

THE EPISTLE

ST. PAUL'S EPISCOPAL CHURCH, SAN RAFAEL, CALIFORNIA - A SACRED SPACE FOR YOUR BUSY LIFE

FROM THE RECTOR



Dear Friends-

Years ago I learned a very useful phrase from my father-in-law. He taught me, when interacting with customer service people, you're more likely to have success if you begin with the simple phrase, 'I have a problem and I need your help.'

My dear family of St. Paul's, I have a vision and I need your help. I have a vision that St. Paul's becomes a community where hands-on service to 'the least of these' becomes as important as worship. What if, every week, there were 125 people from St. Paul's giving an hour of their precious time to those in need, just as, every week, there are 125 people who give an hour of their precious time to God in Sunday worship?

I know this vision of service is ambitious. The challenge is to cross the boundaries of another's isolation through compassionate service and so make a special connection with people in need. But those boundaries of isolation can be profound both in our culture and in ourselves. I'm reminded of the fact that John Wesley, the founder of Methodism, established small groups that had high spiritual expecta-

tations. People in the groups were expected to go to church, to pray, to tithe and so forth. After his death, the groups maintained all the spiritual expectations with one exception. They dropped the requirement to spend one hour a week with the poor.

So, my vision faces profound challenges. Our culture is structured to keep us apart from people different from ourselves. We often feel uncomfortable around those in need. However, I am optimistic that we at St. Paul's can achieve this goal of a norm of an hour of service a week for several reasons.

First, there are small steps we can each take to move towards this larger goal. My observation has been that when St. Paul's offers those smaller steps, we take advantage of them. For example, as you may have seen on the back of last month's Epistle, over forty people showed up to sing Christmas Carols at the Fifth Avenue Health Care Center in December. So, in the coming months, I am going to be actively searching for more people like Michelle Jolly, who did such great and faithful work in organizing the Carol singing. Another example is that whenever we remind people of the basket in the back of the church with food for Ritter House, it quickly fills. So, we are going to begin bringing up the Ritter House basket during the Offertory to remind us all of the good work that can be

done by the simple gesture of buying a little extra food for those in need. I believe if we continue to offer small steps, we will be able to slowly encourage one another in a weekly habit of service.

Second, I am optimistic because service is in the 'DNA' of St. Paul's. The Canal area, San Quentin Prison and the Fifth Avenue Health Care Center have been receiving faithful service from the good people of St. Paul's for years. The Teen Success Breakfast at the Community School for probationary youth is only the most recent example of what can happen when our community is given a structured and consistent opportunity to make a difference. Part of the reason over a dozen people from St. Paul's serve breakfast every week is that Beverly Armstrong has made it as easy as possible by coordinating the shopping, keeping healthy lines of communication open with the school, and creating great teams of parishioners that are fun to be a part of. Given the appropriate opportunity, the people of St. Paul's step up to the plate and give their precious time to serve. So in 2008, I am going to continue to search for another structured opportunity for weekly life changing service so that teams of us can go out and make a difference on a regular basis.

Continued on page 2

Finally, and most importantly, I'm optimistic because I know it is God's desire for us to be people who serve. To choose just one example from Scriptures, in Isaiah God says 'is this not the fast that I choose: to loose the bonds of injustice...to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked to cover them?' (We will hear that passage, as we do every year, on Ash Wednesday, which this year is on February 6th!) When we make the bold move of crossing the boundaries of isolation to serve those in need, we discover that God is already there. Jesus meant it when he said 'just as you did it to one of the least of these, you did it to me.'

My vision requires your help because none of us can do this alone. We need each other's help if we are to become a community out in the world, making a difference in the lives of those whom Jesus especially loves. I know I need it myself. My Lenten discipline this year is to stop talking (and writing!) about a regular, weekly service project and to just do it. Will you join me?

In Christ,

Christopher

**FROM THE
ASSOCIATE RECTOR**



PLANS for REACH OUT!!

Hello All,

I hope you are surviving these rainy winter days. I believe the sun is coming up on a daily basis, though there seems to be little evidence of it. Guess you could call that one definition of faith!

Even though the focus of the following article is on Reach Out!, I am writing to all of you. Maybe you have never thought about leading a Sunday school class? I am offering you a painless, interesting, and fun way for you to try a new thing. Read on . . .

