



# 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)  
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**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.*

# November 2024

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

TO:

# Rector's Thoughts



## Thanksgiving Stories

*Almighty and gracious Father, we give you thanks for the fruits of the earth in their season and for the labors of those who harvest them. Make us, we pray, faithful stewards of your great bounty, for the provision of our necessities and the relief of all who are in need, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.*

The first national Thanksgiving Day was celebrated in 1789 under President Abraham Lincoln. Since then, Thanksgiving Day came to be celebrated annually on the last Thursday of November. Thanksgiving Day is a major holy day and a national day in the Prayer Book calendar of the Church year. As you have just read, The Collect for Thanksgiving Day gives thanks to God the Father for the fruits of the earth in their season and for the labors of those who harvest them. It asks that we may be faithful stewards of God's great bounty, providing for our own necessities and the relief of all who are in need (BCP, p. 246).

We are not the only culture that celebrates some form of thanksgiving for the harvest. Today, there are more than 24 countries around the world that celebrate thanksgiving in their unique ways. Thanksgiving is a national holiday celebrated on various dates in October and November in the United States, Canada, Saint Lucia, Liberia and unofficially in countries like Brazil, Germany and the Philippines. It is also observed in the Dutch town of Leiden and the Australian territory of Norfolk Island. It began as a day of giving thanks for the blessings of the harvest and of the preceding year. Various similarly named harvest festival holidays occur throughout the world during autumn. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well.

In my Chinese culture, the Mid-Autumn Festival is a holiday similar to Thanksgiving in which Chinese families reunite and admire the moon. Not only is it celebrated in China but also in many Southeast and Northeast Asian countries that have been influenced by Chinese culture. You will discover Japan, Singapore, South Korea, Thailand, Philippines, and Vietnam celebrate in their own unique ways. Mid-Autumn Festival was described as a day for emperors to celebrate the year's harvest by giving offerings to the moon and hosting a great feast. Similarly, in the Japanese culture, roots of the Shinto harvest ceremony were derived from this belief as well. During the Mid-Autumn Festival, which occurred this year in mid-September, you can always be assured that on those few days, the moon will be at its most roundest and beautiful form, hence we eat moon cakes.

However we celebrate the harvest, let us give thanks for all God has provided for the world he loves and created. The following is the lyrics to "Come ye faithful people come" by Henry Alford (1810-1871):

*"Come, ye thankful people come, raise the song of harvest-home: all is safely gathered in,  
ere the winter storms begin; God, the maker, doth provide for our wants to be supplied;  
come to God's own temple, come, raise the song of harvest home."*

*St. Michael's wishes you and your family a happy Thanksgiving Day.*

The Reverend Joshua Wong+

### November Birthdays

- 15 Dan Ince
- 19 Ryan & Tyler McCaverty
- 20 Dixie Lee
- 21 John Gillam



### PLEDGE CARDS

There is still time to turn in your pledge cards. You may mail them or drop them in the offering plate. Our treasurer and Father Joshua are working on our 2025 budget and need the cards in ASAP so that they can create a realistic budget.

### C.A.S.E. Ingathering November 17

- 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
- Canned Tuna
- SPAM
- Pasta Sauce
- Rosarita Refried Beans
- Progresso or Campbells Chunky Soups
- Ketchup
- Mayonnaise - Best Foods is preferred
- Sugar
- Flour
- Salt
- Cooking Oil
- Cake Mixes - Chocolate or Yellow
- Frosting - Chocolate or Vanilla
- Brownie & Cookie Mixes
- Pancake Mix - Store brands please
- Syrup
- White Rice
- Strawberry and other fruit jams (not grape)
- Honey
- Peanut Butter - prefer Skippy, Jif or recognized store brand
- Juice
- Snacks
- Cookies
- Coffee (No decaf)
  
- Toothpaste
- Shampoo
- Dish detergent
- Laundry detergent
- Multi-purpose cleaning solution



December newsletter is due November 26th. Send articles and pictures to [melissaasings@gmail.com](mailto:melissaasings@gmail.com)

## Thanksgiving reflections

Stuffing, gravy, cranberry sauce, turkey, mashed potatoes - this is what comes to mind when I think of Thanksgiving. It is my favorite holiday and this year I'll even travel back to the East Coast to have a proper Thanksgiving meal with my father complete with fall foliage and a northeastern wintery breeze. All of this is not what I'm supposed to be writing about however! It's easy to sidestep the gratitude and thankfulness part of the Thanksgiving holiday, so firstly, I'm thankful to Father Joshua for asking me to write a Thanksgiving contribution about what I'm thankful for. Now I will formally get this part of the holiday completed!

