

The Communicator August 13, 2024

This past Sunday was a home run for SMAAA. Every pew was full, **Mother Gillian's** sermon was one of the best I've ever heard, the music was haunting and the Hospitality Hour was, as always, welcoming a generous spread of treats.



What made Mother Gillian's sermon so spectacular was a profound message about kindness and love being at the heart of whatever we do - at SMAAA, in the community and in our own lives.

Gillian stressed the importance of care in speech, care in

actions and being sure both speech and

actions always, **ALWAYS, ALWAYS** pass the

kindness test. As I listened I thought back to a recent time when our little church wasn't doing so well in that respect and how anger, backbiting and gossip seemed to fill the spaces in between our worship. That is so **not** true now. How ever it has happened we have again become a welcoming church filled with love and, if I may be so bold, the Holy Spirit.



For many, many weeks **Pat Manners** has quietly brought the flowers to our altar. Before that, it was **Isabel Graves** who did the same. Do you have flowers in your garden you could bring? Do you pass a floral stand on Sunday mornings? Do you have an occasion to celebrate with either a Thanksgiving or a Remembrance? We need flowers this Sunday, please let me know if you can bring them. FYI, There is also a signup sheet in the back of the church. :-)

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One of the many good works being done by members of our Parish is helping San Pablo in its mission to assist the homeless of Cuernavaca. You know the SMAAA church ancestors must be smiling to see the old downtown church being so beautifully utilized, music being played and sung, laughter, the sharing of what we have been so bountifully given. Please remember to bring your non-perishable



foodstuffs, cleaning material, toiletries and leave them in the back basket. The Pastoral Ministry under **Pat Manners** will be sure all items get to those in need. There is also a peso jar on the back table. Loose change in your pocket, a stray bill, stick it in. The mission is now feeding close to 100 people. Every peso is stretched to its limit. From the photos you can see how much fun our own **Amanda** has during the outreach. What an ambassador for love and inclusion this woman is! By the way, **Father Victor Hugo and his wife Crissy**, wrote this week asking me to be sure to thank each and every one of you for your generosity! If you would like to become involved in this outreach please contact Pat Manners.



Father Doug is recovering beautifully. All who know him will not be surprised that he is eating well and faithfully doing his physiotherapy. **Veronica** reports that she took a big chocolate cake to the staff yesterday. The good Padre asked for a piece and she gave him a tiny slice. She found him a few minutes later devouring a large “healthy” piece -though I doubt his cardiologist would have characterized it as healthy. Today I received an

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update letter from him with lots of information but ending with his characteristic, irrepressible, good humor. “I found out the cow valve came from a male, not a female, so I am ready for the bullring, not the dairy farm.”



AEM NEEDS A NEW BUS!!

Recently, at the Bi-District Annual Conference D4100/5495, we presented ALEM's increasingly renowned wheelchair repair and employment project "Jazz my Chair". As part of the work with these 2 districts we launched a matching challenge to help get the work team of people with disabilities into a safe and efficient vehicle.

Our 1996 Econoline transit van was already totaled when we bought it in 2007. It has served us well for 17 years, but now it costs us a fortune to keep it going. Can you imagine what it is like to be stuck on the side of the road with a van? Especially when all the passengers are in wheelchairs.

We have a donor who is offering a \$30,000 challenge grant if we can raise the other half.

Can you help get ALEM's team in a safe and efficient vehicle?

Click to donate 

 TOGETHER THE POSSIBILITIES ARE ENDLESS

For More Information Scan or Click the image

Last Sunday **Erik Friend** arrived in **ALEM's** old van. ALEM's technicians have crisscrossed Mexico these past 17 years repairing wheelchairs throughout the Republic. It needs to retire. Fortunately, a generous donor in the US as offered a matching grant and ALEM is only 3000 short of the 30,000 they need to raise on their end to purchase and outfit the “new” van. Several of you generously gave last Sunday but more is needed. Let's get those technicians back on the road in the refurbished “new” van as soon as possible!

Erik, through **Comunidad**, has another project of great interest! For those of us concerned about the water crisis in Mexico (probably includes all of us) this innovative water recapture project being inaugurated in Tepoztlan is of great interest and you are all invited. **Monday, August 26, 9AM.** More information to follow in next week's Communicator.