A few weeks ago, Christopher had the staff consider the goals we hoped to reach by April. One goal for me was to strengthen the Reach Out! Sunday school program. I am hoping for this class for the older kids to be strong, interesting and lectionary-based, with an eye for reaching out beyond the walls of the classroom. One thing that would help would be a curriculum that would be user-friendly, and kid-friendly. After doing a little research, I found just the thing! It's called "Faith Lens", and it links a current news story and the lectionary texts for that week, focusing on the Gospel lesson. It then follows with really interesting discussion questions, followed by activity suggestions.

All of which is to say, this program is thoughtful, totally user-friendly, incredibly current, and a great way for older kids (and you!) to study and think about the bible in terms of what's happening in the world. In all of these ways, Christopher and I both believe this will be a hit with the older kids.

I appreciate tremendously the parent volunteers who have stepped up to help lead the classes. With these lessons being laid out for you, there is little prep work to do, which will make it easy for any of you who've had even a smidgen of a thought to volunteer to lead the class once and a while. Trust me, you will get major heavenly kudos for your efforts!

If you have any questions, please oh please, contact me!

Email me at jllove@stpaulssanrafael.org or call 456.4842 and leave a message with Ana.

Blessings for your new year!

In the peace of the one who walks with us,

Julie

Holly Pritchard is a “just passed Christmas” birthday child. What else would you name a young one who arrived on December 27? Her home town is Ridgewood, N.J. but she didn’t spend much time there. Her family took her off to St. Louis and then to Lafayette, California for her growing-up years. Holly is a graduate of the University of California, Berkeley, with a degree in Bacteriology. She worked in the California Virus Laboratory prior to her marriage to John Pritchard.

Holly has been with us just one year, and we welcome her as a new member of the parish. But she is hardly a new Episcopalian - rather a “cradle” Episcopalian - meaning that she has always been one of us. Her father was one of the founders of St. Anselm’s, the Episcopal parish in Lafayette. His name is on the bell tower of that church, honoring him for his dedicated service.

Holly says she is a traditionalist. She was a “stay at home mom” while her two children, Will and Alissa, were growing up. Now that they are married and living in the East Bay and John is retired, she is at least a part-time stay-at-home wife. Biggest news in the family has been

the arrival of the first grandchild - named Nathaniel John - also born in December.

John and Holly both enjoy traveling and cruises are their travel choice. They have treated themselves to seven cruises in the past ten years. Holly is a quilter and meets with the same six friends every week for a little quilting time. She also volunteers at Laurel House at the Marin Art and Garden Center to help sell antiques. Her church experience includes the Altar Guild, teaching church school and work in the treasurers office.

Ask Holly how she likes St. Paul’s and there is an explosion of enthusiasm. She loves the Sunday services, the Rector is wonderful, the people are friendly, the choir is outstanding, Soup Suppers are great, classes are informative. Her first Sunday with us turned out to be the date of the 2007 Annual Meeting. Her friend Jack Stevens suggested she stay on for lunch and the meeting. She did. And has been with us ever since.

Holly and her husband John live in Terra Linda with their cat Emi.

Pictures of the Greening of the Church in December

Below is our beloved Scott Hastings on piano.



The Decorating Angels of St. Paul’s! From left to right (sort-of): Dawn, Demelza, Katrena, Joy, George, Mary Anne, Beverly, Randall, Maureen, Susie, Wanda, Christopher, Mary,and Ann, Neville, Perry, Emilie, Nick, and Anasatsia.

WHAT'S HAPPENED TO RICK?

In December of 2006 St. Paul's parishioner Rick Luoni was ordained to the priesthood after a long period of education and formation. He then moved to the East Coast. What is Rick up to now? He has settled outside of Charleston, South Carolina where he works two jobs- one at a TV station during the week and the second at an incredibly compelling church on the weekends. To find out more, and to read some words from him to his St. Paul's family go to: www.newlifeemerging.blogspot.com
And here is where he occasionally serves and now worships: www.holycross.net

Rick Luoni's Ordination in 2006



Dear Church family,

Blessings and love from sunny Charleston, South Carolina. There isn't a day that goes by that I don't think of you for I truly carry each of you in my heart. As I type these words it feels as though I am embraced by your loving presence.

Recently, as I celebrated the Eucharist, the music led us into Hymn 711 "Seek Ye First" and I immediately heard Ann Hanson's voice as if I were one again gathered in the small circle on Wednesday evenings at St. Paul's; I could feel a warm tear trickle down my cheek. Often, after a sermon, in my moments of meditation I see your many faces.

