to handle same-sex marriages. So, if you were traveling and you see a church that says Anglican, most likely its theological understanding over these issues will be different from ours.

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Locally in the Diocese of Los Angeles, we are led by its bishop diocesan, the Right Rev. John Harvey Taylor, (who retires in November) uniting 65,000 Episcopalians in 136 neighborhoods, some 40 schools and 15 other specialized service Institutions located in six Southern California counties. Our Diocese extends from Santa Maria to the north, to San Clemente to the south, from the Pacific Ocean to the west and to Needles to the east.

If you would like to learn more about joining the Episcopal Church, or have other questions, please come speak with me. If you were baptized as an infant and would like to confirm your faith as an adult, or if you wish to reaffirm your faith as an adult, or if you would like to transfer your membership from another denomination to the Episcopal Church, please speak to me as well.

Canada or Bust

I just returned from a two-week trip to our Northern neighbors, while attending Rotary International's annual convention in Calgary. I have previously made short trips to Vancouver and Niagara Falls but never had the opportunity before to see this part of the world and get to talk with some of its people. I would like to take this opportunity to share some of what I learned on this trip.

You may have seen pictures of the beauty of the Canadian Rockies and British Columbia. Pictures do not do it justice to the magnificence that is all around you. It truly left me in awe of the wonder God created. Each place I visited from Vancouver to Jasper Park to Lake Louise to Banff and finally Calgary seemed more inspiring than the last.

It also made me aware of the fragile nature of this land. A year ago, a massive fire spread through Jasper, Canada. Just as with our January LA fires, it destroyed a portion of both the residential and commercial portions of town. In addition, it burned through 80,000+ acres of pristine forest lands. Lands that will not recover for decades. These types of fires are becoming an annual occurrence in this vast land. There is real concern for this development. There are entire university programs being put in place, to work to limit these extensive fires and how to deal with them when they inevitably occur. The country really works hard to protect their national forests and parks. It's a sense of immense pride.

Talking to many people in Canada, I came away with several lessons. Number one, they have great love and pride of their country. When they heard I was from the USA they were sure to tell me that they did not want to give up their national heritage. They also work hard to guard their land and their environment. They really seem to understand just what they have and want to preserve. It's a common theme wherever you go.

I was also taken a back with the level of recognition for what they call the First Nations. It is the title given to the seven tribes that inhabited this part of the country for up to 10,000 years before the current inhabitants. In the US we have relegated our Native Americans to small areas of land away from where we live.

At least in this part of Canada there is frequent recognition that their cities were built on belonging to these peoples. Whether its signage, statues or statements made at any event I attended, there is recognition for those who came before. The First Nations are respected and honored.

My visit to our Canadian neighbors gave me lots to think about and a sense that maybe we should be the ones to want to emulate our neighbors and not the other way around.

Chris Powell

Dear St. Michael's Church Family,

Summer has arrived, bringing with it fresh energy and renewed opportunities for growth, connection, and outreach within our beloved church community. As a newly elected Vestry member and a recently baptized parishioner, I am deeply humbled and grateful to be walking this journey with you—strengthening our shared faith and mission together.



This season of transformation has been made even more meaningful by the incredible leadership of **Father Joshua**. His dedication to outreach and his sincere commitment to knowing each member of our congregation have sparked an exciting sense of unity and purpose. Under his guidance, St. Michael's is not only growing—we are evolving into a more connected, compassionate, and spiritually vibrant community.

Personally, I've been profoundly moved by the journey I've shared with many of you—from **catechism classes** to the unforgettable experience of **baptism on All Saints Day**. These sacred moments have deepened my faith and my love for this church and its people.

It is a true blessing to be part of this chapter in our church's life. As we move forward together, may we continue to lift one another in love, ground our mission in God's grace, and share the light of Christ with **joy, courage, and open hearts**.

With gratitude and faith,

Victoria Reyes

Vestry Member, St. Michael's Church

Prayer for Overcoming Indifference

For the sin of silence,	For the sin of indifference,
For the secret complicity of the neutral,	For the closing of borders,
For the washing of hands,	For the crime of indifference,
For the sin of silence,	For the closing of borders.
For all that was done,	For all that was not done,
Let there be no forgetfulness before the Throne of Glory;	
Let there be remembrance within the human heart;	
And let there at last be forgiveness	
When your children, O God,	
Are free and at peace.	

