

## The Communicator January 23, 2024

Well, well, well.... what a Sunday it was at Saint Michael and All Angels! Were you there? Reminded me of school when the teacher didn't show up and you got to run the class for the day. Thanks to the help of everyone present and especially **Tom Esakin, Debbie Jeffress, Mother Naty Rangel** and **Jorge (George) Bredee** you might even have thought we knew what we were doing. Of course Mother Naty did know what she was doing!

**Father Doug** was stricken with a nasty stomach infection that hospitalized him.... fortunately after he'd written a great sermon which we all much enjoyed! His concerned bride, **Veronica**, talked to him early Sunday, took the day off from work and arrived at the casita very early Sunday morning. She wisely insisted he get immediate medical care. Doug called me... sounding terrible... and asked if I could handle the Sunday morning service. Bravely (and naively) I assured him I could. Yikes. BTW, Father Doug says that in all the years since he was ordained this is the first Sunday morning he has ever missed!!! What a record. Guess we won't get to do this again. **Pat Manners** is making Father Doug chicken soup as I write this. Gracias Pat!!!



Fortunately we have a cadre of faithfuls who always arrive early. **Tom, Debbie, Jorge and I (Erika too)** decided that we could and would carry on. Jorge took the initiative and called **Mother Naty** who jumped in her car and made it to Saint Mike's even before the bell rang. Yippee! We could have a bilingual and consecrated Eucharist. Father Doug had left his sermon and Debbie volunteered to read it. Wow! We haven't had a dramatic reading like that before! (Padre watch out!!! After the rousing round of applause Debbie

may want your job. So much for Hospitality Ministry.) Tom did a beautiful, thought-filled Prayers of the People and somehow we managed to combine our service in Spanish and English in beautiful good will for all. Truly,



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the entire service was a blessing — capped by the reappearance of our beloved **Sheila Keeler** who has been too sick to be with us for weeks. For those of you who were actually paying attention to the sermon — Father Doug knows we can do well when called upon to do so and when we put aside our petty differences.

We were graced by out of town visitors, **Sarah Andrew** studying at Cemanahuac Educational Community and **Patty Hogan's** annual visitors (and among our much anticipated favorites) from New York **Jeff and Ruth..... Wendy Blake's** sister **Susana** was also with us. Then, of course, we had our usual many four-legged creatures. All in all, a full house!!!

I keep asking for photos from Monday's Spanish class (3:30-5:30). So far I've been told it is going very well. Thank you Charlie Detweiler!

Wednesday is Buddhist Meditation LIVE with **Thomas Esakin**. We are so fortunate to be able to offer this very popular program "live" while Tom is town. Please see the dates and time on the poster.



## BUDDHIST MEDITATION PRACTICE AND DHAMMA TALKS.

*January and February 2024 gatherings for community.*

*Beginners to advanced are welcomed. **BYOC/M** (Bring Your Own Cushion/Mat)... or use an available chair!*

*A Dana Bowl will be present for any gifts of donations.*

*A community program of: "St. Michael and All Angels Anglican / Episcopal Church, Cuernavaca."*

**Meditation: A path to inner-peace and serenity through mindfulness.**

**DAYS: Wednesdays.**  
**TIME: 6-7pm. DATES: January 24<sup>th</sup> and 31<sup>st</sup>, and February 07<sup>th</sup>, 2024. LOCATION: IN-PERSON in the "Pastoral Meeting Space", St. Michael and All Angels Anglican / Episcopal Church, Cuernavaca.**

**(ADDRESS: Calle Minerva s/n, Esq. Eros, Col. Delicias, Cuernavaca (2 blocks behind WalMart Express on Rio Mayo)).**

Facilitated by Tom Esakin, who supports Spiritual Care through St. Mike's. Tom is a former lay-facilitator with the Theravada Buddhist Community of Toronto.  
**Tel or Text or WhatsApp: 1.250.716.6772 / Email: thomas@spiritualfacilitation.org**

**Ann Maxey**  
**CHAIR YOGA AND BREATH EXERCISES WITH ANN MAXEY**  
11 to 12:30 pm,  
Every Thursday  
Saint Michael's Parish Hall  
Minerva 7, Col. Delicias  
Cuernavaca, Mexico  
Contact us: 777 385 0487 | 777 135 5352

Thursday, 11-12:30 SMAAA offers Yoga with **Ann** (and **Lupita** too). Thank you **Pat Manners** for the great photo used on the poster. We have developed a core group of faithful attendees and all are welcome. Ann and Lupita gently

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teach to all levels.

