

## THE COMMUNICATOR AUGUST 29, 2023

I listen faithfully to an NPR podcast, Hidden Brain. It always instructs and sometimes delights. This past episode is in the latter category. It is about learning to “savor” life, enjoy the moments that give us a reason for being-especially as we age. I recommend it most highly. <https://hiddenbrain.org/podcast/you-2-0-make-the-good-times-last/>



And, speaking of those moments, apparently 7 of us had a fabulous time at **Mexico Lindo** last Thursday night - dancing, eating, being in community. Thank you to **Charlie and Gloria Detweiler** for organizing this once-a-month (fourth Thursday of each month) event. Our next Dance Party will be September 22.

These are moments of community we carry with us through the days, weeks, years. Let's try to have more of them.

We are very excited to have been offered weekly yoga classes by Ann Moxey, yogi extraordinaire. Classes will be starting in September, Thursdays, 11-12:30. Whatever your level of expertise Ann will be there with **Parinaama Yoga** for stress management (inducing breath awareness and exercises, Restorative Yoga and Deep Relaxation. Ann is a US Certified Yoga instructor, Honoris Causa Doctorate for her extensive work with those behind bars. Ann is also a psychologist who specializes in addictions, eating and sleep disorders. Classes will be 100p for church members and 200p for non-church members.



SMAAA is also sponsoring Spanish classes Mondays, 4PM. Classes focus on grammar and are guaranteed to improve your Spanish speaking and writing ability.

This Sunday will be a **RED LETTER SUNDAY**. Our Treasurer, Vestry woman and beloved church member, **Wendy Blake** will be baptized!!! We are planning a wonderful service that will include participation by all of you! We **need** a full house! We also need for all former choir members to join the choir for a beautiful and much-loved choir anthem. (Sorry, it will be a surprise for Sunday morning.) There will be a reception/coffee/minosa/great bites hour after the service. **PLEASE** come and welcome Wendy into Christ's own community of love and inclusion!



The next in SMAAA's 2023 Lecture Series - People Who Change the World - will be **Erik Friend**, Wednesday, September 27, 4pm. Erik is founder of **ALEM**, (*Autonomía, Libertad En Movimiento*), an International Award Winning Rotary Project. ALEM was founded by Erik in 2004. I have taken the liberty of lifting a powerful paragraph about Erik from the internet. As inspiring as this paragraph is, it still doesn't do justice to the unceasing contributions Erik has made to make the world, our world, a better place. We are so honored to have him as a member

of Saint Michael and All Angels and as our speaker. Thank you Erik.

*A deep passion for justice and fairness permeated Erik's early years. A trip to Haiti as a late teen to work with Mother Teresa's sisters of Charity anchored that passion*

*into a lifelong commitment. After graduating from the Union Institute in San Diego he worked simultaneously in the development of automotive repair cooperatives, and coordination of the Mexico Immersion Program of the Lutheran church in Cuernavaca, Mexico. Living between two worlds brought great respect and appreciation for cultural and social diversity – a process that cycled through stages of guilt, outrage, appreciation, embrace, humility, etc. Presently he lives out these life-learnings in Mexico in his work with people with Disabilities who run a wheelchair repair shop and on the board Fundación Comunidad doing community development work. As facilitator and training leader with the Awakening the Dreamer program of the Pachamama Alliance, Erik has travelled to Colombia, Peru, Brazil, Guatemala, Costa Rica and Ecuador to train and support local community leaders and change agents. He is also part of the Alliance’s team adapting the online “Game Changer Course” for Latin America and the initiative to create an adaptation of the Alliance’s programs for the growing interest in businesses to become more sustainable and just.*



Last Saturday was the first of what we hope will be a monthly event. It was wonderfully attended and though we didn't make lots of money we did make lots of new friends. Start searching your closets for goodies for

next month's Saint Mike's Bazaar table. Thank you Maria Jose (and your mom too) for all your wonderful work to make this a success.



Yesterday **Charlie Detweiler**, **Mario Fernanda de Lara** and I met again with the administrators of **Caminando Unidos** regarding its failing roof. We were there immediately after the impact of a major storm and could see how difficult the situation is. We were also able to see and analyze the best two-part *presupuesto* Caminando Unidos has received for the work. To do the first (and essential) part is



66,000 pesos. So far between St. Mike's (**Suzie Brown** and an anonymous St. Mike's member) and the money raised by Caminando Unidos we have 30,000. Between us we need to raise 36,000 pesos by the end of the rainy season when the work can begin. Caminando Unidos, an educational program for very poor children, is a long-time project helped by Saint Mike's. At the present time **William and Isabel Graves** have picked up the cost of the children's dental work. Thank you you two blessed souls!!! I hope the rest of us can come up with the required 36,000 still needed.

*Last Sunday our pews were nearly full! There is lots happening at Saint Michael's. Hope you'll be here for Wendy's baptism and celebration this week.*

*AND, to all of you who read The Communicator, are not in Cuernavaca, and send your beautiful responses each week, thank you so very, very much. It is great to know we have readers.*