From Chaim Stern, editor, Gates of Repentance (Central Conference of American Rabbis, 1978).

An Update on the upcoming Bishop election.

If you are a subscriber to *The Weekly Episcopal News*, you are aware that our Rt. Rev. John Taylor will be retiring this October as our Bishop. If you'd like to learn more, please copy and paste the following link to your browser and read through it at your leisure. https://www.dropbox.com/scl/fi/xboa4oet4z7qr9e8thm4f/EDLA_Profile_FINAL.pdf?rlkey=c16asfxgyqwndxxwde1kh32cr&e=2&dl=0 There you will read about the process that has taken place for the search, and what timeline is ahead.

A Timeline recap for the election.

- Early June, profile is published, call for nomination begins.
- June 27 nomination is closed.
- July-August, The Search Committee reviews candidate files, conducts interviews, and reference and background checks and invites finalists to a discernment retreat. Candidates can be from outside our diocese.
- Early September, the slate of candidates is announced, and the nominating period for petition candidates opens.
- October 20-25, there will be "Meet-and-Greet" meetings across the diocese to introduce all candidates.
- November 7-8, The election of the bishop takes place during the annual Diocese Convention in Riverside.
- In May 2026, The bishop-elect begins work in the diocese.
- July 11 Consecration and ordination of the new bishop.
- July-September, Bishop Taylor remains as a consultant, providing support during our transition.
- October, Bishop Taylor retires.

Let us pray:

Loving God, you have already chosen the one who will lead us next – a shepherd known to you before we began our search. Give us patience to wait on your timing, wisdom to hear your voice, and courage to follow where you lead. Fill us with trust in your unfolding will, with joy in the journey ahead, and with love for the one you are preparing for us. Let our hearts be drawn to clarity, our minds to peace, and our community to unity in your Spirit. Through Jesus Christ our Lord. Amen.

A very BIG thanks to Dan and Momi Ince for volunteering to take over the organization and implementation of the church Rota. It is a big job and I am so grateful to them for taking this on.





Happy July 4th!

"THE NEW COLOSSUS," BY EMMA LAZARUS

Not like the brazen giant of Greek fame,
With conquering limbs astride from land to land;
Here at our sea-washed, sunset gates shall stand
A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of Exiles. From her beacon-hand
Glows world-wide welcome; her mild eyes command
The air-bridged harbor that twin cities frame.
“Keep, ancient lands, your storied pomp!” cries she
With silent lips. “Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-toss to me,
I lift my lamp beside the golden door!

-Emma Lazarus

When Emma Lazarus wrote this poem in 1883, immigrants were entering the United States in great numbers, including Italians, French, Greeks, and Russian-Jewish refugees, among others. And sure enough, “The New Colossus” is itself a multicultural amalgam: an Italian sonnet written by a Jewish-American woman, celebrating a statue forged in France, and contrasting it with another in ancient Greece.

This new colossus, Lazarus insists, is “not like” the Greek Colossus, domineering and male, which in the third century BCE stood at the harbor of the island of Rhodes, like some conquering warrior and guardian. No, this statue holds a beacon in her hand, signaling nothing less than “world-wide welcome.” Her name is “Mother of Exiles.” She is unarmed, a light in one hand and a votive tablet in the other. Such tablets were common in ancient Greece for inscribing prayers, or in any case aspirations — and on this particular tablet is the date the United States formally broke from English rule: July 4, 1776. It’s as if she says, We aspire to be free — now come, all you who yearn for freedom.

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She is herself the personification of freedom, of course, the Roman goddess Libertas. But compare her with Eugène Delacroix's 1830 painting, Liberty Leading the People, in which Libertas carries a battle flag and gun. No, this version of Libertas is unarmed, a powerful, poised image of peace and hospitality. In the decades since the poem's writing, including recent days, American "nativists" (so-called!) have sought to recast her as a guard keeping people out. But Lazarus' poem stands as a ringing rebuke to this idea. This isn't the old colossus, but rather a new one: far from keeping people out, Lady Liberty — that "mighty woman with a torch, whose flame / Is the imprisoned lightning" — is welcoming us in.