Siembra una capacidad y cosecha comunidad



Cuernavaca, Mor. 12 de agosto, 2024

St. Michael and all Angels

Presente:

Le escribimos de parte de Wellspring Karitas Foundation, el Club Rotario Cuernavaca Juárez, y Fundación Comunidad para invitarle a la inauguración del proyecto Agua Segura en el CONALEP, Tepoztlán. Este es el tercer proyecto de Agua Segura que se realiza en escuelas públicas del municipio de Tepoztlán. Estos proyectos incluyen la infraestructura para captar, canalizar y almacenar agua de lluvia para luego purificarla para el consumo de las y los niños y docentes de la escuela. Adicionalmente el programa tiene una parte educativa sobre higiene y saneamiento, como también un entrenamiento para el manejo y mantenimiento del sistema.

Los beneficios de este programa son múltiples desde lo obvio, promover y proporcionar agua segura, hasta lo esencial, cambio de hábitos, reducción del consumo de bebidas azucaradas y reducción de la generación de basura.

Nos es grato invitarle a la inauguración de este último proyecto en el CONALEP de Tepoztlán el día 26 de agosto del año en curso a las 9:00 AM.

De antemano agradecemos su tiempo, atención e interés en este proyecto a favor de la comunidad Morelense.

Atentamente


Erik Bruce Friend Drake
Presidente de Comunidad AC
Presidente del Club Rotario Cuernavaca Juárez

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Vacation Bible School was a grand success. Congratulations to all involved but especially to the wonderful staff. Led by **Suzie Jeffress**, her staff included **Kate Mickelson, Anel Guerrero, Daniela Olvera** and fab **Junior Counselor, Natalia Lee Salgado Jeffress!!!!**



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Finally, **Tom Esakin** is back in town! And, with him, and in person, **three Wednesdays in August** of Tom's very popular **Buddhist Meditation Practice and Dhamma Talks**.

In addition, we are thrilled that Tom will give the homily at Saint Mike's on **Sunday, August 25**. **Mother Naty** will celebrate the Eucharist that Sunday.



BUDDHIST MEDITATION PRACTICE AND DHAMMA TALKS.

August 2024 sits and talks.

*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 & serenity
through mindfulness.*

*DAYS: Wednesdays. TIME:
6:30-7:30pm. DATES:
August 14th, 21st, & 28th,
2024. LOCATION: IN-
PERSON in the "Pastoral
Meeting Space", St.
Michael and All Angels
Anglican / Episcopal
Church, Cuernavaca.*

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

*Facilitated by Tom Esakin, a
member of St. Mike's, a former
lay-facilitator with the
Theravada Buddhist
Community of Toronto, & a
Buddhist Chaplain with the
Toronto Centre for Applied
Buddhism.*

*Tel or Text or WhatsApp:
1.250.716.6772 / Email:
thomas@spiritualfacilitatio
n.org*



BILINGUAL CHAIR YOGA AND BREATH EXERCISES WITH ANN MOXEY

Tuesday class starting August 13th.

Tuesday 10:00 to 11:00 am.
Thursdays 11:00 to 12:30 pm.

This is an extraordinary opportunity to take classes with Ann - a world famous yoga instructor and founder of Parinaama Yoga - an award winning program in prisons all over the country and Latin America.



HALASANA WITH CHAIR

 Saint Michael's Parish Hall Minerva 7, Delicias.
Cross street going north with Rio Mayo at Walmart Express

Contact us: 777 135 5352

Yoga with Ann has expanded to two days/week. **Tuesday's 10-11 for Meditation and Stretching and Thursdays, 11-12:30 for Chair yoga.** If you haven't been to one of Ann's classes yet, just come visit. You'll be back. We are so

fortunate to have this marvelous teacher available to us. Thank you Ann!!! And, though **Lupita** is away tending family for a bit, thank you too to Lupita.

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This next Sunday Mother Gillian will be back filling in for Father Doug. We look forward to yet another thought-provoking sermon! We are so grateful to the wonderful retired former rectors, Mother Gillian and **Mother Tamara** who have been generously filling in for Father Doug and to both Mother Naty and **Father Victor Hugo** for their help as well.

Urgent!!!! A very active member of our congregation needs to find several hours of work each week. She has a rich background in elder care, home health care and well being. She is fully bilingual and can also help with errands and home paperwork. Please contact me at **WhatsApp 777-328-0637**, if you need help in these areas. I will personally provide an excellent recommendation.

Mexican Current events with Charlie Goff is held each Wednesday, 5-6:15. We have grown into a lively group and Charlie provides a forum for discussion of current events in an historical context. He provides an opportunity for us to learn what to look for in the news.

ESL with Catherine del Rey Kolodin will be held this Friday at 5PM in the room adjacent to the library. Thank you Catherine for offering this important outreach.

Vestry Meeting - August 19, 10AM.

PS. If you need US tax deduction for donations to ALEM for their new van, they are available through Karitas. See poster in The Communicator.

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