



THE GUARDIAN

St. Michael the Archangel Episcopal Church El Segundo

Parish Office: 310-322-2589
Web site: 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 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.*

September 2024

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

TO:

Rector's Thoughts



Unfolding the Liturgy each Sunday morning at St. Michael's.
Part Three.

I hope you all had a wonderful summer of rest, play and reflection. We will be welcoming our choir back on September 15, and will begin a new fall worship liturgy. As we apply what we have learned from all three parts, I hope the new fall season will bring about a better understanding behind our rituals and traditions.

As you learned, our worship is rich with meaning. Each component serves to connect us with each other and with God. Although our liturgy roots trace back to the early church (300-400 A.D.), its purpose and symbolism are still meaningful. Here at St. Michael's, the shape of our liturgy is a balance between church tradition and the world we live in today. Such is the case in our use of inclusive thought, language, and the various forms of music in our liturgy.

A worship service is a participatory experience. It is the work of the people, and should never be the work of the priest alone. We are all participants in the liturgy and serve together in scripture, praise, prayers, offering, announcements, the Eucharist, and also in the sacraments.

As you look at the Sunday program, there are two large sections to the liturgy—the Liturgy of the Word, is based on ancient forms of synagogue worship, and the Liturgy of the Table, with the Eucharist, or “thanksgiving,” also called the Lord’s Supper, follows Jesus’ actions at the Last Supper as we call Him into our presence. Throughout the liturgy, the words are taken from *The Book of Common Prayer*, which keep us connected to our traditions and allow us to actively participate and be more than just listeners. Although we are a group of spectators watching a group of performers, first and foremost, we are people of God acting together.

As our Bishop reminds all the priests in our diocese, “All are welcome at the table, whether baptized or not, as long as they truthfully participate in the Liturgy of the Word, they are welcomed at the Liturgy of the Table.” For those who want to participate at the Table but do not wish to receive the bread and wine for various reasons, they are also welcomed to participate by coming forward for a blessing.



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During both services, I hope you will reflect on the theme of the day (Collect of the Day), and the season of the Church year and listen to how the scriptures, prayers, music and homily fit together to enhance our expression of our relationship with God.

If you are able, before the liturgy begins, it is appropriate to spend time in quiet reflection on the passages in the provided insert in order to prepare your hearts for the worship. We are reminded to enter into prayerful silence when the candles, which represent Christ in the world, are lit. You may want to read the Prayers and Thanksgivings starting on page 810 in the *Book of Common Prayer* found in each pew.

As we enter fall, and soon Advent, may we recommit ourselves to God and the service of God’s church.

May God bless you in your time with God.

Father Joshua+

C.A.S.E. Ingathering September 15

- | | |
|--|-----------------------------------|
| 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 | |



September Birthday Blessings

- 11 Victoria Samia
- 13 Oliver Mason
- 14 Ryley Albers
- 16 Lindy Markarian
- Stephen Saylor
- 17 Kay Wallace
- Adam Behlen
- 19 Marilyn McCaverty
- Kristie Wallace
- 23 James Volturmo



Children's Center News

A new school year is upon us, and it happened so fast! The Children's Center is happy to be starting off the new school year with mostly old friends and a few new faces. The children will spend the month of September getting to know each other and themselves with lessons about friendship, kindness, and inclusion. We will play lots of cooperative games and read stories about how to be a good friend.



Chapel time will continue with Father Joshua where we are enjoying learning about how God loves us and how we can spread his love to others. Looking forward to a fun-filled year.

Lauren

Family Promise

A giant THANK YOU to everyone who donated backpacks and school supplies for the children in our programs.

Together, with the El Segundo United Methodist Church we collected more than enough backpacks and school supplies for all of the children in our programs. The kids were all extremely happy and excited to receive new backpacks filled with supplies! We will be able to provide backpacks and school supplies throughout the year as new families join our programs and that is really awesome.

Homelessness remains one of our country's most critical issues. 1 in 16 children will experience homelessness before the first grade. Our Family Promise Resource & Respite Center is filled. All of our transitional homes are filled. Our current shelter waitlist is 12 months. Our waitlist includes more than 200 families!

Please support Family Promise.

Our biggest fundraiser of the year, "The Art of Resiliency Gala will be on Saturday, October 26th, at the Toyota Meeting Hall, 3330 Civic Center Dr, Torrance, CA 90503, from 5:30 - 9:30.

It will be a really fun night featuring dinner, live music, and silent and live auctions. Tickets are \$250. Please donate online at www.familypromiseosb.org. Any amount helps! 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.

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. If you drop off yourself,

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, 310-462-9904



It is with deepest sadness that we share with you Norm Colton passed away on August 14th. Norm and his wife, Ginger, were dedicated members of our church for many years. Norm was a counter and served on the Building and Grounds Committee during his time at St. Michaels. Please keep Ginger and family in your prayers.

New Vestry Bios

Michelle Bright



Michelle and her family joined Saint Michael's Episcopal Church in 2018 and instantly fell in love with the charming little chapel on Richmond Street and the community that it represents.

