

THE EPISTLE



ST. PAUL'S
EPISCOPAL CHURCH

Following Jesus together in prayer, worship and service.

From the Rector

Dear Friends-

September is a full month as we start up again all of our 'school year' programs. I want to call particularly attention to three things.

The first is an expanded ministry we're introducing on Sunday afternoons. For the last four years, at Nativity, we've shared a Sunday afternoon Youth Group with other Episcopal Churches. This year, we expand our combined offerings by adding a 5pm Eucharist, which will be led on a rotating basis, and a Forum starting at 6pm. This new time gives you another option for Sunday worship if you can't make it in the morning. It's also a great opportunity to get to know the good people of the other churches.

The second is the Discipleship Group workshop which will be on **Saturday, September 24th** from 9am to noon. We currently have six Discipleship Groups and they have become the spiritual core of who we are. They encourage us to follow the seven core Christian practices and help us to know others in depth.

Finally, the next day, **Sunday the 25th**, we will be having a major presentation about progress towards the Hardin Courtyard. Your Vestry has been working extra hard over the summer to do its homework and present the best possible plan for you to consider. We are more confident than ever that we can complete this essential legacy project next spring. Make sure to come and learn and offer your questions, thoughts and comments.

Faithfully,
Christopher (cmartin@stpaulssanrafael.org)

Marin Episcopal Youth Group

This year, the MEYG will meet from 5:45 PM to 7 PM on most Sunday nights following the 5 PM Eucharist at Nativity Episcopal Church in San Rafael starting September 18th. During our Sunday night gatherings, we will hang out, enjoy snacks, play games, and "sharpen our prophetic edge" by learning about the Hebrew prophets. As we have been doing for years, we will conclude our meetings with a contemplative, candlelit prayer service (Compline). We will continue serving cookies and salad to the guests of the Street Chaplaincy Wellness Gatherings at First Presbyterian Church San Rafael from 5 to 6 PM on the second Tuesday of the month, starting in October. And we will occasionally go out to the Northgate theatre for Movie Nights (Dr. Strange, Star Wars, etc.). For more information and the MEYG 2016 – 2017 calendar, visit marinepiscopal youth.wordpress.com or facebook.com/MarinEpiscopalYouthGroup.



For more information please visit our website at **StPaulsSanRafael.org**.
Join the community on Facebook and Twitter. Church Office Phone: 415-456-4843.

St. Paul's Prayer Ministry
by Nancy Skinner

Profound intercession is not a reciting of a detached, impassioned "shopping list" of the needs of the world, which it can sometimes feel like. Nor is it informing God of something God does not already know. But rather it is a profound, loving and costly holding up of others

in their need, before God. If we long to pray for others as Jesus prays for us, God invites us first to become very close ourselves to the heart of God, in loving adoration, and then bring those whom we love and long to be healed, with us.

-from the booklet: "Intercession, Carried Close to the Heart of God" by Br. Geoffrey Tristram, SSJE

To add someone to the Prayer List, call the St. Paul's Office or call Nancy Skinner at (415)-457-9491 or email at nancyskinner@comcast.net.

What is Your Next Spiritual Step?

- **Morning Prayer** every Tuesday at 7:30am in the church.
- **Bible Studies:** Fall schedule starts after Labor Day in Duncan Hall.
 - Tuesdays 12:30-1:30pm: The Gospels
 - Wednesdays 10-11am: Numbers
 - Thursday 6:15-7:15pm: Letters of Paul
- **Spiritual Forum** Sundays 9-9:40am-Exploring the soul. Duncan Hall.
- **Christian meditation** 2nd and 4th Sunday at 7pm in the Upper Room.
- **Discipleship Groups**, which are small groups with a longer term commitment focused on spiritual maturity and loving community with the poor. Talk to Christopher about joining a group, and plan to come to the **Workshop on Sept. 24** to learn more.

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

How can I serve the least of these?

Teen Success Breakfast: Serve breakfast to at-risk youth. Contact Beverly Armstrong at 415.454.4015 or nevbev@sbcglobal.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. There is a particular need to lend support to the mother of one inmate who drives each weekend to San Quentin from Bakersfield. She routinely arrives on Saturday morning after a drive of nearly six hours and stays overnight on Saturday in order to see her son again on Sunday. If you would consider hosting her, even occasionally, contact Richard (415.259.9198 or ollipops@comcast.net).

Fellowship Opportunities in September

St. Paul's Book Club

Friday, September 16th at 7 p.m. in Duncan Hall. We will be discussing the book, *Me Before You*, a poignant story by bestselling author Jojo Moyes that brings up issues of quality of life, and right to die. Chloe Martin will be our guest discussion leader, and will comment on California's "End of Life Options Act."

