



ST. PAUL'S

EPISCOPAL CHURCH

A Sacred Space for Your Busy Life

Sunday, October 1, 2017, the Seventeenth Sunday after Pentecost

We especially welcome visitors and newcomers today. Please fill out the newcomer card in the pew and place it in the collection plate or give it to a member of the clergy. Following the service, the clergy will be standing near the doors to greet you. We encourage you to join us for coffee hour in Duncan Hall. For more information about St. Paul's, please visit www.StPaulsSanRafael.org or call our office at 415.456.4842.

At St. Paul's we are all called to follow Jesus together in prayer, worship, and service.

WORSHIP

The service begins on page 355 of the Book of Common Prayer (BCP)

Prelude	Andante	Padre Martini
Opening Hymn	435	Hymnal
Gloria	S-280	Hymnal
Psalm	78:1-4, 12-16	BCP p. 694
Gradual	S-247	Hymnal
Nicene Creed		BCP p. 358
Prayers of the People	Form III	BCP p. 387
Offertory Anthem	Oh, All Ye Nations	Heinrich Schutz
Doxology	<i>Praise God, from whom all blessings flow; Praise God, all creatures here below; Praise God above, ye heav'nly host: Praise Father, Son, and Holy Ghost. Amen</i>	

All baptized Christians are welcome to receive communion. Whoever you are, wherever you are in your journey of faith, you are welcome to receive initiation into the church through the sacrament of baptism.

Eucharistic Prayer B		BCP p. 367
Sanctus	S-130	Hymnal
Fraction Anthem	S-154	Hymnal
Communion Hymns	249, 307	Hymnal
Closing Hymn	685	Hymnal
Postlude	Toccata	Theodore DuBois

THIS WEEK'S ANNOUNCEMENTS

Funerals Next Weekend. We have two funerals of beloved parishioners next week. The funeral for Jae Eitel will be at 11am on Friday the 6th at the Elks Club in San Rafael and the funeral for Tim Hixon will be Sunday afternoon the 8th at 2:30pm at St. Paul's.

Politics of Virtue Continued. Our discussion of the book The Politics of Virtue will continue on Tuesday, October 3rd at 7pm. You are welcome to come even if you missed the first discussion. Preceded by Evening Prayer at 6:30 in the church and followed by refreshments at 8:30pm.

The Blessing of the Hardin Courtyard will be on Sunday, October 22nd following the 10am service. There will be a community photograph, taken from the second floor of the education wing, that will go up in Duncan Hall, so be sure to be there!

Open House for all parishioners and all recent newcomers to St. Paul's at the Martin House in San Anselmo will be on Sunday, October 29th from 4pm to 6pm. Contact Christopher or Chloe for directions at c.h.mrtn@gmail.com or chloeadmartin@comcast.net.

Bring Your Used Books! The St. Anne's Book Sale is coming up on October 14th and 15th.

Tuesday Afternoon Sit. You are welcome to join a small group of parishioners who do a 20 minute meditation sit in the church on Tuesdays at 5pm.

Thursday Bible Study is at 6:15pm in the Upper Room. We are reading the letters of Paul.

Tuesday and Thursday Morning Prayer is at 7:30 am in the Church.

Wednesday Bible Study is at 10am. We continue our study of the book of Acts.

SERVING TODAY

Preacher & Celebrant:	The Rev. Christopher Martin
Choirmaster/Organist:	Michael Struck
Acolytes:	Jacob Moody, Dawn Rice, Demelza Rice
Readers:	Jacob Moody, Dawn Rice, Neville Armstrong
Altar Guild:	Mike Green, Linda Danford, Walter Tanner, Jane Santucci

CHRISTOPHER'S WEEKLY MESSAGE

Your Opportunities for Prayer

One of my most deeply held convictions is that we best grow in our life in God through two parallel pilgrimages. One is the pilgrimage of daily prayer, the other is the weekly pilgrimage of loving service of our local least.

