



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

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

Mission Statement for St. Michael's Church

Growing in God's Love.

Working in God's Spirit.

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

November 2025

From the Rector



Dear family in Christ,

Happy November! In this issue of The Guardian, we have included articles that I hope will be uplifting to your soul. This is the month when we remember and celebrate many saints and souls who are no longer with us, including many

from our own parish, who left a favorable impression on us.

This is a beautiful time of year when the tones in nature turn jewel-like. It is also a time in which we focus on gratitude. The Reverend Greta Ronningen says that this is the time to “savor the good.” She says that neuroscientists tell us we have the capacity to change and become healthier by simply savoring the good. When we spend our time thinking about negative things, it becomes our default setting. So, the next time you observe something beautiful, savor it and give thanks. Let it take your breath away, let the beauty of the night sky saturate your very being and after some time, give thanks.

November is stewardship month. Appropriately, this is the month in which we offer thanksgiving to God for his generous provision and the generous provision for our church. When the foundation of the temple was laid for the second time in Jerusalem, the Israelites and the Levites joined their voices together, and scripture described it as singing praise to God, with one group singing “He is good; his love toward Israel endures forever.” This event signified a new beginning and renewal of hope after their devastation for the second time. On Stewardship Sunday, November 9, we will also lift up our pledges, and sing praise saying, “He is good, his love towards St. Michaels endures forever!” Amen.

Fr. Joshua+



Do not be afraid
Anthem By Philip Stopford (b. 1977)

Dear friends, if you ever find yourselves afraid and alone, please extend yourself to someone—me or any of your friends at St. Michael's. Loneliness and fear is not meant to be experienced by yourself. We all have our own trigger moments, and God wants to be part of that healing process. Here is the lyrics to the anthem by Gerard Markland, music by Philip Stopford.

Do not be afraid, for I have redeemed you.

I have called you by your name;

You are mine.

When you walk through the waters,

I'll be with you;

You will never sink beneath the waves.

When the fire is burning all around you,
You will never be consumed by the flames.

When the fear of loneliness is looming,
Then remember I am at your side.

When you dwell in the exile of a stranger,
Remember you are precious in my eyes.

You are mine, O my child,
I am your Father,
And I love you with a perfect love.

This beautiful anthem was sung at the All Diocesan Confirmation, Reaffirmation and Reception service for Marcus and Donovan DeGeorge and Tom Connare at St. John's Cathedral on May 3, 2025.

The choral song is based on four verses from the Book of Isaiah chapter 43. The song was a commission that Stopford took in 2010 from Andrew and Kathryn Radley on the occasion of the baptism of their daughter at St Peter and St Paul's Church, Uplyme, England. It is – like Stopford's other music – tuneful, melodic, memorable and deeply moving.

Be encouraged friends, remember that we are all special to God, just as we are. Jesus calls you by your name. Whenever you need to reach me, you can write me at, stmichaelsegundo@gmail.com, or reach out to a safe family member or friend, or in an emergency, call 911.

"Peace I leave with you; my peace I give to you.

I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."

-John 14:25-27

ROCK & BREWS RESTAURANT FUNDRAISER

PLEASE JOIN US IN SUPPORTING:
St. Michael's Children's Center

WHEN: DATE: Sat. November 15 TIME: 11am - 10pm

ROCK & BREWS LOCATION: ADDRESS: 143 Main St. CITY/ZIP: El Segundo 90245 PHONE: 424-496-5499

RESERVATIONS ARE HIGHLY RECOMMENDED. PLEASE CALL THIS NUMBER →

ALL FOOD AND BEVERAGE SALES, INCLUDING TAKEOUT ORDERS, WILL BE APPLIED TOWARDS THE 20% DONATION, EXCLUDING SALES TAX AND GRATUITIES.

GIVING BACK ROCKS!


