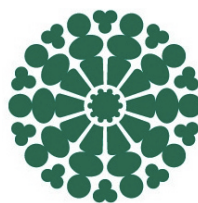


THE EPISTLE



ST. PAUL'S
EPISCOPAL CHURCH

Following Jesus together in prayer, worship and service.

From the Rector

Dear Friends-

April is the month of Holy Week this year. There is never anything more important to us than the worship services at Holy Week. Remember, our mission is simply "following Jesus together in worship, prayer and service." At the heart of following Jesus together in worship is following him closely through the four great worship services of Holy Week. They are:

| | | |
|-----------------|------------|--|
| Palm Sunday | April 14th | 8am & 10am |
| Maundy Thursday | April 18th | 7pm |
| Good Friday | April 19th | 12pm |
| Easter Vigil | April 20th | 7pm |
| Easter Morning | April 21st | 8am & 10am <i>Easter egg hunt to follow the 10am service</i> |

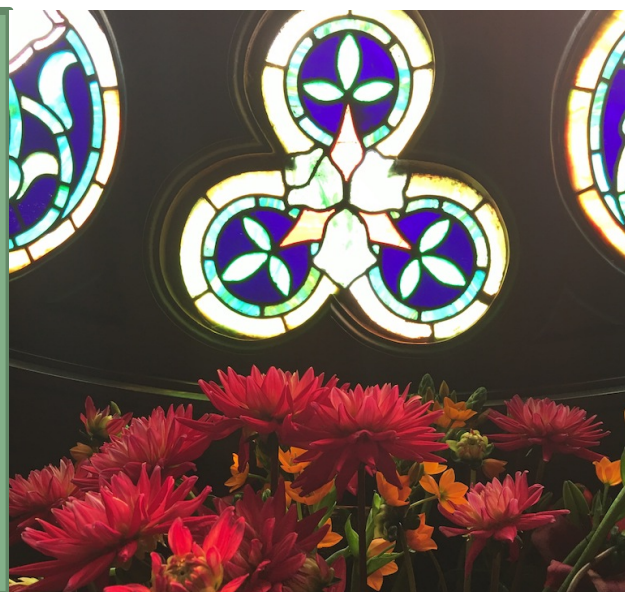
Notice that the two evening services are at 7pm this year. In the past they've been at 7:30pm. If you've never done all four services before I encourage you to try it. It tells a whole story and always deepens our sense of the loving mystery of Jesus.

Faithfully,

Christopher (cmartin@stpaulssanrafael.org)

Easter Flowers

We'll be filling the Church windows and draping the Altar with flowers and greens on Saturday morning, April 20, in preparation for the Great Vigil and Easter Sunday. You're more than welcome to join us! Your Altar Guild would also appreciate your donation for these flowers, especially given in memory of someone you love. There is no specific dollar amount required for the flowers. Please either send in your check by mail or bring it in on a Sunday to put in the offering plate. Make your check payable to St. Paul's and note the designation for Easter Altar Flowers. Please also include the name of the loved one and "Thanksgiving" or "In Memory." Turn in no later than April 12, please.



For more information please visit our website at StPaulsSanRafael.org.
Join the community on Facebook and Twitter. Church Office Phone: 415-456-4842.

Downing Library Book of the Month

by Tom Witt

This month, the Downing Library is pleased to feature one of Donn Downing's personal favorite books and authors, *The Shield of Achilles* by Philip Bobbitt. To quote Donn about Bobbitt's vision and importance: "We are watching the slow erosion of the nation-state as the center of order and the emergence of the market-state as its replacement. What we see today – Trump, Brexit, China's purchase through debt of Trieste as its European port of entry, the orange shirt movement in France and many other surface events – is surface foam on a great wave called globalization." Come explore this and other highly intelligent books in the Downing Library. To borrow one, just fill out a library card with your name, book title, author and date.



This wonderful group of volunteers gathered to package and bless the special heirloom wheat flour we use for our communion bread. This project helped connect our congregation to the farmers and land where our wheat is grown, and to the churches across 8 dioceses and 4 states where the flour is shipped.

St. Paul's Book Club

Friday, April 24 at 4 p.m. in Duncan Hall.
The book we will be reading is *Leopard at the Door* by Jennifer McVeigh. This is a fictional account of Kenya before and after freedom from Colonial rule through the eyes of a young girl who was born there. Anyone who wants to join is welcome. For information contact Joy Moss (415)479-6930.

St. Anne's Guild weekly lunch

St. Anne's would be delighted to have anyone who would be interested in our group. Join us on Thursdays. We start at 11:00 in Duncan Hall and some of us knit. Bring your sandwich and we'll have tea and cookies. We have good conversation and enjoy one another.

How can I serve the least of these?

Teen Success Breakfast: Serve breakfast to at-risk youth. Contact Ginny Horton at 415.785.7011 or hornlocker@comcast.net.

San Rafael Health Care: Help lead a simple worship service with prayers and songs for the residents at the 5th Ave. Health Care center. 11:00 – 11:25 on 1st and 3rd Sunday. Children are welcome. Contact Sue Adamson at 415.461.1798.

Prison Ministry: Members of our congregation have committed themselves to a range of service associated with St. Paul's Death Row Ministry, including correspondence and visitation with inmates and hosting family members of inmates coming from out of town for visits. Contact Richard (415.259.9198 or ollipops@comcast.net).

