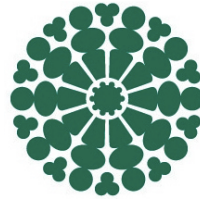


# THE EPISTLE



ST. PAUL'S  
EPISCOPAL CHURCH

*Following Jesus together in prayer, worship and service.*

## From the Rector

Dear Friends-

This month Lent begins. Starting on March 6th, Ash Wednesday, Christian churches throughout the world observe 40 days of spiritual preparation. Throughout Lent we are asked to fix the eyes of our heart on the mighty acts by which we were saved, that is the events that we both remember and enact in Holy Week.

Lent is 40 days because that's how long Jesus was in the desert right after his baptism and before he began his 3 years of public ministry. We observe Lent, not by going into a deserted place, but by temporarily assuming a practice. Many people choose to fast from something. For example, I am going to be fasting from news via the internet. Others choose to do something new. For example, Lent is an excellent time to begin or expand a prayer practice. If you would like to pray this Lent, then I invite you to take Basic Discipleship+ with me. I offer it Saturdays at 8:30am and Sundays at 11:30am, starting March 9th and 10th. Email me at [c.h.mrtn@gmail.com](mailto:c.h.mrtn@gmail.com) to sign up.

Have a blessed Lent.

Christopher

<p><b>'Mardi Gras' Open House at the Martins'</b></p> <p>Sunday, March 3 4-6pm</p>		<p><b>Lent Begins March 6</b></p> <p>Ash Wednesday Services 7:30am Noon</p>
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Annual Meeting--Jacob leads the RenewalWorks team.

Katie gives Janie a big hug after her surprise song.

A sneak peek at the new Archive Room, to be unveiled soon.

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

### Sunday Morning Book Group

"LIVING BUDDHA, LIVING CHRIST"

Peace, love, compassion and mindfulness are some of the themes we're exploring in a convivial book discussion of the classic bestseller by Vietnamese poet, Zen master and mystic, Thích Nhất Hạnh. All are invited to join us as we seek to understand the common denominators between two great spiritual paths. We meet in in the Upper Room, Sundays from 11:30-12:30.

### St. Paul's Book Club

Friday, March 15 at 4 p.m. in Duncan Hall.

The book we will be discussing is "Running the Books" by Avi Steinberg. This is a memoir of a man who stepped into the job of prison librarian totally unprepared. I learned a lot about life inside prison.

Anyone who wants to join is welcome. For info contact Joy Moss (415)479-6930

### St. Anne's Guild 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?

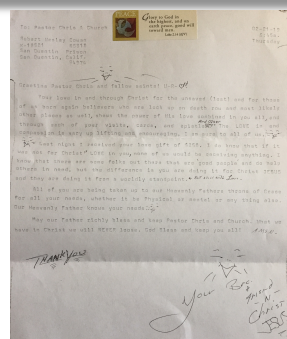
**Teen Success Breakfast:** Breakfast served with love to hungry teens at the Community School. Contact Ginny Horton: 415.785.7011 or hornlocker@comcast.net.

**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.

**Death Row Ministry:** What began more than 20 years ago as visits and correspondence between St. Paul's rector and one inmate has grown to the involvement of 15 volunteers from three churches and 11 inmates. To learn more about the ministry and get involved, please contact Richard (415.259.9198 or ollipops@comcast.net).

The next Death Row Ministry meeting is 5:30-6:30 Wednesday, March 13, upper room,

A part of this ministry that many parishioners have participated in is writing Christmas cards to the inmates. We received letters from a couple of the inmates who had received these cards, as well as financial gifts from our outreach ministries, expressing gratitude and love for all of us. Be sure to look for these letters from R.C. (who is visited by Alicia) and Ted (who is visited by Keatin) on the bulletin board in the vestibule.



### What is Your Next Spiritual Step?

- **Morning Prayer:** Tuesday at 7:30am in the church.
- **Bible Studies** Wednesdays 10-11am: Gospel of Mark  
Thursday 6:15-7:15pm: Isaiah
- **Spiritual Forum:** Sundays 9-9:40am: Reading poetry. 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.
- **Basic Discipleship:** Saturdays 8:30-9:30am, Sundays 11:30-12:30
- **Wednesday AM Lenten Eucharist:** Beginning Ash Wednesday at 7:30am in the church.

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

## Ministry Spotlight

### Nancy Skinner: Intercessory Prayer Ministry

by Richard Olive

As one might expect, the prayer ministry at St. Paul's is a lonely experience. But Nancy Skinner, who has been doing it on her own for about 15 years, said, "There is no way I'm not doing this. It's a calling, and we're all called to be doing something."

