

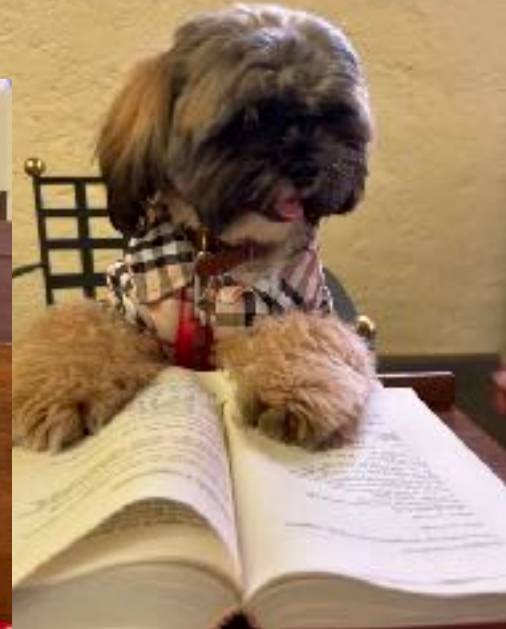
The Communicator July 23, 2024

“Who are these beautiful creatures?”



The Communicator is often accused of speaking in hyperbole and even of possibly exaggerating the wonderful things that happen at Saint Michael and All Angels. Smile. Well, no one could exaggerate the fun and joy of this past “Divine Dogs” Sunday. It was, of course, tempered by our deep concern for Father Doug but even that could not dampen the enthusiasm of having so many dogs, so many children (OK the 16 dogs still outnumbered the children but there **were** lots of children) in attendance. **Onagh Ash and Mariela Sandoval** did a wonderful job on the photography and the Divine Dogs Calendar is sure to be a great success.

“No one told me I was reading.”



Hospitality Hour was, as always, a big hit as Isabel's

Frothingham Family!!!



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quiche was inhaled and all the hospitality table soon resembled Egypt after the invasion of the plague of locusts. We had children and dogs running around joyously and Senior Warden Judy Frothingham observing the delightful chaos, was heard to exclaim, "Isn't this just wonderful?" As indeed it was.

There is an update of Father Doug's health. He is going to require surgery and will not be able to return to us until after a full recuperation. SMAAA remains blessed by the continued presence of two of our beloved retired rectors, Tamara Newell and Gillian Ball. In addition we know we can count on the help of Victor Hugo, rector of San Pablo, when needed. We have a strong vestry led by Judy and "All will be well." In the meantime the good people of Saint Michael's will continue the outreach and fulfillment of the many community programs we offer.



On an ongoing basis, In August, Yoga with Ann (and Lupita too), Thursdays, 11:30-1 will start meeting 2X's week (Tuesday and Thursday). Senior Club, brilliantly led by Lorena and her two assistants Pat and Amanda is also doing very well. We have a much anticipated August lecture (TBD) coming up on Maria Felix. No one is better qualified to speak about this grand dame of Mexican Film than Walter Lopez. We are so fortunate!!!!

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\$ 350/día
\$1600/semana

100% Inglés

Cupo Limitado

KIDS Campptastic! CAMP

Edades 4-10

DEL 29 DE JULIO AL 9 DE AGOSTO

9:00 am - 1:30 pm

Iglesia St. Michael's Col. Delicias

ACTIVIDADES DIVERTIDAS Y CREATIVAS

¡Manualidades, cuenta cuentos juegos, experimentos científicos y mucho más!

Miss Kate, Miss Suzanne, Miss Dani and Miss Anel

Informes e inscripciones
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Summer Camp is right around the corner... it starts next Monday! Suzie Jeffress and her team have worked hard to prepare for this two weeks of intense fun and learning for young people. Please spread the word to anyone you know with children 4-10.

This Thursday, 1-4, (immediately after yoga), **Kris Salgado, Adrian Smith** and your Communicator will be offering a workshop on Writing A Mexican Will. We have assembled all the required materials and will have them there for you. This workshop is an example of “closing the barn door after the horses got out.” We have had several people in our

expat community pass away intestate leaving a very difficult situation for survivors. If you have property in Mexico you should have a Mexican Will - a will from another country will not be honored. The will must be notarized in Mexico by a Mexican NOTARIO. All the required information will be made available at this workshop. It is free. Just bring, paper, pen, and if you wish, your computer. There is WIFI at the church which we will be using. In addition, Kris Salgado, will be talking to us all about how to leave an “emotional will.” Instructions for family on what we want in the way of a funeral, memorial service, cremation vs burial, etc. This important part of preparing for death is often neglected. Come learn about it with us. You

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will rest easier knowing you have a registered Mexican will and have left clear instructions for family and friends to follow.

And, while we are on the subject of wills, have you considered leaving some of your estate to Saint Michael's? Our church exists, the library exists, because members of our church and community left generous gifts in earlier times. That endowment continues to subsidize all of the campus community programs of SMAAA. If this is a possibility for you, please talk to **Treasurer Wendy Blake**. All inquiries will be kept in strictest confidence.

Vestry meets Monday, July 29, the first day of Summer Camp!!!

