



ST. PAUL'S

EPISCOPAL CHURCH

A Sacred Space for Your Busy Life

Sunday, March 1, 2015, Second Sunday in Lent

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 worship, prayer and service.

WORSHIP

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

Prelude	If Thou But Suffer God to Guide Thee	J. S. Bach
Opening Hymn	143	Hymnal
Kyrie	S-86 <i>(Service music found in front of hymnal)</i>	Hymnal
Psalm	22:22-30	BCP p. 611
Gradual	S-102	Hymnal
Prayers of the People	Form III	BCP p. 387
Offertory	Let Thy Merciful Ears, O Lord	Thomas Mudd

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-124	Hymnal
Fraction Anthem	S-161	Hymnal
Communion Hymns	141, 315	Hymnal
Closing Hymn	150	Hymnal
Postlude	Prelude in A	J. S. Bach

THIS WEEK'S ANNOUNCEMENTS

Save the date of Saturday March 7th from 9am to 11am for the most important gathering of the year for the spiritual work of St. Paul's. We will be teaching on, sharing stories about and giving an experience of **Discipleship Groups**. This Saturday is the first of the three part series on Building Your Spiritual Core Strength. (See the other insert.)

SERVING TODAY

Preacher & Celebrant:	The Rev. Christopher Martin
Choirmaster/Organist:	Michael Struck
Acolytes:	Jacob Moody, Jane Santucci, Pamela Barnes, Dante Filippetto
Readers:	Jacob Moody, Jane Santucci, Kay Blackwill
Altar Guild:	Brigitte McCulloch, Wendy Olson, Lena Supsupin, Judy Rowcliffe
Hospitality:	Katie Taggart, Alice and Bob King

CHRISTOPHER'S WEEKLY MESSAGE

Thirteen years ago I spent a weekend at a church and it changed my life. I write to invite you to come to St. Paul's next Saturday, the 7th of March, for a two hour experience that I hope will give you some small taste of what I experienced thirteen years ago.

The name of the church I went to is Church of the Saviour. It's a small church in Washington DC that was started in 1948 with the purpose of helping people mature as Christians. Members of the church are known for their balance of the inner work of prayer with the outer work of service of the poor.

The most important thing I learned from the founder, Gordon Cosby, is the importance of 'structure.' He taught that we all tend to underestimate how important structure is in our process of growth. But we all need structure to hold us to our best, noblest intentions. We need structure to hold us in love as we die to our old selves and are reborn in Christ.

From Cosby, I took the most important structure of all, the structure of a mission-focused small group. With Cosby, I believe that all small groups become self-support groups unless they are structured toward mission and spiritual growth. But what is the best structure?

With friends, I took Cosby's structure as a starting point and began to run experiments in structures for small groups at St. Paul's and in places around the country. Four years ago, we finally arrived at a structure that matched our hopes. We call these groups Discipleship Groups. Meetings begin and end with a ritual that ensures confidentiality and reminds everybody that we are here to help each other become better followers of Jesus.

The meeting also begins with seven statements of intent that serve as vows. Those in a group vow to work toward specific goals in prayer, worship, service of the poor, generosity, knowledge of scripture, working on call and commitment to the small group.

We now have five active groups at St. Paul's. There are also Discipleship Groups up and running in places like Nebraska, Indiana, Massachusetts and Florida.

We've discovered that groups tend to develop, over time, in three phases. First, there is work on the vows. No one comes into a group having mastered all the vows. Far from it! Being honest about where we start is an important first step. Then, there is time for people to share their stories and to get to know one another in depth. Finally, with that background, groups can help each member begin to discern what God's next call to them might be, a call using their unique gifts.

This season of Lent is the perfect time to try new things. This two hour 'Come and See' workshop is a time to hear stories of Discipleship Groups from people who've experienced it, to try out the structure for yourself, and to meet people from around the Bay Area who are giving it a try.

I hope to see you Saturday, March 7th from 9am to 11am at St. Paul's.

Blessings,
Christopher

*Each week our rector, The Rev. Christopher H. Martin, sends an email message.
Email him at cmartin@stpaulsanrafael.org to get on the list*

PRAYER

Arin D	Gerry O	Kathy G	Rose von Buchau
Blaine Marshall	Greg	Ken Asay	Sally Ettling
Charlotte & Peter	Hester	Kevin "Mac"	Stephen Topol
Chloe H	Hollis & Lori	Lisa Rose	Sue Adamson
Chris & Jennifer M	Jay Taggart	Lori & Rich Mentel	The People of West Africa
Dan Pollart & Family	Jeffrey Katz	Owen	Tim Hixon
Denise Stevenson Palmer	Jennifer Fritz	Rachel Wilde	Walter Dodds
Felicia's family in Liberia	Joan Von der Heiden	Rainie Joses	

SERVICE

Teen Success Breakfast: Serve hot breakfast to at-risk youth. Contact Keira Vicente at 684.2670 or keiravicente@yahoo.com.

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

Prison Ministry: St. Paul's has been engaged in regular visitations and correspondence for 17 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 four other parishioners are now visiting Joe and three other inmates. In the coming weeks there will be more information about this growing ministry, including opportunities for everyone to be involved in an action heralded by Christ in Matthew 25:36: "I was in prison and you came to visit me." Are you being called to this ministry, perhaps by corresponding with one of the four inmates we've been visiting? For further info contact Richard Olive (415.259.9198 or ollipops@comcast.net).

Young Moms Marin: On Fridays, St. Paul's is now hosting Young Moms Marin, a group for mostly teen moms and their children led by our friend Teresa Ashby. The group meets from 3pm to 5:30pm in Duncan Hall.

ONGOING

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

Godly Play: Sundays in Room 6. Kindergarten thru 3rd grade. Meet in the courtyard at 9:45am.

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 Nativity in San Rafael. Middle and high school students from 5 Marin churches. Daniel London, youth minister.

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 The Rev. Christopher Martin.

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.

Bible Studies: Tuesdays from 12:30 to 1:30, Wednesdays from 10 to 11:15; all in Duncan Hall.

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