



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
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Mission Statement for St. Michael's Church

*Growing in God's Love.
Working in God's Spirit.*

Worship Schedule

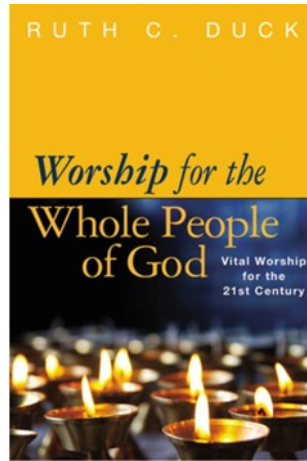
Sunday 8:00am Rite I Spoken Service
Sunday 10:00am Rite II Choral Eucharist
10:00 Children's Worship Second Sunday of
each month

October 2025

A Book Review:

Worship for the Whole People of God, by Ruth C. Duck

By the Rev. Joshua Wong



A book I recommend for its usefulness in our faith formation is by Ruth C. Duck called, *Worship for the Whole People of God*. One of the topics in this book discusses the often neglected liturgies of healing. While Jesus clearly sent his disciples out to preach God's reign and to heal, our author asks the important question, how can our church recover the rites of healing today?

In one of her chapters, Duck mentions two central ideas that are important for our reflection. First is the power of prayer that comes from being together as a community. Intentionally communal opportunities for prayer, the laying on of hands, and anointing allow a community to respond to human needs with God's hope in the visible presence of others in the community of faith. If you would like St. Michael's to offer communal healing services, please let the Rector know. We can also include the power of prayer that comes from our Sunday service in this category of communal prayer whenever we pray the "Prayers of the People." We are reminded by Ruth Duck that there is power when we pray together.

The second theme is an understanding of why healing liturgies have been received with resistance in our modern society today. Duck mentions that some people view healing with skepticism, as purely Biblical symbolic stories, scams or exaggerations by prescientific people.

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The author mentions that the best response to such concerns is to allow people who have experienced healing to share their stories. She continues to say that any leader with particular gifts of healing should see their gifts as part of the ministry of the whole congregation, not as an individual's possession.

In our Episcopal church, anointing the sick is called unction. It is one of the five sacramental rites of the Episcopal Church. This sacrament calls for the anointing of the sick with consecrated oil or the laying on of hands, and is the means by which God's grace is given for the healing of spirit, mind and body. In this sacrament, we pray for healing and wholeness. We understand that Christian healing is the manifestation of the creative power of God's love as God comes to make us a new creation in Jesus Christ. Christian healing involves restoring relationship with God as Creator, Jesus as Redeemer, and the Holy Spirit as Sustainer. We recognize that there is a difference between being healed and being cured. Anointing for healing can be administered at any time and is not reserved solely for those who are gravely ill. This point is important, often we think of healing when we are gravely sick, but healing comes in every aspect of our humanity, as for the mind, spirit, soul and body. Healing is God seeing our humanity as sacred and its need to be well.

If you wish for a priest to pray for your healing, please read the following. All conversations will be kept private. Write me at: stmichaelselsegundo@gmail.com. You have options to share your prayer request by email, or make an appointment to speak with me in person. I do not recommend you leave a healing request on our voice mail, since it does not guarantee privacy.



St. Michael's Children's Center News

The Children's Center new school year is off to a great start. The children spent the first month of school getting to know their new friends and teachers. This month, the children will learn about the Fall season through art, stories and songs. The older children will also be getting to know each other further by sharing their favorite things. Of course, Halloween will be a big topic all month as well. We will end the month with one of the children's favorite activities: our Halloween parade! The children get to wear their costumes and parade around the yard for their families.

This month's fundraiser: Parents' Night Out: Saturday, October 18th 5-8pm. Children 8 and under can come have a Halloween pajama party while parents have an adult evening out. Email Lauren at saintmichaelscc@gmail.com for more information.