This year went by very quickly for me and I can hardly remember everything that happened. I would prefer not to go back and figure out what to be thankful for as that will involve remembering the early part of the year when I was still looking for a new job. So I am thankful that finding a new job turned out to be a relatively easy process since I went through a recruiter. I had never done this before and I don't think I'll ever go back to the old process of applying to job postings again. I even sent a gift to my recruiter after my placement, thank you again Jackie!

The new job led me to relocate from West Hollywood to El Segundo, and I am thankful my friend lent me her car so I could go apartment searching and thankful that I found one right away near my new job. I'm thankful that my building manager lives on site and can fix almost anything himself, including replacing an entire toilet when the tank on mine randomly cracked open and started a minor flood! Thank you Amilcar! Thank you backup toilet!

I can't believe it but I forgot to say thank you for my angel (fur)baby Arrow! He is usually the first thing I give thanks for. We've grown so close over the years and I'm thankful he is so patient with me and open to my love. When I first got him his idea of cuddling was curling up into a tiny ball in my lap, hiding his nose in my shirt. Now however he sprawls on top of me and licks my entire face! I never thought I would be so lucky to have a dog, let alone a dog who is so affectionate. I am very thankful for him.



Sometimes it's challenging or even unpleasant to practice thankfulness for me personally, I think because I'm daily consumed with thoughts about where I want to be and what I don't have yet. I think this creates a disconnection from God for me. It is difficult but once I get myself to be thankful with sincerity in my heart I'm reconnected and strengthened, as if each thing I give thanks for is a penny into a wishing well that God monitors. Or a bank account we make a deposit in.

Oh yes, lastly I'm thankful I found a church to go to in El Segundo. I just googled "episcopal church 90245" and found this one. Now Arrow and I have somewhere to go every Sunday to see a few friendly faces and feel assembled with a higher power. I'm very grateful for that too.

Happy Thanksgiving!

Mieko Beyer

This year has been a wonderful mix of emotions; some good...and some not so good. But overall, it's been a good one. From the love and support of my family and those friends here in LA that I call my "family", as well as the continued love and feeling of a spiritual support from everyone here at St. Michael's, I truly feel thankful to have all these wonderful people in my life. I can't count how many times it's been such a joy to come to church every Sunday, and feeling that recharge in my spiritual battery that makes me carry on. I am also thankful for my dog Bax, who's always been my little helper even when he may be oblivious to it, he's doing his part as well.

Adam Behlen



*Thanksgiving reflections cont. from pg 4*

As I reflect on this year's upcoming Thanksgiving season, I am personally grateful for my family. I am coming up on my first year as a nurse and I could not have done that without the support of my mom and dad. Having to work the night shift has not only been a difficult adjustment for me but for them as well. I am grateful that I can share my feelings, both good and bad, about how work went the night before. My dad even makes me breakfast when I get home and my mom has dinner ready when I wake up. Being a nurse has been both the hardest and most rewarding thing I have done in my life. Emotionally and physically I am challenged every night. But it is my team at work that makes the night easier. I am the youngest person in my unit but I always feel supported by those around me, and I do consider them my family away from home. I am also personally grateful for the family I have at St. Michael's. I have grown up in this church and have known many of you for my entire life. I have seen the church grow both in numbers and in spirit during the past few months and I am hopeful about our future as a St Michael's family. The holidays are the perfect time to reflect on the importance of family. While this may be your biological family, the true meaning of family can be found in all aspects of our lives. I know the upcoming months can be difficult for some people, but I encourage you to look for the different families that you all have in your lives.



Amy Powell

### Grateful November

The human brain has a natural tendency to give more weight to negative experiences than positive ones. Maybe because we are living it now, but 2024 sure seems to have had more than its fair share of things to cause stress and make us feel bad. As the year nears the end and we prepare for the holidays, I'm thinking positively and focusing on the good the world has to offer and the things for which I am grateful...friends, family, my health, meaningful work, the beautiful community in which we live, and of course, St. Michaels. When I attended St. Michaels for the first time over 20 years ago, I felt an immediate connection. And while the church has gone through many changes since my first visit, the things I love about the church have remained the same. So, in this month where we show our gratitude, these are the things about our small but mighty church for which I am most grateful:



- The openness and welcoming way in which everyone is received.
- The commitment to helping others.
- And most importantly, the wonderful people who make up the congregation. I appreciate your friendship, the support and encouragement you have given, the good times we have had, and the great example of what it means to be a Christian that you have provided.