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November 2



St. Michael's Calendar for November

- *Saturday, November 1, All Saint's Day
- *Sunday November 2, Twenty First Sunday after Pentecost, All Soul's Day,
8 am and 10 am Service, second of three Catechism classes at Yeaton Hall 9 am
- *Tuesday, November 4, 11 am PBJ ministry at Otis College of Art and Design
- *Wednesday, November 5, Children's Worship, 11 am
- *Friday, November 7, St. Michael's Children Center closed
- *Sunday November 9, Twenty Second Sunday after Pentecost, 8 am and 10 am Service,
Children's Family Service at 10 am and Stewardship Sunday
- *Tuesday, November 11, PBJ ministry at Otis College of Art and Design,
Veteran's Day, *Church Office and St. Michael's Children Center closed
- *Wednesday, November 12, Children's Worship, 11 am
- *Sunday November 16, Twenty Third Sunday after Pentecost, 8 am and 10 am Service,
Purchase Thanksgiving centerpieces Friendsgiving Church Potluck 11am
CASE and Centering Prayer in Yeaton Hall, 9 am
- *Monday November 17-22, Father Joshua on retreat
- *Tuesday, November 18, PBJ ministry at Otis College of Art and Design
- **Sunday November 23, Last Sunday after Pentecost, 8 am and 10 am Service Pick up centerpieces
- *Tuesday, November 25, PBJ ministry at Otis College of Art and Design
- *Wednesday, November 26, Children's Worship, 11 am
- *Thursday-Friday, November 27,28 Thanksgiving Day, Church Office and School are closed
- *Sunday November 30, First Sunday in Advent, 8 am and 10 am Service

Voices from the Vestry



The Vestry is reading, *How We Learn to Be Brave* by Mariann Edgar Budde, the Bishop of the Diocese of Washington. In the book she explores decisive moments in life and the brave choices we make. She weaves together personal anecdotes, historical examples, and biblical references to illustrate the diverse forms bravery can take.

We read a chapter each month on our own and then have a short discussion at the start of each Vestry meeting. Each person shares what stood out to them and we end up building off each other's comments. It's a good way to start the meeting before we get into church business.

We are only two chapters in, but we are all enjoying the book and learning from it. In the first chapter, "Deciding to Go," Budde shares her personal experiences and those of others who make the choice to go into the unknown - to leave what they know behind. She says, "...in choosing to go, we feel as if our lives matter. When we go in fear, we are given the courage to do what we think we cannot do. When we go in excitement, it's as if we had been preparing our whole lives for this moment. That the cost of going is high merely confirms the importance of the call." I'm sure we can all reflect on times in our lives when we made the decision "to go" and how it changed us – switching careers, leaving a relationship, moving to a new city.

In chapter two, "Deciding to Stay," the author looks at the flip side. Sometimes the braver choice is staying. There are times in life when we get frustrated with our situation; it feels like we are doing the same thing day in and day out; that we are wasting our time; that we are trapped. We may want to leave and there could be compelling reasons to do so, but we make the decision to stay. As Budde says, "...choosing to stay can appear as if we are settling for less," but, "...it is essential to a mature life and our capacity to make a lasting difference in the lives of others." Our decision to stay is usually tied to commitments or responsibilities we have. It gives stability to those who depend on us and allows them to thrive. Once the decision to stay put is made and you have decided "this is my life," it is important to make the most of it. Live in the moment and lean into each day.

The author provides many examples from her personal life, the lives of others and the Bible to illustrate her point. My favorite so far is the story of Eleanor Roosevelt and the bravery she showed in her decision to stay. Once the Vestry has finished the book, we will leave copies in Yeaton Hall. I hope you will take the opportunity to read it.

Eleanor Roosevelt's definition of courage is "doing what you think you cannot do."

Happy November, Elizabeth Tobias



Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."

John 6:35



By Joshua Wong

November is a special time to be thankful. This is a time when we reflect on the many blessings provided by God for our entire being. As I reflect on the limited information we know about Jesus' own life, but rather on his teachings and actions, I am reminded of his humanity through the provision of food—"Our daily bread." Jesus often uses metaphors for food in describing our relationship with him. He is seen "as" food and drink," in the feeding of the multitude; turning water into wine; parables of fig trees; wheat fields; and the metaphor of eating his body and blood. Our daily bread is not only something Jesus needs for himself as a human in order to physically survive, but he knows that we need it as well. Food not only signifies life, but also of faith, and this faith is always about abundance, and never about scarcity. "Give us this day our daily bread" reminds us that Jesus promises to provide for our daily needs, just as he provides for the whole of the created world, birds, animals, and the entire biosphere. Jesus also remembers the hungry and the poor that are unhoused in our streets. That is why, the Holy Spirit encourages us to give to all of our causes. When we give to CASE, Family Promise, Veterans, and Otis student ministry, we partner with Christ to provide for the needs of the poor. Hence, we give generously every month to all of our ministries. We become the conduit of Christ to the needs of the world.

