

THE EPISTLE

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

FROM THE RECTOR



Dear Friends,

I write this month to ask your help. We are in the midst of a bold push to dramatically expand our Outreach into the community and we need the help of as many people as possible to make it work.

We are building on a strong and deep foundation. As I've written before, hands-on service of those in need is in the DNA of St. Paul's. To choose just two examples of many, part of how the Canal Ministry got started back in the 1970s was when people from St. Paul's made sandwiches and distributed them to recent immigrants from the porch in our courtyard. Parishioners regularly visit our friend Joe Cook on death row as they have for over a decade.

More recently, there have been about a dozen of us serving breakfast three times a week at the Community School for probationary youth as the Teen Success Breakfast and about eight of us going every week to prepare food at the St. Vincent de Paul soup kitchen.

Now, we are getting ready to expand our Outreach in three ways. First, Lynn Dunn is leading us in an effort to deepen our relationship with the Fifth Avenue Health Care Center. For many years we have been going to this convalescent center twice a month to offer a worship service. More recently, we have gone Christmas Caroling. Now, we are looking to go over regularly on Saturday mornings to offer games, crafts, and music. Several people, including whole families, are already signed up. Please contact Lynn at lynn_dunn@earthlink.net with your questions or to sign up for this new ministry, tentatively called 'Fifth Avenue Friends.'

Second, we are also looking to expand our longstanding relationship with the Ritter Center, which calls itself 'Marin's Safety Net.' Every Sunday, we collect food for their food bank and bring up the baskets of food at the Offering. (By the way, they have told me that they have special need for five items- peanut butter, tuna fish, beans, rice and pasta.) Ritter's hours are 9am to 3pm and they can't afford to stay open later with a full staff. However, some of the people who need the food most, particularly low income families with working parents, can only come in the afternoon. They've asked us if we would come on Wednesdays from 3pm to 6pm to assemble and distribute bags of healthy groceries. Contact Walter Dods at 472-6619 if you would like to be part of the Ritter team.

Finally, the Teen Success Breakfast has expanded to four days a week, to include every day but Friday. However, the volunteers are now stretched thin. They need three or four new volunteers to sustain the new pace. Please contact Susie Quenzer at Lsbqzr39@aol.com to schedule a visit to the program to see if this work might be for you.

I know this is a stretch so I'd like to ask you something I've already asked everyone in our Discipleship Groups. Please pray for these efforts and prayerfully consider where you might be called to serve. In pursuing this work, we are only following the logic of Jesus' simple teaching, 'truly I tell you, just as you did it to one of the least of these, who are members of my family, you did it to me.'

Faithfully, Christopher



FROM THE ASSOCIATE RECTOR

I guess its time to admit it. I'm not one for change. Or, maybe its more that time is moving way too fast for the likes of me. My graduate school is already looking towards the fall, asking us what courses we're planning to take. "Fall?" I was shocked. "We just celebrated Easter, didn't we? How could my school already be planning for fall? Fall means pumpkins and falling leaves and early nightfall and fires in the fireplace. Where did summer go? I have yet to find my summer shorts and lightweight T-shirts!" I guess the thing is, I am not good at planning for one season, while still trying to be fully living in and enjoying another.

Now, I have nothing against planning. Planning is a good thing, for the most part. But we can get lost in it, if we're not careful. I remember traveling in Europe with Greg. We're sitting on the train whizzing through the south of France. I had the window seat and loved to see the countryside unfold outside my window while Greg had his nose buried in a map. No doubt his extensive planning of this leg of the trip made the going easier. But still, I looked at him and looked outside and wondered: what is wrong with this picture???