Michelle currently holds the position of Board Content Coordination Director at the Internet Corporation for Assigned Names and Numbers (ICANN) in Playa Vista. She is responsible for managing projects and activities for ICANN's 20-person global Board of Directors.

Prior to joining ICANN, Michelle served as a Managing Director at Prime Policy Group from 2009-2012 and Vice President at Timmons and Company from 2004-2009, two bipartisan lobbying firms in Washington, D.C. Before that, she served as a legislative assistant to former Congressman Cal Dooley (D-CA) from 1999-2004. In 1998, she assisted in the White House office of Presidential Scheduling and Advance under the Clinton administration.

She graduated cum laude from California Polytechnic State University, San Luis Obispo, with a degree in Business Administration and Political Science.

Michelle has been a lifelong Episcopalian and she and her husband, Jay, look forward to raising their two small boys (John – age 6 and Brady – age 4) in the Episcopal church. You can oftentimes hear them rumbling around in the pews on Sundays.

Gerri Piscioota



I am glad to be on the vestry and look forward to a mutually rewarding relationship. I have been a member of the Episcopal church for decades and have previously served on a vestry and been senior warden.

Career-wise, I am a psychotherapist and I mostly focused on Employee Assistance Program therapy. For the last years of my career I was contracted to USPS to provide therapy services to post office employees and their families. During my EAP career with the post office, I wrote articles on psychological issues that were published in the national Postal Gazette magazine. The first of these articles was on my experiences after I was sent to hurricane Katrina as part of the Critical Incident Team. Other articles were used as employee handouts, especially after critical incidents resulting in loss of employees. I say I am now “retired” but I still occasionally “see” clients—mostly teletherapy. Also, now, I focus more on writing, (as you have probably noticed!) and I have published articles in The Therapist Magazine, Mysterious Ways, Guideposts, etc. If there are any subjects you would like to see addressed in our newsletter, don't hesitate to let me know!

October newsletter is due Sept. 26th.
Send articles and pictures to
melissaasings@gmail.com



Voices From the Vestry

It's the most wonderful time of the year. Christmas in August? No, back to school! There is just something about seeing all these kids dressed up in new clothes & shoes for that first day of back to school. I understand the privilege my kids have to be able to purchase things for a new school year.

We also understand the importance of giving to those who cannot afford such things which is why we adopt a family for Christmas, contribute to case in gathering through our schools and church, and donate to go fund me's and other things like that when we are able and called to.

Having three teenagers who are not yet of working age home all day long in the summer makes for very, very long days. But I realized halfway through the summer that this is truly a special time in their lives where they have very few worries. So we just allowed them to be kids this summer, riding their bikes, going to the beach, surfing, swimming, and hanging out with friends. All hopefully part of a magical childhood they will look back on and remember fondly one day. As I watch my friends drop their kids off at college, I know my time with all five of us under one roof is nearing an end...after all the only constant in this life is change.

So I wish you all a wonderful September as we transition into the fall season. It's my favorite time of year. Football games, leaves changing, crisp air & pumpkin spice.

Melissa McCaverty



Sun. September 1	Holy Eucharist 8am & 10am
Mon. September 2	Labor Day Office & School closed
Wed. September 4, 11, 18, 25	Chapel with SMCC
Sun. September 8, 15, 22	Holy Eucharist 8am & 10am
Sun. September 15	CASE Sunday, "Kick-off Sunday" with choir return and new fall liturgy
Sun. September 29	Celebrate St. Michael's Day 8am & 10am

Any amateur writers out there? We'd love to include an article or thoughts by others to include in the newsletter. All ages are welcome to contribute. Send your article to melissaasings@gmail.com. Can't wait to hear from you!

Smashing Summer Social
A big thanks to Chris & Amy Powell for hosting us!
It was a beautiful day with great food and fellowship!



Workshop with Deacon Paula Walker



Sometimes when we start to acknowledge the realities of aging, we may start to feel apprehensive or vulnerable. This may be when it is even more important to get back to our faith and remind ourselves of God's constant presence in our lives. Our bodies may show signs of the relentless passing of time and it may be more important than ever to look to our faith for reassurance.

When I had Father Joshua read these poems I wrote, he was kind enough to suggest scriptures that support the concept.

Psalms 73:26; Though my flesh and my heart fail, God is the rock of my heart, my portion forever.



TIME ON YOUR HANDS

Don't be dismayed because your hands now look old,
History is written there, were the tale to be told.
Every wrinkle and vein, every age spot and line,
Was deposited slowly, etched in over time
The young woman's hands may be silky and smooth,
Like the porcelain skin of the baby she'd soothe.
But her hands are not seasoned by life not yet lived,
The deeds she will do, the care she will give.
Her hands haven't yet touched all the depths of this life,
They know nothing yet of real joy or great strife.
They may be lovely to see with charm and allure,
But they've not learned to feel, or learned to endure.
Lament not your hands, now like withered old leaves,
There is beauty in them, though appearance deceives.
They have worth beyond measure, these hands aged by time,
As a new penny is outshone by an old worn thin dime.

Gerri Pisciotta