July/August Church Calendar

Wednesday, July 2 Children's worship 11am

Friday, July 4, Independence Day, church office and school are closed

Sunday July 6, Fourth Sunday after Pentecost, 8 am and 10 am Service

Sunday, July 13, Fifth Sunday after Pentecost, 8 am and 10 am Service, **Children's Family Service at 10 am**

Sunday July 13, 11:30 am Annual Church pot-luck at Chris Powell's home

Wednesday, July 16, Children's worship, 11 am

Sunday July 20, Sixth Sunday after Pentecost, 8 am and 10 am Service, **CASE offering**

Sunday July 27, Seventh Sunday after Pentecost, 8 am and 10 am Service

Thursday, July 31, St. Ignatius of Loyola Remembrance

Sunday August 3, Eighth Sunday after Pentecost, 8 am and 10 am Service

Wednesday, August 6, Feast of The Transformation of Our Lord Jesus Christ

Wednesday, August 6, Children's Worship, 11 am

Sunday August 10, Ninth Sunday after Pentecost, 8 am and 10 am Service, **Children's Family Service at 10 am**

Wednesday, August 13, Children's Worship, 11 am

Thursday, August 14, Jonathan Daniels Remembrance

Sunday August 17, Tenth Sunday after Pentecost, 8 am and 10 am Service, **CASE offering**

Meditation in Yeaton Hall 9 am

Wednesday, August 20, Children's Worship, 11 am

Sunday August 24, Eleventh Sunday after Pentecost, 8 am and 10 am Service

Tuesday, August 26, Women's Equality Day

Wednesday, August 27, Children's Worship, 11 am

Thursday, August 28, Augustine of Hippo Remembrance,

Thursday and Friday, August 28, 29, St. Michael's school is closed for staff meeting

Sunday August 31, Twelfth Sunday after Pentecost, 8 am and 10 am Service

C.A.S.E. Ingathering July 13 & Aug. 10

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

Multi-purpose cleaning solution

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

Prayer of Lament and Hope for Immigrant Families

Leader: For the families hiding in fear, whose homes no longer feel safe, whose doors are knocked on not by neighbors but by officers in the night— we lift our voices.

All: *Lord, hear our prayer.*

Leader: For the young children who do not understand why their parents are afraid, who wake up crying in the dark, whose classrooms feel uncertain, and whose futures seem fragile — we lift our voices.

All: *Lord, hear our prayer.*

Leader: For the parents who make unimaginable decisions: to flee violence, to work without protection, to live in the shadows for the hope of a better life for their children— we lift our voices.

All: *Lord, hear our prayer.*

Leader: For the grandmothers raising children when their sons and daughters have been taken, for the aunts and uncles, the church members, the friends who carry the weight of interrupted families— we lift our voices.

All: *Lord, hear our prayer.*

Leader: For the children left at school who return to empty homes, who carry silent grief in their backpacks, whose hearts ache with confusion and loneliness— we lift our voices.

All: *Lord, hear our prayer.*

Leader: For the strength of those who keep showing up— to work to church, to community, trusting in You even when their earthly refuge is shaken— we lift our voices.

All: *Lord, hear our prayer.*

Leader: For all who are detained, deported, or dehumanized, may they know they are never forgotten, never beyond the reach of God's justice and mercy— we lift our voices.

All: *Lord, hear our prayer.*

Leader: God of Exodus and Resurrection, You were with Joseph and Mary when they fled to Egypt. You are with every family seeking safety today. Give us courage to act, compassion to feel, and faith to follow You into justice.

All: *Lord, hear our prayer.*

Welcome our New Members at St. Michael's.

During my time at St. Michael's, it has been my joy to witness new friends that have discovered us as their spiritual home.

Last November, we witnessed three of these individuals making a decision to join our church through baptism. As their priest, I was delighted to baptize Victoria Reyes, Mieko Beyer and Judith Duarte into our family at St. Michaels and the universal church.

On that day, we also celebrated three others into God's church. Congratulations to Tom Connare for being received into the Episcopal Church from the Roman Catholic Church and to Marcus and Donovan DeGeorge for confirming their faith. All of these individuals completed their Catechism classes and for Tom, Donovan and Marcus, they came before the Rt. Rev. John Harvey Taylor on May 3, 2025 at St. John's Cathedral to be officially received.

Unlike baptism, only our Bishop can present the Examination of the Candidates for Confirmation, Reaffirmation and Reception. The once a year All Diocese service held at the beautiful Cathedral included six parishes that came from as far as Santa Barbara and the desert with their candidates. Following Bishop Taylor's homily, the service included Examination to the Candidates, sung Prayers for the Candidates, and the Holy Communion.