Thank you for being the loving, incarnational presence of Christ in my life. I can honestly say that I have met Jesus; I know that he is real, for I have encountered him in you. I miss you and plan to visit in 2008. Please feel free to email me at: rickluoni@gmail.com

Each of you live in my heart and I pray that you will feel my love.

Blessings,

Rick

ANNUAL MEETING

On Sunday, February 3rd we will have our Annual Meeting from 11:45 to 1:30 in Duncan Hall. We will serve a nice brunch, accomplish some necessary business such as electing a new vestry, acknowledge some of the outstanding contributions to our common life from the last year, and hear some brief reports.

The Rector will be sharing in some detail why he is confident in the general health of St. Paul's and why we are now called to move forward into God's good vision for us with confidence and courage. He will be making the case that we have 'gotten our act together' and now it is time to 'go for it.'

FEBRUARY BIRTHDAYS!

Birthdays and Anniversaries are recognized in church on the 4th Sunday of every month. Please call Ana in the office if your birthday or anniversary is missing from our list!

- | | |
|-----------------------|----------------------|
| 4 Cindy Grijalva | 26 Susan Bowman |
| 3 Micayla Valceschini | 28 Rose von Buchau |
| 5 Anastasia Olson | 29 Maxwell von Doepp |
| 5 Jonathan Parkinson | |
| 5 Cooper Dunn | |
| 7 Fiona McDermott | |
| 9 Harmony Shawishian | |
| 10 Laurie Rosa | |
| 14 Susie Quenzer | |
| 24 Maureen Zeuss | |



CREATION CARE

Light Bulb Shopping Made Easy at www.ShopIPL.org!

www.ShopIPL.org is an online energy efficiency store for faith communities and their members sponsored by **Interfaith Power & Light**. Interfaith Power & Light is an organization of over 4,000 congregations in 20 states that is mobilizing a religious response to global warming through the promotion of renewable energy and energy efficiency. St. Paul's became a member in 2006. Discounts are available for Faith Organizations

Through this online store, Interfaith Power & Light is partnering with Energy Federation Incorporated (EFI) to offer high-quality, affordable energy-efficient products. Many products are offered with quantity discounts, allowing participating congregations to easily order products at competitive wholesale prices. In addition, congregations and their members can get 10% off all prices. A portion of your purchase will support your state's Interfaith Power & Light organization.

Saving energy saves money, celebrates the creation, and is good for our community! The site offers many energy saving products, such as light bulbs and thermostats, including a full suite of bulbs, such as high lumen, "daylight" bulbs, capsules, colored bulbs, dimmables, globes, reflectors, three-way, and torpedo/candles.

The site also answers your questions about lumens and light levels; color temperature; color rendering; mercury; and more.

February 24, 2008

LIGHTBULB WORKSHOP DURING COFFEE HOUR
Come and see the famous "Light bulb Display" and learn about options for lighting your house with compact fluorescents (CFLs).



We abuse land because we regard it as a commodity belonging to us.

When we see land as a community to which we belong, we may begin to use it with love and respect.

*~Aldo Leopold,
A Sand County Almanac*

CREATION CARE UPCOMING SCHEDULE

Concerned about climate change and other environmental challenges? Save these Sundays in 2008 to meet with friends from St. Paul's!

Mar 30 - LEARN TO COMPOST WORKSHOP
(during coffee hour)

Apr 20 - EARTH DAY AT ST. PAUL'S

May 25 - CREATION CARE
STUDY GROUP
(Upper Room 9:45-10:15am)

ST. PAUL'S BOOK CLUB

Feb 17 The Eighth Day by Thornton Wilder
Mar 16 The Golden Notebook by Doris Lessing

Join us in Duncan Hall at 7:00 pm.

WORSHIP IN THE BEAUTY OF HOLINESS

February and March promise to be very rich, spiritual times at St. Paul's. Lent begins on February 6th, Ash Wednesday. On that day, we will have three services at 7:30am, Noon and 6:30pm. Each service lasts about half an hour. In this month's column, I want to introduce a new spiritual practice that we will be trying this year, a practice I learned about from St. Columba's Episcopal Church in Inverness.

On Ash Wednesday, and then on the first Sunday after Lent, we will be handing out 3 3/4" Horseshoe nails. We will be invited to carry around these nails with us throughout Lent as a reminder of the ways we block the flow of God's healing and loving presence in our lives. On Good Friday, which this year is on March 21st, we will each be invited to come up and hammer our nail into the large wooden cross that each year, on Good Friday, is brought into the church. Last year, in preparation for this practice, parishioner David Dean constructed a large, substantial cross that could bear the nails. It is currently in Room 10.