This week I share with you six opportunities for you to make progress now in your inner pilgrimage of regular prayer.

First, we now have four weekday opportunities for you to come and pray in our sacred space. On both Tuesdays and Thursdays at 7:30am a small group gathers in the church to pray Morning Prayer. We have created an easy to follow 11" x 17" bulletin. Come learn this rich and beautiful way to pray. It takes less than half an hour.

Second, also on Tuesdays and Thursdays, small groups gather in the church for 20 minutes of quiet. At 5pm on Tuesdays and at 5:45pm on Thursdays, we gather in the church and I set a meditation alarm. 20 minutes later, it dings and we say the Lord's Prayer. Come savor the silence and the afternoon light.

Finally, this weekend I start Basic Discipleship on Saturday at 8am and on Sunday at noon. Among the things I do in Basics Discipleship is teach people how to get into and maintain a rhythm of 20 minutes a day of prayer. I've done this now with hundreds of people and it is one of the greatest joys of my life. I would love to share this teaching with you and encourage you to find your own best way of prayer.

There is an ancient Christian saying from Basil the Great- "fish are meant to swim, birds are meant to fly, women and men are meant to pray." Come pray with us at St. Paul's.

Blessings,
Christopher

PRAYER

Arty	Della Holloway	Jim	Mark Hardin
Bill Donnelly	Gary Westover	Kevin & Tara	Mika Kappen & Family
Brenda Paupst	Gina	Laurel	Nancy S (surgery 8/2)
Candace H	Grace Michael	Laurie Hubbard	Richard F
Dan Pollart & Family	Jae Eitel	Lisa R	
Dawn Rice	Jennifer Fritz	Marcella Hermstad	

SERVICE

Teen Success Breakfast: Serve hot breakfast to at-risk youth. Contact Beverly Armstrong at 415.454.4015 or nevbev@sbcglobal.net.

San Rafael Health Care: Services 1st and 3rd Sundays, 11:00 – 11:25. Help us with the simple service. Children are welcome. Contact Sue Adamson at 415.461.1798.

Prison Ministry: St. Paul's has been engaged in regular visitations and correspondence for 20 years with Joseph Cook, a death row inmate at San Quentin who was confirmed by Bishop Swing as a member of our Church. The prison ministry has grown and the rector and other parishioners are now visiting Joe and six other inmates. For further info contact Richard Olive (415.259.9198 or ollipops@comcast.net).

ONGOING

Plate Cash: 1st Sunday of the month goes to the Rector's Discretionary Fund; 3rd Sunday goes to Outreach.

Childcare: Sundays from 9:30 to 11:00am, childcare is available in the Basement Level classroom.

Marin Episcopal Youth Group: Sundays from 5-6:30pm at Church of the Redeemer in San Rafael. Middle and high school students from 5 Marin churches. Daniel London, youth minister, daniel.london@gmail.com.

Centering Prayer: Meditation in the Christian tradition. Join us in Duncan Hall on the 2nd and 4th Sundays of each month, 7:00-8:30 pm. Leave a message for Chris Olson at the parish office at 415.456.4842.

Our Spiritual Core: Discipleship Groups are the spiritual core of St. Paul's because they are where we encourage one another to follow Jesus in worship, prayer, and service. Contact Christopher Martin at 415.456.4842 or cmartin@stpaulssanrafael.org.

Altar Flower Dedications: Looking for a way to honor a loved one, give thanks or remember a special occasion? You can by dedicating the flowers at the altar. A donation of \$40 is suggested. Contact Alex Elliot at 415.488.7930.

Memorial Wall Plaques: Contact the office if you would like to purchase a plaque to be inscribed with the name of a loved one who has died.

St. Anne's Guild: St. Anne's Guild meets Thursdays at 11:00am. All are invited - bring a bag lunch.

Facebook & Twitter. Please like and follow us to join the fun!

<https://www.facebook.com/stpaulssanrafael>, <https://twitter.com/StPaulsSR>