A light reception followed afterwards for a time of fellowship with others parishes. May God continue to bless and keep all of our new members in the days ahead.

If you are considering baptism, reaffirmation of your faith, confirmation of your faith because you were baptized as an infant, or wish to be received into the Episcopal Church, please speak to me.

Peace,
Father Joshua+



Confirmation for Tom Connare and Donovan and Marcus DeGeorge

St. Michael's is always looking for new people to join us as acolytes, Altar Guild members, readers, or ushers. See Father Joshua for more info or to volunteer.

Fathers and Graduations by Gerri Pisciotta

In May we talked about Mother's Day – in June we celebrated Father's Day. The first official Father's Day was in 1910, in Washington, initiated by Sonora Dodd. After hearing a sermon about Mother's Day, Ms. Dodd told her pastors she thought fathers should have a similar day to honor them. It was 58 years after Woodrow Wilson made Mother's Day official that Father's Day became a national holiday in the US.

Initially it did not catch on as well as Mother's Day and it took years to become well established. In the early stages it was primarily thought of as inspired merchants wanting to duplicate the sales success of Mother's Day. Woodrow Wilson, who made Mother's Day a national holiday tried to make it official, but Congress resisted. It wasn't until 1966 that President Lyndon B. Johnson issued the first presidential proclamation designating the 3rd Sunday in June as Father's Day. Five years later, in 1971, President Richard Nixon signed it into law. It seems hard to imagine that Father's Day only became a holiday during our lifetime!

Much of what we say about the importance of mothers in a child's life can also be said about fathers. The roles of mother and father have evolved over the last few decades, but unchanged is the importance of creating a stable-loving home.

With one out of two marriages ending in divorce nowadays, it is very difficult for children to get an idea of how a good marriage works. Fortunate is the child who has both parents living in the same home, treating each other with love and respect, instead of "mom's house" and "dad's house." Children need to see how couples can disagree and work through problems together and still maintain harmony, mutual support, and love.

The mild temperate weather of June has played a significant role in the popularity of the month. For many years, June has been the most popular month to marry. Originally it was thought the Roman Goddess Juno brought love and good fortune to marriages. June is also the month of other new beginnings—high school and college commencements are usually held in June. Hopefully all the young people making this huge step toward the rest of their lives will have good fortune.



Pride Month - LGBTQ+

Wellness Spotlight

Jorge Cortes, VP of Enterprise Risk Management

—Published in his company newsletter with permission.

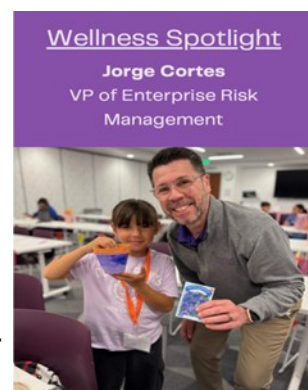
Q: June is Pride Month. What does Pride Month mean to you personally?

A: It's really an opportunity to celebrate and voice culture, achievements, and activism through all the events throughout the month. It's a time to recognize advancements and setbacks. I won't get political about the setbacks, but there have definitely been some over the past year. I like to look at this month—June—as Pride, a time to create overall awareness and to educate others.

Q: Have you ever had a moment of vulnerability in your career that helped you better understand the importance of inclusion? How did you cope, and what advice would you give to someone who might be facing a similar issue?

A: At a former employer, I was not completely comfortable with who I was. That was largely because I didn't see any inclusion there. I couldn't be myself, and by that, I mean I couldn't bring my husband to company events. If there were family events, I would either choose not to go to avoid awkward situations or attend alone.

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That is not the case with my employer today—which is a good thing! I wasn't comfortable at my previous job, and considering how much time we spend at work, you should be able to be your authentic self, even there. I was with that employer for 20 years, and unless you were a close friend, I wouldn't overstep my boundaries. The advice I would give to others is this: you need to work at a place where you feel comfortable. You don't have to love everyone you work with, but you should be able to be your authentic self, wherever you are. Kinecta, on the other hand—I think from Day 1, I felt comfortable. Maybe it was because I came in with a different attitude. Certainly, times have changed, but I've never felt like I didn't belong here or that I needed to hide who I was.

Q: What are some wellness challenges that LGBTQ+ community may face that others might not be aware of?