There are many copies of the book in the library. 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. We're working on scarves and children's sweaters which we'll offer the parish for sale, and the rest will go to Ritter. We're also sorting books donated for our October Book Sale. Bring your sandwich and we'll have tea and cookies. We have good conversation and enjoy one another.

St. Paul's History Corner

By Joy Moss

Leading up to St. Paul's 150th anniversary, let's take a look at some of the former church members who are memorialized with their gifts to the glory of God and in remembrance of loved ones.

The lectern is supported by an eagle with wings spread that hold the Bible readings. This lectern is dedicated to the memory of Annie J.B. Walker who died September 27th, 1891 at the age of twenty-six from complications of an operation. Perhaps the biblical quotation on the lectern best describes her personality: "In quietness and confidence shall be your strength." (Isaiah 30:15)



Annie's mother and father and sister, Agnes immigrated from Scotland in 1882. Her father, Robert Walker became the supervisor of the Marin Water Company, a predecessor of the Marin Municipal Water District. Robert was a vestryman at St. Paul's and served as treasurer. When he died on February 27th, 1897 this resolution was passed by the vestry of St. Paul's and appeared in the local newspaper:

"Resolved that by the death of Robert Walker this parish has lost one of its most useful members and this vestry has lost one of its most consistent Christians, one of the most lovable friends that it has ever included in its membership..."

Robert Walker was a man who exemplified the Christian life and served his church, St. Paul's in a dedicated manner. He honored his daughter's life by the gift of the lectern.

Children and Youth at St. Paul's

Welcome Back, St. Paul's Families! I hope your summer was a peaceful and blessed one. We have some great changes and additions to our 2016/2017 Family Programming.

Family Sunday will now be the 1st Sunday of the month. During **Worship**, the older children are invited to acolyte, serve and read. What a great example they can set for our younger children!

By popular demand, we've added a 2nd Godly play each month! They will be on the 2nd and 4th Sundays. Chloe will guide one; and I will guide the other. Leading our children in contemplative **Prayer**. And some news...Jim and Janet will not be leading Sunday School this year because of new exciting commitments elsewhere. I'm confident we'll see them occasionally. We miss them already!

As for the children's choir, although we had a great run of it, the interest has not been enough to be sustainable. Instead, we will have Music Sunday School with Libby every 3rd Sunday. After Music Sunday School, we will walk down to 5th Avenue to sing at 11:30 (all are welcome!) What a great way to keep our music program running, and also introduce our children to **Service**.

Lastly, there are a few 5th Sundays this year and these will be Coffee Hour Parties hosted by the Families. During the service, we'll keep busy in Duncan Hall decorating and setting up.

Children are always welcome in the service, and we also have wonderful nursery care available in the downstairs classroom during the 10am service with Roxanne and Kristen.

To a year full of Grace, Peace, Love and Joy! In Christ,

Kati (kdombrosky@gmail.com)
415-846-1700

Death Cafe

A safe space to talk about death.
Anything about it.
No agenda.
An open conversation.
With cookies.

Sunday, September 11
4-6pm
Duncan Hall

RSVP Chloe Martin
415-464-7149
chloeadmartin@comcast.net

What would you like to see in our Legacy Program?

As you may have heard, St. Paul's is in the process of creating a "Legacy Program." The initial steps in establishing this program were put in place years ago by the vestry with the help of Mike Green. Mike is now partnering with Chloe Martin to expand the program beyond the dimension of "planned giving" (or leaving a gift to St. Paul's or the diocese in your estate plan). We want to share with you some of our initial thoughts and ideas, and ask for your input through a brief survey. Please help us make this program relevant, beneficial and meaningful to the congregation.

We envision a program that engages members of St. Paul's in exploring practical, financial, medical and spiritual topics concerning the completion of our lives. Facing the reality that our earthly lives will eventually come to an end, how can we live fully, with meaning and intention? What do we need to learn and do to be able to approach this stage of our lives with more peace and less anxiety?

Please pick up a paper survey and return it to the box in the vestry or complete the survey online: [surveymonkey.com/r/stpaulslegacy](https://www.surveymonkey.com/r/stpaulslegacy)

Bring in your Books!

Are your bookshelves overflowing? Have your children outgrown their books? Are there some cookbooks on your shelf that despite your best intentions, you have never cracked? The St. Anne's Guild will be delighted to take these off your hands, and to offer them up at their Annual Book Sale on October 8-9. Please bring your donations to church on Sundays or Thursdays. Proceeds support the ministries of St. Paul's.



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EPISCOPAL CHURCH

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