With the welcoming of Father Joshua this year, I can see that what I love most about the church will continue to thrive.

Have a happy and blessed Thanksgiving.

Elizabeth Tobias

*More Thanksgiving reflection cont. from pg. 5*

This year, like every year, did not come without its challenges. I'm not sure why I expect every year to be easier than the next. Nowhere in the Book have we been promised a life of struggle-free bliss while on this Earth. Ironically, He encourages us to find joy amidst the struggle. In His words, we should consider it pure joy whenever we face trials of any kind. Leave it to God to manage expectations thousands of years ago. Leave it to me to scratch my head and raise eyebrows in response. Thinking back, however, maybe 2024 was my year. Maybe a good year is one in which one thrives despite the challenges. I am in fact still here, standing upright on my own two feet. I have strengthened bonds with close friends and built bonds with new friends. I have shed a tiny bit more naivete and gained a fraction more of that serpent-like wisdom that comes with another year. Not once did I feel alone or incapable this year to face the complexities that were stretched out before me. God carried me every step of the way and opened my eyes to the small but mighty blessings that are all around me. Do I feel joy? I'm still working on that one! But I'm full of thanksgiving and appreciation for His faithfulness, and for that I am grateful.



Melanie Lysaght

### My Favorite Thanksgiving Traditions Plus a Couple of New Ones

I love Thanksgiving. It's a very special time for families to get together and really enjoy being with one another doing really fun things that become traditions. My favorite Thanksgiving traditions are watching the Macy's parade and then the Kennel Club Dog Show while getting the turkey ready to go in the oven and assuring my barking, lunging dog the tv dogs aren't really trapped inside our television. We make stuffing, mashed potatoes, peas, coleslaw, yams, cranberry sauce, rolls, pumpkin pie, and something chocolate for dessert. I love to take a walk on the beach with my family while the turkey is cooking and everything else is sitting in the refrigerator ready to go in the oven. It's also fun to take a bag to collect beautiful colored leaves and pinecones, while walking the dogs, to create a beautiful centerpiece for the table. Just before eating and right after grace, we go around the table saying out loud what we're thankful for. After eating, we love to play board games and watch a Christmas movie, of course, while wearing Christmas pajamas. Sometimes we start a Christmas puzzle, hoping to finish it by Christmas. This year, I hope to start two new traditions for our family. The first is called tablecloth of memories. You cover the table with a white fabric tablecloth and scatter cloth markers along the table. Then ask your family and guests to draw what they're thankful for or scribble down their favorite Thanksgiving memory. If you have young children, you can add their handprints too. By the time the meal ends, you'll have a reusable memento to dress up your Thanksgiving table for years to come. I hope we add to it each year - I think my grandchildren will really appreciate it as they get older. The second new tradition is called gratitude jar. Instead of going around the table saying out loud what we're grateful for, you ask everyone to write their thoughts on small pieces of paper and place them in a gratitude jar to read after dinner. Each person picks one note from the jar to read aloud and then try and guess who wrote it. I am very thankful for so many things - especially life and love and my really wonderful children and grandchildren, who are my inspiration and keep me going strong. I'm so thankful to have all of you at St. Michaels. Wishing you a happy, healthy, and hearty Thanksgiving!

Jeanie Powell



Dear Friends in Christ,

As we enter this season of thanksgiving, we are reminded of the many blessings that surround us as a community. The crisp autumn air and vibrant colors invite us to pause and reflect on our journey together. So many blessings to be thankful for. Some of us are hoping for the blessing of a Dodger World Series championship! We've enjoyed watching the series through the eyes of our young boys who are experiencing this type of joy and excitement for the first time.

The past few months, our vestry has been hard at work, discussing ways to enhance our outreach programs and strengthen our connections within the parish and beyond. We are excited to explore new ways that we can elevate our community service efforts to support those in need. Your involvement will be crucial, and we look forward to sharing more in the coming months as we collectively live out our call to serve.