A: I'd say that many of the wellness challenges faced by the community revolve around mental health. There are plenty of statistics out there, but LGBTQ+ adults are 2.5 times more likely to struggle with depression, anxiety, and substance misuse due to the issues they face. Society has imposed so many cultural stigmas, prejudices, and religious pressures that often lead LGBTQ+ individuals to experience trauma. When your mental health isn't in a good place, it affects everything else. Another important aspect—especially for adolescents—is the bullying and harassment they often report. Personally, I experienced this growing up as well, especially in high school. I remember being called names, and during team selections, I was often picked last. Even though I've been out of high school for many years, those experiences stay with you. Overall, I'd say mental health is one of the biggest challenges impacting our community as a whole.

Q: In our previous Employee Wellness News, we learned that Kim enjoys tennis and Keith spends his weekends golfing. It doesn't have to be a physical sport, but what helps you stay centered or find your calm?

A: I would say, first, music drives me. Whatever I'm doing almost always involves music. When I go for walks or hikes, I track my steps, and my dog, Pink, motivates me—she gets me moving. I definitely prefer being outdoors. I'm not necessarily a sports person, although I did track and field growing up. I used to run until I got injured. Right before COVID hit, I managed my first headstand—I was so excited about it, and then I stopped. But being outdoors with music really works for me. Recently, I hiked up to the Hollywood Sign with my siblings who were visiting from Florida. That day, I ended up doing 24,000 steps with my brother and sister. My shins and feet definitely hurt afterward, but I loved being outside. Every day, my dog also gets me out there. I try to walk her as much as I can. I used to live nearby and would walk along The Strand near the beach every Friday—that was my weekly go-to. Now, I have a Bluetooth cap with built-in speakers, so I'm not completely tuned out from the world. It connects to my phone, and I usually put on a YouTube channel or podcast to listen to while I walk.

Q: With a busy schedule, how do you find time for yourself, and can you share what works for you to maintain a balance between work and home?

A: I'm not great at maintaining a work-life balance. Given my areas of responsibility, including business continuity and security, issues can come up at any time, and it's hard for me to shut off. I'm fortunate to have three strong managers I can rely on heavily. I'm great at encouraging my team to maintain a work-life balance, but when I'm working from home and stay in my office too long, my dog will bark at me and sit in the hallway, waiting for me to come out.

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She's great at that! Even at home, my desk faces the courtyard, so I can see birds and plants—it's calming when I look out. And again, music is always playing, in the background while I work. Growing up, music was always on in the house. From the moment we woke up, my parents had the radio playing. Now, I use Alexa to play different genres of music, and I even play music before going to sleep.

Q: There are many employer wellness programs out there, but for you—what would it take to get you motivated to participate in one?

A: I'll tell you—I downloaded the WellRight app two weeks ago, and I've made progress on it! I got a bunch of points for doing a bunch of stuff. What would get me more involved? I do like the friendly competition we used to have here at Kinecta. I remember we used to do a Turkey Trot—that was fun, and I used to participate. I even sent out emails to my group to motivate them. I really enjoy friendly competition. I think, as leaders, we need to encourage our teams to participate. When I started at Kinecta, all the executives took part in an Ice Bucket Challenge. I thought it was fantastic, and I haven't seen anything like that in years. Sometimes, if a leader adds their own rewards within their team, that little extra incentive can really make a difference.

Q: Do you use any fitness devices to improve areas or to track progress? If so, what is working for you?

A: Yes, I have a smartwatch and the smart ring—so it's connected to my Android phone. It tracks stress, heart rate, sleep, steps, and oxygen levels. Both devices give similar, accurate readings. They're set to track my goal of 8,000 steps a day, though I'm considering increasing it to 10,000 steps. Thank you Jorge for sharing your story!

Children's Center News

The Children's Center is about to embark on a worldwide summer adventure. This summer's theme will be "Around the World" with the children "visiting" various countries around the world. They will learn about the food, music, and culture from 18 different countries. Teachers have made passports and flags, and parents will be volunteering to share activities and foods from their culture. It is sure to be a great time.

We will also take our annual walks to the park and the library.

We hope you all have a wonderful summer!

Lauren



July/August Birthday Blessings

7/3 Valerie Wallace
7/6 Alex Brill
7/8 Melissa McCaverty
7/19 Father Joshua
7/20 Kristin Van Heuven
8/13 Gerri Pisciotta



September newsletter articles are due on August 26. Please send articles and pictures to melissaasings@gmail.com