Don't forget **Mexican Current Events with Charlie Goff** meets each Wednesday at Cemanahuac, 5-6:30. This is a wonderful opportunity to learn about happenings in Mexico with a teacher capable of putting all events in historical context. Those of us who regularly attend wouldn't miss it. Try one week. You'll return. Cemanahuac, 4 San Juan, Colonia Las Palmas. This is FREE. NO reservations are required.

Last, but not least, I am sending the beautiful sermon left behind by Father Doug last Sunday. I think it was one of his best and certainly has a message for all of us. Sometime we need to take time to rest, to restore ourselves. We hope to have Father Doug back with us soon — fully rested — fully restored.

Just as I received it from Father Doug. Please read these beautiful words.

CVA July 21, 2024. Proper 11-B. Parts borrowed. Words about 1100

Here, today, as we begin the second month of summer, I suppose this sermon could be entitled :

“The Importance of Rest, for Jesus both Needed Rest and also Taught It.”

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Jesus certainly was low, for his friend and cousin, the one who had baptized him, had been murdered: Jesus was grieving, tired, and needing rest. You remember the story of John the Baptist's execution -

THIS IS FROM LAST WEEK'S GOSPEL – the girl Herodias came in and danced, she pleased Herod and his guests; and King Herod said to the girl, “Ask me for whatever you wish. Whatever you ask me, I will give you, even half of my kingdom.”

She went out and said to her mother, “What should I ask for?” The mother replied, “The head of John the baptist.” Immediately she rushed back to the king and requested, “I want you to give me at once the head of John the Baptist on a platter.”

The king was deeply grieved (for knowing that John was a righteous and holy man, Herod protected him...and he liked to listen to John, even though he feared him)

Yet out of regard for the oaths that he made in front of his guests, Herod did not want to refuse the girl. Immediately he sent a soldier of the guard with orders to bring John's head. He went and beheaded John in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb. It surely unnerved the Lord.

To repeat, Jesus was grieving and needed rest. We all do when we are set upon by a great disappointment. Surely Jesus was seeking some time for himself and his disciples to adjust to this sad news.

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And, so, it is no surprise that in today's Gospel, Jesus is stressing to his disciples the importance of rest, the importance of spending time alone, away from the demands of others, and time spent in conversation with God.

Both you and I need to spend time with the Lord ... in your own way and at your own pace. That is what our Lord was telling his disciples in today's Gospel. And that is what he continues to tell us even today. Take time to (as the kids might say): "*get your act together*". An anonymous author put it like this:
Take time to LAUGH, it is the music of the soul.

Take time to THINK, it is the source of power.

Take time to PLAY, it is the source of perpetual youth.

Take time to READ, it is the foundation of wisdom.
Take time to PRAY, it is the greatest power on earth.

Take time to LOVE AND BE LOVED, it is a God-given privilege.

Take time to be FRIENDLY, it is the road to happiness.

Take time to GIVE, it is too short a day to be selfish.

Take time to WORK, it is the price of success.

Take time for GOD, it is the way of life.

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This leads us into the second part of the Gospel reading. After seeking to take his disciples away from the pressures of the people, Jesus finds that the people have followed them to the other side of the lake. They were so needy.

But, instead of being upset with them, he has compassion on them and sees them as sheep without a shepherd.

They wanted so much what he alone could give them. Jesus had every right to be angry and upset with them because he obviously had wanted some time for himself and his disciples to be alone. We can imagine that those who were sick were clamoring to be healed. In fact, at the end of this chapter, Mark says that "the people carried on beds those who were sick wherever they heard that Jesus was."

The people were so eager to hear what he had to say to them. They so wanted a shepherd to teach them, to heal them, and to lead them in the right paths . . . as our 23rd Psalm said this morning.

Perhaps they had been like sheep without a shepherd. There are several things we should know about sheep without a shepherd.

- First of all, they will easily get lost. They will get into situations (like cats up a tree) which they don't know how to get out of.
- Secondly, they will go wandering off in search of pasture and food, although they will not know where to find it. Without the shepherd's guidance, they will surely perish.
- And, thirdly, a lost sheep has no defense against the dangers that threaten it - namely robbers or wild animals. In the same way, we

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too, without the Good Shepherd, are defenseless against the temptations of the devil and the allurements of this world.

Jesus is the Good Shepherd who has compassion on us - his flock - and will lead us home, if we let him. Left to ourselves, we may be waylaid by the robust attractions of this world. And yet, we are citizens not of this world but of another world. We are citizens of God's Kingdom, and we need Christ's help to find the safe passage which is known to Him alone.

In today's gospel, the people walked ten miles around the northern end of the lake to reach the spot where Jesus and the disciples would land. We don't have to walk even one mile to contact him. He is always at our beck and call.

All we have to do is set aside some time to let him speak to us.

All we have to do is ask him to be present to us. He is the Good Shepherd who knows our voice and will come to help us in our need.

All we have to do is ask him to come to us in prayer and in solitude.

I want to close with the words from the first verse of a song called You Are Mine which speak so beautifully to these necessities of life:

I will come to you in the silence, I will lift you from all your fear.
You will hear my voice,
I claim you as my choice,

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be still and know I am here.

Do not be afraid, I am with you.

I have called you each by name.

Come and follow me, I will bring you home;

I love you and you are mine.