

THE EPISTLE



ST. PAUL'S
EPISCOPAL CHURCH

Following Jesus together in prayer, worship and service.

From the Rector

Dear Friends,

Ash Wednesday, the beginning of the spiritual season of Lent, is on February 26th. There will be services at 7:30am, noon and 6:30 pm, all of which will include the imposition of ashes with those sobering words, “remember that you are dust and to dust you shall return.”

There are three ways you are encouraged to observe Lent this year with others at St. Paul’s:

1. Come on Wednesday evenings at 7pm starting on Ash Wednesday (when it will probably start a bit later because of the service). On Wednesdays through April 8th I will be teaching a practice based on a daily prayer, “O God, send me this day to do the work you have given me to do, to love and serve you with gladness and singleness of heart.”
2. Read the Gospel of John. Both the Wednesday at 10am and the Thursday at 6:15pm Bible Studies will be reading this book. Join us by doing a daily reading from this profound book.
3. Fast from dinner on Wednesdays and Fridays. Wednesdays and Fridays are traditional fast days. On those days, eat nothing after 2pm. (Or, if you are a family where food is essential for domestic peace, eat a light, non-meat dinner.)

Of course, observe Lent as you see fit. And if you would like to feel a sense of community as you prepare your soul to receive the glorious truth of the mighty acts by which we were saved, try one or more of these three practices this year.

Faithfully,

Christopher

Lent Begins February 26

Ash Wednesday Services

7:30 AM

NOON

6:30 PM



Renewalworks

by Jacob Moody

In the Discipleship Group Vows we say: “We are gathered to help each other become better followers of Jesus Christ which happens naturally when we love him.” We can say this because in everything we do in worship, read in scripture, every time we pray, give service to those in need, embrace the work that God sets before us daily we affirm that first and foremost Jesus loves us. We live individually and collectively in this Love and as we do, we share this love with others.

At the RenewalWorks Group we have diligently engaged in our work of processing the information from the Spiritual Inventory, charted a course that supports our congregational

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For more information please visit our website at StPaulsSanRafael.org.

Join the community on Facebook and Twitter. Church Office Phone: 415-456-4842.

Renewalworks, Continued

growth from a Growing faith in God to a Deepening faith in God and provided a structure that recognizes the amazing activities that St. Paul's in already engaged in our journey together. It is Love that undergirds our work. Our love for Jesus, our love for each person in this community of faith and the Love that we receive and proclaim in the Eucharist every Sunday. As we enter the second year of our journey with the Roadmap to a Deepening faith the Renewal Works Group encourages you to take advantage of all the many opportunities that are put forth in the Landmarks and Signposts. Check your Sunday bulletin, the Facebook page and this Epistle for more information and opportunities.



St Paul's Book Club will meet on Friday, Feb. 21st at 4 p.m. in Duncan Hall. The book we will be discussing is Chemistry by Weike Wang. This funny little novel is about a chemistry graduate student who cannot finish her graduate project. She is under a lot of pressure from her advisor and her parents. And then her boyfriend asks her to marry him. Well, she cracks up. All are welcome. 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: Four days a week, volunteers prepare and serve a hot breakfast to at-risk youth at the County Community School. If you are interested in learning more about this ministry, please contact Ginny Horton: 415-559-7659 or hornlocker@comcast.net.

San Rafael Health Care: On the 1st and 3rd Sundays of each month, a small group of parishioners slips out of church early and heads down the street to lead a simple worship service with prayers and songs for the residents at the 5th Ave. Health Care center. 11:00 – 11:25. Children are welcome. Contact Sue Adamson at 415.461.1798.

Death Row 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. If you have any questions about Death Row Ministry, feel free to contact Brigitte McCulloch (415) 497-5469, Richard Olive (415) 259-9198 or Christopher Martin (415)456-4842.

What is Your Next Spiritual Step?

- **Morning Prayer:** THURSDAYS at 7:30am in the church.
- **Bible Studies:** Wednesdays 10-11am Duncan Hall. Thursday 6:20-7:20pm Duncan Hall.
- **Spiritual Forum:** Sundays 9-9:40am Duncan Hall.
- **Christian meditation:** 2nd & 4th Sunday at 7pm Duncan Hall.
- **Discipleship Groups:** small groups with a longer term commitment focused on spiritual maturity and loving community with the poor. Speak to Christopher.

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

St. Paul's Legacy Program

by Bruce Burtch

What would your life be without St. Paul's? It has provided you with a safe, deeply spiritual and loving community focused on Christ. Now you have the opportunity to pass this wonderful gift along to future generations of St. Paul's parishioners. Please consider including St. Paul's in your estate planning through our new St. Paul's Legacy Program. The process is simple and will provide a lasting legacy in your name. For further information, please contact the St. Paul's office or Bruce Burtch, chairperson of the St. Paul's Legacy Program Committee. Bruce can be reached at 415-454- 0839 or bruce@bruceburtch.com.

Children and Youth at St. Paul's

This month, our dear Evelyn will be baptized on February 9th! In order for the children to be present for Evelyn's baptism, Libby will lead Music Sunday School at the start of the service in Duncan Hall—please bring your children directly there before church. They will be learning a song to sing to Evelyn at her baptism and will return to church in time to sing! We are so excited to welcome Evelyn into the body of Christ!

This month's children's activities during the 10am service:

February 2: Parable of the Good Samaritan (Godly Play with Chloe)

February 9: Music Sunday (beginning at 10am) and Evelyn's baptism

February 16: Parable of the Great Pearl (Godly Play with Kati)

February 23: Family Sunday with children's participation

Thanks,

Karin

Karin Holsinger, Children's Ministry Coordinator

karina.holsinger@gmail.com 719-358-1549

The Martha Collective A mini retreat for moms Sunday, March 1 3-4:30 pm Duncan Hall

As mothers, we give so much, and sometimes we need to be replenished. All moms are invited to join in this time of silence, support and reflection. Childcare will be provided and a dinner prepared for taking home!



Save the Date for a Youth Mission Trip:

June 22-25, 2020

St. Dorothy's Rest Retreat Center in Occidental

Open to seventh grade and above through high school and including Confirmation Class members. Adult chaperones are welcome. This will be a mission trip that will incorporate both service work and character/spiritual development. Let's not forget fun as well!

Contact: Gerry Caprio geraldcaprio@hotmail.com



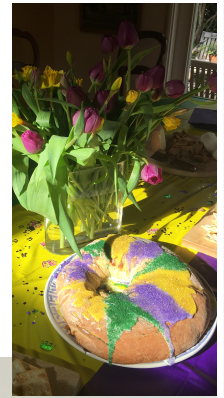
Cursillo Sunday, February 9

More than 35 St. Paul's parishioners have experienced a three-day Cursillo weekend. Two of them, Christopher Martin and another, will make announcements about upcoming weekends at both services on "Cursillo Sunday." This interdenominational experience for all baptized adults originated 70 years ago in Majorca, Spain. It is a unique opportunity to learn new ways to live one's Christian life at home, church and the world. The next weekends at the San Francisco Theological Seminary, San Anselmo, are April 16-19 for the women and April 23-26 for the men. Information will be available in Duncan Hall after each service and/or you may contact one of St. Paul's Cursillo reps: Richard Olive, (415) 259-9198 or Libby Silvestri (415) 599-9470 or libalittle@aol.com.



mardi gras open house

at the Martins'
Sunday, February 23rd
4-6pm



ST. PAUL'S
EPISCOPAL CHURCH
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