Ian Paul, a British theologian who writes a column called, *Psephizo*, says that there are spiritual metaphors attached to food in the Bible. As an example, Jesus makes the core distinction between food which 'perishes,' and food which "abides to eternal life." For Ian Paul, food which abides to eternal life is our Holy Eucharist celebration each week. Whenever we receive the body and blood of our Lord Jesus Christ, we are "believing in," and "abiding in" him forever. As we celebrate Thanksgiving this month, let us remember that we have a generous provider who asks us to abide in him and to share with those in need.

OVERCOMING HER ADVERSITIES

From *The Story Of My Life* by Helen Keller

Helen Keller was born in Alabama in 1880. When she was just shy of her second birthday, she was struck by an illness that left her both deaf and blind. And though she's primarily known today as an inspirational figure who overcame adversity, she devoted her energies largely to improving the lives of others. Keller joined the International Workers of the World in 1912, visiting workers in appalling conditions. "I have visited sweatshops, factories, crowded slums," she said. "If I could not see it, I could smell it." She also fought for women's suffrage, protested against World War I, and was one of the inaugural members of the American Civil Liberties Union.



She wrote, "To one who is deaf and blind the spiritual world offers no difficulty. Nearly everything in the natural world is as vague, as remote from my senses, as spiritual things seem to the minds of most people. But the inner or mystic sense, if you like, gives me vision of the unseen... My mystic world is lovely with trees and clouds and stars and eddying streams I have never 'seen.'"

—The Salt Project

Her book is available on Amazon.

St. Michael's Children's Center November news

Happy November! As the season progresses the children will continue to learn about fall changes and the upcoming Thanksgiving Holiday. We will spend time talking about what it means to be thankful: thankful for our friends, family, and St. Michael's. The children will also begin a unit on the farm. Their classroom will be turn into a farm as the children explore what animals live on a farm, what foods grow on a farm, and what farmers do to maintain the farm. We will end the month learning about why we celebrate the Thanksgiving Holiday.

This month's fundraiser will be a Rock N Brews restaurant day. The restaurant will donate a portion of the bill from St. Michael's customers to the preschool. Look for the flyer on page 4.

Happy Thanksgiving!

Lauren Cherrington Director



Sentimental Memories

By Gerri Pisciotta

Life gets busy, and friends drift apart. But true friends have a way of staying connected. That's how it was with David and me. I'd met him after going back to school for my master's degree. In class he was hard to miss, a rugged 6'4" with an infectious laugh. Although he dressed casually the memorable scent of a classy cologne always hung around him. We hit it off right away. There was something so reassuring about his company.

David and I would catch up over coffee every few weeks. But over the next decade, moves and career changes made it harder to meet. Our relationship dwindled to a phone call every couple months. Sometimes, passing by the men's section of a department store, I would take a whiff of his signature scent and have fond memories of him.

I was getting ready for bed one night in mid-October when it occurred to me that David and I hadn't spoken in some time. *I have to call him*, I thought as I slipped under the covers. I woke at 2 a.m. to a distinctive fragrance—David's cologne! As if he were in the room with me, but he didn't know where I lived now. Could someone have walked by the window wearing his signature scent? No, the window was closed.

It must have been a dream. What did it mean? Was he okay? "God, I prayed, "wherever David is now, please take care of him." I drifted off to sleep again, comforted by warm memories of my friend.

I tried to call him, but his phone number rang someone else. I couldn't find a working email address for him. (This was in the 1990's before cell phones and social media became ubiquitous.) I told myself not to worry—he'd probably moved, and things were too hectic for him to get in touch.

Maybe two months later, I was doing genealogy research for a friend one day. On a whim, I typed David's name into a search of Social Security death records, then chided myself. Assuming the worst, just because he hadn't called! But there it was. His name, date of birth—date of death. David was gone. When I recovered from the shock, I realized something. David had died in mid-October. That night hadn't been a dream. Was that a sentimental way fate had for him to come and say goodbye?

During this Thanksgiving season when we reflect and give thanks to our friends, write them an email or give them a call to say how much they mean to you.



November Birthday Blessings

Don Lopez 11

Dan Ince 15

Ryan & Tyler McCaverty 19

Dixie Lee 20

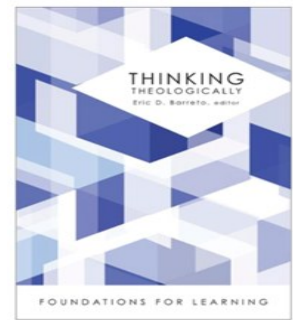
John Gillam 21



Thinking Theologically by Eric D. Barreto

Our bodies are a spiritual gift from God.

