

## The Communicator September 17, 2024

Another wonderful Sunday at Saint Michael's as we celebrated the Mexican Day of Independence. We were blessed to have Father Victor Hugo dressed in his finest embroidered Mexican vestments and delivering a sermon about Jesus' instruction regarding our obligation to serve the "Least among us." It was a beautiful sermon delivered by one who "walks his talk," serving faithfully his ministry to the poor, the homeless, those who have fallen between society's cracks. Father Victor Hugo, Rector of San Pablo, has played a huge role in helping us at Saint Michael's and All Angels be better brothers and sisters to San Pablo and to assist them in this sacred mission. Mother Naty helped celebrate the Eucharist. Thank you to both of these priests (along with the Reverends Gillian Ball and Tamara Newell) who have so nobly stepped in during Father Doug's absence. We are very, very grateful.



All in all, it was a very lively service with many in the congregation dressed in Mexican finery and the colors of the Nation. The choir celebrated the day by leading us all in Cielito Lindo after the recessional. There was literally dancing in the aisles!!! As always, it was led by Jorge Bredee.

We also welcomed a few new faces. Rosie Land, Barbara Benitez, Jose Luis Arriata and Mariana Kano. The latter three have worshipped with us before.

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Rosie Land is going to be offering a new program on Wednesdays. More information will follow but the program is The Alexander Technique. You will be interested in following the link and reading more about this innovative method for improving one's life. We wish Rosie great success.

Tuesdays and Thursdays Yoga with Ann continues to be a big draw. The



wonderful Ann Moxey stretches us and her chair yoga goes far beyond what one might suspect. It may not look like it but the exercise pictured above requires great trust and one is using every muscle in the body. Tuesday's meditation and stretching class is 10-11. Most everyone then goes directly to the English Library Tea offered each Tuesday at 11. What a great opportunity for Community Building. Every First Sunday of the month the Library opens at 11 and stays open through the SMAAA Hospitality Hour which offers live music. We are delighted to be such close collaborators with our campus friends! (Thursday Yoga is 11-12:30.)

Friday, 10-12 is our Senior Club. I can't say enough good about this sadly under utilized program. It is an offering of meditation, physical therapy, cognitive

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exercises, dance, etc. Lorena Molina has designed a program to stimulate the mind, the body and the soul. If you know someone over 65 who would enjoy this great program, please try and bring them one Friday in hopes they will be able to find their way back the next time. Don't you love this photo of Mario?



**By the way, Lorena is available for private care of the elderly. She is well-trained and comes**

**with wonderful references.**

ESL with Catherine del Rey Kolodin resumes Friday, September 20, at 5PM in the Community Room adjacent to the library. Do you know kids in bilingual classes or schools who could use extra practice? This is a perfect opportunity!





The poster features a black background with gold musical notes and a central collage of photos showing the quartet performing. The text is in gold and white, providing details about the concert date, time, ticket price, and location.

*Artesala*  
**STRING QUARTET**  
accompanied by a  
**PIANO PERFORMING**

The program will be light classical  
featuring Mozart, Brahms, Cohen,  
Piazzola, Morricone, Márquez and others.

**SEPTEMBER 28 - 7:30 PM**  
**TICKETS: \$400 PESOS**  
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ANGELICAN & EPISCOPAL CHURCH 

Tickets on sale at <http://profury.artps.com/2024/09/17/1188496371>

Our first Home Concert will be held Saturday, September 28, 7:30PM, home of Judy Frothingham, Privada Humboldt. Tickets can be purchased using the website on the poster. Proceeds of the concert will be used to support the Saint Michael's outreach in hopes of someday soon having a Children's Choir and a Sunday School!

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The following 2 Sundays, September 22 and 29, will be covered by the Reverend Gillian Ball, a retired former Rector of Saint Michael's. The remarkable Gillian continues to serve as the Pastor of her lovely home church of Saint Francis in Tepoztlan. If not mistaken, the Reverend Tamara Newell will be with us October 6 and November 13.

Sunday, September 29, we will celebrate the Day of Saint Michael's our church's Saint Day. You will see the Cross of Saint Michael's, known in Morelos and Mexico as the Pericón Cross (or the cross of Saint Michael's) being sold near many of the churches in town. These delightful crosses have a long history one can read about in a Charlie's Digs written by Charlie and me some years ago. You will have seen these crosses on the entry ways of homes and even cars, all over town. Now dry and brown, they will be replaced September 29 with the bright and cheerful yellow little pericón flower crosses to "keep the devil away." It is a lovely folk/religious custom that most probably pre-dates Christianity's advent in Mexico. I have never missed a year of putting up Pericón crosses!

Father Doug was up and about for a few moments on Sunday morning. He looked great but is still recuperating bit by bit. In his own words, "Unfortunately, the healing is much slower than I would like. I miss you all greatly but thank you for your prayers and your concern. I'm especially grateful to those of you who have brought hot dishes and food. Everything is much appreciated. Veronica has been a great support to me. I am so blessed to have her in my life. "

I will be gone for the next 3! weeks. I'll try to keep Communicator coming but but they will definitely be truncated.

Sharing today's meditation from Father Richard Rohr quoting the great Rev. James Lawson (1928-2024).

<https://cac.org/daily-meditations/violence-begets-violence/>