At this point, you're probably thinking I'm going to come to the over-used and least-practiced call to enjoy the moment. Easter is done—the worship services celebrated, the Easter eggs found and devoured, Easter dishes washed and put away. Now what? Frankly, I'm not going to arrive at some profound, life-changing thought here. More of a suggestion. Maybe its time to take a few minutes to look up, out the window. Maybe its time to enjoy the landscape of St. Paul's. To enjoy the beauty of the sanctuary; enjoy the beauty of the liturgy; enjoy the beauty of the life we share together in this place. Maybe, before we move ahead or move on or move away, maybe we should simply take a deep breath, sit back, and like the child looks at all of her opened presents on Christmas morning counts her presents, count our many blessings. To give thanks for the music, and musicians, who fill our Sunday morning air with delight. To give thanks to the altar guild and their tireless, hidden work to ensure that Sunday morning worship sings along without a hitch. To give thanks for all of the ways St. Paul's finds a way to care for each other and yet is always wanting to reach out to the broader world. To give thanks for a dedicated staff who really has a heart to see St. Paul's thrive and be a blessing to San Rafael.

That's a lot to consider. Maybe too much. But, it's a suggestion! Something to think about!

Blessings to you all as we move into summer, (and maybe begin planning for the fall!)

Julie

WORSHIP IN THE BEAUTY OF HOLINESS
BY THE REV. CHRISTOPHER MARTIN

Beginning this Easter season there's a small change in our service bulletin that doesn't directly effect almost all of you, but does represent a deep shift. Since before I arrived almost five years ago, the bulletin has said something like the following:

'Whoever you are, wherever you are on your journey of faith, you are welcome at the Lord's table.'

Now it says this:

'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.'

To be clear, despite the new wording, I will never refuse anyone who comes up with open hands wishing to receive communion. We're not going to start asking whether people are baptized or not. It is only a question of the message we send and the process for inclusion in the community- it's baptism first. We're still going to be a welcoming and inclusive community. For example, I maintain my firm commitment to the full inclusion of our Gay and Lesbian brothers and sisters and to expanding the sacramental act of marriage to include a union of two men or two women.


The history of the 'open table,' as it is called, is that about a decade ago some Episcopal Churches, and many churches in the Bay Area, decided to try something new in the Christian tradition by opening up the communion table to those who aren't baptized. The motivation was a good one. It was to be inclusive. Scripturally, these churches could point to the instances where Jesus shared meals with all kinds of different people and even fed large crowds. They wanted communion to also be a symbol of Jesus' radical inclusiveness.

However, Communion is explicitly a remembering of Jesus' last supper, which he shared only with his disciples. Since the early church, baptism has always been the sign that one wants to follow Jesus, and then communion becomes the way that one is strengthened and supported on the walk of discipleship. Our Book of Common Prayer is structured around this understanding of Baptism as the key initiating sacrament. My view is that by returning to 'baptism first' we are renewing the integrity of our worship.



Photo by Ana Stark

SERVICE OPPORTUNITY: FEEDING THE HUNGRY



While we're still waiting and praying for some new volunteers to step in so we can serve a hot breakfast to the Community School students 5 days a week, we've got an easy solution to get the kids some nutrition on Fridays (when we still don't have any volunteers.) It's our **Muffin Ministry**, and anyone in the parish can participate! It's easy, and you can do it at your convenience.

Just bake a batch of muffins (usually one dozen), put them in a Ziploc bag labeled "Community School" and freeze them until you come to church next time. Bring the frozen muffins to church with you, and put them in the freezer in the kitchen. Nancy Dods will deliver them to the Community School, and the kids will enjoy them, do better in school, and feel the love!

This is a great activity to do with kids. And for all of you regular bakers out there, when you're baking at home, just remember the Community School, double your recipe and make a dozen muffins for the kids!

PARISH PROFILE - CARY CEDARBLADE BY MARION CEDARBLADE

Cary Cedarblade began his musical career at St. Paul's at age eight as a member of the Boys Choir (yes in the olden days they did have a Boy's Choir.) Within two years they not only had a Boys and Girls Choir but they were 60 voices strong and headed for a grand performance at Grace Cathedral with Vince Guaraldi, a popular and nationally recognized musician at the keyboard, and Barry Mineah, their leader, conducting. It was a JAZZ MASS and well received by the sell-out crowd. A few weeks later some of the participants, including Cary at the ripe old age of ten, made a record of the Mass which was sold commercially. Quite an experience for all involved - and for the parish.