Lauren Cherrington Children's center Director



Church Calendar for October 2025

Wednesday, October 1, Children's Worship, 11 am
 Saturday, October 4, St. Francis Day,
 Sunday, October 5, Blessing of the Animals
 Sunday October 5, Seventeenth Sunday after Pentecost, 8 am and 10 am Service
 Wednesday, October 8, Children's Worship, 11 am
 Sunday October 12, Eighteenth Sunday after Pentecost, 8 am and 10 am Service,
Children's Family Service at 10 am
 Wednesday, October 15, Children's Worship, 11 am
 Sunday October 19, Nineteenth Sunday after Pentecost, 8 am and 10 am Service,
CASE and Centering Prayer, Yeaton Hall, 9 am
 Tuesday, October 21, Vestry meeting 9 am
 Wednesday, October 22, Children's Worship, 11 am
 Sunday October 26, Twentieth Sunday after Pentecost, 8 am and 10 am Service
 Wednesday, October 29, Children's Worship, 11 am



October Birthday Blessings

Brady Gillam	12
Elizabeth Tobias	18
Edward Van Luinen	18
Amy Powell	22
Eric Amarosa	30





St Michael's and Otis College

By Chris Powell

One of the great things about St. Michaels is our outreach efforts. We are fortunate to have many different opportunities to support our broader community. For many years we've supported CASE food pantry here in El Segundo and Family Promise here in the South Bay. We've added a couple new outreach ministries this year including PRISM that provides support to men and women in our local jails, and our newest program at Otis College of Art and Design.

For those of you not aware, Otis College of Art and Design is located in Westchester. It serves students both here in Southern California as well as quite a few international students. Our new outreach, in cooperation with Holy Nativity Episcopal Church in Westchester, allows us to provide outreach to students who may be away from home for the first time and may be experiencing food insecurity.

There are a couple of different ways for our congregation to participate in this ministry. First is donating the necessary food items for the students and the other more "hands-on" way is to volunteer one hour of your time on a Tuesday to join Fr Joshua at our table at the school. We are providing all the fixings for students to make their own peanut butter and jelly sandwiches. The students really enjoy it, they've even been making special requests for things like Nutella and marshmallow Fluff. The students come up to the table during their lunch hour and can make one or more sandwiches. Our ministry there is not to proselytize, but to be present and supportive to how they are doing. It's a great opportunity for us to get to know them. The students are very engaged and appreciative of us making the effort to be there.

I was able to be there the first week and looking forward to participating again the last Tuesday in September. It was rewarding to hear about the student's life at Otis and their career plans. They were surprised someone would be willing to do something generous for them. If you are looking for a way to support our young people in our community I encourage you to consider joining us at the school. You will be glad you did. We will be back there again on Tuesdays in November.

Remembering our humanity at the twentieth anniversary of Hurricane Katrina

-by Gerri Pisciotta

Disasters are part of the human experience. Hopefully none of us will have to endure a disaster in our lifetimes. Usually they're unpredictable, without warning, making preparation almost impossible.

Hurricane Katrina in 2005 was certainly a disaster that devastated many people in Louisiana. It is hard to believe now is the twentieth anniversary. I was sent there by The United States Postal Service as their psychanalyst, to assess the magnitude of people that had been impacted, and the damage they incurred. There were scenes almost unimaginable to take in. Disasters, whether a hurricane, flood, or fire, such as the recent ones in LA have certain commonalities—unexpected devastation by people who are unprepared. Often, returning to the skeletal remains of what was “home” is a very painful experience as treasured possessions have been reduced to ashen remnants.



Another occurrence is the observable impact on human behavior. Disasters often bring out the basic instincts of people—whether to try and help each other, even if they were unacquainted, or even just to offer support, comfort, and encouragement. Often people remember a kindness someone showed them even years after the event.

Then of course, there are the people who see an opportunity to loot and take advantage of others' misfortune. Hopefully the good part of human nature will prevail, and people will try to help each other which is another way to make the situation more bearable.