And on Fridays, 10-12, we have **Lorena's** Fabulous Friday Senior Club. I wish I could imbed a video of this new toy/game they have received and which is a huge hit with all. Hand Eye Coordination or just plain fun? Who cares?

I received a letter from **Eugene Hoekendoerf** of the Library today with the exciting and very welcome news that the library is again extending their hours to be open on the first Sunday of the month after church! Inaugural date - February 4!!!! I think this means we must be doing something right — the library recognizes our Sunday morning congregation as significant potential library clients. So... renew your library cards and let's support our volunteer librarians and this library that has such an illustrious Cuernavaca history.



Next Sunday **Isabel Graves** of the **Hospitality Ministry** is treating us to music to accompany our coffee and treats. Shhhh. I'm not supposed to say, of course, but it is William's birthday so I'm guessing there will also be cake! Just a heads up, Hospitality Ministry, our congregation seems to grow every week!

### **SMAAA needs a Pastoral Care Ministry.**

We have parishioners who can't make it to church due to temporary or permanent health issues. We need a Volunteer Coordinator, someone who feels called to this Ministry the way Debbie has been to the Hospitality Ministry. Debbie said years ago, "Feed them and they will come." She's proved to be right. But, we also need to care for those who **can't** come, those who may be shut in their homes, lonely and alone. Is this **your** calling? If we have a coordinator I know we will have volunteers.

**John Stelly**, our Junior Warden, has done a stellar job doing something he never planned to do, had never done before and probably never plans to



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do again. Thank you John for the installation of our artificial grass. It looks great. And.... Please thank your faithful team for us.

Upcoming dates to Note!!!! **Annual Meeting, February 18**, immediately after services. Please let Debbie know what you will be bringing for the potluck immediately following. Salads, Casseroles, Desserts, Other???? This is always a fun and festive event. We hope everyone will be there.

And... we need you to get your **pledge cards** in before Feb 18. Tom made an excellent point during announcements on Sunday. Your pledge helps the Vestry to do a budget - to have an idea how much income we will have for the year. It is not a commitment that is ever enforced but it helps us to be in the ballpark for budgeting. It is a pledge of good will. Please take the plunge. Fill out a card and get it to Wendy. We need you.

It seems it was just Christmas and here we are almost at Lent. Ash Wednesday this year falls on Valentine's Day!!! I don't know how we can throw together a Shrove Tuesday Pancake Supper but.... I heard lots of requests this past Sunday. Anyone ready to take this on???? Is there time?



*Shrove Tuesday*

**OFF THE PRESS NEWS!!!!** Between writing the above and sending (I was waiting for the Vestry Meeting for further news)... guess what... the Vestry voted to indeed have the Pancake Supper and our Debbie volunteered to chair. They also want to return to the always fun raffle. What do you have you could contribute to the raffle? Can you join the Pancake Supper Committee? Call DEBBIE!!!! Many years ago in a blind pick at the Shrove Tuesday raffle I won two nude paintings. I still have them displayed... mostly because of my delight in discovering they were donated by Father Derby and being able to tell people I won them in a raffle on Shrove Tuesday. Debbie is going to need all the help each of you can provide. **It is only 3, may I repeat that, THREE weeks away. Please, put on your volunteer hat and call her.**

**Upcoming Lectures in the Our 2024 Lecture series - "Your Neighbor's Got Talent"** starts Wednesday, February 28, 4PM with **Terry Elizondo**

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speaking on her long history with **Nuestra Cabaña**, the International Girl Guides Site in Cuernavaca. One of only four in the world, Nuestra Cabana has an illustrious history in this city.

Our March Lecture will be Wednesday, March 13, 4PM, Pulitzer Prize winning reporter **John Mitchell** will talk about his career in Journalism. More information to follow.

We thank our staff photographers. **Amanda Hooten, Pat Manners, Onagh Ash** and **Isabel Graves** for their contributions to this and every Communicator.

We also thank our tech support team, **Steve and Angel Farmer**, for helping us and helping the library to enter the 21st century — albeit kicking and screaming.

### **A Testimonial to the Power of Love at Saint Michael's.**

A week ago Amanda brought her dear friends Stacey and Tommy to church. During the week they were here they also came to yoga and other church activities. Stacey told Amanda that she has been a member of her Nashville church for decades and never experienced the warmth she received here. **Keep up the love work dear friends.**