Music has always been a happy part of Cary's life. He has a Masters degree in Music from the University of Illinois and returned to the Bay Area to teach at a number of different schools including Napa Valley Community college, Dominican University, and the San Francisco Community Music center. He sang with the Grace Cathedral Men's Choir for seven years and found it a great learning experience. Among his friends and singing mates was Louis Botto, founder of chanticleer. Matter of fact they shared the same music teacher, John Hudnall, who was also an important person in the music life of each.

In 1991 his long-time friend Mike Struck called Cary to ask him to substitute for the tenor in St. Paul's choir for about six weeks. He agreed. And that tenor never returned. And that's how Cary became a permanent part of St. Paul's choir once again. For the past nine years he has been conductor of the Novato Music Association chorus and Mike has been his accompanist. Their friendship goes back to Mike and Peggy's wedding at which Cary sang.

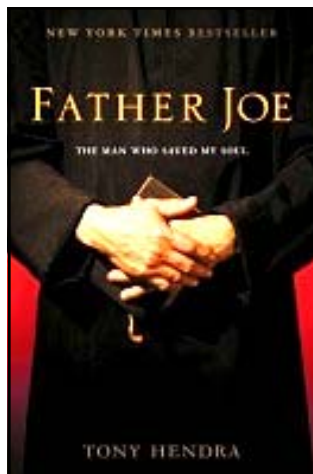
In addition to music, Cary is an Account and Territory Manager for Peet's Coffee Company. His territory is both the Northwest and the Midwest which calls for a great deal of traveling. He lives in Fairfax with his wife Barbara. Their daughter Clara is a second year medical student and lives in Portland.

FROM THE SENIOR WARDEN

The Vestry meets the third Thursday of every month (with one extra meeting in December for the budget). Here's our schedule for 2009. We have one main topic of discussion for each meeting and that is listed with the date. The planning for the Vestry Meeting is always Saturday morning, on the Saturday before the Vestry Meeting. So - please feel free to come to any Vestry Meeting and if you have an item that you would like to see on the Agenda, let Christopher, Carolyn Eitel, or John McDermott know prior to the Saturday planning meeting.

April 16	Quarterly Financial Reports
May 21	Building and Grounds projects reviewed
June 18	Outreach Quarterly Report
July 16	Quarterly Financial Reports
August 20	Building and Grounds projects reviewed
September 17	Outreach Quarterly Report
October 15	Quarterly Financial Reports
November 19	Building and Grounds projects reviewed
December 3	Budget Meeting
December 17	Outreach Quarterly Report

These are open meetings and you're invited. Have I mentioned that four Vestry members are in the last of their three year Vestry term? If you're thinking, "Hmmmmm, maybe I should look into being on Vestry", come and check it out!



ST. PAUL'S BOOK CLUB

St. Paul's Book Club will meet on Friday, May 15th in Duncan Hall at 7:00pm to discuss the book, *Father Joe: The Man Who Saved My Soul* by Tony Hendra. This is the story of a boy who is caught in an indiscretion and is guided to a useful life by a gentle monk. Told in a humorous fashion, it deals with the author's lifetime of mistakes which the monk repeatedly uses his guidance to repair.

MAY BIRTHDAYS!

