

THE EPISTLE

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

FROM THE RECTOR



Dear Friends,

One of my peak experiences of St. Paul's occurred one year ago on the last Sunday of the program year. We had a combined service when everyone worshipped together. As I was standing behind the altar, about to begin saying the Eucharistic prayer, I looked out at a full church with our children spilling out into the aisles and thought 'YES!' this is what God sees when God pictures St. Paul's. This is the family of God gathered together to share one bread and one cup at one table.

This summer, we are going to be trying a slightly different Sunday morning schedule to see if it is time to bring our whole family of God closer together. We will still have all three services, but in a different format and schedule. As you probably all know, our current schedule is 7:45 Rite I Eucharist, 9:00 Family Service and 10:30 Rite II Eucharist. Here's the schedule starting on June 8th:

- 8:00 Rite I Eucharist
- 9:30 Family Service with prayers, a brief message and songs in the church (15 minutes long, no Eucharist)
- 10:00 Rite II Eucharist with Music

We will have child care from 9:45 to 10:45. The children will be invited in for Communion at the 10:00 service, probably at around 10:30 or so. Over the summer Denise, our child care worker, will supervise activities. For the families, it would mean being at church for about an hour and a half, from 9:30am to 11am, which is the same amount of time they spend at church now.

The idea for a change in schedule came from the families, many of whom asked for a later start time of 9:30. As the vestry started asking the parish to see if a change in schedule was possible, we discovered that there were many with a desire to experience more of the St. Paul's family together for worship on Sunday mornings. We hope that this new schedule is a way to preserve much of what the families love about the family service, while giving us a regular opportunity to worship together as the whole family of God.

The success of this summer experiment depends on the integration of our families. For those of you who are parents of young children, it may mean exploring a way of worship that is new to you. Take this as an opportunity to be quiet with God, and trust that your spiritual renewal will be good for your children's spiritual life as well. For those who already love the quietness and depth of the later service, it will mean welcoming the enthusiasm and energy of our children. I believe you will love the sense of life they bring and the weekly sense that we are one, multi-generational family of God.

We are trying this new schedule after a time of asking and listening. Let us continue to talk openly how this change works for us and whether it feels like this schedule is the right one for the future of St. Paul's.

In Christ,

Christopher



**FROM THE
ASSOCIATE
RECTOR**

Welcome to Summer!!

Perhaps the freedom of summer break from school still runs through my bones, but I tend to think of summer as a break of sorts. Time to not take things with all manner of seriousness. Time to put your (bare) feet up. Slather on the sunscreen and kick back with a good book. Or, if you're like most people, maybe you can't literally kick back, but how about mentally kicking back? Have a mental margarita. Maybe

we can cut a little slack to the rude driver who cut us off, to the messy kid's room, to the traffic in general, causing us to be a little late to work. Maybe we can think outside the box, take the ferry to work or pay for someone's bridge toll, just to be sneaky. Maybe we can offer to take our friends' kids for the evening, so they can sneak away for a dinner for two.

It is, after all, summer.

And clearly, things slow down a bit here at St. Paul's during the summer.

So, I'm thinking it is the perfect time to try something new. Summer is a time when things aren't necessarily written in stone, after all. So - we're taking a new Sunday morning schedule out for a spin. We're checking out how the new schedule handles the curves, the steep hills, the sudden stops. We're checking out how the new morning works for people or doesn't work for people. We're creating a chance for us all to be together, moms and dads, kids and grandmas, babies and grandpas, all of us together at the table.

So, hang on to your hats, Gertie. Put your feet up and enjoy the ride.

Blessings to you all,

Julie

**SACRED MUSIC IN OUR SACRED SPACE
ST. PAUL'S EPISCOPAL CHURCH**

Sunday June 1st at 4pm

Please join us for a short concert of sacred music, given by a choir of 14 people from Northern California. This choir has been working together for the past two years under the direction of Christiaan Boele, a professional musician, who for the past thirty years, has practiced and taught an artistic and spiritually based form of singing known as The School of Uncovering the Voice. Christiaan conducts master classes and courses in Europe and North America for singers as well as the general public. He also leads a Finnish chamber choir which has performed and recorded throughout Europe. As a tenor soloist, he continues to perform in oratorio and song recitals. This choir is his first effort to create a performing ensemble with American singers. There is a suggested donation on a sliding scale of \$5-\$10. Performance will be held inside the church, in our Sacred Space and all ages are welcome!