The Episcopal Church has an organization called Episcopal Relief & Development that provides aid for a wide range of crises, from natural disasters to human-made conflicts. In addition to the international organization, our local dioceses and parishes also provide assistance in their communities. We can do our part by supporting them financially or as a volunteer. Here is their link: <https://www.episcopalrelief.org>



The Future Church is Exciting and Relevant!



Linda Allport, The Rev. Gary Hall, and The Rev. Paul Anthony Daniels

By The Rev. Joshua Wong

During our Pentecost season, we reflect on the establishment of the church. On the day of Pentecost, the Body of Christ was displayed in all its glorious cultural diversity. Afterwards, the church throughout the Mediterranean and Asia continued to spread quickly. Before Jesus ascended to heaven, he said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

The Gospel was always intended for the whole world including all its diversity in cultures, customs and traditions. 1 Corinthians 12:12-27 reminds us that within our differences, there is one body, but many parts. The church is made up of people with different skills, abilities, cultures, backgrounds and history. God’s will is for His community to strive together in love, so that we may be an example to the world. We are to spread the “Good News” to everyone, with no exclusion.

From the first home church to now, the church continues to evolve with time and culture. The forming of an ecclesiastic church has a long history. A fascinating book that traces the development of Christian Eucharist from Jewish roots to today, is entitled, *From Age to Age, How Christians have celebrated the Eucharist*, by Edward Foley. Part of this fascinating history includes Roman Emperor Constantine who ruled from 306 to 337 CE. He is best known for his conversion to Christianity in 312. He is also known for his legalization of Christian practice that ended state-sponsored persecution, and his participation at the Council of Nicea, (The Nicene Creed) which affirmed the divinity of Christ and canonized scripture. This was a major change for Christian history, because it allowed Christianity to be legitimized and to be taken out of home churches to public places where followers of Christ could display their faith openly.

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This is only one example of how the church throughout history continues to evolve. What the church was like during Constantine's time looks very different than King Henry VIII and the start of the Anglican Church. What it looks like in England looked very different after the American Revolution with the establishment of the United States Episcopal Church. What people in the United States view as being "religious," is quite different from the 1950's to how our society views religion today. Further, no one would have ever expected COVID to make the church reevaluate itself. We can see that the church will continue to evolve into more exciting changes. The Holy Spirit reminds us that the body of Christ is an evolving group of people in search of God, it is not necessarily about the building. The body of Christ was never meant to be "held onto by human hands," but rather was meant to be released into the Holy Spirit's guidance. This is the miracle of God's work.

Last June, I attended a dinner at the Diocese headquarters honoring four important people in the recent years at Bloy House, The Episcopal Theological School at Los Angeles in our diocese. The evening was to thank past presidents Silvia Sweeney, Gary Hall and Linda Allport for their dedicated service and a re-dedication to the future. The new Dean, The Very Rev. Paul Anthony Daniels shared his vision and exciting plans for our diocese.

Father Paul, who hopes to launch a global digital teaching ministry that reflects the values of sacrament and justice of The Episcopal Church, spoke about his "No Kings," protest experience that was happening throughout our city and around the world on that very day. He shared about the need for a seminary that thinks globally, not just for our diocese. We need to look beyond our own diocese territory, because people cross cultures, understandings and locations. With technology, people can literally worship through live-streaming in different churches around the world. Our lectionary, our liturgy, and our Bible has no limits, crossing all cultural boundaries and generations.

The future evangelistic work of spreading the Good News requires imagination. No longer can we think of Christ found in a church institution. This is evident from another article found in this issue about an interview with Pharrell Williams. In it, we see The future evangelistic work of spreading the Good News requires imagination. In it, we see spirituality across our daily lives. More and more, we see that evangelism is about the intersectionality of spirituality and people's everyday lives. Today, *we are* where people find God. Let's keep our doors and hearts wide open and welcoming for them.