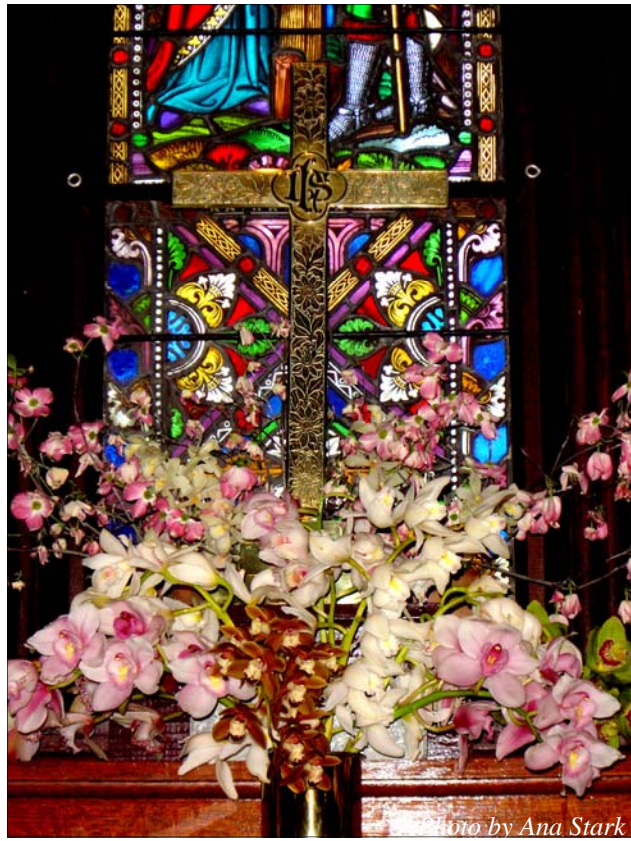
- 3 Judith Martin
- 3 Leith Grifoni
- 4 Akousa Demann
- 4 Milan Sofia Hines
- 5 Greg Love
- 5 Mandy Wick
- 6 John McDermott
- 7 Neville Armstrong
- 10 Enid Carter
- 14 Tiziano Grifoni
- 14 Annaliese Grace Gypson
- 16 Macario Machado III
- 17 Daniel Martin
- 17 Logan Palmer
- 18 Joy Moss
- 21 Peter Struck
- 21 Dr. Lea Reidenbach
- 23 Rita Barker
- 23 Byrd Coleman
- 23 Sarah Pope
- 24 Michelle Jolly
- 24 Rick Luoni
- 25 Indigo Johnson
- 25 Renee Luoni
- 26 Felicia Demann
- 28 Yvonne Garratt
- 29 Nancy Condy

MAY ANNIVERSARIES!

- 1 Jay & Katie Taggart
- 15 Susan & Jon Parkinson
- 29 Erik & Rose von Buchau

A MESSAGE FROM THE ALTAR GUILD

Many thanks to the talented
Ronnie Dodds, Alex Elliot,
Holly Pritchard and Joan Adams
for the beautiful Easter flower decorations
on our altar and stained glass window boxes.



PRAYER LIST

+In the Short Term Prayer List:

Camila	John Davis	Debbie Marshall	Charlie Riggan
Charlotte & Peter	Veronica Dodds	Ruth Mitchell	Charles Stover
Gus & Rua	Jae Eitel	The Mullen Family	TutTut
Nancy	Bob Essen	Joni Peterson	Sherry Whyte
Billy Carrington	Rosie Heilman	Tracy Peterson	Mandy Wick
Carolina D.	Aloe & Jolia Jenks	Daren Pursche	Debbie Z.

+In the Long Term Prayer List:

Ben	Joseph Cook	Blaine Marshall
Bo	Letty Dell'Era	Melissa and Sandy Olenik
Chuck and Sharon	Alex Elliot	Claudine Schiefblien
Natalie	Phil Hansen	Eugin W. & Family
Janice Anderson	Corinna K.	

- + **For those who have died:** David Dell'Era
- + **For those serving in the military:** Jason Brooks, Gourley, Alex Rey and Troop 225, 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 Communion worldwide and the Episcopal Church in the United States.

WORSHIP AT ST. PAUL'S

SUNDAYS:

8:00 am Holy Eucharist
9:00 am Family Service
10:00 am Holy Eucharist

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.