The program will be selected from the following pieces:

Borgoroditse Djevo
Cherubimskaja Pesu
Dies Sanctificatus
Evening Hymn
Fine Knacks for Ladies
Good Night
Harmonie der Sterne
Heinat Tuulessa

Herr, Lass Nicht Zu
Il Bianco e Dolce Cigno
Iltalulu
In These Delightful Pleasant Groves
Kleine Messe
Kyrie
The Light of the Sun
Linnut Lahtee

NachtgruB
Night
Song of Peace
Steigt Hinan
Te Deum
The Crown of Roses
The Lord's Prayer

DELIA HITZ has three primary loves - The Church - The Environment - and Traveling. And they do all fit together. Her college degree from Bowdoin in Maine was in religion. Her trip to Panama nearly two years ago was to travel and see the country and also to study the environment. And to experience the Anglican Church in action in Central America. She did them all.

This was not her first travel experience. Her senior year in college was in Sri Lanka. She then went to India for three months before coming home, and to a job at the Asia Foundation. Meanwhile Delia's time has been occupied earning a Master's degree at The University of Chicago, checking out Silicon Valley from Redwood City and finally coming to Marin and St. Paul's and an environmental job at The Bay Institute.

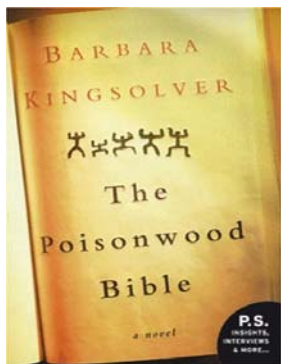
Delia has been very active in Marin and at St. Paul's with issues involving the environment. She and Chloe Martin are co-chairing a Parish Environment Committee which meets one Sunday each month between the nine o'clock and 10:30 services in the Upper Room. Please see either of them for further details.

Meanwhile, Delia has taken a new job in San Francisco and is among our parishioners riding the ferry. And what plans does she have for the future? Based on her experiences in Panama, she believes she would like to live in a small community, perhaps in Africa, where there are opportunities to help inhabitants understand their environment and to use that knowledge to their own advantage. And who knows, she may plant an Episcopal parish there. Meanwhile, we trust she will continue to sing in the choir, participate in her Discipleship Group, and help the parish with its environmental issues.

Delia lives in San Rafael and has been a member of the parish for eight years.

ST. PAUL'S BOOK CLUB

St. Paul's Book Club will meet in Duncan Hall at 7:00 on June 15th.



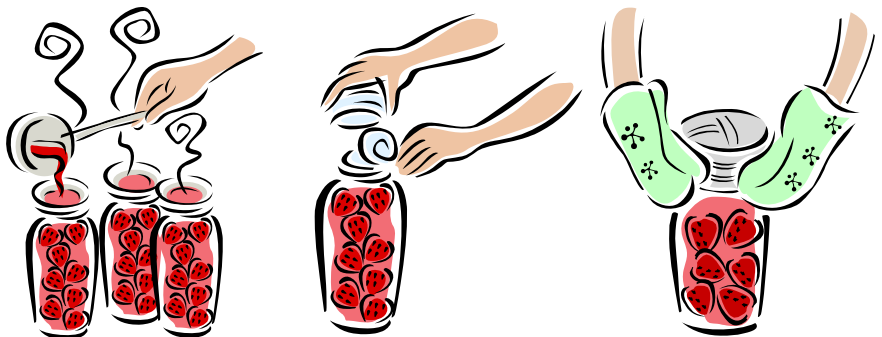
This month's book is The Poisonwood Bible by Barbara Kingsolver

The story follows an evangelical Baptist minister's family to the Congo in the late 1950s, entwining their fate with that of the country during three turbulent decades.

GOT FRUIT?

St. Anne's is preparing for their annual canning event and they cannot create their delicious jams and jellies without you! Please save, freeze, donate any of your extra fruits or vegetables for the upcoming "St Anne's Canning Bee" to occur sometime in August. Donations may be left in the kitchen in Duncan Hall. Don't forget that donations, even food, are tax deductible!

Regrettably, our freezer space is limited, so if you have room in your freezer it would be helpful. Have questions? Want to learn how to can? Need someone to come and pick up the fruit and veggies from you? Please call Mary Schmidt at 415.457.2888 or email her at mmschmidt2@comcast.net. The exact date has not been set yet, so keep your eyes and ears "peeled" for that information!