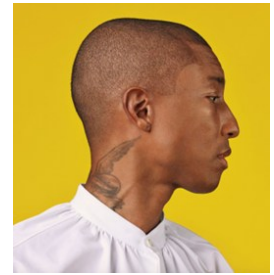


Pharrell Williams

Rituals, Visions and Faith

By The Rev. Joshua

Many of you know about **Pharrell Williams**, he is an American musician, singer, songwriter, rapper, record producer, and recently, as the Men's Creative Director for Louis Vuitton. Because of my own interest and background in fashion, his interview for SSENSE stopped me in my tracks when he wanted to talk about *Rituals, Visions and Faith*.



Williams spoke with Recho Omondi, the fashion designer, critic, and host of the podcast “On The Cutting Room Floor.” Their discussion revolved around faith, fighting cynicism, perception, perspective, and accepting wellness as a practice. All of which describes being a Christian in the intersection of life and faith.

Here is an abstract from the interview between them that I find significant to our own spiritual journey:

Have you always had such a clear understanding of the difference between the physical world and the spiritual, unseen world or was that something you arrived at?

I was raised...you know, faith was huge. And how we perceive life. Faith is the evidence of things unseen. So I always operated under that context. I mean, we've never seen the wind, right? There's all these unseen forces that are out here working all at once but the greatest force is God; the creative force. All that is, all that ever was, and all that ever will be.

So few of us talk about health of the spirit. How would you describe spiritual warfare?

Like, everything was gonna change when the internet was born. And within that place it allowed people to be who they really wanted to be; that they couldn't be offline. People are able to assume any personality and there are no rules. So, it's how they really, truly spiritually identify. This is what people inherently feel from the bottom of their hearts. It's where their spirits are at. It's where their spirit really is. When I say that we're in a place of spiritual warfare, it's like the truth doesn't matter to people. There's all kinds of negative things that are happening online that can completely change the world's perception altogether and then that's what they think and feel and believe.

How do you recommend someone practice wellness in a way that doesn't cost money?

You don't need money to begin that process. It starts with a routine. Being self-aware. Recognizing that you are a unit of awareness and that you are a co-creator and that the change that you want to see is going to start in you. This is about you being your best self so that you can help out someone else. That's the only way that we're going to get there. Wellness is being in a state of gratitude and having empathy to think about someone else. And being humble. When you add those three things together, you can get to a place of love. Love is asking yourself to reach to the depth of your being and surrender your pride and surrender your resistance.

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What are three rituals in your life, one for your mind, one for your body and one for your soul that you try to perform, if not daily, monthly?

Body? Cleansing. And I mean not just topically, but also internally. For the mind, I read a lot of esoteric stuff. Just being a highly sensitive person, I try to sponge as much as I can so reading is really important for me, and for my soul. My best friends are like bishops and they're gifted with the ability to prophesize, to see into the future. I do a lot of talking to my friends, my best friends. I love reading about different religions, finding the commonalities in faith-based histories. I want to understand. If you want to speak to people, sometimes you have to speak their language. You have to know enough about their perception and perspective of the world in order to have a conversation, you know?



—From the Fall-Winter 2021 print issue of SSENSE <https://www.ssense.com/en-us/editorial/music/pharrell-williams-finds-his-balance-with-humanrace>.

C.A.S.E. Ingathering October 19

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



Help support Family Promise and other charities by donating your used/new, good condition items.

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. We have a place to drop your items off in Yeaton Hall. Palos Verdes Resale Thrift Shop is located at 2321 PCH in Lomita. If you drop off yourself.

Jeanie Powell

Psalm 150

Each Psalm speaks to us in its own way. But this quintessential song of praise points to a substrate in our reality. Whatever we encounter and experience, however we may be divided, whatever we may lament, whatever we grieve—underneath all that is the truth of our common vocation, a truth St. Ignatius of Loyola asserts in his *Spiritual Exercises*: “The human person is created to praise, reverence, and serve God as Lord.” Even more strongly, this praise is the common vocation of all creatures, as we hear in our hymn today: “Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host: praise Father, Son, and Holy Ghost.” In times of division and turmoil and fear, this fundamental truth of our common vocation calls us all to a unity that may seem, and frankly may be impossible in this life. But in this unmitigated praise of God, we can make present now the new creation inaugurated by the death and resurrection of Jesus, when all divisions are erased. In this unmitigated praise of God, we can experience now a fore-taste of God’s promised future.

