

THE EPISTLE



ST. PAUL'S
EPISCOPAL CHURCH

Following Jesus together in prayer, worship and service.

From the Rector

Dear Friends,

This month I encourage you to join me in reading the Gospel of John.

First, you are always welcome to join either our Wednesday Bible Study at 10am or our Thursday Bible Study at 6:20pm. In both places we're still in the early chapters of the book, and both have people who have just recently joined. It is always a joy to welcome new perspectives and voices around the tables.

Second, I encourage you to read it yourself. The surprising thing is that reading an entire Gospel doesn't take that long. If you set aside a little time you can read the whole thing easily in a few days, or even at one long sitting. I recommend reading the whole thing through first, and then starting again from the beginning, reading one chapter a day, first thing in the morning.

John has always been a favorite of mine. There are many in our Episcopal/Anglican tradition who feel that Romans and the Gospel of John are the two most profound books of the whole Bible. I agree. Will you join me in soaking yourself in this profound text this Lent? Don't hesitate to connect with me. I love to help people learn to read scripture.

Faithfully,

Christopher

PrayWorshipServe Seminar

The heart of spiritual maturity at St. Paul's is being in a Discipleship Group, of which we have 7. We just completed a survey of 21 D Groups from around the country and, on **Saturday, March 7 from 9am to 11am** in Duncan Hall we reveal the results of the survey, show the strengths and the challenges and three important lessons we've learned about how we each can use the structure of D Groups to deepen our love of Jesus and each other. Join us!

Renewalworks

by Jacob Moody

Romans 8:26 New Revised Standard Version (NRSV)

²⁶ *Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.*

Lent offers us the opportunity to see more clearly those things that are obstacles to a deeper faith. During Lent, we are encouraged to cease some activity or habit that seems essential to who we are and take up a discipline of intentional reflection. St. Paul's offerings this Lent gives us many opportunities to do just that. Do not despair though if your journey in Lent is a hard one. Paul reminds us that even in our weakest moments the Holy Spirit can reach us and release in a prayer of sighs "too deep for words." whatever is pressing upon our hearts.

For those in Discipleship Groups these things are exactly where sharing these sighs are completely acceptable. If you are not in a Discipleship Group, consider joining one. D-Groups are one place where you can feel the benefit and support of the community of faith.

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 Thomas Witt

Because one can never savor too much history... This month's featured book is Thomas Cahill's **Heretics and Heroes: How Renaissance Artists**

and Reformation Priests Created Our World.

In this sixth and final volume of Cahill's acclaimed *Hinges of History* series, the author leads readers through an epoch of epic changes and innovation, one that the Western world would not again experience until the 20th century.

Europe's rediscovery of classical antiquity inspired the two great movements in the sixteenth century. Namely, the Renaissance (or "re-birth") in Italy and Northern Europe – and the radical, religious wake-up call of the Protestant Reformation, led by Martin Luther and others. Arguably, these two events comprised the most formative era in the last thousand years of western civilization.

For a tantalizing taste of the past and a foretaste of the future, visit the Downing Library on Sunday mornings during coffee hour (11 am to noon) and Tuesdays and Thursdays from 10 am to 2 pm.

St Paul's Book Club will meet on March 20th at 4 p.m. in Duncan Hall. The book we will be discussing is Where I Was From by Joan Didion. This book by a much honored author turns her focus on California where she was born. In a book of essays she writes about the history and culture of California. She uncovers the underbelly of "The Golden State". 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: A growing number of parishioners from St. Paul's and 3 other churches have committed themselves to a range of service associated with St. Paul's Death Row Ministry. Is Jesus inviting you to "come and see?" Next regular meeting of the ministry, **5:30-6:30 p.m., Wednesday, March 11, in Duncan Hall.** For information, contact Brigitte (415) 497-5469, Richard (415) 259-9198 or Christopher Martin (415)456-4842.

What is Your Next Spiritual Step?

- **Morning Prayer:** For where two or three are gathered together in my name, there am I in the midst of them." (Matthew 18:20) ... and each **Tuesday, 7:30-8 a.m.**, the required number for Christ's guaranteed presence is at St. Paul's for a half hour of faith-sharing, petitions and praise. Do you have a half-hour you can spare for that?
- **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

St. Paul's new Legacy Program provides the opportunity to have your legacy live on for generations of St. Paul's parishioners. Providing a gift through your estate planning is a simple process.