CENTERING PRAYER WORKSHOP TO BE HOSTED AT ST. PAUL'S SATURDAY, JUNE 7 AT 9:30AM

This method of prayer prepares us to receive the gift of God's presence, traditionally called contemplative prayer. Contemplative Prayer is a prayer of silence, an experience of God's presence as the ground in which our being is rooted, the Source from whom our life emerges at every moment.¹

The workshop is designed by *Contemplative Outreach* to present the method of Centering Prayer within the context of the Christian contemplative heritage. If you're interested in or curious about this prayer of silence sometimes called Christian meditation, this workshop is for you. Come at 9:30 am – bring a bag lunch.

Leaders of the workshop will be Chris Olson and Jane Ferguson, D. Min:

- Chris Olson is commissioned by Contemplative Outreach to teach Centering Prayer and to lead Centering Prayer Introductory Workshops. He has practiced meditation for more than 30 years. In addition to leading the introductory workshop Chris will be co-leading the follow-up sessions.
- Jane Ferguson is Director of Pastoral Care and Community Ministry at St. Mary's Church in Los Gatos. She wrote her doctoral dissertation on Centering Prayer, and has led Centering Prayer Introductory Workshops in parish and university settings. Her experience includes a daily Centering Prayer practice.
- Richard Flout, a certified group facilitator with Contemplative Outreach, will be assisting at the workshop and co-leading follow-up sessions. His experience includes leadership for retreats, prayer and meditation groups, and a daily practice of contemplative prayer.

¹ www.centeringprayer.com

QUARTERLY QUIET DAYS

Thomas Merton wrote,

"The rush and pressure of modern life are a form, perhaps the most common form, of innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence. More than that, it is cooperation with violence."

St. Paul's is our Sacred Space for our busy lives and the quarterly Quiet Days are one way for us to lessen the rush and pressure of our modern existence. For one day we choose to abandon the violence of life's bombardments and step into silence. Sitting meditation, silent time which can be used walking outdoors, reading, writing, or doing whatever silent activity one desires, and a silent brown bag lunch happen in Duncan Hall starting at 9am on the following Saturdays:

June 21
August 30
November 29

Everyone is welcome and it is fine to come for all or any part of this day. No experience necessary. If you have questions please talk to Chris Olson or Carolyn Eitel. We hope you will join us on June 21st.



ST. PAUL'S CHANCEL CHOIR HAYDN MASS PERFORMANCE WITH STRINGS

June 1st, at the 10:30 service, our Chancel Choir with friends, accompanied by a string trio will perform music composed by Franz Joseph Haydn. Franz Joseph Haydn (1732-1809) composed over 750 works and arranged over 330 songs. Performance will include the Kyrie, Sanctus, Credo and Agnus Dei. In addition, our resident opera diva, Nikki Einfeld, will perform the Benedictus as the prelude. Get you to the church on time!

CONGRATULATIONS KEVIN HANLEY

Kevin Hanley, grandson of Bobbie Hanley, will graduate from Castro Valley High School this month. He is the editor of the Opinion Page of the Olympian, the Castro Valley High School paper. He will attend Chabot College. Congratulations Kevin and best wishes for all your future endeavors!



CONGRATULATIONS ST. PAUL'S

What a fantastic turnout at our 140th birthday celebration! The program was well put together, the baptism was beautiful, and we had a special guest photographer from the Marin Independent Journal! Go to their website at www.marinij.com and type "St. Paul's" in the search field to see the photos and the article.

Thank you to Ronnie Dodds for coordinating the cake and the decorating that went into it! And special thanks to Joy Moss for researching the names of our founding members from various historical documents. All in all, it was a wonderful event and a milestone for St. Paul's. Next milestone? 150! Now that will be a party!



BASIC CHRISTIANITY RETURNS

We are a people with a story. We tell a particular story of who God is, what God has done for us and what it looks like to grow in God's love. This July I will be offering a new, revised and improved version of Basic Christianity, where we tell and reflect on the basic story of God and explore what that story means for our lives. For five Wednesday evenings, starting on July 9th, we will gather at 7pm in Duncan Hall for a potluck meal followed by an hour of teaching and conversation.

I believe that God yearns to be in a deeper relationship with you. We each have a hunger for God that is built into us and can only be really satisfied in one way. Our hunger is fed when we take the time to know and internalize the story God has given through the scriptures of who God is and how it is that God wants to be in loving relationship with us through Jesus. This five part class is a real opportunity to take a significant next step in your spiritual life. I hope you can join us starting on Wednesday, July 9th.

"If black boxes survive air crashes - why don't they make the whole plane out of that stuff?" *George Carlin*

CLERGY VACATION SCHEDULE FOR SUMMER



The Rev. Julie Anderson Love will be away in August. Stay tuned for those dates.