On Easter, the same cross will be in our courtyard, and the nails will hold up flowers, symbolizing Christ's victory over all of those things that seem to separate us from God's love, even death itself.

Following the practice at St. Columba's we will then leave the nails on the cross so that, year after year, we have a visual reminder of our ongoing spiritual journey. When Fr. Tom Brindley was explaining this practice to a small group of us, I was moved to hear that the people of St. Columba's could remember which nails were theirs on the cross and that each nail evoked for them what their relationship with God was like the year that they carried it.

My hope is that this new common practice of carrying and then hammering in the nails will deepen our relationship with God and with each other.

~ Christopher

PRAYER LIST

+In the Short Term Prayer List:

Renee
Cheryl August
Mimi B.

Mary Bucklew
Souzzi F.
Steve Gordon

John Lamb
The Puccinelli Family
Beverly Sherman

+In the Long Term Prayer List:

Baby Lillian Grace
Gudrun
Heather's Grandmother
Natalie
Neil
Ken Asay
Donald Baas

Pali Boucher
Helenclare Cox
John Davis
Letty Dell'Era
Alex Elliot
Robert and Dorothy Essen
Gordon Felton

The Goldman Family
Baby V. Jethani
Vera Levitan
John Lynch
Charles Riggan
Colin Ryan

Richard Satterfield
Howard Sherman
Sue Shirley
Kathy Sullivan
Martha Wickcliff
Dar and Stan Wood

- + Congratulations to: Mary Schmidt on the arrival of her third grandchild Cody Andrew Long, AND on her retirement!
- + For those that have died: Marie Gardner, Albert Benjamin Potter, Frank Kleinhampl, Paula Cawley
- +In Thanksgiving: J. S.
- +For those serving in the military: Jason Brooks, Ryan Richard Gourley, Alex Rey, Aaron Sova, and our friend Brandon.
- +In the Anglican Cycle of Prayer: We pray for the Diocese of Arizona (United States).
- +We pray for the other Episcopal Churches in San Rafael: Church of the Nativity and Church of the Redeemer. We pray for the unity of the Anglican Church worldwide and the Episcopal Church in the United States.

WORSHIP AT ST. PAUL'S

SUNDAYS:

7:45 am Holy Eucharist
9:00 am Family Service
10:30 am Holy Eucharist

WEDNESDAYS:

8:30 am Morning Prayer
6:00 pm Centering Prayer
6:30 pm Holy Eucharist

THURSDAYS:

7:15 am Centering Prayer

HEALING PRAYER

Healing Prayer is available at the back of the church on the first and third Sundays of each month, during communion at the 10:30am service. It consists of the laying on of hands with prayers for you or for someone you love.

CENTERING PRAYER

Rediscover silent meditation in the Christian Tradition. Sessions are on the Second and Fourth Sunday evening from 7:00 to 8:30 pm in the Upper Room. For more information, leave a message for Chris Olson at the Parish Office 415.456.4842.

Also note the regular service of Centering Prayer every Thursday morning at 7:15 am and Wednesday evening at 6:00 pm.

THE DEADLINE FOR THE MARCH EPISTLE IS FEBRUARY 8TH.

Email your article to Ana at astark@stpaulssanrafael.org or leave it on her desk.

All are encouraged to submit an article, family news, or points of interest!



COFFEE HOUR SCHEDULE

After Sunday Services, please join us in Duncan Hall for coffee and treats.

Those whose last names begin with the following letters, please bring food on the respective Sunday:

First Sunday	A - G
Second Sunday	H - L
Third Sunday	M - R
Fourth Sunday	S - Z

A sign-up notebook will be on the coffee table each Sunday. Please help.

Who Wants Pizza?

Someone from the Music and the Spirit Auction is missing out on a great pizza!

I have in my office a gift certificate from

Amici's East Coast Pizzeria



It has yet to be claimed! Despite numerous attempts to find the party that this certificate belongs to, I can only resort to a blanket plea to claim your free food. Please call Ana in the office! 415.456.4842 ext. 1

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CHURCH OFFICE HOURS

Tuesday through Friday
9:00 am - 1:00 pm
The Office is closed on Mondays.

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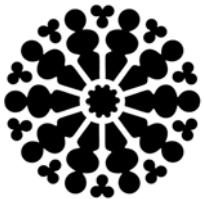
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EPIPHANY PAGEANT PHOTOS



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