By filling out the Legacy Program's *Gift Acknowledgment Form* you ensure that your wishes will be honored. Participation is entirely voluntary and all documentation of your gift is kept strictly confidential. Importantly, you will know that your gift will help provide a safe, deeply spiritual and loving community here at St. Paul's for many years to come. 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.

Flour Packing Thursday, March 5

For the second year in row, Honore flour has asked us at St. Paul's to package their unique flour, intended only for communion bread at churches. Join the Guilders in Duncan Hall from 10am to noon. Honore provides all the equipment and the simple instructions and we provide the wit and fun as we get covered with flour together!

At St Paul's, Giving is Easy!

Have you ever wondered how our generous gifts get to the Bank? Like magic, several people disappear after the 10 O'clock service and go upstairs. They are our Counters. They carefully and confidentially tabulate our checks and cash. For many years, Holly, our trusted treasurer assistant, enters our gifts into our record keeping system, and prepares the bank deposit. Through the wonders of technology, we can lighten this load and enable everyone to spend more time together at coffee hour instead of sequestered upstairs in the counting room. Check out the Giving Card in your pew. Set up regular or specific gifts using your credit/debit card. Additionally, you can also have your Gifts deducted regularly from your checking account using ACH. It's all easy online. We are all taking St. Paul's Forward! If you have questions about the ACH Automatic Transfer, check with Joan. Working with Lorrie in the office, she triumphantly got this process in place after wishing for it for 20 plus years! Thanks Joan!

At St. Paul's, It is easy to give to our beloved Church!

Three EASY ways to Give with Gladness ...

- 1. QR Code:**
(Realize Account not needed)

- 2. Online:**
<https://onrealm.org/StPaulsSanRafaelGive>
- 3. Drop a check in the collection plate or mail!**
3329 Court St., San Rafael, CA 94901

Children and Youth at St. Paul's

While the Lenten season may seem like one for the grown-ups, it has much to offer children as well and can have a lasting impact on their lives of faith. Offer a change in your family's prayer practice (even a small change will tell them that something's afoot!), create a Lenten prayer space, or think with your children about creating a weekly Lenten challenge (discipline). Nurturing these moments of reflection at home will open your children more fully to this marvelous season of humility and forgiveness, grace and joy, and will bring to life what they will learn in the first Sunday's Godly Play about Lent.

Please note that we have a family-led coffee hour this month (the 29th)—our chance to generously thank the church for all of those Sundays our children have gobbled up the goodies!

Lenten blessings!

Karin Holsinger, Children's Ministry
Coordinator

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

This month's schedule:

- Sun 1st: Godly Play (Learn about Lent with Chloe)
- Sun 1st, 3-4:30pm: Mom's Retreat!
- Sun 8th: Music Sunday with Libby
- Sun 15th: Godly Play (Faces of Easter with Kati)
- Sun 22nd: Family Church with children's participation
- Sun 29th: Family-led coffee hour

MEN'S CURSILLO WEEKEND NEXT MONTH*

There are a few openings for the men's Cursillo weekend (April 23-26) at the beautiful and restful San Francisco Theological Seminary in San Anselmo. (Candidates check in at 7 p.m. Thursday evening; the weekend continues until Sunday afternoon.)

All baptized men are welcome to this interdenominational Christian experience, attended by more than 3,000 Christians in the past 50+ years. Marin Cursillo was made possible years ago through the inspired collaboration of Episcopal Bishop William Swing and Roman Catholic Archbishop John Quinn. More than 35 parishioners of St. Paul's have given themselves the gift of this rich spiritual experience.

It's an all-too-rare opportunity to step away, enhance one's faith and share with others what it means to be Christian in a challenging world.

Asked how she would describe the experience, St. Paul's own Jane Santucci said, "Three days of love."

For more information pick up a Cursillo flyer from the table in Duncan Hall's foyer or contact St. Paul's Cursillo rep, Richard Olive (415) 259-9198.

*** The women's Cursillo weekend, April 16-19, is full.**



Help Needed

One way to participate in the Death Row Ministry is to provide a room for Sue M. who visits her son at San Quentin every week and needs a place to stay on Saturday nights. Please contact her at 661-332-3978 or su2102@hotmail.com

Death Cafe

Sunday, March 22, 3-5 pm
Duncan Hall

All are welcome for cookies and conversation about death and dying, life and living.

RSVP: chloeadmartin@comcast.net

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