Published by: Augsburg Fortress, Fortress Press <https://doi.org/10.2307/j.ctt9m0tbf>



Thinking Theologically is a book by Eric D. Barreto that grapples with the particular ways theological thinking shapes our sense of self and our role in a wider community of belief and thought.

After reading the chapter on “Thinking Spiritually,” and contemplating the term the author coins “bodyography,” I went for my morning walk. During my meditative walk, I contemplated Barreto’s idea that our physical bodies contain the spiritual history and roadmap of our spirituality. Growing up, I was taught to think that my physical body was an instrument of sin and shame. Body shaming was taught through church precepts and societal standards, but our author simply reminds me that there is no separation between our body and our spirit, for the Holy Spirit uses all of it, including my history, my “flesh and bones, as the cartography of the many movements of the Holy Spirit.”

Our bodies which carry our narratives, stories, and histories of what God has done throughout our lives, is a blessing, unique to each one of us. It is in our bodies that we experience full immersion into water for baptism as our covenant with God. It is on our knees that we pray. Each Sunday, we consume the body and blood of Christ into our bodies at the Eucharistic table. It is in our bodies that Thomas Merton calls “finding God in our True Self.”

Hence, Jesus had a good reason to remind us that our bodies are the temple of God and to keep it pure and holy. As an example to us, our Savior also died of his physical body as a representation of its value and holiness. The more we understand God’s love for us, the more we realize that our bodies, and our whole being—are a gift from God, in every shade of beautiful colors.

Barreto’s term “bodyography” reminds us of the spiritual practice of valuing our body and the bodies of others. In sacred terms, this involves the importance of staying healthy through exercise, good eating, and sleeping habits, the holiness of naps and care for one’s mental state. This also involves our perspective of the body of others, resisting negative social body images of what constitutes “body perfection,” and unconscious messages of body shaming. Accordingly, every body needs to be seen as an instrument in which God honors and continually uses to express Divine holy sacrament.

Thanksgiving Meals for Veteran Families

We would like to support the low-income Veteran families living at Blue Butterfly Village in San Pedro by providing food for their Thanksgiving meal. The goal is to fill a bag with non-perishable items that will go with the turkey they receive from another organization.

You choose what to put in the bag, but some suggested items are: canned vegetables, rice, gravy, crackers, snacks, coffee, juice, cookies or other sweet items. Or anything else you would like to include. Also appreciated are napkins, paper towels and dish soap.

Please deliver to church on November 23. They will be delivered to Blue Butterfly Village on Monday, November 24.

Contact Elizabeth Tobias with any questions.



C.A.S.E. Ingathering November 16th

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



MEMBER SPOTLIGHT!

I was born in Honolulu the "Territory of Hawaii" and my parents moved from Hawaii to Arcadia when I was about 2 years old. My mother was active in number of choirs and instilled her love of singing in me. Her deep faith and love for the church which was also instilled in me at an early age. I was confirmed as a young adult at the old St. Paul's Cathedral in downtown LA and have attended various churches over the years.

I graduated from Nursing School as an RN in 1981 and worked in the field at a number of hospitals but primarily at Rancho Los Amigos in Downey. While at Rancho, I added a Certified Rehab Registered Nurse degree to my RN degree. I continued in my nursing career until my retirement in 2014. Both of our granddaughters caught my nursing "bug" and are now both active as RN's.

We were very active in Episcopal Marriage Encounter for many years in various capacities which also strengthened our own marriage. We were part of the weekend presenting teams for many years to help introduce the couples to the beauty of the program. Our last function, before the program folded, was as the district coordinating couple for the Western U.S. We think that the program helped many couples to get closer to God's love and to each other and we were sorry when it "ran out of steam".

Dan was unchurched when my mother told us about a great new priest named Fr Kevin Taylor at the parish church in Downey. We both decided to check it out and became active in that parish. When an internal strife split the congregation and Fr Kevin was forced to leave, we left with him. After serving at several parishes, he was called to St. Michaels and we came with him. We found a wonderful and loving parish who accepted us from day one and we've never been sorry that we answered God's call to go where we were supposed to be.

Momi Ince