RECTOR'S BIBLE STUDY

The Rector's study on Wednesday mornings from 10-11:15 will be on hiatus until August.

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 and please, stay to help clean up after.

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

DEADLINE FOR THE JUNE EPISTLE IS MAY 8TH.

Email your article to Ana Stark at
astark@stpaulssanrafael.org.

Articles need to be
received before the deadline.
Please reserve your space today!

STAFF DIRECTORY

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CHURCH OFFICE HOURS

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

RECTOR

The Reverend Christopher Martin
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ASSOCIATE RECTOR

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If you need to reach her by phone,
please leave a message in Ana's
voicemail.

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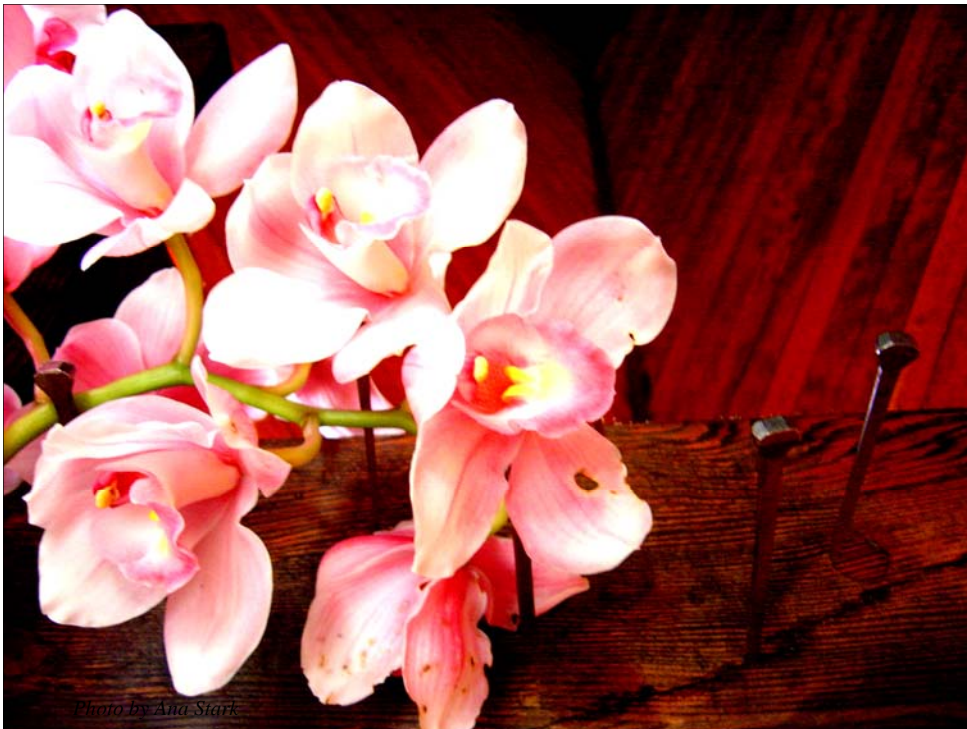


Photo by Ana Stark



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EPISCOPAL CHURCH**

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Photo by Ana Stark

THAT BIBLE IS A BIG CONFUSING BOOK

Is there an understandable story underneath it all that I can apply to my life?

Yes!

Come to [Basic Christianity](#) to find out.

Basic Christianity is a five part 'back to basics' seminar, offered one hour at a time. This month it will be offered on Sunday mornings for the first time. Right after the May 17th, 10am service, you are welcome to grab a cup of coffee in Duncan Hall and join us upstairs in the Upper Room. I will offer a half hour of teaching, followed by a half hour of your questions, comments and insights.

What do you get?

To learn whether the Christian story is true and how it is relevant for your life.

What do I get?

The opportunity to know you better.

Learn more about these seemingly mysterious traditions and the foundations of Basic Christianity. Questions? Call me at 415.456.4842.

See you there!

The Rev. Christopher Martin