



ST. PAUL'S

EPISCOPAL CHURCH

A Sacred Space for Your Busy Life

Sunday, March 29, 2015, Palm Sunday

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)

Opening Hymn	154	Hymnal
Kyrie	S-86 <i>(Service music found in front of hymnal)</i>	Hymnal
Psalm	31:9-16	BCP p. 623
Gradual	S-102	Hymnal
Prayers of the People	Form III	BCP p. 387
Offertory	Jesus Word of God Incarnate	Charles Gounod

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	168, 458	Hymnal
Closing Hymn	158	Hymnal

THIS WEEK'S ANNOUNCEMENTS

HOLY WEEK SCHEDULE

Palm Sunday, March 29	8:00am	Holy Eucharist with Blessing of the Palms
	10:00am	Holy Eucharist with Blessing of the Palms
Maundy Thursday, April 2	7:30pm	Holy Eucharist with Foot Washing and stripping of the Altar
Good Friday, April 3	Noon	Good Friday service and Vigil at the Foot of the Cross
Holy Saturday, April 4	7:30pm	The Great Vigil of Easter
Easter Sunday, April 5	8:00am	Easter Service
	10:00am	Choral Easter Service (Easter egg hunt to follow)

SERVING TODAY

Preacher & Celebrant:	The Rev. Christopher Martin
Choirmaster/Organist:	Michael Struck
Acolytes:	Mike Green, Chris Hammond, Jane Santucci
Readers:	Mike Green, Chris Hammond, Dennis Puccinelli
Altar Guild:	Katie Taggart, Joan Peterson, Felicia Demann

CHRISTOPHER'S WEEKLY MESSAGE

This Saturday is the third and final part of Building Your Spiritual Core, a three part series I'm offering that allows people to sink into the depths of what St. Paul's and The Restoration Project offers. The first was a workshop on Discipleship Groups. The second offered an allegorical Grand Narrative of our cultural and spiritual history with some hints of where we may be going next.

This last session offers you a taste of what it might look and feel like when you take the next step in your own process of spiritual maturity. Those of you who have read my book might remember that, in the process of interpreting Benedict's Twelve Steps of humility for today's non-monastic Christians, I divided his twelve steps into four stages. The two-hour retreat on Saturday offers tastes of what stages two, three and four are like. It asks you to consider 'what would life be like for me if I dove a little deeper into the mystery of Jesus?'

(I'm well aware that Sunday is Palm Sunday. I believe these two hours on Saturday (9am to 11am at St. Paul's) will be a fine preparation for Holy Week. For the full Holy Week Schedule, scroll to the end of this email.)

Here is a rough description of the four stages I present in my book, with a hint of what to expect Saturday:

- **Foundation.** In the first stage, we intentionally assume the core practices that have always led to growth. My book weaves the seven vows of Discipleship Groups into this first stage. If you're in a Discipleship Group and attending to the vows, you are in the process of laying the groundwork.
- **Radical Self-Knowledge.** Here we attend carefully to the truth that we were 'made in the image and likeness of God.' What does that mean for our understanding of ourselves? Where can we turn to help this great truth become the center of our self-perception? That will be my first meditation.
- **Stripping.** As we go deeper, we inevitably come face to face with some ugly truths about ourselves. How, in a healthy way, can we release these ugly truths? (Which traditionally were given a three letter word that begins with 'S' and ends with 'N.')
- **Quietness with Strength.** The great priest and teacher George Regas often began his sermons with a prayer to God to 'make us masters of ourselves that we might be servants of others.' This last stage is about quiet self-mastery. My meditation on Saturday will be built on the passages from Isaiah used in noonday prayer for individuals and families: 'O God, you will keep in perfect peace those whose minds are fixed on you; for in returning and rest we shall be saved; in quietness and trust shall be our strength.'

As with all three sessions of Spiritual Core, I will be offering these meditations again in the fall. (The dates are 9/13, 9/27 and 10/11). If you're in the Bay Area, come sit with me Saturday to reflect and pray and create.

Faithfully,
Christopher

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

PRAYER

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

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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