The Rev. Christopher Martin will be away:
June 18 - July 1

Note: The office will be closed July 4th in observance of Independence Day!

PRAYER LIST

+In the Short Term Prayer List:

A Friend
Renee
Mary Bucklew
John Dods

Walter & Nancy Dods
Souzzi F.
Fred Hastings

Janet Martin
The Martin & Flynn Families
Tracy Peterson

Josie Saber
Christine Spaulding & Family
Marie Stark & Stark Family

+In the Long Term Prayer List:

Baby Lillian Grace
Ben
Kathleen and Olivia
Melissa
N.
Natalie
Cheryl August

Pali Boucher
Maria C.
Joseph Cook
John Davis
Letty Dell'Era
Alex Elliot
Vera Levitan

Blaine Marshall
The McGeehan Family
Emily Monforte & Family
Jocelyn O.
Sandy Olenik
Matt Peterson
The Rowcliffe Family

Colin Ryan
Beverly Sherman
Sue Shirley
Nancy Skinner
Patricia W.
Eugin Wilms & Family
Dar and Stan Wood

+ **For those that have died:** Dwight (Hoby) Hulbert, the victims of the typhoon in Myanmar, the victims of the earthquakes in China.

+ **For those serving in the military:** Jason Brooks, Ryan Richard Gourley, Alex Rey, Aaron Sova, and our friend Brandon.

+ **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 JULY EPISTLE IS JUNE 6TH.

Email your article to Ana at astark@stpaulssanrafael.org.
Articles need to be received before the deadline.
Please reserve your space today!

SEAGATE PARKING LOT

The parking lot across the street will not be available on Saturday and Sunday, June 14-15. The City of San Rafael is hosting the Youth In Arts Italian Street Painting Festival. Allow enough time to find parking.

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.



JUNE BIRTHDAYS!

6 Emma Delaporte
7 Timothy Hughes
10 John Luce
10 Simon Martin
15 Ann Armour
18 Joan Adams
20 Ricky Leist
22 Mary Mitchell
22 Michael Wong
26 Emilie Baxter

JUNE ANNIVERSARIES!

1 Dennis & Panida Puccinelli
13 Gregory & Ellen Alexander
16 Donald & Alison Greenfield
20 Nancy & Walter Dods

STAFF DIRECTORY

ST. PAUL'S EPISCOPAL CHURCH

1123 Court Street
San Rafael, CA 94901-2909

Phone: 415.456.4842
Fax: 415.456.1096

Email: info@stpaulssanrafael.org
www.StPaulsSanRafael.org

CHURCH OFFICE HOURS

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

RECTOR

The Reverend Christopher Martin
415.456.4842 ext. 3
415.454.1133 (H)
cmartin@stpaulssanrafael.org

ASSOCIATE RECTOR

The Reverend Julie Anderson Love
jlove@stpaulssanrafael.org
If you need to reach her by phone, please leave a message in Ana's voicemail.

ASSOCIATE PRIEST

The Reverend Jeremy Blodgett
415.499.0204 (H)
signsandwonders@juno.com

TREASURERS

Susie and Larry Quenzer
415.456.4842 ext. 4
415.457.3229 (H)
lsbqzr39@aol.com

ORGANIST AND CHOIR DIRECTOR

Michael Struck
415.892.9731 (H)
m_struck@comcast.net

PARISH ADMINISTRATOR

Ana Stark
415.456.4842 ext. 1
astark@stpaulssanrafael.org

YOU ARE CORDIALLY INVITED TO
ST. VINCENT DE PAUL SOCIETY OF MARIN'S

*Free Dining Room
Grand Re-opening &
Ribbon Cutting Ceremony*

Sunday, June 1st, 2008

2:00 - 3:30 Ribbon Cutting and Reception

3:30 - 5:00 Public Open House

Join us for live music, appetizers and a special celebration of
our lovely, newly remodeled space.

Free parking at the San Rafael city lo on B and 3rd Street.

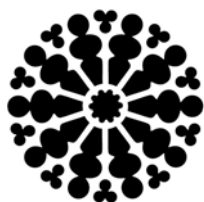
All are welcome to attend, but please

RSVP to Christine Paquette, 415.454.3303, ext. 12



St. Vincent de Paul Society is located at 820 B Street in downtown San Rafael.

www.vinnies.org 415.454.3303



ST. PAUL'S

EPISCOPAL CHURCH

1123 Court Street
San Rafael, CA 94901-2909
415.456.4842

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