The need for intercessory prayer is great, she said, and falls into four categories: Acute cases; The "ongoing;" "Thanksgiving" people; and those who have died.

Nancy has been a member of St. Paul's since 1995, when she first came to the church with her late husband, Jack, who died in 2007 on the feast of the Epiphany, two weeks shy of their fiftieth anniversary. At 87 she is recovering from four surgeries following knee replacement on her left leg, which became infected, placing her in a four-year recovery stint, including two years in and out of the hospital. She is back to her Centering Prayer practice on every second and fourth Sunday evening at St. Paul's and is building up strength to return to her volunteer slot at the visitor center on Mount Tam.

Her daily prayer practice focuses first on persons needing "extra-special prayers," and after 20 minutes of silence, she said she reads the list of names called to her "with great reverence."

She said the ministry could be improved. "Some people seem to think they can give me a name, then walk away because they think I'm in charge. But they're in charge of keeping me informed. When I call to check on the status of the person for whom I'm praying, they very rarely return my calls. That's painful. I'd like a little more dialogue with the people who put the names on the list."

In addition, "It would be nice to have people in the parish join every morning" from their own homes, praying with her for the different categories of needs on the weekly list. There are different ways to pray for people. For example, we pray differently for cases that are acute and those that are ongoing."

After 14 years flying solo in her ministry, what keeps Nancy going? "The love of God and love for the people I'm praying for."



## Children and Youth at St. Paul's

There are no school breaks in March, and it's a 5-week month, so we are full and busy!

March 3rd - Godly Play; March 10th - Music Sunday School with Libby; March 17th - Godly Play;

March 24th - Family Sunday (volunteers for reading and the collection, please!);

March 31st - Coffee Hour hosted by the Families

Your opportunities to be involved this month are plenty! We need greeters for Godly Play, volunteering on Family Sunday and, of course, your yummy contributions to the last Sunday's Coffee hour.

For more info: Kati Dombrosky: [kdombrosky@gmail.com](mailto:kdombrosky@gmail.com) 415-846-1700

**Middle Schoolers:** may prepare for Confirmation (June 1 at Grace Cathedral). Talk to Christopher about classes underway. They are also encouraged to participate in the services as acolytes, readers and ushers. They are invited to the Marin Episcopal Youth Group (MEYG) service projects.

**Marin Episcopal Youth Group:** We'll meet again on Sunday evening, March 24, at 6:00 at Nativity, 333 Ellen Drive, San Rafael. So far we've had some great sessions. Dinner will be provided. Contact Rev. Gerry Caprio at [geraldcaprio@hotmail.com](mailto:geraldcaprio@hotmail.com) to find out more and sign up!



### Book Launch Party for All Ages

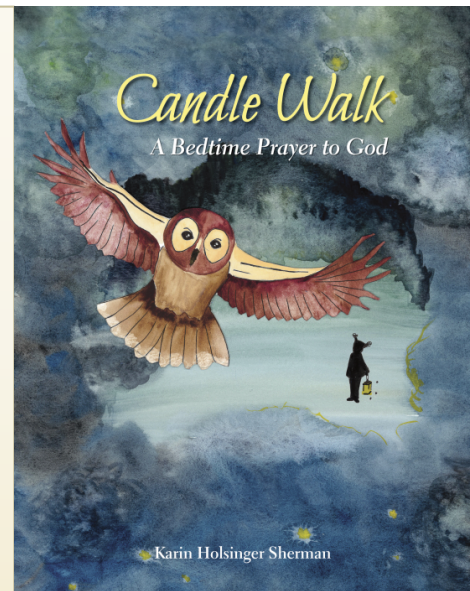
Saturday, March 23rd

5pm

Duncan Hall

Karin Holsinger Sherman (who began attending St Paul's with her husband and children in 2017) is excited to invite members of the congregation and the broader community to a book launch for her new book *Candle Walk*. This children's picture book has just been released by Church Publishing Inc (the same Episcopal publishing house that prints our Sunday lectionary inserts) and serves as a simple version of Compline for young children. Mary Hawes, the National Children and Youth Advisor for the Church of England, writes that "sharing this story-prayer will bring parent and child closer to each other and closer to God. This is a book to share again and again as part of the bedtime routine."

The book launch will include a soup supper for children, drinks and nibbles for adults, a short reading of the book and a lantern-making craft for any age! Books which will be available for purchase at the launch but may also be purchased on Amazon or at CPI's website: <https://www.churchpublishing.org/candlewalk>



### Death Cafe

Sunday, March 10 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.

## ST. PAUL'S EPISCOPAL CHURCH

1123 Court St.  
San Rafael, CA 94901