“Let everything that has breath praise the Lord. Hallelujah!” (Ps 150:6). Amen.

A sermon written by Br. Lain Wilson of *The Society of Saint John the Evangelist* (SSJE)



MEMBER SPOTLIGHT!

Tom grew up in a small town in Central Pennsylvania. Following high school, he went to the US Air Force Academy for undergraduate college and later moved to the University of Dayton where he received a doctorate in Electrical Engineering. In the Air Force, Tom worked jobs mostly related to launch vehicle development and operations. He also worked as program manager for an up-and-coming communications spacecraft and worked at JPL for a few years advocating for the development of technology partnerships between the Air Force and NASA. For the past 18 years since retiring from active duty, Tom has continued his support to El Segundo's Space Force Base as a federal contractor in the space launch industry focused on a specialty called "Mission Management". Though Tom grew up in the Catholic church, his time in the Air Force afforded him a more diverse, ecumenical point of view. He recalls many late-night debates in college with his Baptist roommate and the Baptist Student Union (BSU) and Officer's Christian Fellowship (OCF) were his social networks of the time.

With a passion for music, Tom has sung in many choirs over the years and to the dismay of his neighbors, he has an electronic piano at his home with a vocalizer which creates a four-part harmony of Tom's voice when singing into the microphone. One of life's greatest Blessings was granted to Tom in 2021 when he married his then eight-year partner and soulmate in a small town in Hawaii. For Tom this was bitter-sweet because this was also the last time Tom was allowed to receive Communion in the Catholic Church. Being married outside the Catholic Faith in a same-sex relationship formally meant that Tom was no longer "eligible" to receive the Sacrament. One other aspect of the Catholic Church causing a stir of "unfulfillment" was the sheer size of Roman Catholic parishes. With a thousand parishioners having the choice of a half-dozen Mass times to attend, different people would be seen in the pews each week and attending Mass was exacerbating a feeling of loneliness without meaningful connections within the community. Then, alas, Tom discovered St Michael's Episcopal Church! He recalls vividly his first Sunday at St Michael's. Struck by the beauty of the Church and its small, intimate community, Tom broke down in tears, sobbing, recognizing almost immediately that this was the connection he had been seeking for so many years. Adding to the rush of emotions was Fr Joshua's approach that morning offering Tom the Sacrament of Communion for the first time since Tom had been married. A memorable day for sure! With great appreciation and gratitude, Tom was received in the Episcopal Church this past year. He maintains "dual citizenship" practicing both Catholicism and being active within the Episcopal Church. He is hopeful of a Vatican 3 which will someday allow those in same-sex marriages to receive Communion.

Outside of Tom's work at the Space Force Base, Tom is also a SCUBA instructor. He teaches SCUBA classes for a local dive shop and volunteers at the Aquarium of the Pacific on Fridays, each week, feeding the fish, cleaning the tanks, and giving presentations to the public from inside the Aquarium's shark and coral reef exhibits. Tom also has a passion for aviation and is a flight instructor for the Civil Air Patrol (CAP). Over the past few years, Tom has hosted many CAP cadets and parents at his home introducing them to the fundamentals of general aviation on his home-built, Advanced Aviation Training Device (AATD) – aka flight simulator.

Of course, no discussion about Tom would be complete without mention of "Ranger" -- his side-kick and faithful companion of more than eight years. Ranger was trained as a service animal when he was only six months old to help Tom mitigate the symptoms of Tourette Syndrome. It is generally well known that actors, musicians, and athletes with Tourette Syndrome can mitigate, almost completely, tics associated with Tourette Syndrome, while they are actively focused on their work. For Tom, any time he and Ranger are actively engaged, the symptoms of Tourette's Syndrome are greatly reduced, and of course, affords Tom a great travelling companion!