As always, we are grateful for your commitment to our church and your support of our ministries. If you have any questions or ideas, please don't hesitate to reach out to Father Joshua or any vestry member. We are reminded at our monthly vestry meetings what a wonderful and inclusive listener Father Joshua is. His excitement and desire to do great things for our sweet little church is inspiring and energizing. Your voices are important as we continue to grow together in faith and love. Let us embrace this season with open hearts, reflecting on the love we share and the hope we offer to the world. Oh, and Let's Go Dodgers!



Michelle Bright Gillam

# November

Fri. Nov. 1	All Saints Day
Sat. Nov. 2	All Souls Day—Bishop Sean Rowe Investiture in NYC
Sun. Nov. 3	All Saint's Sunday & Holy Baptism
Tues. Nov. 5	Election Day
Fri. & Sat. Nov. 8 & 9	129th annual meeting of Convention of Los Angeles
Sun. Nov. 10	Holy Eucharist 8am & 10am
Mon. Nov. 11	Veteran's Day / Children's Center closed
Sun. Nov. 17	Holy Eucharist 8am & 10am CASE ingathering
Tues. Nov. 19	Vestry meeting 9am
Tues. Nov. 19	South Bay Interfaith Thanksgiving service, St. Lawrence Martyr Catholic Church 7pm
Sun. Nov. 24	Last Sunday in Pentecost Holy Eucharist 8am & 10am
Thurs. Nov. 28	Thanksgiving Day

## Thoughts on Thanksgiving

The approach of Thanksgiving reminds us to think about all the things we have in our lives, but often just take for granted. Probably number one on this list is good health. We might not think about it often, but being in good health is the greatest benefit we can have. And to do our part to maintain it, we need to think about our intake of food and drink and try to make wise choices. Another tremendous benefit is all the freedoms we enjoy, but usually do not think about individually. One of these that people in other countries do not get to enjoy is the choices we have in our governmental system. When things aren't going as well as we would like, it is easy to not focus on them, but a huge one exemplified by the impending election, is our choice in selecting who our leaders will be. Even if our favored candidate doesn't win, we have to admit it is still a pretty good system.



Another thing we are blessed with is our wonderful community of St. Michaels. Perhaps because it is such a small group it seems even more like a "church family," but sometimes families grow! We also need to realize how much we appreciate the one who "people our lives." Friends and relatives and even our pets who provide us with joy and companionship. We have much to be grateful for, we just need to take time to think about the good things in our lives and appreciate them.

Gerri

## Children's Center News



November is the month of Thanksgiving. The children will spend time this month learning about what it means to be thankful. We will discuss ways to show our thankfulness to God, our family and friends. Of course there will be plenty of stories about being thankful, as well as crafts and games about Thanksgiving. The older children will also be learning more about their friends with a unit called *All About Me* where everyone will take a turn to share what makes them special with the class.

We wish you a wonderful Thanksgiving Holiday

Lauren Cherrington

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](mailto:melissaasings@gmail.com). Can't wait to hear from you!



### Family Promise

#### **Please donate Christmas gifts for the Children's Holiday Bash Shopping Spree.**

During this event, Family Promise children will get to walk around and choose gifts for their parents. Gifts will then be gift-wrapped by volunteers for the children to give to their parents. Please donate gifts from the following wishlist and bring them to church December 1st!

The wishlist for parents includes: slippers, fuzzy socks, 8-10 oz body wash & lotion sets, luffa sponge, hair turban towel, wallet, purse, Hydro flask/Stanley tumblers, picture frames 4x6 & 5x7. Please place donations in the box on the left as you enter the church.

#### **Our mission is to help families seeking stable housing in the South Bay achieve sustainable independence through a community-based approach.**

We envision a community where every family has a home, a livelihood, and the chance to build a better future. We believe that no child should have to sleep in a car, in a park, or under a bridge, and that every family deserves a chance to be whole and have a roof over their head again. We recognize that family homelessness and poverty are complex issues that require comprehensive, innovative solutions. With more than 40% of Americans a \$400 expense away from financial distress, the threat of crisis looms closely for too many families and has become generational. Solving homelessness is not just about housing. Our holistic approach to the crisis family homelessness includes four key areas of focus: prevention, shelter, stabilization, and additional community services.

#### **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

