

St. Michael's Rector's **Notes**

Post Election Day, November 6, 2024

Dear Parish Family,

As we awake to the election results, whichever party we belong, we may be filled with mixed emotions. There may be feelings of fear, doubt, hopelessness, anger, among many other feelings.

Take heart and take care. God is still with us, as his Divinity was with the Israelites during their tumultuous history of kings that honored and dishonored God, God did not forsake them, but instead promised to save those who were righteous. God still reigns today in our American history, and we should be more motivated than ever to continue serving God and our neighbors with love and justice.

Here are some useful tips to handle all your emotions:

- Love is the answer.
- Take care of yourself today and throughout the year.
- Remain calm in prayer.
- Do not be alone and isolated, come to be with others at St. Michael's, reach out to friends, family and neighbors who you feel safe with in the wider community.
- Focus on what we can all control.
- And lastly, remember that there are many people out there who share your sense of justice and kindness to humanity.

If you would like pastoral care, please reach out to me.

Father Joshua +
(310) 322-2589
stmichaelssegundo@gmail.com