What is Your Next Spiritual Step?

- **Morning Prayer:** every Tuesday at 7:30am in the church.
- **Morning Eucharist:** Wednesdays until 4/17, 7:30am in the church
- **Bible Studies:** Wednesdays 10-11am: Stations of the Cross/John Gspl.
Thursday 6:15-7:15pm: Isaiah
- **Spiritual Forum:** Sundays 9-9:40am-Coleridge's Rime of the Ancient Mariner. Duncan Hall.
- **Christian meditation:** 2nd & 4th Sunday at 7pm in the Upper Room.
- **Afternoon 20-minute meditation in the church:** Tuesdays at 5pm
Thursdays at 5:45
- **Discipleship Groups:** small groups with a longer term commitment focused on spiritual maturity and loving community with the poor.

St. Paul's offers many ways for you to learn, pray and grow spiritually

Lent + Poetry = St. Paul's Forward

by Pat Curtis

walk at Andy's, order a latte and sit out in front watching the world go by. Recently, as I sat contemplating Life in General and St. Paul's in particular, I suddenly realized that I was whipping out my credit card at least twice a week for a latte that wasn't even particularly good for me. What else was I so casually spending my money on? I immediately thought of that bottle of wine that finds its way into my cart every week at Costco.

In high school I had a great English teacher, Mrs. Zapell, who loved poetry. I learned snippets of poems that have stayed with me forever. Wordsworth's famous poem popped into my head as I sat at Andy's, drinking my latte:

The world is too much with us; late and soon,
Getting and spending we lay waste our powers;
Little we see in Nature that is ours;
We have given our hearts away, a sordid boon!
This Sea that bares her bosom to the moon,
The winds that will be howling at all hours,
And are up-gathered now like sleeping flowers,
For this, for everything, we are out of tune;
It moves us not. --Great God! I'd rather be
A Pagan suckled in a creed outworn;
So might I, standing on this pleasant lea,
Have glimpses that would make me less forlorn;
Have sight of Proteus rising from the sea;
Or hear old Triton blow his wreathèd horn.



A Stop Sign flashed in front of my eyes. What was I doing with my money? It became obvious to me what my Lenten Practice must be. Give up 2 Lattes and 1 bottle of wine every week. Hardly much of a sacrifice. Keep this practice up forever, be healthier, do some good with my money, be a Gracious Giver.

Lent Plus Poetry Equals St. Paul's Forward. When our Pledge Drive rolls around in November, I will increase our Pledge by Two Lattes and One Bottle of Wine per week. Being a retired banker, I can easily add up the numbers: $\$10 + \$15 = \$25 \times 52 \text{ weeks} = \1300 . Great God!!!!

Children and Youth at St. Paul's

Sunday, April 7th there is NO Sunday School because it's the beginning of Spring Brea); April 14th - Music Sunday School with Libby; Saturday, April 20th at 7pm- Great Vigil of Easter (and Leila is baptized!); April 21st - EASTER - Egg Hunt following the 10am service; April 28th - Family Sunday (Volunteers for Collection and Readers needed!) Last day of Sunday School will be June 9th. It'll be Music Sunday School with Libby and an Ice Cream Social at Coffee Hour - end of school year extravaganza! Please be on the lookout for our St. Paul's Beach Day at Heart's Desire. Date TBD. Many Blessings, Kati Please contact Kati Dombrosky with any questions: kdombrosky@gmail.com 415-846-1700

Marin Episcopal Youth Group

We'll meet again on Sunday, April 14 at 6:00 at Nativity, 333 Ellen Drive, San Rafael.

Our meetings are lively, informative, engaging and fun. Dinner will be provided. Why not bring a friend along! Kindly RSVP to Gerry (youth@oursavioumillvalley.org) if you will be able to attend.

See next page for Interfaith event coming up!



Marin Youth from diverse religious traditions (churches, synagogues, mosques, temples) will converge for a meet-and-greet. Grades 7 thru 12 are encouraged to take advantage of this unique opportunity to join with their peers from other traditions across Marin for an evening of fellowship, music, games and learning. Come join us! Please contact Gerry Caprio (youth@oursaviourmillvalley.org) if you plan to join our parish team for the evening.

The Sacred Gaze: Part II

With

Fr. Terry Ryan, CSP
 Saturday, April 27, 2019
 9:00 AM to 12:00 PM
 Duncan Hall

In this second part of *The Sacred Gaze* we will continue to examine our encounters with The God who delights in us. Interior prayer can open us to the experience of God gazing upon us as we truly are. We come to see ourselves through the eyes of the Creator.

Refreshments, coffee/tea will be offered. There is no cost, but a free-will offering is most welcome. There will be a 20:00 meditation at the end of the presentation. For more information contact Richard Olive at ollipops@comcast.net

**Living Buddha,
 Living Christ**

The Sunday morning book group will continue meeting in the upper room from 11:30-12:30 as we finish up the last couple of chapters of this book by Thích Nhất Hạnh. It's not too late to join us!

Death Cafe

Sunday, May 5
 4-6 pm Duncan Hall
 All are welcome for an open and uplifting conversation about death and dying, life and living. Refreshments will be served.
 RSVP
chloedmartin@comcast.net

**ST. PAUL'S
 EPISCOPAL CHURCH**

1123 Court St.
 San Rafael, CA 94901